



PE-Knowledge

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Dance	<p>Know what their body should feel like after exercise Hot, out of breath, tired</p> <p>Know how to carry benches and mats safely.</p> <p>Know how to carry small equipment safely.</p> <p>Know hoe to copy and repeat actions.</p> <p>Know how to put a sequence of actions together to create a motif.</p> <p>Know how to vary the speed of their actions.</p> <p>Know how to use simple choreographic devices such as unison, canon and mirroring</p>	<p>Know how the body feels during and after different physical activities.</p> <p><u>Dance Skills</u></p> <p>Know how to copy, remember and repeat actions.</p> <p>Know how to create a short motif inspired by a stimulus.</p> <p>Know how to change the speed and level of their actions.</p> <p>Know how to use simple choreographic devices such as unison, canon and mirroring.</p> <p>Know how to use different transitions within a dance motif.</p> <p>Know how to move in time to music.</p>	<p>Spacial awareness- children always need room to move to prevent accidents to someone else around them and they need to be aware of how big they can make their moves.</p> <p>We can use levels to make our dance more interesting, 5 different levels in dance- in the air (jumping), high, medium, low, and floor level (laying on the floor).</p> <p>Different ways of travelling crawling, sliding, hopping, spinning, rolling.</p> <p>Mirroring- working with a partner and you reflect the actions together- same hand/ foot/</p>	<ul style="list-style-type: none"> • To know how the body reacts during performance . • To know why exercise is good for cardiovascular health. • To know and demonstrate reasons for warming up and cooling down. • Children will be able to demonstrate the skills required to perform their dance. • They will know how to work independent 	<ul style="list-style-type: none"> • Know how the invasion by the Vikings on Lindesfarne impacted the monks negatively. • Know that music is in 8 beats to a bar. • Know how to use beats to perform a simple dance. • Know how to perform a short dance motif. • Know that routine are movements joined together. • Know that joining 	<ul style="list-style-type: none"> • To be know the term 'canon' within a dance routine. • To know that within a canon you can have different levels to make a dance more interesting. • To know the meaning of spacial awareness. • To know what a formation is and to be able to give examples of different formations.



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		<p>Know how to improve the timing of their actions.</p> <p><u>Compete/Perform</u></p> <p>Know how to perform sequences of their own composition with coordination.</p> <p>Know how to perform learnt skills with increasing control.</p> <p>Know how to compete against self and others.</p> <p>Evaluate</p> <p>Know how to watch and describe performances, and use what they see to improve their own performance.</p> <p>Know how to talk about the differences between their work and that of others</p>	<p>speed. Like there is a mirror between you both.</p> <p>Canons- pairs/ groups to have the same routine and movements but have a staggered time for when to perform them.</p>	<p>ly and as part of a group to perform to a piece of music.</p> <p>They will recall styles of dance and their features.</p>	<p>routines and groups together creates a more impactfull routine.</p> <ul style="list-style-type: none"> • Know that levels are using your body in different heights. • Know that shapes are used using different parts of your body or in a group. • Know that a cannon is a movement repeated straight after an action. • Know that spacial 	<p>To recognise how different speeds can affect a dance routine</p>
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					<p>awareness is finding a space in dance.</p> <ul style="list-style-type: none"> • Know how to evaluate a performance based on a criteria. 	
Gymnastics	<p>Know how to travel in different ways, changing direction and speed.</p> <p>Know how to hold still shapes and simple balances.</p> <p>Know how to carry out simple stretches.</p> <p>Jumps</p> <p>Know how to complete straight jump</p> <p>Know how to complete tuck jump</p> <p>Know how to complete jumping jack</p>	<p>Acquiring and Developing Skills in Gymnastics (General)</p> <p>Know how to copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence.</p> <p>Know how to travel in a variety of ways, including rolling.</p> <p>Know how to hold a still shape whilst balancing on</p>	<p>Promote safety and expectations: split the group into 6 teams and give them a designated space in the hall. When carrying equipment 4 to a mat one on each corner, when carrying a bench 2 people, one on each end of the bench. Children to walk at all times, look where they are going and count to say when to lift/ place down equipment. No</p>	<ul style="list-style-type: none"> • To know that an effective sequence of moves in gymnastics will contain a balance, a jump and a roll. • To know feet should length apart and bent knees when performing a jump 	<ul style="list-style-type: none"> • Know how to perform a straight, tuck, straddle and pike shape. • Know how to perform a shape on apparatus. • Know how to travel considering height, speed, direction and patterns. 	<ul style="list-style-type: none"> • To know that warming up and cooling down helps to prevent injury when exercising. • To know the difference between a cat and stag leap. • To know the difference between a dive forward roll and a



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	<p>Know how to complete half turn Know how to complete Cat spring Know how to carry benches and mats safely. Know how the body feels before, during and after exercise. Know how to perform a movement sequence, with a beginning, middle and end. Know how to move around, under, over and through different objects. Know how to perform different movements, rolls, jumps and shapes. Know how to travel in different ways. Know how to improve their work.</p>	<p>different points of the body. Know how to jump in a variety of ways and land with increasing control and balance. Rolls Know how to complete log roll (controlled) Know how to complete curled side roll (egg roll) (controlled) Know how to complete teddy bear roll (controlled) Know how to rock for forward roll Know how to complete crouched forward roll Jumps Know how to complete straight jump Know how to complete tuck jump</p>	<p>children to go on the equipment until an adult has checked it is safe. See Gymnastics cards to check the correct techniques for each body shape. Long sit- straight back, hands in line with back, legs straight out and toes pointing up to the ceiling. Tall stand- feet flat on ground, standing straight, shoulders back, hands straight up and pointing fingers. Point balance- small body part touching the floor (e.g. toes, hands, fingers) Patch balance: bigger body part touching the floor (back, bottom, stomach, shoulders).</p>	<ul style="list-style-type: none"> • To that a sequence with a partner can start back to back, face to face, both facing same direction. • To know that head tucked in and shoulders hit the mat head doesn't when performing a forward roll safely. • To know that a tucked roll is a rolling egg. <p>To know straddle roll requires strating from the ground facing one way and</p>	<ul style="list-style-type: none"> • Know how to travel on apparatus. • Know how to practise balances, using counterbalance and tension techniques. • Know how to balance in pairs on apparatus. • Know how to perform a: forward and backwards roll, teddy bear roll, egg roll, rock and roll. • Know how to jump, leap and land with 	<p>pike backward roll.</p> <ul style="list-style-type: none"> • To know how important it is to co-ordinate your arms and legs when performing a vault jump. • To know how a lunge help you move into a cartwheel or round-off. • To know where your hands should be placed in a cartwheel • To know what shape
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	<p>Know how to carry benches and mats safely.</p> <p>Know how the body feels before, during and after exercise.</p> <p>Know how to create and perform a movement sequence.</p> <p>Know how to copy actions and movement sequences with a beginning, middle and end.</p> <p>Know how to link two actions to make a sequence.</p> <p>Know how to perform using a range of actions and body parts with some coordination.</p> <p>Know how they can improve their work and help others to improve their work.</p>	<p>Know how to complete jumping jack</p> <p>Know how to complete half turn</p> <p>Know how to complete Cat spring</p> <p>Know how to complete Cat spring to straddle</p> <p>Know how to bunny hop</p> <p>Know how to complete front support wheelbarrow with partner</p> <p>Travelling and Linking actions</p> <p>Know how to tiptoe, step, jump and op</p> <p>Know how to hopscotch</p> <p>Know how to skip</p> <p>Know how to gallop</p> <p>Know how to complete straight jump half-turn</p> <p>Compete/Perform</p>	<p>Partner work: symmetrical shapes (where they are reflecting their partner's balance)</p> <p>A-symmetrical – different body shape to your partner.</p> <p>Children to use a long sit or tall stand to start sequence.</p> <p>Sequences to have:</p> <ol style="list-style-type: none"> 1. a starting position 2. a travel 3. a balance on either point or patches that is symmetrical 4. a finishing position <p>Warm up- Alphabet Shapes: chn travel in different ways around the Hall (crab, crocodile, bunny hopping) to music. When the music stops, adult to say a letter and chn</p>	<p>fines the other direction.</p> <ul style="list-style-type: none"> • To know that an effective sequence of moves in gymnastics will contain a balance, a jump and a roll. • To know feet should length apart and bent knees when performing a jump • To that a sequence with a partner can start back to back, face to face, both facing same direction. 	<p>accuaracy and control.</p> <p>Know how to use shapes, leaps and roatation on and off apparatus.</p>	<p>your body should be in as you move through the top of the cartwheel?</p> <ul style="list-style-type: none"> • To know what a successful round-off look like. • To know what a hurdle step is and why it is used in gymnastics. • To know why it is important to link actions. • To know how many beats are in a bar. • To know ways to travel onto
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		<p>Know how to perform sequences of their own composition with coordination. Know how to perform learnt skills with increasing control. Evaluate Know how to watch and describe performances and use what they see to improve their own performance. To know how to travel in different ways with increased control. To know the correct techniques for rolling forwards and backwards. To know what happens to the body during exercise. To know how to move the</p>	<p>to make the capital version using their body. Extension to work in pairs to create W M X G H Cool down stretch- Pike Squeeze. Sit opposite a partner, one ch with legs straight and feet together, partner in a straddle with legs stretched alongside partner. Ch with straight legs to try and push out towards partner. Swap over.</p> <p>Safety notes: children to work in pairs/ groups to get apparatus out- bench 2, mat 4, tables 2/4 depending on the size. Children to walk around the Hall at all times and stay</p>	<ul style="list-style-type: none"> • To know that head tucked in and shoulders hit the mat head doesn't when performing a forward roll safely. • To know that a tucked roll is a rolling egg. <p>To know straddle roll requires strating from the ground facing one way and fines the other direction.</p> <ul style="list-style-type: none"> • To know that an effective sequence of moves in gymnastics will contain 		<p>the vaulting box.</p> <ul style="list-style-type: none"> • To know when a lunge can be used to move into a handstand, cartwheel or round-off. • To know when a hurdle step might be used to move into a cartwheel or round-off. • To know which movements are most suited to music and overall
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		<p>equipment/apparatus safely in the hall. To know which actions fit together to make a sequence. To know how to control the actions and be able to move safely in high and low positions on the apparatus. To know how they can improve their balance and what techniques can be used to control this. To know that when jumping off equipment, you must bend your knees and have your arms out to land safely and with control.</p>	<p>off the equipment until it has been checked by the adult. Benches to be hooked onto the tables but pulled back to secure them. Opposite end of the bench on the floor. Children to keep a safe distance from equipment when somebody is on it. One person on apparatus at a time. Shapes: Pike position in which the gymnast keeps their legs straight and bends forward at the waist. Tuck- star: Legs, arms and back straight with knees and feet pointing to the side. Tuck: Round the back. Keep knees together and tight to</p>	<p>a balance, a jump and a roll.</p> <ul style="list-style-type: none"> • To know feet should length apart and bent knees when performing a jump • To that a sequence with a partner can start back to back, face to face, both facing same direction. • To know that head tucked in and shoulders hit the mat head doesn't when performing 		<p>performance.</p> <ul style="list-style-type: none"> • To know how to adapt movements, linking actions and presentation when performing as part of a large. • To know what a 1, 2,3 and 4 point balance consists of. • Symmetrical - A body shape that is the same on both sides of the centre line. • Asymmetrical A body
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			<p>the chest. Pike: Keep back straight at 90° to straight legs.</p> <p>Straddle- keep back straight at 90° to wide straight legs. Stretch arms out. (2) For example, a tuck shape could be shown in crouch, kneeling down or whilst lying on your side or back.</p> <p>Jumps: Pike- a vertical Jump with the body folding into a Pike, both legs lifted off the floor to a horizontal. The legs are parallel to or higher than the floor, showing an angle of no more than 60° between the trunk and the legs, arms and hands</p>	<p>a forward roll safely.</p> <ul style="list-style-type: none"> To know that a tucked roll is a rolling egg. <p>To know straddle roll requires strating from the ground facing one way and fines the other direction.</p>		<p>shapes that is different on both sides of the centre line.</p> <ul style="list-style-type: none"> Counter Balance A partner / group balance using a pushing force against each other to remain still. Counter Tension A partner / group balance using a pulling force away from each
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			<p>extended towards the toes.</p> <p>Tuck: from a straight jump start, the knees are pulled up to the chest and the hands must at least briefly grasp the legs at your shins between the knees and ankles.</p> <p>Straddle: split your legs into a straddle position as you jump, and reach your hands towards your toes. Bring your legs together again to land. Bend your knees to soften the impact, and hold your arms out in front of you for balance. Remember, keep your head up and point your toes during this jump.</p>			<p>other to remain still.</p>
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			Safety with jumps- to bend knees to take off and land. Jumpers must always land on a mat.			
Athletics	<p>Know how to carry benches and mats safely.</p> <p>Know how the body feels before, during and after exercise.</p> <p>Know how to vary their pace and speed when running.</p> <p>Know how to show good posture and balance when running.</p> <p>Know how to jog or sprint in a straight line and change direction.</p> <p>Know how to perform different types of jumps.</p> <p>Know how to perform a short jumping sequence.</p>	<p>Know how to carry benches and mats safely.</p> <p>Know how the body feels before, during and after exercise.</p> <p>Know how to vary their pace and speed when running.</p> <p>Know how to show good posture and balance when running.</p> <p>Know how to jog or sprint in a straight line and change direction.</p> <p>Know how to perform different types of jumps.</p> <p>Know how to perform a short jumping sequence.</p>			<ul style="list-style-type: none"> • Know that a starting position (legs apart/leg in front/ swinging arms/ controlled breathing) are good techniques for acceleration. • Know how to jump effectively over a hurdle (leap/ vary legs/ hurdles far apart). 	<ul style="list-style-type: none"> • Acceleration is the transition from standing to top-end speed . • Standing Long Jump- Jumping two feet to two feet • Standing Triple jump- Hop, Step and a Jump • Shot put - Event involves pushing rather than throwing the



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	<p>Know how to jump as high and as far as possible. Know how to land safely and with control. Know how to throw underarm and overarm. Know how to throw a ball towards a target with increasing accuracy. Know that they can improve the distance they can throw by using more power Know how they can improve their work and help others to improve their work.</p>	<p>Know how to jump as high and as far as possible. Know how to land safely and with control. Know how to throw underarm and overarm. Know how to throw a ball towards a target with increasing accuracy. Know that they can improve the distance they can throw by using more power Know how they can improve their work and help others to improve their work.</p>			<ul style="list-style-type: none"> • Know how to pace yourself during distance running. • Know how to raise your arm and swing your body to release a javelin, shotput and discuss effectively through a push throw. • Know how to take off and land effectively (feet together/ swing arms) to complete a long jump. • Know how to run and 	<p>shot (heavy ball)</p> <ul style="list-style-type: none"> • Relay - relay race is a track event in which athletes run a pre-set distance carrying a baton before passing it onto the next runner. • Javelin scoring : Measure the score from the line that they throw from to where the -rst part of the foam javelin has
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					<p>jump, using the stongest leg.</p> <ul style="list-style-type: none"> • Know how to hop, step and jump to complete a standing triple jump. • Know how to complete a vertical jump (feet together/ swing arms/ land). • Know how to pass a baton (child releasing in the left hand and another child ready to receive in their right). 	<p>touched the ground</p> <ul style="list-style-type: none"> • Standing Long Jump Scoring: The measurement is taken from the take-o- line to the nearest point of contact on landing (back of the heels). <p>Pace is the speed at which you run.</p>
Games	Know how to carry benches and mats safely.	To know how to position the body when attempting	Netball Chest pass technique: eyes on	<ul style="list-style-type: none"> • To know how the body reacts 	<ul style="list-style-type: none"> • Know how to consolidate 	<p><u>Rounders</u></p> <ul style="list-style-type: none"> • A match usually



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	<p>Know how the body feels before, during and after exercise.</p> <p>Know how to strike, send and receive a ball.</p> <p>Know how to throw underarm and overarm.</p> <p>Know how to catch and bounce a ball.</p> <p>Know how to use rolling skills in a game.</p> <p>Know how to travel with a ball in different ways.</p> <p>Know how to travel with a ball in different directions (side to side, forwards and backwards) with control and fluency.</p> <p>Know how to pass the ball to another player in a game.</p> <p>Know how to use different ways of</p>	<p>both an underarm throw and also an overarm throw.</p> <p>To know how to position the hands (W shape) when catching a ball.</p> <p>To know how to position a racket to control a ball.</p> <p>To know how the position of their body will effect how easy/hard it is to control a ball.</p> <p>To know ways of improving their performance.</p> <p>Know how the body feels before, during and after exercise.</p> <p>Know how to strike, send and receive a ball.</p> <p>Know how to hold a cricket bat correctly.</p> <p>Know how to strike the ball in a way that will be effective and</p>	<p>ball, W shape hands behind ball ,soft loose fingers, clamp fingers around ball when ball hits hands.</p> <p>Bounce pass: W shape with hands, Step in to pass, push ball down and out.</p> <p>Overhead pass: hands spread either side of the ball, lift ball over and behind head slightly, step in to throw, swing ball overhead and release.</p> <p>Pivot move: Pivot by rotating yourself on the ball of your landing foot. Keep your upper body straight and head up. Make sure the hip of your pivoting leg is pointing in the direction you are aiming to pass the</p>	<p>during performance .</p> <ul style="list-style-type: none"> • To know why exercise is good for cardiovascular health. • To know and demonstrate reasons for warming up and cooling down. • To know how to used skills taught and apply them in a competitive game. Focusing on passing, movement and space. <p>To know how to reflect on own performance and suggest one</p>	<p>different ways of throwing and catching in netball.</p> <ul style="list-style-type: none"> • Know how to throw and pass a ball with speed and accuracy using appropriate techniques (footwork, pivoting and dodging) in a game situation. • Know how to use ball skills, including shooting, in various ways and begin to link together. 	<p>consists of two innings.</p> <ul style="list-style-type: none"> • Both tteams bat and field twice, the winning team is the one with the most rounders at the end of the game. • An innings can consist of a set number of good bowls or until the fielding team have fielded all the batting team out. • A rounder is scored by the batting team when a player hits the ball and
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	<p>travelling in different directions or pathways. Know how to run at different speeds. Know what is meant by attacking and defending. Know how to use simple defensive and attacking skills.</p>	<p>understand the tactics for the game (hitting away from fielders). Know how to adjust the body to use good technique when hitting different shots. Know how to throw underarm and overarm. Know how to catch and bounce a ball.</p>	<p>ball in. You can move or step with the other foot any number of times. The landing foot is the foot which has hit the ground and should be on the same spot. Dodging to find a space and break away from defending opponents: dummy going one direction, then change to other direction and sprint off. Marking: standing sideways on, closer to person marking, but not right near them. Tchoukball</p> <p>Tchoukball is a mixed-gender, non-contact sport, usually played as a 7 a side game. There is no tackling, blocking</p>	<p>improvement that they could make to their style of play.</p> <ul style="list-style-type: none"> To know some reasons why warming up and cooling down is important. To know that exercise is good for cardiovascular health. <p>To know and apply the skills of passing, shooting and movement to take part in a competitive game.</p> <ul style="list-style-type: none"> To know that the heart rate increases during performance To know that exercise 	<ul style="list-style-type: none"> Know the different positions in netball. Know how to choose the best tactics for attacking and defending, through formations. Know how to keep and win back possession of the ball effectively in a team game. Know how to consistently perform and apply skills and techniques with 	<p>runs around all 4 posts.</p> <ul style="list-style-type: none"> A half rounder is scored if the batter hits the ball and runs to the second post. A half rounder can also be scored if the batter does not hit the ball but runs around all four posts. The rounders pitch is rectangular in shape with areas marked out for the batter and bowler to stand.
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			<p>or obstruction of players and no interceptions of passes allowed, which means that players of different height and build can play together without impacting their game. The main skills needed to play Tchoukball is the ability to catch and throw the ball, it is therefore great for hand-eye coordination and development of transferable skills. Playing Tchoukball regularly will also lead to greater agility, speed, strength and reaction times.</p> <p>https://www.tchoukball.org.uk/how-to-play/ How to play</p> <p>https://www.youtube.com/watch?app=desktop&v=W26ewO</p>	<p>is good for the heart and cardiovascular health.</p> <ul style="list-style-type: none"> • To know that warming up and cooling down after exercise is to prevent muscle injury and bring heart rate back down. • To know to stand sideways on bent elbows when holding a cricket bat. • To know that your head should move in the direction of 	<p>accuracy and control.</p> <ul style="list-style-type: none"> • Know how to choose and use a criteria to evaluate own and others' performance 	<ul style="list-style-type: none"> • There are four posts which batters must run around to score a rounder. • Players use a hard truncheon shaped bat. This can be made of wood, aluminium or plastic.
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			<p>32uY4 Tchoukball rules and gameplay.</p>	<p>the ball an move feet when striking the ball.</p> <ul style="list-style-type: none"> • To know when fielding to create a bridge with leg to prevent missing the ball. • To know to bring the ball in to chest when catching and not crocodile snaps. • To know and understand the rules of cricket. 		
OAA			Orienteering	Problem solving: know that discussing	<ul style="list-style-type: none"> • Know how to recognise 	<ul style="list-style-type: none"> • To know how a



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			<p>Orienteering is where a team will navigate around a course and follow a route on a map and mark off as you go. Race for the first person to get all the 'marks' and return to base.</p> <p>Children will link their course to a compass rose and indicate North, South, East and West.</p>	<p>the advantages and disadvantages of ideas will help to guide us to a conclusion about which idea to use. Navigational skills: understand how to use a key and use the cardinal points on a map to orientate it. Communication: understand that there are different types of communication and that I can communicate without talking. Reflection: with increased accuracy, critically reflect on when and why I am successful at solving challenges. Rules: understand the importance of</p>	<p>co-ordinates (autumn).</p> <ul style="list-style-type: none"> • Know how to follow simple instructions. • Know how to work collaboratively in a team (listen and communicate with peers). • Know and recognise the OS symbols and use them in context. • Know that North is one way on a compass. • Know how to follow all directions on a compass 	<p>compass works and to be able to read the different points.</p> <ul style="list-style-type: none"> • To recognise the symbols on an ordnance survey map and to use them to help navigate. • To know what orienteering is. • To be able to use a map of school to navigate to different orienteering points.
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				working with integrity	and apply how to use this on a map. <ul style="list-style-type: none">• Know how to follow a map. Know how to plan a course and follow it.	
Swimming						
				<ul style="list-style-type: none">• To know that when face is in water we blow out bubbles.• To know that when performing backstroke its tummy up and eyes on the ceiling.• To know that when self rescue its 999 to call.		



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				<ul style="list-style-type: none">• To know when rescuing to get a stick rope, or jacket.• To know when rescuing to lie on tummy away from whater and pull victim to shore.• To know to let the victim pull themselves out of the water as to nt get dragged in. <p>To know how to use and apply all swimming techniques to acquire national standard.</p>		
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				<ul style="list-style-type: none">• To know that when face is in water we blow out bubbles.• To know that when performing backstroke its tummy up and eyes on the ceiling.• To know that when self rescue its 999 to call.• To know when rescuing to get a stick rope, or jacket.• To know when rescuing to lie on		
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				<p>tummy away from whater and pull victim to shore.</p> <p>To know to let the victim pull themselves out of the water as to nt get dragged in.</p> <ul style="list-style-type: none">• To know that when face is in water we blow out bubbles.• To know that when performing backstroke its tummy up and eyes on the ceiling.• To know that when self resucue its 999 to call.		
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