

Curriculum Intent. A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Term	Key skills	Key knowledge	
1	<p>OAA</p> <p>Knowledge Participate in a range of activities Problem solving Team work Preparation for activity How to improve performance</p> <p>Skills Decision making Working together Overcome physical challenges Perform a warm up</p> <p>Ball Games</p> <p>Knowledge Send and receive Basic rules Preparation for activity How to improve performance Competition Knowledge of different community sports clubs</p> <p>Skills Throw and catch Kick and trap Control Play to rules Comment on performances Perform a warm up</p>	<p>Follow the directions given to them, with support. Roll a ball accurately over a short distance and stop a rolled ball.</p>	Investigation
		<p>With guidance, identify the problem and possible solutions to solve it. Roll a ball accurately, varying speed and distance, and track and stop a rolled ball.</p>	Launch
		<p>Mostly cooperate with others to solve the problem, demonstrating some effective teamwork skills. Use a simple over arm throw.</p>	Breakthrough
		<p>Understand what orienteering involves and know some of the basic orienteering symbols. Catch a ball or modified equipment with two hands.</p>	Foundation
		<p>Orienteer a map, with support if necessary and know the meaning of some common map symbols. Bounce a ball with control changing hands, step forward into an overarm throw.</p>	Developing
2	<p>Gymnastics/Dance</p> <p>Knowledge Composition Types of movement Body management techniques Preparation for activity How to improve performance Knowledge of different community sports clubs</p> <p>Skills Balances Movement Comment on performances Perform a warm up</p> <p>Team games</p> <p>Knowledge Work in a team Basic rules Tactics and strategies Preparation for activity How to improve Competition Knowledge of different community sports clubs</p> <p>Skills</p>	<p>Change speed from fast to slow. Pass a ball to another player over a short distance.</p>	Investigation
		<p>Move at high, low and medium levels. Travel with a ball using their feet and hands.</p>	Launch
		<p>Can jump on and off a range of equipment. Use their hands and feet to pass the ball to another player.</p>	Breakthrough
		<p>Link actions with a movement to form a sequence. Travel with and pass a ball to another player to score points in a game.</p>	Foundation
		<p>Perform a movement sequence and suggest how they could improve their movements. Select the most appropriate way of travelling for the game context and also travel in different ways with control in order to get into a useful space,</p>	Developing

	<p>Attack and defence Control Play to rules Perform a warm up</p>		
3	<p>Athletics Knowledge Improve performance and technique Preparation for activity How to improve Performance Knowledge of different community sports clubs Skills Pacing Types of throw Types of jump Perform a warm up <u>Striking and fielding</u> Knowledge Send and receive Basic rules Preparation for activity How to improve performance Competition Knowledge of different community sports clubs Skills Hitting Stopping Catching Comment on performances Perform a warm up</p>	<p>Demonstrate some control and coordination when running and performing a jump or throw. Strike a stationary ball in an intended direction</p>	Investigation
		<p>Demonstrate increasing control and coordination when running and performing a jump or throw. Perform the standing long jump with some control. Accurately throw or roll a ball at a target</p>	Launch
		<p>Perform the underarm, overarm and push throws with some control, accuracy and success. Strike a bowled ball in an intended direction. Stop a ball using a range of techniques</p>	Breakthrough
		<p>Perform the standing long jump using the correct technique to achieve the furthest possible distance. Play cooperatively with teammates, making decisions about when to run for points and when to not.</p>	Foundation
		<p>Perform the underarm, overarm and push throws with control and accuracy and develop their technique. Demonstrate confident fielding skills by catching and stopping balls travelling from different heights and different speeds.</p>	Developing

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1	<p>Swimming</p> <p>Knowledge How to swim different strokes Water confidence water safety Knowledge of different community sports clubs</p> <p>Skills swim using different strokes follow pool rules</p>	<p>Uses legs and a swimming aid to move around pool</p>	Investigation
		<p>Move forwards, backwards & sideways for a distance of 5 meters Demonstrate an understanding of pool rules Exit the water safely</p>	Launch
		<p>Regain upright position from the back front without support Travel on the back & front for 5 metres, aids or equipment may be used.</p>	Breakthrough
		<p>Fully submerge to pick up an object Travel 10 metres on the back & front</p>	Foundation
		<p>Pupils select and combine skills and can start and turn for all 3 strokes consistently and with precision, control, fluency and speed.</p>	Developing

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		<p>Follow a map with a degree of confidence Move in multiple directions in isolation and sometimes in a game situation.</p>	Launch
		<p>Follow a specific coloured route with hands and feet. Use the basic skill of dodging, including fake dodging, in isolation and sometimes in a game situation.</p>	Breakthrough
		<p>Follow a map with increasing accuracy and confidence, within a set time limit. Show understanding of what it means to intercept the ball and demonstrate they are able to get into a position to be able to intercept a pass.</p>	Foundation
		<p>Be aware of dangers presented by weather conditions and be able to explain what they would do in different situations. Use a range of attacking and defensive strategies and skills consistently and effectively to contribute towards the success of their team.</p>	Developing
2	<p>Gymnastics/Dance</p> <p>Knowledge Composition Types of movement Body management techniques Preparation for activity How to improve performance Knowledge of different community sports clubs</p> <p>Skills Perform balances and movement with some control Comment on performances Perform a warm up</p> <p>Net/Wall Games</p> <p>Knowledge Badminton /tennis rules and court layout. Outwit opponent Basic rules Tactics and strategies Preparation for activity How to improve Competition</p> <p>Skills</p>	<p>Perform recognisable movements, e.g. a forward roll that looks like a forward roll. Can throw a ball over a net into the opposite side of the court.</p>	Investigation
		<p>Link a series of different movements together to form a short routine. To be able to anticipate where a ball/ Shuttle will arrive</p>	Launch
		<p>Describe what they have done or changed in order to better their performance during a lesson. Hold and swing racket with/without support and knows where to stand on the court when hitting, catching and receiving.</p>	Breakthrough
		<p>Perform movements to a high standard and link multiple movements competently, e.g. a sequence of three forward rolls. Use different types of shots during a game.</p>	Foundation
		<p>Practise and refine their own movements, 'spot' and advise others around them and instinctively and creatively explore how to progress and extend their skills and abilities.</p>	Developing

	<p>Play to rules Control Perform a warm up</p>	<p>Hit the ball/shuttle in the court away from opponent, how to outwit them using speed height and direction of ball.</p>	
3	<p>Athletics Knowledge Improve performance and technique Preparation for activity How to improve Performance Knowledge of different community sports clubs Skills Pacing Types of throw Types of jump Perform a warm up Striking Knowledge Send and receive Basic rules Preparation for activity How to improve performance Competition Knowledge of different community sports clubs Skills Hitting Stopping Catching Comment on performances Perform a warm up</p>	<p>Practise existing basic running, throwing and jumping skills.</p>	Investigation
		<p>Show that they are beginning to develop their technique for the most effective sprint start, Develop their running technique for sprinting, showing some coordination and control.</p>	Launch
		<p>Develop and improve their running technique for sprinting, showing good coordination and control. Show good control, coordination and power when performing the standing vertical jump and measure the height jumped with accuracy.</p>	Breakthrough
		<p>Show knowledge of and comment upon a variety of athletic events and techniques, such as running style and throwing technique</p>	Foundation
		<p>Consistently combine and display a range of learnt skills and techniques with success, confidence and control when participating in running, jumping and throwing activities and games.</p>	Developing