

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL



PHYSICAL EDUCATION

SKILLS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<u>Gymnastics</u>	<ul style="list-style-type: none"> Investigate movement, stillness, and how to find and use space safely. Explore basic gymnastic actions on the floor and using apparatus. Copy or create, remember and repeat, short movement phrases of 'like' linked actions, e.g. two jumps, or two rolls. 	<ul style="list-style-type: none"> Increasing their range of basic gymnastic skills. Create simple sequences of 'unlike' actions on the floor, e.g. a roll, jump and a shape. Incorporate basic skills into rhythmic gymnastics 	<ul style="list-style-type: none"> Improving the quality of their movement, e.g. by stretching fingers and pointing toes, to help them produce tension and extension. Plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed. 	<ul style="list-style-type: none"> Create sequences that include changes of level and speed, and focus on using different body shapes clearly. Work mostly with a partner or in a small group, additionally incorporating hand apparatus. 	<ul style="list-style-type: none"> Create longer sequences to perform for an audience. Learn a wider range of actions and explore more difficult ways to perform. 	<ul style="list-style-type: none"> Use their knowledge of compositional principles, e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of their audience.
<u>Dance</u>	<ul style="list-style-type: none"> Focus on spatial awareness and being able to move confidently and safely in their own and general space whilst exploring basic agility, balance and coordination skills. 	<ul style="list-style-type: none"> Explore, remember, repeat and link a range of actions with coordination and control. Compose and perform dance phrases and short dances that express and 	<ul style="list-style-type: none"> Perform dances, focusing on creating, adapting and linking a range of dance actions. Begin to demonstrate an awareness of the expressive qualities of dance. These are inspired 	<ul style="list-style-type: none"> Focus on creating characters and narrative through movement and gesture. Gain inspiration from a range of stimuli. Use movement to explore and communicate ideas and issues, 	<ul style="list-style-type: none"> Learn different styles of dance and focus on dancing with other people. Create, perform and watch dances in a range of styles. Use movement to explore and communicate ideas and issues, 	<ul style="list-style-type: none"> Focus on using different visual images and stimuli to compose, perform and evaluate a range of dances. Use movement to communicate and demonstrate ideas and issues, and

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION

SKILLS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
	<ul style="list-style-type: none"> • Create and repeat a variety of short dances inspired by a range of stimuli. • Work individually, in pairs, small groups and as a whole class. • Develop an awareness of different dances through a choice of themes. 	<p>communicate moods, ideas and feelings.</p> <ul style="list-style-type: none"> • Work individually, in pairs, small groups and as a whole class. • Develop an awareness of the historical and cultural origins of different dances through a choice of themes. 	<p>by a range of stimuli.</p> <ul style="list-style-type: none"> • Work individually, in pairs, small groups and as a whole class. • Develop an awareness of the historical and cultural origins of different dances through a choice of themes. 	<p>and their own feelings and thoughts.</p> <ul style="list-style-type: none"> • Work individually, in pairs, small groups and as a whole class. • Develop an awareness of the historical and cultural origins of different dances through a choice of themes. 	<p>and their own feelings and thoughts.</p> <ul style="list-style-type: none"> • Work individually, in pairs, small groups and as a whole class. • Develop an awareness of the historical and cultural origins of different dances through a choice of themes. 	<p>their own feelings and thoughts.</p> <ul style="list-style-type: none"> • Work individually, in pairs, small groups and as a whole class. • Further develop an awareness of the historical and cultural origins of different dances through a choice of themes.
<u>Athletics</u>	<ul style="list-style-type: none"> • Explore running, jumping and throwing activities, and take part in simple challenges and competitions. • Experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance. 		<ul style="list-style-type: none"> • Concentrate on developing good basic running, jumping and throwing techniques. • Children are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. 		<ul style="list-style-type: none"> • Focus on developing their technical understanding of athletic activity. • Learn how to set targets and improve their performance in a range of running, jumping and throwing activities. • Perform different movements with an increased physical awareness. 	

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION

SKILLS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<u>Invasion Games</u>			<ul style="list-style-type: none"> Be aware of space and use it to support teammates and make it difficult for the opposition Work well in small groups. Send and receive with control to keep possession score points. 	<ul style="list-style-type: none"> Pass, receive and shoot the ball with increasing control. Work as part of a team to keep possession and score goals when attacking. Defend one on one and know when and how to win the ball. Use simple tactics to help a team score or gain possession. 	<ul style="list-style-type: none"> Understand there are different skills for different situations and begin to use these. Move into space to help a team. Play in a range of positions and know how to contribute when attacking and defending. Pass, receive and shoot the ball with some control under pressure. 	<ul style="list-style-type: none"> Pass, receive and shoot the ball with increasing control under pressure. Select the appropriate action for the situation. Create and use a variety of tactics to help a team. Create and use space to help a team. Select and apply different movement skills to lose a defender.
<u>Bat and ball games</u>		<ul style="list-style-type: none"> Learn how to position on the court. Throw and catch a ball with a partner. Begin to develop striking technique. 	<ul style="list-style-type: none"> Learn how to hit or strike the ball into spaces. Develop skills in finding space and using space to keep the ball. Use a range of equipment and skills, including throwing, catching, kicking and striking skills. 	<ul style="list-style-type: none"> Develop the range and quality of their skills and understanding. Learn how to play the different roles of a game. Use and apply basic rules consistently Understand and implement a range of tactics in a game. 		

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION						
SKILLS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<u>Net games</u>		<ul style="list-style-type: none"> Learn how to position on the court. Throw and catch a ball with a partner. Begin to develop striking technique. 	<ul style="list-style-type: none"> Children focus on developing the skills they need for net games and on how to use these skills to make the game difficult for their opponent. Learn to direct the ball towards the target area and away from their opponent. Play with the same basic court set-up and rules but use a range of equipment and skills, including throwing, catching, kicking and striking. Return to the ready position to defend my own court. 		<ul style="list-style-type: none"> Children develop skilful attacking and team play. Children develop the range and quality of their skills when playing tennis. Learn specific tactics and skills for tennis. Demonstrate good footwork to cover a court space in a game situation. 	
<u>Swimming</u>		<ul style="list-style-type: none"> How to enter and exit the water. Floatation Submerging Aquatic breathing moving effectively through the water using strokes on front and back. 	<ul style="list-style-type: none"> A programme of swimming study is delivered by local swimming coaches. Develop water confidence through a range of exercises, games and drills. Learn about water safety and safe self-rescue. Develop kicking, arm pull and breathing techniques as well as correct body position to improve buoyancy and stroke efficiency. Targets: To swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. 			

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION

SKILLS	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<u>Team and leadership skills</u>					<ul style="list-style-type: none">• Learn the characteristics of being a good sports leader and how to apply these when leading a group of younger pupils.• Learn how to plan, deliver and evaluate sports activities.	

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION & GAMES

AUTUMN 1

KNOWLEDGE	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Autumn 1 Unit	PE: Dance Games: Athletics	PE: WLTA Tennis MSSP Games: Football	PE: Swimming & Gymnastics MSSP Games: Netball	PE: Tennis MSSP Games: Netball	MSSP Games: Netball PE: Sports Leaders	MSSP Games: Netball PE: Dance
Knowledge taught within unit	<p>PE Dance Move forwards and backwards using my senses. Use different body parts to create different moves. Recognise what to do before moving into a different space.</p> <p>Games - Athletics Travel in multiple ways including skipping, jumping and sliding. Understand the importance of warming up.</p>	<p>PE Tennis Recognise the importance of stretching and warming up before using a tennis racket. Know how to hold a tennis racket correctly. Understand the basic rules of tennis.</p> <p>Games - Football Know the basic rules of football including teamwork and respect. Understand the movement required in game settings. Recognise the importance of aiming before passing and shooting.</p>	<p>PE Swimming: Understand how to enter and exit the water safely. Understand proper breathing methods when swimming. Know how to perform a range of strokes. Know how to perform a basic safe water rescue. Understand simple safe self-rescue methods.</p> <p>PE Gymnastics: Understand how they may improve the quality of their movement, e.g. by stretching fingers and pointing toes, to help them produce tension and extension. Children plan and perform sequences of contrasting actions. Understand how they may link actions.</p> <p>Games - Netball: Children develop the ability to find and use space. Develop their knowledge of proper throwing and catching methods. Children learn to outwit their opponents through applying simple choices and decisions.</p>	<p>PE Tennis: Children develop the ability to find and use space. They use a range of equipment to develop their throwing, catching and movement skills. Children learn to outwit their opponents through applying simple choices and decisions. Children recognise the name for different techniques. Children develop their knowledge of proper striking techniques to play against their opponent.</p> <p>Games - Netball: Children learn how to outwit their opponents and score when playing invasion games. They develop their knowledge of how to find and use space to keep the ball. Understand basic court set-up and rules.</p>	<p>PE Sports Leadership Children learn the characteristics of being a good sports leader and how to apply these when leading a group of younger pupils. Children will also learn how to plan, deliver and evaluate sports activities.</p> <p>Games - Netball: Know how to catch a netball in different ways. Know how to pivot. Understand the footwork rule in netball. Apply basic principles suitable for attacking and defending in the context of marking and shooting in netball.</p>	<p>PE - Dance: Understand how you can use different visual images and stimuli to compose, perform and evaluate a range of dances. Develop their understanding of the historical and cultural origins of different dances through a choice of themes.</p> <p>Games - Netball: Children improve their knowledge of attacking and defending play. They are able to play Netball matches and recognise how they can apply tactics and strategies to be successful in a team performance.</p>

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION & GAMES

AUTUMN 2

KNOWLEDGE	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Autumn 2 Unit	PE: Gymnastics – mats & levels Games: Outdoor games inc. throwing & catching and Hockey	PE: WLTA Tennis MSSP Games: Unihoc	PE: Football MSSP Games: Tag Rugby	PE: Tennis MSSP Games: Football	MSSP Games: Football PE: Dance	MSSP Games: Football PE: Yoga
Knowledge taught within unit	<p>PE Gymnastics Recognise how to stay safe when performing movements, rolls and balances. Understand why we keep our head up when moving into space. Know how to stay balanced when holding a shape. Know how to land in space safely.</p> <p>Games - Hockey Children will develop an understanding of the importance of warming up. They will recognise basic hockey rules and how to stay safe when using equipment. They will recognise which body parts we can use to stop a moving ball and where our hands need to be when catching a ball.</p>	<p>PE Tennis Recognise the importance of stretching and warming up before using a tennis racket. Know how to hold a tennis racket correctly. Begin to understand the basic rules of tennis.</p> <p>Games - Unihoc Know how to hold the hockey stick correctly. Know the basic rules of hockey including teamwork and respect. Understand the push and drive passing techniques.</p>	<p>PE Football Children learn how to outwit their opponents and score when playing invasion games. They develop their knowledge of how to find and use space to keep the ball. Understand how to perform kicking and striking movements.</p> <p>Games - Tag Rugby Children develop their knowledge of the four core principles of tag rugby (running, catching, passing and tackling).</p>	<p>PE Tennis Children develop the ability to find and use space. They use a range of equipment to develop their throwing, catching and movement skills. Children further develop their knowledge of proper striking techniques to play against their opponent.</p> <p>Games - Football Children recognise the name for different techniques. Children develop the ability to play against their opponents using these techniques. Recognise where there is space on a pitch. Understand how they move the ball around a pitch using passing, dribbling and teamwork.</p>	<p>PE Dance Understand the terms Unison and Mirroring. Evaluate whether movements were clear and in unison. Discuss if the performers remained in a line. Know that movements can be selected and ordered in a dance.</p> <p>Games - Football Understand different kicking techniques. Understand how and when to move into space. Understand how to defend. Understand how to attack. Develop their knowledge of game tactics.</p>	<p>PE Yoga Develop an understanding of movements and poses that can be part of a yoga sequence. Build on movements to form a sequence. Understand that a variety of movements can be performed as part of a sequence. Recognise how breath can be used along with movements. speed with breath.</p> <p>Games - Football Children improve their knowledge of defending and attacking play. They start to play even-sided mini-versions of invasion games. Understand the principles of defence and attack. Recognise how teamwork leads to positive performances.</p>

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION & GAMES

SPRING 1

KNOWLEDGE	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Spring 1 Unit	PE: Dance – movement & rhythm Games: Balance, agility & coordination	PE: WLTA Tennis MSSP Games: Net & wall games	PE: Tennis MSSP Games: Tag rugby	PE: Swimming & Dance. MSSP Games: Tag Rugby	MSSP Games: Tag Rugby PE: Gymnastics	MSSP Games: Rugby PE: Gymnastics
Knowledge taught within unit	<p>PE Dance Children will develop an understanding of how to begin and end a dance routine by standing still. They will identify how many counts each movement should last (eight).</p> <p>Games - Balance, agility and coordination. Children will recognise different body parts, the way they can move and how we can use them in different sports and activities. They will know that when throwing/hitting accurately they should look at the target and aim.</p>	<p>PE Tennis Recognise the importance of using our senses to stay clear of obstacles and opponents. Travel using different speeds with and without a ball. Understand if a ball is in or out. Recognise basic striking techniques.</p> <p>Games - Net & Wall Games Name the body parts we have and how we can use them within different sports and activities. Recognise basic rules and expectations in games of football, netball and tennis, including which body parts can be used and how much contact can be applied when tackling or intercepting. Recognising the importance of looking at the target and aiming when kicking, throwing or hitting.</p>	<p>PE Tennis Children develop the ability to find and use space. They recognise correct passing technique. Children learn to outwit their opponents through applying simple choices and decisions.. Understand how to play against their opponents using these techniques.</p> <p>Games - Tag Rugby Children develop their knowledge of the four core principles of tag rugby (running, catching, passing and tackling) and apply this knowledge within a match scenario with increasing confidence.</p>	<p>PE Swimming: Understand how to enter and exit the water. Understand proper breathing methods when swimming. Know how to perform a range of strokes. Know how to perform a safe water rescue. Understand simple safe rescue methods.</p> <p>PE Dance Understand how we may create narrative through movement and gesture. Use movement to explore and communicate ideas and issues, and their own feelings and thoughts. Work individually, in pairs, small groups and as a whole class.</p> <p>Games - Tag Rugby Understand how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) in both isolation and together within a match scenario.</p>	<p>PE Gymnastics Children embed the key gymnastic skills and explore more difficult actions including backward roll, handstand, vault, cartwheel and group balances. Explore apparatus and create longer sequences which they perform to others. Recognise when they work well as individuals and with a partner and a group. Identify how to help themselves develop.</p> <p>Games Tag Rugby Understand how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) within accuracy and precision in both an individual and team based scenario.</p>	<p>Games Rugby Understand the tactics an attacker could use to beat a defender. Understand how to position the body when making a lateral pass. Know the steps to make a successful lateral pass. Understand the tactics a team could use to retain the ball.</p> <p>PE Gymnastics Develop and use their knowledge of compositional principles, e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of their audience.</p>

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION & GAMES

SPRING 2

KNOWLEDGE	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Spring 2 Unit	PE: Dance Games: Team games – attacking & defending	PE: WLTA Tennis MSSP Games: Net & wall games	PE: Tennis MSSP Games: Hockey	PE: Swimming & Dance MSSP Games: Hockey	MSSP Games: Hockey PE: Dance	MSSP Games: Hockey PE: Dance
Knowledge taught within unit	<p>PE Dance Know how to begin and end a dance routine by standing still. Identify how many counts each movement should last (eight)</p> <p>Games Develop their knowledge of basic game-play, in particular throwing and catching. Recognise how they can play well during one against one, one against two and one against three.</p>	<p>PE Tennis Recognise the importance of using our senses to stay clear of obstacles and opponents. Travel using different speeds with and without a ball.</p> <p>Games - Net & Wall Games Name the body parts we have and how we can use them within different sports and activities. Recognise basic rules and expectations in games of football, netball and tennis, including which body parts can be used and how much contact can be applied when tackling or intercepting. Recognising the importance of looking at the target and aiming when kicking, throwing or hitting.</p>	<p>PE Tennis Children develop the ability to find and use space. Develop their understanding of throwing, catching and movement skills. Outwit their opponents through applying simple choices and decisions. Understand how they might play against their opponents using these techniques.</p> <p>Games - Hockey Recognise that the ball and stick should be in front of the body during play. Know where to look when dribbling. Know the benefits of keeping the ball 'glued' to the stick.</p>	<p>PE Swimming: Understand how to enter and exit the water. Understand proper breathing methods when swimming. Know how to perform a range of strokes. Know how to perform a safe water rescue. Understand simple safe rescue methods.</p> <p>PE Dance Explore simple canon using movements from a Dance. Apply cumulative canon and unison to a dance. Understand how they could create a dance sequence.</p> <p>Games - Hockey Discuss the different passing techniques. Discuss how to work well as a team. Know how to dribble effectively. Identify how they might improve their gameplay.</p>	<p>PE Dance Understand the terms Unison and Mirroring. Discuss whether movements were clear and in unison. Discuss if the performers remained in a line. Know that movements can be selected and ordered in a dance.</p> <p>Games - Hockey Discuss the different passing techniques. Discuss how to work well as a team. Know how to dribble effectively. Identify how they might improve their gameplay.</p>	<p>PE Dance Understand the terms: dynamics, expression, choreography. Explain the meaning of the following choreographic devices: canon, formation, unison and levels. Understand the historical and cultural origins of different dances through a choice of themes.</p> <p>Games - Hockey Improve their knowledge and understanding of defending and attacking play. Start to play even sided mini versions of invasion games.</p>

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION & GAMES

SUMMER 1

KNOWLEDGE	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Summer 1 Unit	PE: Gymnastics – balancing, jumping & levels Games: Mini Olympics	PE: Swimming MSSP Games: Basketball	PE: Tennis MSSP Games: Basketball	PE: Tennis MSSP Games: Basketball	MSSP Games: Cricket PE: Tennis	MSSP Games: Basketball PE: Tennis
Knowledge taught within unit	<p>PE Dance Children will recognise the importance of staying safe when travelling in small areas and when using apparatus. They will know how to balance and land safely.</p> <p>Games - Mini Olympics Understand how they can apply their knowledge of throwing and catching and movement in space to simple athletic events.</p>	<p>PE - Swimming Understand how to enter and exit the water. Know how to perform basic floatation and submerging. Know how to breathe when moving in the water. Understand how to move effectively and through the water using basic strokes.</p> <p>Games - Basketball Recognise where there is free space and they can avoid others. Understand how to throw and catch an object as an individual and with a partner.</p>	<p>PE - Tennis Understand how to strike a ball with a racket using the swing action. Recognise how to perform a front stroke and backstroke technique. Discuss how they work well with a partner.</p> <p>Games - Basketball Understand how to outwit their opponents and score when playing invasion games. Recognise where there is space and use space to keep the ball. Understand basic court set-up and rules.</p>	<p>PE - Tennis Understand how to strike a ball in a given direction using a forehand and backhand technique. Know they can keep a rally going with a partner. Recognise how to hit an underarm serve.</p> <p>Games - Basketball Know how to perform jump and stride stops. Understand dribbling technique. Know how to aim and shoot a ball. Recognise where there is space on the court.</p>	<p>PE - Tennis Understand how to maintain a rally using forehand and backhand groundstrokes. Know how to strike the ball into a specified area. Recognise how to work well with a partner. Understand how to win points effectively.</p> <p>Games - Cricket Develop their knowledge and understanding of the gameplay and rules. Understand how to play the different roles of bowler, wicket-keeper, backstop, fielder and batter.</p>	<p>PE - Tennis Understand how to maintain a rally using forehand and backhand groundstrokes. Know how to strike the ball into a specified area. Recognise how to work well with a partner. Understand how to win points effectively. Know how to use an overarm serving technique.</p> <p>Games - Basketball Understand how to dribble the ball with both hands to beat a defender. Discuss the different passes they could use in a game. Recognise where there is space on the court.</p>

PROGRESSION OF SKILLS & KNOWLEDGE MAP

ST JOHN FISHER RC PRIMARY SCHOOL

PHYSICAL EDUCATION & GAMES

SUMMER 2

KNOWLEDGE	YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
Summer 2 Unit	PE: Athletics Games: Team games/Sports Day	PE: Swimming MSSP Games: Athletics	PE: Tennis MSSP Games: Athletics	PE: Tennis MSSP Games: Athletics	MSSP Games: Basketball PE: Athletics	MSSP Games: Cricket PE: Athletics
Knowledge taught within unit	<p>PE: Athletics Games Understand how to move safely and actively about the space. Know how to throw and catch underarm individually and with a partner. Recognise how to avoid others.</p> <p>Games - Team games/Sports Day Understand how to throw and catch under-arm in a small group. Develop an understanding of how to work collaboratively in a small group and start to understand team-work. Recognise how to intercept a ball to retrieve to a partner or team.</p>	<p>PE Ball and bat games Understand how to improve their rolling, throwing and catching. Recognise how they could use space to avoid opponents, keep the ball and score points.</p> <p>Games - Athletics Develop their understanding of running, jumping and throwing activities, and take part in simple challenges and competitions. Experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance.</p>	<p>PE Tennis Understand how to strike a ball with a racket using the swing action. Recognise how to perform a front stroke and backstroke technique. Discuss how they work well with a partner. Develop an awareness of court position</p> <p>Games - Athletics Develop their understanding of good basic running, jumping and throwing techniques. Decide which throwing technique is best suited to a given task. Experiment with different types of one-footed and two-footed jumps.</p>	<p>PE - Tennis Understand how to strike a ball in a given direction using a forehand and backhand technique. Know they can keep a rally going with a partner. Recognise how to hit an underarm serve.</p> <p>Games - Athletics Understand how to throw a ball under-arm at a target and catch a ball safely while moving. Recognise how to strike a moving ball using the correct technique.</p>	<p>PE Athletics Recognise how to move in a variety of different ways with control, balance and speed. Apply their knowledge of throwing for distance and accuracy. Understand the elements of jumping and apply to situations.</p> <p>Games - Basketball Understand how to dribble the ball with control using both hands. Know how to perform both chest and bounce passes. Employ attacking and defending tactics in a game situation.</p>	<p>PE Athletics Recognise how to move in a variety of different ways with control, balance and speed. Apply their knowledge of throwing for distance and accuracy. Understand the elements of jumping and apply to situations. Understand the concept of agility. To apply 'agility' in a competitive context.</p> <p>Games - Cricket Understand how they may use different pick up techniques and apply in a game situation. Play a variety of different shots depending on where the ball lands. Identify bowling and batting tactics to benefit a team's performance</p>