



Sacred Heart Catholic Primary School

PE Key Knowledge Overview



	EYFS Curriculum					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	FMS – Elmer 1. Different body parts are used in movement (e.g. hands, feet, legs, arms). 2. How to perform a range of basic movements, such as running, jumping and hopping. 3. How to control and coordinate their movements when playing games and activities. 4. How to balance on one foot for a short period of time. 5. That they need to warm up before exercising to prevent injury. 6. That exercise is fun and can make them feel good.	FMS – Space 1. That space is a key component of movement (e.g. moving forwards, backwards, sideways). 2. How to travel in different directions (e.g. running forwards, skipping backwards). 3. How to change direction quickly and safely. 4. How to use different levels (e.g. high, medium, low) when moving. 5. How to stop and start movements quickly and safely. 6. That movement can be expressive and creative.	FMS – Mini Beasts 1. That different mini beasts move in different ways (e.g. caterpillars crawl, bees fly). 2. How to mimic the movements of different mini beasts (e.g. crawling like a spider, fluttering like a butterfly). 3. How to move at different speeds, depending on the mini beast they are imitating. 4. How to work with a partner to create a mini beast movement sequence. 5. That mini beasts can be found in different environments. 6. That exercise can help them to feel energized and ready to learn.	FMS – Rosie’s Walk 1. That different movements can be combined to create a sequence (e.g. walking, running, jumping). 2. How to move in different directions while following a pathway (e.g. zigzagging, winding, straight). 3. How to adapt their movements to avoid obstacles. 4. How to use simple verbal cues to communicate with their partner. 5. That movement can be used to tell a story or retell a familiar story. 6. That exercise can help them to feel more focused and ready to learn.	FMS – Fundamental Moving Skills 1. That fundamental movement skills are important for everyday life and participation in physical activities. 2. How to perform a range of skills, such as throwing, catching, kicking and striking. 3. How to use different body parts to perform these skills. 4. How to vary the force and accuracy of their movements when performing different skills. 5. That practice and repetition can help them to improve their skills. 6. That exercise can help them to build strong bones and muscles.	FMS – Seaside 1. That the seaside is a fun and engaging environment for physical activity. 2. How to move on different surfaces, such as sand and rocks. 3. How to use different movements, such as jumping, running and skipping, to explore the seaside environment. 4. How to work with a partner to create a seaside-themed movement sequence. 5. That the seaside can provide opportunities for both physical activity and relaxation. 6. That exercise can help them to feel happier and more confident.

	Year 1					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	FMS – Catching and Bouncing a ball 1. Know what catching is and demonstrate the correct hand-eye coordination when catching a ball. 2. Know what bouncing is and demonstrate the correct hand-eye coordination when bouncing a ball. 3. Know what agility is and how it can be improved through catching and bouncing activities. 4. Know what teamwork is and how it can be demonstrated through playing catch and bounce games. 5. Know what reaction time is and how it can be improved through playing catch and bounce games. 6. Know what balance is and how it can be improved through playing catch and bounce games.	Gymnastics 1. Know what balance is and how it can be demonstrated through simple gymnastics activities. 2. Know what flexibility is and how it can be improved through simple gymnastics activities. 3. Know what coordination is and how it can be demonstrated through simple gymnastics activities. 4. Know what strength is and how it can be improved through simple gymnastics activities. 5. Know what body awareness is and how it can be demonstrated through simple gymnastics activities. 6. Know what creativity is and how it can be demonstrated through creating simple gymnastics routines.	Dance – Fire Fire 1. Know what rhythm is and how it can be demonstrated through simple dance steps. 2. Know what tempo is and how it can be demonstrated through simple dance steps. 3. Know what expression is and how it can be demonstrated through simple dance steps. 4. Know what coordination is and how it can be demonstrated through simple dance steps. 5. Know what spatial awareness is and how it can be demonstrated through simple dance steps. 6. Know what creativity is and how it can be demonstrated through creating simple dance routines.	FMS – Underarm throw 1. Know what throwing means and how to position your body to throw a ball. 2. Know what aiming means and how to aim for a target. 3. Know what power means and how to generate power in your throw. 4. Know what accuracy means and how to throw accurately. 5. Know what challenge means and how to challenge yourself to improve your throwing skills. 6. Know what respect means and how to respect the equipment and others while throwing.	Athletics 1. Know what running means and how to run different distances. 2. Know what jumping means and how to jump different distances and heights. 3. Know what throwing means and how to throw different objects. 4. Know what speed means and how to measure your running speed. 5. Know what distance means and how to measure your jumping and throwing distance. 6. Know what personal best means and how to improve your own performances.	FSM – Jack and the Beanstalk 1. Know what hopping means and how to hop on one foot. 2. Know what skipping means and how to skip with a rope. 3. Know what galloping means and how to gallop around a space. 4. Know what jumping means and how to jump over objects. 5. Know what exploration means and how to explore different ways of moving. 6. Know what fun means and how to enjoy physical activity.

	Year 2					
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	FMS – Playground Games 1. Know what throwing and catching means and how to play different throwing and catching games. 2. Know what evasion means and how to avoid being tagged in a game. 3. Know what balance means and how to balance on different equipment. 4. Know what movement means and how to move around a space. 5. Know what coordination means and how to coordinate different movements. 6. Know what sportsmanship means and how to play fairly and show respect to others.	Gymnastics 1. Know what gymnastics is and what the different types of gymnastics movements are. 2. Know what it means to use different levels, directions and shapes in gymnastics movements and why this is important. 3. Know what it means to control the body during movements and how this can be improved through training. 4. Know what it means to perform movements in sequences and why this is important in gymnastics. 5. Know what it means to work with a partner and why this can help to improve gymnastics movements. 6. Know what it means to evaluate and improve performances in gymnastics and how this can be done.	Dance – Explorers 1. Know what dance is and what the different types of dance are. 2. Know what it means to move to the beat of music and how to create different rhythms and patterns. 3. Know what it means to express ideas, feelings and emotions through dance and how this can be done through body movements. 4. Know what it means to create and follow simple dance routines and why this is important. 5. Know what it means to work collaboratively in a dance performance and how this can be done effectively. 6. Know what it means to evaluate and improve performances in dance and how this can be done.	Net and Wall – Tennis 1. Know what net and wall games are and what the objective of tennis is. 2. Know what it means to hit a ball with control and accuracy. 3. Know what it means to understand and use different grips in tennis and why this is important. 4. Know what it means to move effectively and efficiently around the court. 5. Know what it means to use different strokes and strategies in tennis. 6. Know what it means to play fairly and respectfully when competing in tennis and why this is important.	Athletics 1. Know what different types of running techniques are used in athletics. 2. Know what different types of jumping techniques are used in athletics. 3. Know what different types of throwing techniques are used in athletics. 4. Know what different types of races (e.g. sprint, middle-distance, relay) are in athletics. 5. Know what different types of field events (e.g. long jump, high jump, shot put) are in athletics. 6. Know what different warm-up and cool-down exercises are used in athletics.	Games – Striking and Fielding 1. Know what striking and fielding games are and what the objective of the games are. 2. Know what it means to hit a ball with control and accuracy. 3. Know what it means to catch and throw a ball effectively and how this can be done. 4. Know what it means to work collaboratively in a team. 5. Know what it means to use different tactics and strategies. 6. Know what it means to play fairly and respectfully when competing in striking and fielding games.

Year 3						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Invasion Games – Rugby 1. Know what tag rugby is and its basic rules 2. Know how to correctly hold and pass a rugby ball 3. Know what teamwork means in tag rugby and how to work effectively with their team 4. Know how to evade defenders using basic footwork skills 5. Know what the positions are in tag rugby and their basic responsibilities 6. Know how to score a try in tag rugby	Gymnastics 1. Know what balance is and how it can be improved through practice. 2. Know what coordination is and how it can be developed through gymnastics activities. 3. Know what flexibility is and how it can be improved through stretching exercises. 4. Know what a forward roll is and how to perform it safely. 5. Know what a cartwheel is and how to perform it safely. 6. Know what a bridge is and how it can be used to improve flexibility and strength.	Dance – Ironman 1. Know what rhythm is and how it is used in dance. 2. Know what timing is and how it is used to perform dance moves accurately. 3. Know what choreography is and how it is used to create a dance routine. 4. Know what creativity is and how it can be used to develop a unique dance routine. 5. Know what teamwork is and how it is used in dance performances. 6. Know what expression is and how it can be used to convey emotions through dance.	Net and Wall – Tennis 1. Know what the basic rules of tennis are, including scoring and the objective of the game. 2. Know what forehand and backhand are and how they are used to hit the ball. 3. Know what a volley is and how it is used to hit the ball before it bounces. 4. Know what a serve is and how it is used to start the game. 5. Know what a rally is and how it is used to keep the ball in play. 6. Know what footwork is and how it is used to move around the court.	Athletics 1. Know what the basic rules of athletics are, including events and scoring. 2. Know what running technique is and how it can be improved through practice. 3. Know what jumping technique is and how it can be improved through practice. 4. Know what throwing technique is and how it can be improved through practice. 5. Know what a relay race is and how it is performed. 6. Know what the importance of warm-up and cool-down is in athletics.	Striking and Fielding – Cricket 1. Know what the basic rules of cricket are, including scoring and the objective of the game. 2. Know what a batsman is and their role in the game. 3. Know what a bowler is and their role in the game. 4. Know what fielding is and how it is performed. 5. Know what batting technique is and how it can be improved through practice. 6. Know what bowling technique is and how it can be improved through practice.

Year 4						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Invasion Games – Rugby 1. Know what the basic rules and equipment of tag rugby are. 2. Know what tag rugby is and how it differs from regular rugby. 3. Know what passing and catching skills are needed in tag rugby. 4. Know what different strategies can be used in attack and defence in tag rugby. 5. Know what teamwork skills are required to play tag rugby successfully. 6. Know what self and peer evaluation means in tag rugby.	Gymnastics 1. Know what a range of rolls, leaps, and jumps are and how to perform them. 2. Know what different types of balances can be performed on the floor and apparatus. 3. Know what a routine is and how to create one with different movements and transitions. 4. Know what fluidity and control mean in gymnastics. 5. Know what feedback is and how it can help improve gymnastics performance. 6. Know what self and peer evaluation means in gymnastics.	Dance – Super Heroes 1. Know what dance is and how it can be used to tell a story or convey a message. 2. Know what choreography is and how to create it based on a theme. 3. Know what different genres of music are and how they can be used in dance. 4. Know what formations and levels are and how to use them in dance. 5. Know what performing with others means in dance. 6. Know what self and peer evaluation means in dance.	Net and Wall – Tennis 1. Know what different types of shots are used in tennis and how to perform them. 2. Know what serving and returning serve mean and how to do them with accuracy and power. 3. Know what tactics are and how to use them in a game of tennis. 4. Know what singles and doubles games are and how to play them. 5. Know what teamwork skills are required to play tennis successfully. 6. Know what self and peer evaluation means in tennis.	Athletics 1. Know what running, jumping, and throwing are and how to perform them with more power and speed. 2. Know what different athletic events are and how to perform them with good technique. 3. Know what different equipment is used to measure and record athletic performance. 4. Know what different strategies are used in different events. 5. Know what teamwork skills are required to participate in a relay race. 6. Know what self and peer evaluation means in athletics.	Striking and Fielding – Rounders 1. Know what the basic rules and equipment of rounders are. 2. Know what hitting a ball with power and accuracy means and how to do it. 3. Know what different bowling techniques and strategies are used in rounders. 4. Know what different fielding positions and situations are in rounders. 5. Know what teamwork skills are required to play rounders successfully. 6. Know what self and peer evaluation means in rounders.

Year 5						
Unit	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion Games – Rugby 1. Know the basic rules of the game, including the objective of scoring a try and tagging opponents to gain possession of the ball. 2. Know and understand the importance of communication and teamwork in tag rugby. 3. Know what tactics can be used to create and exploit space in tag rugby, including dummy passes, side-steps and offloads. 4. Know and understand the importance of decision-making in tag rugby, including when to pass, kick or run with the ball. 5. Know what different types of passes can be used in tag rugby, including pop, spin and bullet passes, and how to execute them accurately. 6. Know and understand the importance of fair play and respect for opponents and officials.	Gymnastics 1. Know what flexibility is and how to improve it through stretching. 2. Know what balance is and how to maintain it through body control. 3. Know what strength is and how to build it through bodyweight exercises. 4. Know what agility is and how to improve it through movement drills. 5. Know what coordination is and how to develop it through gymnastics routines. 6. Know what rhythm is and how to incorporate it into gymnastics movements.	Dance – Robin Hood 1. Know what a motif is and how to create one. 2. Know what a canon is and how to perform one. 3. Know what a unison is and how to move in sync with a group. 4. Know what a level change is and how to incorporate it into a dance. 5. Know what a turn is and how to execute it with proper technique. 6. Know what a lift is and how to safely perform it with a partner.	Net and Wall – Tennis 1. Know what the basic rules of tennis are, including serving, scoring, and faults. 2. Know what forehand and backhand strokes are and how to execute them with proper technique. 3. Know what a volley is and how to perform it with proper technique. 4. Know what a lob is and how to execute it with proper technique. 5. Know what footwork is and how to move effectively around the court. 6. Know what doubles play is and the roles of each player in a doubles match.	Athletics 1. Know what a sprint is and how to perform it with proper technique. 2. Know what a long jump is and how to execute it with proper technique. 3. Know what a high jump is and how to execute it with proper technique. 4. Know what a shot put is and how to perform it with proper technique. 5. Know what a relay race is and the rules around baton exchanges. 6. Know what a hurdles race is and the proper technique for clearing the hurdles.	Striking and Fielding – Cricket 1. Know what the basic rules of cricket are, including batting, bowling, and fielding. 2. Know what a drive shot is and how to execute it with proper technique. 3. Know what a pull shot is and how to execute it with proper technique. 4. Know what a cut shot is and how to execute it with proper technique. 5. Know what a spin bowler is and the basic techniques for spin bowling. 6. Know what a fielder is and the various positions on the field and their roles.

Year 6						
Unit	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	Invasion Games – Rugby 1. Know what the basic rules and positions are in tag rugby, including how to score points and the role of the referee. 2. Know what the key principles of attacking and defending in tag rugby are, such as running onto the ball. 3. Know what different strategies and tactics can be used in tag rugby, including switching play, dummy passes and creating overlaps. 4. Know what the importance of fair play and sportsmanship is in tag rugby, including respecting opponents and officials. 5. Know what the different types of passes and kicks are in tag rugby, such as the spiral pass and the grubber kick. 6. Know what the importance of maintaining a healthy lifestyle, including the benefits of regular physical activity.	Gymnastics 1. Know what are the basic shapes in gymnastics, including tuck, pike, straddle and straight. 2. Know what are the different types of rolls, including forward rolls, backward rolls and log rolls. 3. Know what are the different types of jumps, including tuck jumps, straddle jumps and pike jumps. 4. Know what are the different types of balances, including handstands, headstands, and cartwheels. 5. Know what is the importance of flexibility and strength in gymnastics and how to improve them. 6. Know what is the importance of safety and proper technique in gymnastics.	Dance – Heroes and Villains 1. Know what are the basic elements of dance, including rhythm, tempo, and choreography. 2. Know what are the different types of movements used in dance, including jumps, turns and poses. 3. Know what are the different styles of dance, including contemporary, hip-hop and jazz. 4. Know what is the importance of teamwork and communication in dance performances. 5. Know what is the importance of creativity and self-expression in choreographing a dance. 6. Know what is the importance of stage presence and performance skills in dance.	Invasion Games – Netball 1. Know what are the basic rules of netball, including the concept of possession, offside and scoring. 2. Know what are the different positions on the netball team and their roles and responsibilities in attack and defence. 3. Know what are the different types of passes used in netball, including chest passes, bounce passes and overhead passes. 4. Know what are the different techniques used in defending in netball, including marking and intercepting. 5. Know what is the importance of footwork and positioning in netball. 6. Know what is the importance of teamwork, communication and fair play in netball.	Athletics 1. Know what are the different events in athletics, including sprints, hurdles, long jump and high jump. 2. Know what are the basic rules and techniques for each event in athletics. 3. Know what is the importance of warming up and cooling down in athletics. 4. Know what are the different types of running techniques, including pace, rhythm, and stride length. 5. Know what is the importance of endurance and speed in athletics and how to improve them. 6. Know what is the importance of sportsmanship and fair play in athletics.	Striking and Fielding – Rounders 1. Know what are the basic rules of cricket, including the concept of innings, runs and wickets. 2. Know what are the different positions on the cricket team and their roles and responsibilities in batting and fielding. 3. Know what are the different types of shots used in cricket, including drives, cuts and pulls. 4. Know what are the different techniques used in bowling and fielding in cricket, including spin and swing. 5. Know what is the importance of footwork and positioning in cricket. 6. Know what is the importance of teamwork, communication and fair play

