

Hollinswood Primary School and Nursery Spring 1- Medium Term Plan Physical Education (P.E.)

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	Resources
Indoor (badminton)				
<p>EYFS</p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>hitting/striking/shots</p> <p>feeding and rallying</p> <p>space/locomotion</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>the names of different parts of my body</p> <p>what the word balance means</p> <p>what the word agile means</p> <p>I need to stay balanced when trying to stop</p> <p>being strong is important in all P.E. lessons</p> <p>know what spin, rock, tilt, slide and bounce mean</p> <p>what hit means</p> <p>to watch the object when hitting or striking it</p> <p>look at what I am throwing towards</p> <p>point my hand at what I am throwing towards</p> <p>watch the ball when I receive it</p> <p>collect the ball with two hands</p> <p>take big steps to run and small steps to stop</p> <p>that being in a space gives me room to play</p> <p>that there are different roles in games</p> <p>follow instructions given by my teacher</p> <p>that rules are important and help us stay safe</p>	<p>I know:</p> <p>being active is good for my heart, well-being and health</p> <p>I know how to:</p> <p>how to move different parts of my body in when directed</p> <p>move my body to spin, rock, tilt and balance</p> <p>show what balance means</p> <p>show what the word agile means</p> <p>stop with some control and stay balanced when stopping</p> <p>hit a ball with my hands</p> <p>send and track a ball with a partner</p> <p>change direction, run and stop</p> <p>travel with different movements in spaces while avoiding obstacles</p> <p>point my hand/object at my target when hitting a ball</p> <p>look at the target when sending a ball and watch the ball to receive it</p> <p>use big steps to run and small steps to stop</p> <p>change direction during games</p> <p>make simple choices in response to the task given</p> <p>rules help us to stay safe</p>	<p>balance</p> <p>co-ordinate</p> <p>agile</p> <p>racket</p> <p>hit</p> <p>target</p> <p>send</p> <p>ball</p> <p>steps</p> <p>direction</p> <p>space</p> <p>choices</p> <p>rules</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>FOM:</p> <p>Fundamental Activities and Games - UK Coaching</p> <p>Fundamental Skills:</p> <p>Your School Games - P.E with reception</p> <p>BCFUNdationalFull.pdf (sportngin.com)</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Outdoor (Football)				
EYFS Healthy Participation Fundamentals of Movement Balance Co-ordination Agility (Fundamental skills) Receiving/Sending (passing) Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	I know: what the word balance means that coordination is a word linked to P.E that moving is important in games what the word balance means and can show what this word means that coordination is about my body parts moving to look at the target when sending a ball and watch the ball to receive it that using my feet and hands helps me send objects that keeping and object close will help with control that being in a space gives me room to play that there are different roles in games that rules help us to stay safe make simple decisions in response to a task	I know: <i>being active is good for my heart, well-being and health</i> <i>getting out of breath is good for my body</i> I know how to: change direction while running or moving show some control and balancing after moving show what co-ordination means by climbing higher, running faster or slower to move different parts of my body when directed throw, kick and send objects towards a target drop and attempt to catch the ball with two hands and scoop it begin to drop and catch with two hands and move a ball with my feet move a ball with my feet (to achieve a certain degree of success) begin to travel with different movements in spaces while avoiding obstacles travel with different movements in spaces while avoiding obstacles use my own space in games follow rules and instructions from my teachers act respectfully towards my friends change direction during games to follow my peers when playing games what game means	growth health Balance Body parts: legs; arms; hips; shoulders; feet; knees; heart; and lungs throw send look catch scoop kick drop catch travel ball obstacles direction follow space game rules responsible resilient respectful resourceful	Resources/staff subject knowledge: See shared drive for planning and resources

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Indoor Badminton				
Year One Healthy Participation Fundamentals of Movement Balance Co-ordination Agility (Fundamental skills) hitting/striking/shots feeding and rallying footwork/locomotion /space tactics rules	I know: that coordination means moving parts of my body correctly that standing on one leg is using my balancing skills agility is how I move my body in different directions what a racket is that I need to try and strike the shuttlecock or object with the middle of my racket what send means what receive means to use an underarm throw to feed to a partner. that throwing/hitting to my partner with not too much power will help them to return the ball what left and right mean that using a ready position will help me to move in any direction that body movements help me stop, accelerate or change direction that tactics can help us to be successful when playing games that the shuttlecock can't bounce before I strike it rules help us to play fairly that I must listen to the person in charge of the game	I know: <i>being active is good for my heart, well-being and health when I am active, changes will occur in my body</i> <i>why I should exercise</i> <i>being active is part of a healthy lifestyle</i> <i>movement is creative and helps me express myself</i> <i>badminton is a sport played by professionals</i> I know how to: swing my arms and legs in different directions stand on one leg and balance for a prolonged period move my body in different directions, showing shifts of weight from foot to foot how to hit a dropped ball with a racket use the centre of the racket for control at times throw a ball over a net to land into the court area send a ball with hands and a racket use the ready position to move towards a ball change direction right and left while watching the shuttlecock move around in space showing an awareness of obstacles begin to strike the shuttlecock while in motion show some control, using small steps when stopping at speed how to hit the shuttlecock into different spaces away from a partner keep score and follow simple rules for badminton	co-ordination balancing agility racket hit target centre send underarm power ball shuttlecock court net steps direction ready position	Resources/staff subject knowledge: See shared drive for planning and resources

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Outdoor (Football)				
Year One Fundamentals of Movement Balance Co-ordination Agility (Fundamental skills) Receiving/Sending (passing) Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	I know: that coordination means moving parts of my body correctly that standing on one leg is using my balancing skills agility is how I move my body in different directions to look at my partner before sending the ball know what part of the foot to strike the ball with what dribbling is moving with a ball is called dribbling being in a good space helps us to pass the ball being able to move away from a partner passing helps my team to pass me the ball staying with a partner makes it more difficult for them to receive the ball that need to move into space that I need to move all the time (active) that I need to use all my sense (eyes, ears, hands, feet etc) to know the space around me tactics can help us when playing games maintaining possession is a key aspect of invasion games rules help us to play fairly that I must listen to the person in charge of the game	I know: <i>being active is good for my heart, well-being and health</i> <i>when I am active, changes will occur in my body</i> why I should exercise I know how to: stand on one leg while moving the other-maintaining balance to move different parts of my body at the same time while running to use my feet to send and receive showing some awareness of where the ball is going stop the ball with the insides of my feet with basic control shown pass the ball show some use of the instep of my foot score into a variety of targets and goals to move the ball forward, dribbling with my feet travel with a ball in different directions (side to side, forwards and backwards) dribble the ball with the inside of my feet with some control and finding space show some basic spatial awareness when playing games describe how my senses are important when playing football travel in a range of ways to change direction to move away from a partner my team must move the ball towards goal when attacking to track and move to stay with a partner take the ball from an opponent play within a small team play simple games e.g. 4 v 4	heartbeat breathing balance co-ordination body parts (limbs, legs, arms)- science MTP link agility side-step gallop skip invasion running walking sprinting pass pass backwards pass forwards travel dribbling control touch space travel tackle/take follow/track games tactics possession rules respect responsibility resilience	Resources/staff subject knowledge: See shared drive for planning and resources

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Indoor Badminton				
<p>Year Two</p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>hitting/striking/shots</p> <p>feeding and rallying</p> <p>footwork/locomotion /space</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>coordination means using parts of my body while moving</p> <p>balancing involves stability of different parts of my body</p> <p>that agility is about moving the body in different directions at different speeds</p> <p>hold the racket correctly in my palm</p> <p>that striking off the centre of my racket is important for power and accuracy</p> <p>what a rally is</p> <p>that sending the ball towards my partner will help me to keep a rally going</p> <p>place enough power on a shot to control the area the shuttlecock lands in</p> <p>that power and control help keep a rally going</p> <p>that moving my feet while watching the shuttlecock helps prepare me to strike it</p> <p>that using a ready position helps me to react quickly and return/catch a ball</p> <p>to move my feet while watching an object</p> <p>that applying simple tactics makes it difficult for my opponent</p> <p>rules help us to play fairly</p> <p>that I must listen to the person in charge of the game</p>	<p>I know:</p> <p>being active is good for my heart, well-being and health</p> <p>badminton is a sport played by professionals</p> <p>I know how to:</p> <p>balance on one leg while shifting my shoulders to move in another direction e.g. stop on my left and move right</p> <p>move my upper body and lower body in different ways e.g. twisting while dribbling</p> <p>move at different speeds while changing directions</p> <p>position my body to strike the ball with some balance shown</p> <p>consistently use the ready position to move towards the shuttlecock</p> <p>use and show the ready position</p> <p>accurately underarm and overarm throw over a net to a partner</p> <p>rally underarm with a partner catching after one bounce</p> <p>move my feet to stop, accelerate, change direction and steady myself before striking the shuttlecock</p> <p>watch the ball as it comes towards me to help me to prepare to hit it</p> <p>hit a dropped ball over a net</p> <p>score points and follow simple rules</p>	<p><i>oxygen</i> <i>prevent injury</i> <i>stretch</i> <i>pulse</i> <i>warm up</i> <i>cool down</i></p> <p>co-ordination balancing movement stability speed travel</p> <p>racket hit target centre dropped ball</p> <p>underarm overarm power ball shuttlecock court net return rally</p> <p>direction ready position react</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>See shared drive for planning and resources</p>

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Outdoor (Football)				
Year Two <u>Fundamentals of Movement</u> Balance Co-ordination Agility <u>(Fundamental skills)</u> Receiving/Sending (passing) Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	I know: balancing involves stability of different parts of my body that coordination means using parts of my body while moving. that agility is about moving the body in different directions at different speeds control the ball before sending it know what part of the foot to strike the ball with know to plant my standing foot before striking the ball my body needs to be balanced before striking the ball keeping my head up will help me to know where defenders are moving into space away from defenders helps me to pass and receive a ball when my team is in possession of the ball, I am an attacker and we can score when my team is not in possession of the ball, I am a defender and we need to try to get the ball standing between the ball and the attacker will help me to stop them from getting the ball. simple tactics for attack and defence e.g. block, track, follow, mark maintaining possession is a key aspect of invasion games	I know: <i>some of the changes that happen in my body when I am active</i> <i>why I should exercise and can explain some positives when I exercise</i> <i>being active is part of a healthy lifestyle</i> I know how to: balance on one leg while swinging the other move my upper body and lower body in different ways e.g. twisting while dribbling move at different speeds while changing directions stop the ball with the sole and inside of my feet (trap the ball) pass the ball to a partner with some accuracy at short distances (P,P,P plant, pass, point) send and receive to a teammate with increased control score into a goal in a variety of ways, showing aim and direction when kicking the ball dribble with my feet with increasing control on the move dribble the ball with the inside of my feet, keeping the ball close to my body, moving into space move into space away from others attack and defend in games when directed to pass towards the goal or strike at goal when attacking take a ball from an opponent- intercepting or tackling stay close to other players to try and stop them getting the ball score goals and follow simple rules play an adapted and conditioned small side game e.g. 5 v 5	<i>oxygen</i> <i>prevent injury</i> <i>stretch</i> <i>pulse</i> <i>warm up</i> <i>cool down</i> agility speed dart adjust control plant, pass, point weight of pass direction side foot instep sole score strike instep laces aim dribble instep control touch control dribble instep look up space defender defending track follow tackle intercept possession	Resources/staff subject knowledge: See shared drive for planning and resources

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Indoor Badminton				
<p>Year Three</p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>hitting/striking/shots</p> <p>feeding and rallying</p> <p>footwork/locomotion /space</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>that balancing is about stability with control</p> <p>coordination means performing actions with increased control when co-ordinating my body with and without equipment.</p> <p>that agility is about moving the body at different speeds with control of pace and direction</p> <p>that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately</p> <p>hold the racket correctly in my palm</p> <p>that striking off the centre of my racket is important for power and accuracy</p> <p>that hitting towards my partner will help them to return the ball easier and keep the rally going</p> <p>that small steps while I watch the shuttlecock helps me prepare to strike it</p> <p>exactly what the ready position looks like</p> <p>to move my feet while watching an object</p> <p>that power and control help keep a rally going</p> <p>that moving to the middle of my court will enable me to cover the most space</p> <p>that using simple tactics like hitting the shuttlecock away from my opponent will make it hard for them to score a point</p> <p>what the court is</p> <p>the rules of the game and begin to apply them</p>	<p>I know:</p> <p><i>how stamina and power help people to perform well in different sports</i></p> <p><i>why I should exercise and explain a number of benefits to myself</i></p> <p><i>being active is part of a healthy lifestyle</i></p> <p>I know how to:</p> <p>balance while shifting my body weight to move in the opposite direction</p> <p>show good stability while moving at speed</p> <p>move the my lower half while shifting my upper body with good co-ordination</p> <p>change direction quickly using my upper body and feet to help me do this</p> <p>to return a ball using shots such as the forehand and backhand</p> <p>track the ball as it comes towards me and ready my body to strike the shuttlecock</p> <p>strike the shuttlecock from the centre of the racket some of the time</p> <p>place enough power on a shot to control the area the shuttlecock lands in</p> <p>rally underarm with a partner with some control over the height of the shuttlecock</p> <p>rally using a forehand</p> <p>use and return to the ready position in between shots with increased speed</p> <p>move my feet to stop, accelerate, change direction and steady myself before striking the shuttlecock</p> <p>score points and follow simple rules</p>	<p><i>stamina</i></p> <p><i>power</i></p> <p><i>exercise</i></p> <p>active</p> <p>healthy</p> <p>heart/heart rate</p> <p><i>warm up</i></p> <p><i>cool down</i></p> <p>balance</p> <p>synchronised movement</p> <p>pace</p> <p>direction</p> <p>speed</p> <p>travel</p> <p>centre</p> <p>dropped ball</p> <p>forehand</p> <p>backhand</p> <p>accuracy</p> <p>accurately</p> <p>shuttlecock</p> <p>court</p> <p>net</p> <p>return</p> <p>rally</p> <p>accuracy</p> <p>forehand</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>See shared drive for planning and resources</p>

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Outdoor (Football)				
<p>Year Three</p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>Receiving/Sending (passing)</p> <p>Striking</p> <p>Dribbling</p> <p>(Space/Locomotion)</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>	<p>I know:</p> <p>that balancing is about stability with control</p> <p>coordination means performing actions with increased control when co-ordinating my body with and without equipment.</p> <p>that agility is about moving the body at different speeds with control of pace and direction</p> <p>to control the ball before sending it</p> <p>that striking with the instep of my foot is important</p> <p>know to plant my standing foot before striking the ball</p> <p>balance is very important when striking the ball</p> <p>that keeping my head up will help me to know where defenders are</p> <p>that moving into space away from defenders helps me to pass and receive a ball</p> <p>that when my team is in possession of the ball, I am an attacker and we can score</p> <p>that when my team is not in possession of the ball, I am a defender and we need to try to get the ball</p> <p>that standing between the ball and the attacker will help me to stop them from getting the ball</p> <p>some simple tactics for attack and defence e.g. block, track, follow, mark</p> <p>that maintaining possession is a key aspect of invasion games</p>	<p>I know:</p> <p><i>how stamina and power help people to perform well in different sports</i></p> <p><i>why I should exercise and explain a number of benefits to myself</i></p> <p><i>being active is part of a healthy lifestyle</i></p> <p>I know how to:</p> <p>balance while shifting my body weight to move in the opposite direction</p> <p>show good stability while moving at speed</p> <p>move the my lower half while shifting my upper body with good co-ordination</p> <p>change direction quickly using my upper body and feet to help me do this</p> <p>control a ball using the inside, outside and sole of my feet</p> <p>send and receive to a teammate with increased control</p> <p>pass the ball with the inside of my feet with accuracy</p> <p>pass the ball to someone in space</p> <p>aim showing some accuracy when striking at goal e.g. deliberate use of corner as targets</p> <p>strike the ball with my instep</p> <p>maintain balance and strike the ball while moving</p> <p>dribble with my feet with increasing control on the move</p> <p>dribble to ball, beginning to turn with some control (inside and outside hook)</p> <p>move into space away from defenders</p> <p>move into space away from others</p> <p>stay close to other players to try and stop them getting the ball</p> <p>apply basic ideas around attacking and defending when playing small competitive games</p> <p>play simple small sided games 6 v 6</p> <p>apply some simple tactics for attack and defence e.g. block, track, follow, mark</p>	<p><i>stamina</i></p> <p><i>power</i></p> <p><i>exercise</i></p> <p>active</p> <p>heart/heart rate</p> <p><i>warm up</i></p> <p><i>cool down</i></p> <p>stability</p> <p>control</p> <p>weight of pass</p> <p>plant, pass, point</p> <p>sole</p> <p>instep</p> <p>outstep</p> <p>Body position</p> <p>strike</p> <p>aim</p> <p>corners</p> <p>standing foot</p> <p>agility</p> <p>travel</p> <p>area</p> <p>space</p> <p>darting</p> <p>dummy</p> <p>defender</p> <p>defending</p> <p>track</p> <p>follow</p> <p>tackle</p> <p>mark</p> <p>attacker</p> <p>attacking</p> <p>goal</p> <p>possession</p> <p>maintain possession</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>See shared drive for planning and resources</p>

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Indoor Badminton				
<p>Year Four</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>hitting/striking/shots</p> <p>feeding and rallying</p> <p>footwork (Space/Locomotion)</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>that I must be coordinated while moving my body at speed and changing direction</p> <p>that body tension is key to performing balanced movements when hitting the ball or shuttlecock</p> <p>that agility is about manipulating the movements of the body to adjust speeds across a court</p> <p>when to play a forehand and a backhand and why</p> <p>that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot</p> <p>that getting my feet in the right position will help me to balance before playing a shot</p> <p>that my footwork is key to being ready</p> <p>that I need to be balanced to strike the shuttlecock</p> <p>to move my feet while watching an object</p> <p>that applying attacking tactics will help me to score points and create space</p> <p>that applying defending tactics will help me to deny space, return a ball and limit points</p> <p>the rules to be able to play a simple one vs one game</p>	<p>I know:</p> <p>being active is good for my heart, well-being and health</p> <p>the way strength and suppleness impact how well I perform</p> <p>benefits of being physically active (and can name them)</p> <p>being active is part of a healthy lifestyle</p> <p>badminton is a sport played by professionals</p> <p>I know how to:</p> <p>strike a moving object using underarm forehand technique, tracking it with my eyes</p> <p>turn my wrists to face my opponent to play a backhand</p> <p>use some correct technique when using shots playing co-operatively and beginning to execute this competitively</p> <p>rally using both forehand and backhand with increased technique</p> <p>use more of the court in a game</p> <p>show the ready position</p> <p>use some appropriate footwork patterns to move around the court</p> <p>move my feet to stop, accelerate, change direction and steady myself before striking the shuttlecock</p> <p>hit the shuttlecock into space</p> <p>that moving helps me reading myself to hit the shuttlecock</p> <p>deny space by moving into an area</p> <p>that tactics help me score points</p> <p>keep score for a simple game</p> <p>manage my emotions, showing resilience when I am not winning</p> <p>manage our own game</p>	<p>strength</p> <p>power</p> <p>stamina</p> <p>suppleness</p> <p>active</p> <p>healthy</p> <p>heart/heart rate</p> <p>warm up</p> <p>cool down</p> <p>balance</p> <p>synchronised</p> <p>body speed</p> <p>manipulate</p> <p>movements</p> <p>adjust speed</p> <p>body position</p> <p>forehand</p> <p>backhand</p> <p>accuracy</p> <p>accurately</p> <p>execute</p> <p>shuttlecock</p> <p>court</p> <p>net</p> <p>return</p> <p>rally</p> <p>accuracy</p> <p>forehand</p> <p>backhand</p> <p>ready position</p> <p>reaction</p> <p>cover space</p> <p>footwork patterns</p> <p>attacking</p> <p>defending</p> <p>deny space</p> <p>create space</p> <p>rules</p> <p>keep score</p> <p>manage</p>	<p>Resources/staff subject knowledge:</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Outdoor (Football)				
<p>Year Four</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>Receiving/Sending (passing)</p> <p>Striking</p> <p>Dribbling</p> <p>Space/Locomotion</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>	<p>I know:</p> <p>shifting my weight is key to balance</p> <p>coordination means I need to use my body with speed across a variety of activities</p> <p>agility is about manipulating the movements of the body to adjust speeds across a range of games and activities</p> <p>cushioning a ball will help me to control it when receiving it</p> <p>the different parts of my foot used when striking the ball</p> <p>know to plant my standing foot before striking the ball</p> <p>what balance has to do with striking a football</p> <p>protecting the ball as I dribble will help me to maintain possession.</p> <p>moving into space will help my team keep possession and score goals</p> <p>when to pass and when to shoot at times when to mark and when to attempt to win the ball</p> <p>that applying attacking tactics will help to maintain possession and score goals.</p> <p>applying defending tactics will help to deny space, gain possession and stop goals..</p> <p>maintaining possession is a key aspect of invasion games</p> <p>the rules well enough to be able to manage a game</p> <p>the referee, coach or teachers decisions are final</p>	<p>I know:</p> <p>being active is good for my heart, well-being and health</p> <p>the way strength and suppleness impact how well I perform</p> <p>benefits of being physically active (and can name them)</p> <p>being active is part of a healthy lifestyle</p> <p>I know how to:</p> <p>to send and receive to a teammate showing a fair level control</p> <p>control a ball using the inside, outside and sole of my feet</p> <p>pass the ball with the inside of my feet with accuracy</p> <p>aim with improved accuracy when striking at goal e.g. deliberate use of corner as targets</p> <p>strike a ball while moving</p> <p>show some deliberate accuracy when striking the ball e.g. corners</p> <p>to dribble with my feet with some control on the move while under some pressure</p> <p>dribble to ball, beginning to turn with better control (inside and outside hook)</p> <p>show an awareness of developing using space as a team</p> <p>use current movement skills to lose a defender</p> <p>use different shooting actions in a range of invasion games</p> <p>apply basic ideas around attacking and defending</p> <p>track opponents- at times- to limit their scoring opportunities when playing small competitive games</p> <p>apply simple tactics around keeping the ball, attacking and defending</p> <p>play simple small sided games 6 v 6</p> <p>apply the rules given respectful</p> <p>show respect toward the coach, teacher and referee</p>	<p>strength</p> <p>power</p> <p>stamina</p> <p>suppleness</p> <p>active</p> <p>healthy</p> <p>heart/heart rate</p> <p>warm up</p> <p>cool down</p> <p>manipulate</p> <p>actions</p> <p>adjust</p> <p>speeds</p> <p>feint</p> <p>fake</p> <p>upper foot (laces)</p> <p>standing foot</p> <p>weight of pass</p> <p>accuracy</p> <p>direction</p> <p>receive</p> <p>line</p> <p>send</p> <p>body position</p> <p>take-on</p> <p>1-1 vs 1-1</p> <p>2-1</p> <p>feint</p> <p>dodge</p> <p>sideways</p> <p>pressure</p> <p>spatial</p> <p>awareness</p>	<p>Resources/staff subject knowledge:</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Indoor Badminton				
<p>Year Five</p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>hitting/striking/shots</p> <p>feeding and rallying</p> <p>footwork (Space/Locomotion)</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>that I must keep even weight on both sides of my body</p> <p>that agility is about manipulating the movements of the body while shifting my body weight to</p> <p>that agility and coordination are fundamental parts of badminton and tennis</p> <p>which skill to choose for the situation e.g. a volley if the ball is close to the net</p> <p>that serving is how to start a game or rally and use the rules applied to the activity for serving</p> <p>that playing the appropriate shot will help to keep the rally going</p> <p>that control is more important than power to keep a rally going</p> <p>that using small, quick steps will allow me to adjust my stance to play a shot</p> <p>that my feet must be moving constantly when playing</p> <p>that feet position varies when I have to reach to strike the shuttlecock</p> <p>that my footwork is key to being ready</p> <p>that I need to be balanced to strike the shuttlecock</p> <p>the need for tactics and identify when to use them in different situations</p> <p>apply rules in a variety of net and wall games whilst playing and officiating</p>	<p>I know:</p> <p>and can identify activities that help to improve stamina, power and flexibility</p> <p>that my mental health benefits from exercise</p> <p>explain when I am physically active in the school day</p> <p>being active is good for my heart, well-being and health</p> <p>badminton is a sport played by professionals</p> <p>I know how to:</p> <p>lead a partner in a short warm up</p> <p>explain that I must keep even weight on both sides of my body</p> <p>that agility and coordination are fundamental parts of badminton</p> <p>begin to play the range of shots used in a variety of games</p> <p>to show different serving techniques</p> <p>use a variety of shots to keep a continuous rally</p> <p>use some effective footwork patterns to move around the court</p> <p>that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot</p> <p>that getting my feet in the right position will help me to balance before playing a shot</p>	<p>warm up cool down</p> <p>balance manipulate/manipulating tension weight (stability) increased stability/control</p> <p>range motions deliberate</p> <p>adjust speed body position fundamentals weight</p> <p>forehand backhand accuracy accurately execute serve serving technique</p> <p>shuttlecock court net return rally accuracy forehand/backhand</p> <p>ready position reaction stance adjustments cover space footwork patterns</p> <p>attacking defending deny space create space</p> <p>rules keep score manage/officiate</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Outdoor (Football)				
Year Five Fundamentals of Movement Balance Co-ordination Agility (Fundamental skills) Receiving/Sending (passing) Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	<p>weight being balanced evenly is important</p> <p>coordination means using a range of body parts at speed</p> <p>agility is about manipulating the movements of the body while shifting my body weight to adjust speeds across a range of explain that I must keep even wight on both sides of my body</p> <p>that coordination means using a range of body parts at speed</p> <p>that agility is about manipulating the movements of the body while shifting my body weight to adjust speeds across a range of games and activities</p> <p>that not having a defender between myself and a ball carrier enables me to send and receive with better control</p> <p>that using the 'laces' of my foot increases the power of my strike</p> <p>what 'plant the standing leg' means in football</p> <p>how opening your body helps you strike the ball into corners</p> <p>that dribbling in different directions will help to lose a defender.</p> <p>that by moving to space even if not receiving the ball will create space for a teammate</p> <p>make better choices about when to pass and when to shoot</p> <p>stay in a certain space to limit attacking opportunities</p> <p>the need for tactics and identify when to use them in different situations</p> <p>that maintaining possession is a key aspect of invasion games</p> <p>the rules in a variety of invasion games whilst playing and officiating games and activities</p>	<p>I know:</p> <p>I know how to:</p> <p>explain and show that I must keep even weight on both sides of my body</p> <p>show explain that I must keep even wight on both sides of my body</p> <p>show an increased level of control when sending and receiving under pressure</p> <p>accurately shoot into parts of a goal while moving</p> <p>open my body to hit in the opposite direction</p> <p>show some deliberate accuracy when striking the ball e.g. corners (opening body up)</p> <p>dribble with a fair level of control under pressure</p> <p>show awareness of others while dribbling</p> <p>move into and create space for myself and others in the team</p> <p>use a variety of techniques to lose an opponent e.g. change of direction or speed</p> <p>intercept a ball using one and two hands</p> <p>use simple tactics to defend and attack that tactics</p> <p>keep possession in a team game using team mates effectively</p> <p>apply the rules and be respectful to the officials</p>	<p>warm up cool down balance manipulate/manipulating tension weight (stability) increased stability/control</p> <p>range motions deliberate</p> <p>adjust speed body position fundamentals weight</p> <p>open body angle head over ball head lift instep upper foot (laces) standing foot</p> <p>instep outstep turn look up</p> <p>spatial awareness</p> <p>limit attacker space close space intercept</p>	<p>Resources/staff subject knowledge:</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Indoor Badminton				
<p>Year Six</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>hitting/striking/shots</p> <p>feeding and rallying</p> <p>footwork (Space/Locomotion)</p> <p>tactics</p> <p>rules</p>	<p>what coordination and agility are and when to apply these movements in games</p> <p>that I must keep even weight on both sides of my body to keep the centre of mass stable while performing fielding and striking actions</p> <p>agility is about manipulating the movements of the body while maintaining balance to adjust speed, pace and changes in direction across a court</p> <p>the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court</p> <p>simple tactics when serving e.g. aiming to serve short on the first point and then long on the second point</p> <p>to play different shots depending on if a rally is co-operative or competitive</p> <p>that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot</p> <p>that small, quick steps help me to move into a balanced position to strike the shuttlecock</p> <p>when to apply some simple tactics for attacking and/or defending</p> <p>the rules of badminton</p>	<p>I know:</p> <p><i>that exercise is a key part of a healthy lifestyles</i></p> <p><i>the difference between main types of fitness needed for different activities and use these in warm up routines</i></p> <p><i>that my mental health benefits from exercise</i></p> <p>I know how to:</p> <p><i>create a warm up and cool down for myself and others</i></p> <p><i>explain how I am physically active in and out of school</i></p> <p>explain what coordination and agility are and when to apply these movements in games</p> <p>explain that I must keep even weight on both sides of my body to keep the centre of mass stable while performing fielding and striking actions</p> <p>explain that agility is about manipulating the movements of the body while maintaining balance to adjust speed, pace and changes in direction across a court</p> <p>demonstrate increased success and technique in a variety of shots</p> <p>to serve accurately and consistently</p> <p>strike the middle of the racket with overarm, backhand and forearm shots</p> <p>how to hit the shuttlecock with varying degrees of power</p> <p>to successfully apply a variety of shots to keep a continuous rally</p> <p>to use a variety of footwork patterns relevant to the game I am playing</p> <p>apply and use rules consistently in a variety of net and wall games whilst playing and officiating</p>	<p><i>health</i></p> <p><i>dopamine/hormones</i></p> <p><i>lifestyles</i></p> <p><i>healthy</i></p> <p><i>heart/heart rate</i></p> <p><i>power</i></p> <p><i>suppleness</i></p> <p><i>flexibility</i></p> <p><i>warm up</i></p> <p><i>cool down</i></p> <p><i>fundamentals</i></p> <p><i>manipulate</i></p> <p><i>manipulating</i></p> <p><i>weight</i></p> <p><i>centre of gravity</i></p> <p><i>adjustments</i></p> <p><i>shift weight</i></p> <p><i>body tension</i></p> <p>forehand</p> <p>backhand</p> <p>accuracy/ accurately</p> <p>execute</p> <p>serve</p> <p>long/short</p> <p>shuttlecock</p> <p>court</p> <p>net</p> <p>return</p> <p>rally</p> <p>accuracy</p> <p>forehand</p> <p>backhand</p> <p>control</p> <p>co-operative</p> <p>competitive</p> <p>ready position</p> <p>reaction</p> <p>stance</p> <p>swivel</p> <p>pivot</p> <p>adjustments</p> <p>cover space</p> <p>footwork patterns</p> <p>attacking</p> <p>defending</p> <p>deny space</p> <p>create space</p> <p>rules</p> <p>keep score</p> <p>manage</p> <p>officiate</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Outdoor (Football)				
<p>Year Six</p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>Receiving/Sending (passing)</p> <p>Striking</p> <p>Dribbling</p> <p>Space/Locomotion</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>	<p>I know:</p> <p>that I must keep even weight on both sides of my body to keep the centre of mass stable while performing a complex routine</p> <p>that coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge</p> <p>agility is about manipulating the movements of the body while maintaining balance to adjust speed, pace and changes in direction across a range of games and activities</p> <p>make quick decisions about when, how and who to pass to</p> <p>that different parts of the foot need to be used in different situations</p> <p>why planting your standing leg is important in football</p> <p>that deliberately focussing my eyes helps me to hit corners</p> <p>how opening your body helps you strike the ball into corners</p> <p>choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.</p> <p>that transitioning quickly between attack and defence will help my team to maintain or gain possession</p> <p>I make mostly correct decisions about when to pass and when to shoot</p> <p>that at times I need to close down space between the goal and the attacker in order to block attempts at goal</p> <p>that maintaining and using possession well is a key aspect of invasion games</p> <p>the rules consistently in a variety of invasion games whilst playing and officiating</p>	<p>I know:</p> <p><i>that exercise is a key part of a healthy lifestyles</i></p> <p><i>the difference between main types of fitness needed for different activities and use these in warm up routines</i></p> <p><i>that my mental health benefits from exercise</i></p> <p>I know how to:</p> <p><i>create a warm up and cool down for myself and others</i></p> <p><i>explain how I am physically active in and out of school</i></p> <p>show and explain that I must keep even weight on both sides of my body to keep the centre of mass stable while performing a difficult movement</p> <p>use different parts of the foot need to be used when striking the ball</p> <p>strike the ball, taking deliberate aim away from the goalkeeper</p> <p>strike the ball, opening the body to strike the ball into corners</p> <p>consistently using a range of techniques with increasing control under pressure</p> <p>dribble consistently using a range of techniques with increasing control under pressure</p> <p>move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others</p> <p>confidently change direction to lose an opponent</p> <p>use a variety of defending skills (tracking, interception, jockeying) in game situations</p> <p>to create and apply a tactic for a specific situation or outcome</p> <p>apply and use rules consistently in a variety of invasion games whilst playing and officiating be respectful to the official at all times and understand the consequences for not following rules</p>	<p><i>health</i> <i>dopamine/hormones</i> <i>lifestyles</i> <i>healthy</i> <i>heart/heart rate</i> <i>power</i> <i>suppleness/flexibility</i> <i>warm up</i> <i>cool down</i> <i>fundamentals</i></p> <p>.</p> <p>pass long pass controlled pass exact weight of pass</p> <p>rotate follow through lift head head over open body laces instep accuracy corners</p> <p>body feints shimmy dummy run</p> <p>trap stop instep outstep shield</p> <p>attacker defender transition track back responsibility</p> <p>communication outcome game tactics</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>See shared drive for planning and resources</p>

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