

Skills and knowledge overview:

Year group: Reception

Subject: PE

Owing to our rolling programme, any of these topics might be covered at any time in Reception

Overview:

Topics	Skills to be taught	Knowledge
Music and movement (linked with gymnastics) Music and movement (linked with dance) Multiskills - rolling and receiving Multiskills – throwing and catching (linked with cricket) Multiskills – kicking Chasing games	<ul style="list-style-type: none">• Move in a variety of ways and in response to music• Jumping• Hopping• Skipping (without a rope)• Stopping on command• Balancing on one foot• Throwing and catching a large and small ball• Rolling a ball to a target• Kicking a ball	<ul style="list-style-type: none">• Develop an understanding of how to use their bodies to move in different ways• Develop an understanding of space and using senses to negotiate obstacles• Developing an understanding of sending and receiving objects

Year group: Year 1

Subject: PE

Owing to our rolling programme, any of these topics might be covered at any time in Year 1

Overview:

Topics	Skills to be taught	Knowledge
Gymnastics Football Dance Swimming Yoga Outdoor and adventurous activities Cricket Tri Golf Athletics Badminton Rounders' Tag Rugby Tennis	<ul style="list-style-type: none">• Move in a variety of ways• Jumping and landing from height• Hopping• Skipping (without a rope)• Stopping on command• Balancing on apparatus• Throwing a large and small ball over and under arm• Kicking a ball to a target• Dribbling a ball• Copy a dance pattern• Move to a beat• Link 2 dance movements together• Striking objects (cricket, tri golf, rounders' and badminton)• Controlled handling of objects and sporting equipment• Games involving sending and receiving• Controlling speed of movement in response to music and sounds• Heavy and light movements in response to music and sounds• Submerging in water	<ul style="list-style-type: none">• Water safety• An understanding of how to use their bodies to move in different ways• An understanding of space and using senses to negotiate obstacles and control objects• An understanding of sending and receiving objects• Developing an understanding of beat and rhythm• Developing an understanding of working cooperatively• Developing an understanding of points systems for games.

Year group: Year 2

Subject: PE

Owing to our rolling programme, any of these topics might be covered at any time in Year 2

Overview:

Topics	Skills to be taught	Knowledge
Gymnastics Football Dance Swimming Yoga Outdoor and adventurous activities Cricket Tri Golf Athletics Badminton Rounders' Tag Rugby Tennis	<ul style="list-style-type: none">• Move in a variety of ways – controlled rolls, jumps etc• Jumping and landing from height• Jumping for height• Hopping• Skipping with a rope• Stopping on command• Balancing on apparatus• Throwing a large and small ball over and under arm• Dribbling a ball in and out of obstacles• Copy a dance pattern• Move to a beat• Link a short series of dance movements together• Striking objects with some accuracy (cricket, tri golf, rounders' and badminton)• Controlled handling of objects and sporting equipment• Games involving an opposing side• Controlling speed of movement in response to music and sounds• Heavy and light movements in response to music and sounds• Submerging in water• Simple location exercises in school grounds (OAA)	<ul style="list-style-type: none">• Water safety• An understanding of how to use their bodies to move in different ways• An understanding of space and using senses to negotiate obstacles and control objects• An understanding of sending and receiving and controlling objects using senses• Developing an understanding of beat and rhythm• Developing an understanding of rules

Year group: Year 3

Subject: PE

Owing to our rolling programme, any of these topics might be covered at any time in Year 3

Overview:

Topics	Skills to be taught	Knowledge
Gymnastics Football Dance Swimming Yoga Outdoor and adventurous activities Cricket Tri Golf Athletics Badminton Rounders' Tag Rugby Tennis Handball	<ul style="list-style-type: none">• Application of previously developed skills• Performing basic rolls – log, egg, shoulder and forward roll• Simple attacking and defending tactics• Beginning to control balls and objects accurately in a game situation• Creating and performing short sequences with a clear beginning, middle and end• Choosing and linking actions in creating expressive dance phases• Jumping for distance• Jumping for height• Throwing for distance• Running for speed• Fully submerging in water• Simple propulsion using arms and legs• Introduction to basic strokes• Stance in striking activities• Collect objects from coded places around school• Give and follow directions	<ul style="list-style-type: none">• Water safety• Application of water safety knowledge to local area• Safety when rolling• Basic knowledge of attacking and defending games• Understanding of the importance of rules• Developing an understanding of positions• Basic knowledge of acceleration• Basic principles of net games

Year group: Year 4

Subject: PE

Owing to our rolling programme, any of these topics might be covered at any time in Year 4

Overview:

Topics	Skills to be taught	Knowledge
Gymnastics Football Dance Swimming Yoga Outdoor and adventurous activities Cricket Tri Golf Athletics Badminton Rounders' Tag Rugby Tennis Handball	<ul style="list-style-type: none">• Application of previously developed skills• Move using different body parts• Performing basic rolls – log, egg, shoulder and forward roll• Simple attacking and defending tactics• Beginning to control balls and objects accurately in a game situation• Creating and performing short sequences with a clear beginning, middle and end• Planning and performing movement sequences with different speed, level and direction• Creating dance phases in partners and small groups• Choosing and linking actions in creating expressive dance phases• Jumping for distance• Jumping for height• Throwing for distance• Running for speed• Fully submerging in water• Basic principles of front crawl, back crawl, breast stroke• Swimming 20 metres• Stance in striking activities	<ul style="list-style-type: none">• Water safety• Application of water safety knowledge to local area• Safety when rolling• Knowledge of attacking and defending principles• Understanding of the importance of rules• Developing an understanding of positions• Basic knowledge of acceleration• Principles of net games• An understanding of how the body is used to increase height or distance

	<ul style="list-style-type: none"> • Trust activities – working cooperatively • Physical cooperative challenges 	
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Year group: Year 5

Subject: PE

Owing to our rolling programme, any of these topics might be covered at any time in Year 5

Overview:

Topics	Skills to be taught	Knowledge
Gymnastics Football Dance Swimming Yoga Outdoor and adventurous activities Cricket Tri Golf Athletics Badminton Rounders' Tag Rugby Tennis Handball	<ul style="list-style-type: none"> • Application of previously developed skills • Moving with control and coordination using different parts of the body • Performing rolls competently – log, egg, shoulder and forward roll, progressing onto backward roll • Attacking and defending tactics in larger scale games • Beginning to control balls and objects accurately in a game situation • Creating and performing short sequences with a clear 	<ul style="list-style-type: none"> • Water safety • Application of water safety knowledge to local area • Safety • Positional awareness • Application of attacking and defending principals • Understanding of the importance of rules • Basic knowledge of acceleration • Principles of net games • An understanding of how the body is used to increase height or distance • Begin to understand the benefits of feedback

	<p>beginning, middle and end</p> <ul style="list-style-type: none"> • Choosing and linking actions in creating expressive dance phases • Describing and commenting on their own and performance of others • Jumping for distance • Jumping for height • Throwing for distance • Running for speed • Running for longer distance • Running over obstacles • Fully submerging in water • Front crawl, back crawl, breast stroke • Stance in striking activities • Personal survival • Orienteering 	<ul style="list-style-type: none"> • Understanding of optimal body position for acceleration • Developing an understanding of pace • Developing an understanding of stride frequency • Developing an understanding of orienteering maps and trails
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Year group: Year 6

Subject: PE

Owing to our rolling programme, any of these topics might be covered at any time in Year 6

Overview:

Topics	Skills to be taught	Knowledge
Gymnastics Football Dance Swimming Yoga Outdoor and adventurous activities Cricket Tri Golf Athletics Badminton Rounders' Tag Rugby Tennis Handball	<ul style="list-style-type: none">• Application of previously developed skills• Moving with control and coordination using different parts of the body• Performing rolls competently – log, egg, shoulder and forward roll, progressing onto backward roll• Attacking and defending tactics in larger scale games• Creating and performing short sequences with a clear beginning, middle and end• Choosing and linking actions in creating expressive dance phases• Improvise freely, individually and with a partner, can translate ideas from a stimulus into movement• Perform a range of rolls consistently including a backward roll• Responds imaginatively to a variety of stimuli, demonstrating a wide range of actions with precision, control and fluency• Incorporating different dynamics and develop	<ul style="list-style-type: none">• Water safety• Application of water safety knowledge to local area• Safety• Positional awareness• Application of attacking and defending principals• Understanding of the importance of rules• An understanding of acceleration• Principles of net games• An understanding of how the body is used to increase height or distance• Understand the benefits of feedback and apply knowledge to giving feedback• Understanding of optimal body position for acceleration• Understanding of pace and rhythm when running• An understanding of stride frequency

	<p>new actions with a partner and in a group.</p> <ul style="list-style-type: none"> • Describing and commenting on their own and performance of others and offering ways to improve • Jumping for distance • Jumping for height • Throwing for distance • Running for speed • Running for longer distance • Running over obstacles • Front crawl, back crawl, breast stroke • Swimming 25 metres • Advanced techniques – diving, turns • Stance in striking activities • Personal survival • Practical problem solving 	
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