

Hollinswood Primary School and Nursery Spring 2- Medium Term Plan Physical Education (P.E.)

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Fitness (Circuits/Healthy Lifestyles)				
EYFS – <i>Science/Healthy Participation/RSHE</i> Agility Balance Co-ordination Speed/locomotion Strength Stamina	I know: what the word balance means and can show what this word means that coordination is a word linked to P.E and can show what the word agile means that moving into space away from others helps to keep me safe changing the length of my steps helps me to stop (small steps to stop) that I can hold my arms out to help me to balance that moving my arms and legs at the same time helps me to walk, run and jump that I use big steps to run and small steps to stop helps me stay in my own space what the word obstacle means that I can hold my weight on different parts of my body that moving for a long time can make me feel tired	I know: <i>the importance of exercising</i> <i>the names for some parts of their body</i> <i>what the word ‘healthy’ means</i> <i>some things (exercise) that I need to do to keep healthy</i> I know how to: show what the word agile means stop with some control and stay balanced when stopping change direction safely show what balance means balance whilst stationary and on the move how to move different parts of my body in when directed move my body to spin, rock, tilt and balance move different body parts together move and stopping with some control use big steps to run and small steps to stop change direction during games when moving slowly take weight on different body parts move for extended periods of time	exercise balance co-ordinate agile push stop gallop slither spin rock tilt balance roll crawl walk jump run skip hop climb sideways forwards space jump safely steps obstacle follow copy lead rules respectful resilient responsible resourceful respectful	Resources/staff subject knowledge:

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Basketball (Ball manipulation and skills)				
<p>EYFS –</p> <p><i>Science/Healthy Participation/RSHE</i></p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>(Fundamental skills)</p> <p>Receiving/Sending (passing)</p> <p>Shooting</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>what the word balance means and can show what this word means</p> <p>that coordination is a word linked to P.E</p> <p>and can show what the word agile means</p> <p>that moving into space away from others helps to keep me safe</p> <p>changing the length of my steps helps me to stop (small steps to stop)</p> <p>to look at the target when sending a ball and watch the ball to receive it</p> <p>that I have to watch the ball/object to catch it</p> <p>that using my feet and hands helps me send objects</p> <p>what the word throw means</p> <p>that throwing the ball towards the floor makes it bounce</p> <p>that keeping an object close will help with control</p> <p>that being in a space gives me room to play</p> <p>that there are different roles in games</p> <p>that rules help us to stay safe</p> <p>what game means</p> <p>make simple decisions in response to a task</p>	<p>I know:</p> <p><i>the importance of exercising</i></p> <p><i>the names for some parts of their body</i></p> <p><i>what the word 'healthy' means</i></p> <p><i>some things (exercise) that I need to do to keep healthy</i></p> <p>I know how to:</p> <p>show what the word agile means</p> <p>stop with some control and stay balanced when stopping</p> <p>change direction safely when moving and running</p> <p>show some control and balancing after moving</p> <p>to move different parts of my body when directed</p> <p>how to throw an object up and forwards towards a target (hoop)</p> <p>throw a ball towards a target by pushing it from my body</p> <p>drop and catch the ball with two hands and scoop it</p> <p>bounce a ball with my hands and catch it again occasionally</p> <p>travel in spaces while avoiding obstacles</p> <p>travel with different movements while avoiding obstacles</p> <p>change direction during games</p> <p>use my own space and follow my peers when playing games</p> <p>follow rules and instructions from my teachers</p> <p>act respectfully towards my friends</p>	<p>exercise</p> <p>balance</p> <p>move</p> <p>agile</p> <p>push</p> <p>stop</p> <p>balance</p> <p>walk</p> <p>jump</p> <p>run</p> <p>skip</p> <p>hop</p> <p>drop</p> <p>catch</p> <p>throw</p> <p>target</p> <p>space</p> <p>steps</p> <p>follow</p> <p>copy</p> <p>lead</p> <p>obstacles</p> <p>game</p> <p>rules</p> <p>respectful</p> <p>resilient</p> <p>responsible</p> <p>resourceful</p>	<p>Resources/staff subject knowledge:</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Fitness (Circuits/Healthy Lifestyles)				
Year 1	I know:	I know:	<i>side-step</i> <i>gallop</i> <i>heartbeat</i> <i>breathing</i> <i>healthy/unhealthy</i>	<u>Resources/staff subject knowledge:</u>
<p><i>Science/Healthy Participation/RSHE</i></p> <p><i>Agility</i></p> <p><i>Balance</i></p> <p><i>Co-ordination</i></p> <p><i>Speed/locomotion</i></p> <p><i>Strength</i></p> <p><i>Stamina</i></p>	<p>that standing on one leg is using my balancing skills</p> <p>that coordination means moving parts of my body correctly</p> <p>agility is how I move my body in different directions</p> <p>that bending my knees will help me to change direction</p> <p>that looking ahead will help me to balance</p> <p>that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing.</p> <p>that if I swing my arms it will help me to run faster</p> <p>that varying my movements (feet and steps) helps me complete different exercise activities</p> <p>that exercise helps me to become stronger</p> <p>that when I move for a long time it can make me feel hot and I breathe faster</p>	<p><i>each major part of my body</i></p> <p><i>that fitness is an important part of being healthy</i></p> <p><i>some ways to keep healthy</i></p> <p>I know how to:</p> <p><i>make healthy lifestyle choices</i></p> <p>change direction whilst running at increased speed</p> <p>show an increased ability to change body position and shift body weight</p> <p>show good body balance when my body is stationary</p> <p>balance in more challenging activities with some success</p> <p>use co-ordination and balance when using equipment</p> <p>show control over different parts of the body (moving with more well developed grace and fluency)</p> <p>show and follow simple movements given audibly and visually</p> <p>run at different speeds</p> <p>travel with different movements in spaces at different speeds- avoiding a range of obstacles</p> <p>show an awareness of space and my movement to keep others safe</p> <p>exercise using my own body weight</p> <p>move for prolonged periods of time and talk about how it makes me feel</p>	<p>heart</p> <p>lungs</p> <p>exercise</p> <p>body</p> <p>mood</p> <p>healthy</p> <p>stationary</p> <p>Balance</p> <p>body parts: legs, arms, hips, shoulders, feet, knees</p> <p>agile</p> <p>throw</p> <p>move</p> <p>control</p> <p>travel</p> <p>run</p> <p>stronger</p> <p>strength</p> <p>movements</p> <p>space</p> <p>move</p> <p>skip</p> <p>hop</p> <p>run</p> <p>pace</p> <p>prolonged</p> <p>choices</p> <p>respect</p> <p>responsibility</p> <p>resilience</p> <p>resourcefulness</p>	

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Basketball				
<p>Year One–</p> <p>Science/Healthy Participation/RS HE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>(Fundamental skills)</p> <p>Receiving/Sending (passing)</p> <p>Shooting</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 coordination means moving parts of my body correctly</p> <p>that standing on one leg is using my balancing skills</p> <p>agility is how I move my body in different directions</p> <p>to look at my partner before sending the ball</p> <p>that I send and receive with two hands</p> <p>what a chest pass and bounce pass are</p> <p>know that I need to push the ball upwards and extend my arm to shoot</p> <p>bouncing the ball up and down while moving is called dribbling in basketball</p> <p>that I cannot hold the ball and run (unlike rugby)</p> <p>that when I stop dribbling I have to pass or shoot</p> <p>being in a good space helps us to pass the ball</p> <p>passing helps my team</p> <p>staying with a partner makes it more difficult for them to receive the ball</p> <p>that need to find space and be active all the time</p> <p>that I need to use all my sense (eyes, ears, hands, feet etc) to know the space around me</p> <p>maintaining possession and tactic are key aspects of invasion games</p> <p>make simple decisions in response to a task</p> <p>that basketball is a non-contact sport and what non-contact means</p> <p>that there are different roles in games</p> <p>that rules help us to stay safe and play fairly</p>	<p><i>being active is good for my heart, well-being and health</i></p> <p><i>when I am active, changes will occur in my body</i></p> <p><i>why I should exercise</i></p> <p>I know how to:</p> <p>maintain balance while moving in different directions</p> <p>to move different parts of my body at the same time while running</p> <p>show the ready position with my hands when catching the ball</p> <p>to bring the ball to my chest, step and then push towards the target</p> <p>straighten my arms towards the target when performing a bounce or chest pass</p> <p>complete a chest and bounce pass using basic technique</p> <p>shoot upwards and flick my hand towards a hoop (slightly raised)</p> <p>score into a target with basic accuracy</p> <p>to move the ball forward, dribbling with my hands</p> <p>travel with a ball showing basic control of the bounce while moving</p> <p>dribble the ball with palm and start to use my fingertips to control the height of the bounce</p> <p>show some basic spatial awareness when playing games</p> <p>describe how my senses are important when playing football</p> <p>travel in a range of ways</p> <p>change direction to move away from a partner</p> <p>my team must move the ball towards goal when attacking</p> <p>to track and move to stay with a partner</p> <p>take the ball from an opponent without slapping their arms or hands</p> <p>play within a small team</p> <p>play simple games e.g. 4 v 4</p>	<p>heartbeat breathing</p> <p>balance</p> <p>co-ordination</p> <p>body parts (limbs, legs, arms)- science</p> <p>MTP link</p> <p>agility</p> <p>side-step</p> <p>gallop</p> <p>sprint</p> <p>sprinting</p> <p>invasion</p> <p>running</p> <p>space</p> <p>hoop</p> <p>target</p> <p>accurate</p> <p>pass</p> <p>chest pass</p> <p>bounce pass</p> <p>travel</p> <p>dribbling</p> <p>control</p> <p>touch</p> <p>space</p> <p>travel</p> <p>tackle/take</p> <p>follow/track/mark</p> <p>games</p> <p>tactics</p> <p>possession</p> <p>rules</p> <p>respect</p> <p>responsibility</p> <p>resilience</p> <p>non-contact</p>	<p>Resources/staff subject knowledge:</p> <p>https://www.youtube.com/watch?v=5p7BJk6HTfI</p> <p>(chest pass basics)</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Fitness (Circuits/Healthy Lifestyles)				
<p>Year 2</p> <p>Science/Healthy Participation/RSHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Speed/locomotion</p> <p>Strength</p> <p>Stamina</p>	<p>I know:</p> <p>that balancing involves stability of different parts of my body</p> <p>that coordination means using parts of my body while moving.</p> <p>that agility is about moving the body in different directions at different speeds</p> <p>using small quick steps helps me to change direction</p> <p>that I can squeeze my muscles to help me to balance</p> <p>that some skills require me to move body parts at different times such as skipping</p> <p>that I take shorter steps to jog and bigger steps to run</p> <p>that strength helps us with everyday tasks such as carrying our school bag</p> <p>that I need to run slower if running for a long period of time</p>	<p>I know:</p> <p><i>the importance of exercise for young, middle aged and older people</i></p> <p><i>exercise helps release natural chemicals</i></p> <p>I know how to:</p> <p>demonstrate improved technique when changing direction on the move</p> <p>demonstrate increased balance whilst travelling along and over equipment</p> <p>perform actions with increased control when co-ordinating my body with and without equipment</p> <p>run at different speeds</p> <p>show increased control in body weight exercises</p> <p>show an ability to work for longer periods of time</p> <p>explain how diet can affect stamina and health</p>	<p>(see science MTP Summer)</p> <p>oxygen</p> <p>grow</p> <p>nutrition</p> <p>exercise</p> <p>hygiene</p> <p>oxygen</p> <p>prevent</p> <p>injury</p> <p>stretch</p> <p>pulse</p> <p>warm up</p> <p>cool down</p> <p>balance</p> <p>co-ordination</p> <p>twisting</p> <p>adjusting</p> <p>agility</p> <p>dart</p> <p>adjust</p> <p>pace</p> <p>race</p> <p>speed</p> <p>jog</p> <p>steady</p> <p>healthy</p> <p>unhealthy</p> <p>sprint</p> <p>strong</p> <p>body weight</p> <p>stamina</p> <p>breathing</p> <p>lung capacity</p>	<p>Resources/staff subject knowledge:</p> <p>See science MTP Summer</p> <p>See D&T MTP</p>

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Basketball				
<p>Year Two–</p> <p><i>Science/Healthy Participation/RS HE</i></p> <p><i>Agility</i></p> <p><i>Balance</i></p> <p><i>Co-ordination</i></p> <p>(Fundamental skills)</p> <p><i>Receiving/Sending (passing)</i></p> <p><i>Shooting</i></p> <p><i>Dribbling</i></p> <p><i>Space/Locomotion</i></p> <p><i>Attacking</i></p> <p><i>Defending</i></p> <p><i>Tactics</i></p> <p><i>Rules</i></p>	<p>I know:</p> <p>balancing involves stability of different parts of my body</p> <p>that coordination means using parts of my body while moving.</p> <p>that agility is about moving the body in different directions at different speeds</p> <p>that I always send and receive with two hands</p> <p>that I hold the side of the ball, bring it to my chest, step and that my thumbs should face down after releasing it when completing a chest or bounce pass</p> <p>that I need to push the ball upwards and extend my arm, fingers and wrist to shoot</p> <p>that I need to touch my thumbs together like a web when holding the ball ready to shoot</p> <p>my body needs to be balanced before shooting</p> <p>that when I stop dribbling I have to pass or shoot</p> <p>that taking on players by dribbling is important in basketball</p> <p>keeping my head up will help me to know where defenders are</p> <p>moving into space away from defenders helps me to pass and receive a ball</p> <p>when my team is in possession of the ball, I am an attacker and we can score</p> <p>that defending means marking, tracking or intercepting</p> <p>standing between the ball and the attacker will help me to stop them from getting the ball</p> <p>simple tactics for attack and defence e.g. block, track, follow, mark</p> <p>that basketball is a non-contact sport and what non-contact means</p> <p>that rules help us to stay safe and play fairly</p>	<p><i>some of the changes that happen in my body when I am active</i></p> <p><i>why I should exercise and can explain some positives when I exercise</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 weight and changing direction</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>show the ready position with my hands when catching the ball</p> <p>to hold the side of the ball, bring it to my chest and push my arms, hands and wrists towards the receiver</p> <p>straighten my arms and fingers fully towards the target when performing a bounce or chest pass</p> <p>complete a pass using chest and bounce pass technique (to around 2 metres)</p> <p>shoot upwards and flick my hand towards a hoop (slightly raised)</p> <p>score into a target with basic accuracy</p> <p>to move the ball forward, dribbling with my hands</p> <p>travel with a ball showing better control of the bounce while moving</p> <p>dribble the ball using my fingertips to control the height of the bounce</p> <p>show some basic spatial awareness when playing games travelling in a range of ways</p> <p>change direction to move away from a partner</p> <p>my team must move the ball towards goal when attacking</p> <p>to track and move to stay with a partner</p> <p>take the ball from an opponent without slapping their arms or hands</p> <p>play within a small team</p> <p>play simple games e.g. 5 v 5</p>	<p><i>oxygen</i></p> <p><i>prevent</i></p> <p><i>injury</i></p> <p><i>stretch</i></p> <p><i>pulse</i></p> <p><i>warm up</i></p> <p><i>cool down</i></p> <p>balance</p> <p>co-ordination</p> <p>twisting</p> <p>adjusting</p> <p>agility</p> <p>dart</p> <p>adjust</p> <p>invasion</p> <p>running</p> <p>space</p> <p>hoop</p> <p>target</p> <p>accurate</p> <p>pass</p> <p>chest pass</p> <p>bounce pass</p> <p>travel</p> <p>dribbling</p> <p>control</p> <p>touch</p> <p>space/travel</p> <p>tackle/take</p> <p>follow/track/mark</p> <p>games</p> <p>tactics</p> <p>possession</p> <p>rules</p> <p>court</p> <p>non-contact</p>	<p>Resources/staff subject knowledge:</p> <p>https://www.youtube.com/watch?v=5p7BJk6HTfI (chest pass basics)</p> <p>https://www.youtube.com/watch?v=SbOxamKyzY (chest pass and bounce pass improved technique)</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Fitness (Circuits/Healthy Lifestyles)				
<p>Year 3</p> <p>Science/Healthy Participation/RSHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Speed/locomotion</p> <p>Strength</p> <p>Stamina</p>	<p>I know:</p> <p>that balancing is about stability with control</p> <p>that 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>how agility helps us with everyday tasks</p> <p>how balance helps us with everyday tasks</p> <p>how co-ordination helps us with everyday tasks</p> <p>that leaning slightly forwards helps to increase speed.</p> <p>leaning my body in the opposite direction to travel helps to slow down</p> <p>that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p> <p>how stamina helps us in other life activities</p>	<p>I know:</p> <p><i>that muscles are there to protect organs in my body so strengthening them is important</i></p> <p><i>my own body and respects what it does</i></p> <p><i>my body is complex and needs taking care of and exercise is an important part of that</i></p> <p>I know how to:</p> <p>show balance when changing direction</p> <p>complete more complex activities which challenge balance</p> <p>co-ordinate my body with more consistency in a variety of activities</p> <p>show sprinting technique</p> <p>to build strength in different muscle groups</p> <p>use my breath to increase my ability to work for longer periods of time</p>	<p><i>carbohydrates</i></p> <p><i>nutrition</i></p> <p><i>vitamins</i></p> <p><i>minerals</i></p> <p><i>fat</i></p> <p><i>protein</i></p> <p><i>skeleton</i></p> <p><i>diet</i></p> <p><i>heart</i></p> <p><i>lungs</i></p> <p><i>movement</i></p> <p><i>joint</i></p> <p><i>muscles</i></p> <p><i>pull</i></p> <p><i>contract</i></p> <p><i>relax</i></p> <p><i>balanced plate</i></p> <p><i>strength</i></p> <p><i>accurate</i></p> <p><i>accurately</i></p> <p><i>distance</i></p> <p><i>balance</i></p> <p><i>shift weight</i></p> <p><i>co-ordinate</i></p> <p><i>twisting</i></p> <p><i>muscle groups</i></p> <p><i>power</i></p> <p><i>prolonged</i></p> <p><i>exercise</i></p> <p><i>lung capacity</i></p> <p><i>stamina</i></p>	<p>Resources/staff subject knowledge:</p> <p><i>See science MTP summer</i></p> <p><i>See D&T MTP</i></p>

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Basketball				
Year Three–	I know:	I know:	stamina	Resources/staff subject knowledge:
Science/Health y Participation/RSHE	that balancing is about stability with control	how stamina and power help people to perform well in different sports	power	https://www.youtube.com/watch?v=5p7BJk6HTfI
	coordination means performing actions with increased control when co-ordinating my body with and without equipment.	why I should exercise and explain a number of benefits to myself	exercise	(chest pass basics)
Agility	that agility is about moving the body at different speeds with control of pace and direction	being active is part of a healthy lifestyle	active	
Balance		I know how to:	heart/heart rate	
Co-ordination	that I always send and receive with two hands	balance while shifting my body weight to move in the opposite direction	warm up	
	that I hold the side of the ball, bring it to my chest, step and extend towards the receiver when passing the ball	show good stability while moving at speed	cool down	
(Fundamental skills)	that I need to push the ball upwards extending my arms, fingers and wrists to shoot properly	move the my lower half while shifting my upper body with good co-ordination	stability	
Receiving/Sending (passing)	that I need to touch my thumbs together like a web when holding the ball ready to shoot	change direction quickly using my upper body and feet to help me do this	control	
Shooting	that I need to have a firm base before shooting (shoulder width apart and right foot just in front of the left)-jump position	show the ready position with my hands when catching the ball	invasion	https://www.youtube.com/watch?v=SbOxamKyzY
Dribbling	that I need to look up when dribbling	to hold the side of the ball, bring it to my chest, step and that my thumbs should face down after releasing it	running	(chest pass and bounce pass improved technique)
Space/Locomotion	that I need to keep good control of the bounce when dribbling	straighten my arms and fingers fully towards the target when performing a bounce or chest pass	space	
Attacking	moving into space away from defenders helps me to pass and receive a ball	complete a pass using chest and bounce pass technique (to around 3 meters)§	hoop	
Defending	when my team is in possession of the ball, I am an attacker and we can score	extend my arm, wrists and flick my hand when shooting	target	
Tactics	that defending means marking, tracking or intercepting	aim showing some accuracy when shooting into a hoop	accurate	
Rules	standing between the ball and the attacker will help me to stop them from getting the ball	to move the ball forward, dribbling with my hands	pass	
	simple tactics for attack and defence e.g. block, track, follow, mark	travel with a ball showing reasonable control of the bounce while moving	chest pass	
	that basketball is a non-contact sport and what non-contact means	dribble the ball using my fingertips to control the height of the bounce	bounce pass	
	that rules help us to stay safe and play fairly	show spatial awareness when playing games, travelling in a range of ways	travel	
		change direction to move away from a partner	accuracy	
		my team must move the ball towards goal when attacking	direction	
		to track and move to stay with a partner	receive	
		take the ball from an opponent without slapping their arms or hands	line	
		play within a small team	send	
		play simple games e.g. 5 v 5	body position	
			take-on (1-1)	
			dribbling	
			control	
			touch	
			feint	
			dodge	
			sideways	
			pressure	
			space/travel	
			tackle/take	
			frack/mark	
			games	
			tactics	
			possession	
			rules	
			court	
			non-contact	

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Fitness (Circuits/Healthy Lifestyles)				
<p>Year 4</p> <p>Science/Healthy Participation/RSHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Speed/locomotion</p> <p>Strength</p> <p>Stamina</p>	<p>I know:</p> <p>that body tension is key to performing balances</p> <p>that coordination means I need to use my body with speed across a variety of activities</p> <p>that agility is about manipulating the movements of the body to adjust speeds across a range of games and activities</p> <p>that keeping my elbows bent when changing direction will help me to stay balanced</p> <p>that I need to squeeze different muscles to help me to stay balanced in different activities</p> <p>that if I begin in a ready position I can react quicker</p> <p>that a high knee drive, pumping my arms and running on the balls of my feet gives me power</p> <p>that strength comes from different muscles and know how I can improve my strength</p> <p>that I need to pace myself when running further or for a long period of time</p>	<p>I know:</p> <p>that nutrition, fitness, strength and stamina are linked to the digestive system and nutrition</p> <p>that my lungs are important for my well-being and can be affected by exercise (positively) and smoking (negatively)</p> <p>I know how to:</p> <p>show balance when changing direction at speed</p> <p>show control whilst completing activities which challenge balances</p> <p>explore increased speed when co-ordinating my body</p> <p>show improved sprinting technique</p> <p>develop building strength in different muscle groups</p> <p>demonstrate using my breath to maintain my work rate</p>	<p>human digestive system</p> <p>vitamins</p> <p>transports</p> <p>lungs</p> <p>muscle</p> <p>stamina</p> <p>stomach</p> <p>technique</p> <p>progress</p> <p>stamina</p> <p>power</p> <p>exercise</p> <p>active</p> <p>heart/heart rate</p> <p>rate</p> <p>warm up</p> <p>cool down</p> <p>stability</p> <p>control</p> <p>range of movement</p> <p>range of motion</p> <p>sprinting technique</p> <p>pump</p> <p>muscle groups</p> <p>work rate</p> <p>steady</p> <p>breathing</p>	<p>Resources/staff subject knowledge:</p> <p>See science MTP Summer</p> <p>See D&T MTP</p>

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Basketball				
<p>Year Four–</p> <p><i>Science/Healthy Participation/RS HE</i></p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>(Fundamental skills)</p> <p>Receiving/Sending (passing)</p> <p>Shooting</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>that I need to have my eyes on the ball at all times to send and receive effectively</p> <p>that I hold the side of the ball, bring it to my chest, step and that my thumbs should face down after releasing it when completing a chest or bounce pass</p> <p>that I need to push the ball upwards, extend my arm, fingers and flick my wrist to shoot</p> <p>that I need to touch my thumbs together like a web when holding the ball ready to shoot</p> <p>that I need to have a firm base before shooting (shoulder width apart and right foot just in front of the left)-jump position</p> <p>that I need to look up when dribbling and pass</p> <p>that I need to keep good control of the bounce when dribbling to shield it from defenders</p> <p>moving into space away from defenders helps me to pass and receive a ball</p> <p>when to pass and when to shoot at times</p> <p>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>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>show the ready position with my hands when catching the ball</p> <p>to hold the side of the ball, bring it to my chest, step and that my thumbs should face down after releasing it</p> <p>maintain or seek eye contact before passing</p> <p>complete a pass using chest and bounce pass technique while moving slowly</p> <p>extend my arm, wrists and fingers when shooting</p> <p>aim showing improved accuracy when shooting into a hoop</p> <p>to move the ball forward, dribbling with my hands</p> <p>travel with a ball showing reasonable control of the bounce while moving and occasionally looking up for my teammates</p> <p>dribble the ball using my fingertips to control the height of the bounce beginning to shield the ball from defenders</p> <p>move with greater agility to find space to receive the ball</p> <p>change direction to move away from a partner</p> <p>my team must move the ball towards goal when attacking</p> <p>to track and move to stay with a partner</p> <p>take the ball from an opponent without slapping their arms or hands</p> <p>play within a small team</p>	<p>stamina</p> <p>power</p> <p>exercise</p> <p>active</p> <p>heart/heart rate</p> <p>warm up</p> <p>cool down</p> <p>stability</p> <p>control</p> <p>invasion</p> <p>running</p> <p>space</p> <p>hoop</p> <p>accurate</p> <p>extend</p> <p>pass</p> <p>eye contact</p> <p>extension</p> <p>travel</p> <p>take-on (1-1)</p> <p>dribbling</p> <p>control</p> <p>touch</p> <p>feint</p> <p>dodge</p> <p>sideways</p> <p>pressure</p> <p>control</p> <p>touch</p> <p>space/travel</p> <p>spatial awareness</p> <p>tackle/take</p> <p>follow/track/mark</p> <p>games</p>	<p>Resources/staff subject knowledge:</p> <p>https://www.youtube.com/watch?v=5p7BJk6HTfI (chest pass basics)</p> <p>https://www.youtube.com/watch?v=SbOsxamKyzY (chest pass and bounce pass improved technique)</p> <p>https://www.youtube.com/watch?v=t7c1q_x4138 (shooting)</p>

	maintaining possession is a key aspect of invasion games the rules well enough to be able to manage a game the referee, coach or teachers decisions are final	play simple small sided games 6 v 6 apply the rules given respectful show respect toward the coach, teacher and referee	tactics possession rules court non-contact	
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	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Fitness (Circuits/Healthy Lifestyles)				
<p>Year 5</p> <p><i>Science/Healthy Participation/RSHE</i></p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Speed/locomotion</p> <p>Strength</p> <p>Stamina</p>	<p>I know:</p> <p>and can explain that I must keep even weight 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 to change direction I push off my outside foot and turn my hips</p> <p>that dynamic balances are harder than static balances as my centre of gravity changes</p> <p>that people will have varying levels of co-ordination and that I can get better with practice.</p> <p>that taking big consistent strides will help to create a rhythm that allows me to run faster</p> <p>some of the muscles I am using by name</p> <p>that keeping a steady breath will help me to move for longer periods of time</p>	<p>I know:</p> <p><i>the names of some major muscles in the human body</i></p> <p><i>that exercise is important as my body enters puberty and physical changes</i></p> <p><i>exercise is one of many things that forms part of a healthy lifestyle</i></p> <p>I know how to:</p> <p>demonstrate improved body posture and speed when changing direction.</p> <p>change my body position to maintain a controlled centre of gravity</p> <p>demonstrate increased speed when co-ordinating my body</p> <p>apply the best pace for a set distance or time</p> <p>show increased technique in body weight exercises</p> <p>use a steady pace to be able to move for sustained periods of time</p>	<p><i>momentum</i></p> <p><i>lifestyle</i></p> <p><i>personal well-being</i></p> <p><i>endorphins</i></p> <p><i>drive</i></p> <p><i>focus</i></p> <p><i>human development</i></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>agility</p> <p>body posture</p> <p>controlled centre</p> <p>COG (centre of gravity)</p> <p>rhythm</p> <p>speed</p> <p>pace</p> <p>distance</p> <p>body weight</p> <p>drive</p> <p>mass</p> <p>power</p> <p>energy</p> <p>endurance</p> <p>steady pace</p>	<p>Resources/staff subject knowledge:</p> <p>See science MTP Summer</p> <p>See D&T MTP</p>

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Basketball				
Year Five– <i>Science/Health y Participation/ RSHE</i> <i>Agility</i> <i>Balance</i> <i>Co-ordination</i> (Fundamenta l skills) <i>Receiving/ Sending (passing)</i> <i>Shooting</i> <i>Dribbling</i> <i>Space/Locom otion</i> <i>Attacking</i> <i>Defending</i> <i>Tactics</i> <i>Rules</i>	<p>I know:</p> <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 I need to have my eyes on the ball at all times to send and receive effectively</p> <p>that I hold the side of the ball, bring it to my chest, step and that my thumbs should face down after releasing it when completing a chest or bounce pass</p> <p>that I need to extend my arms, wrist, finger tips and flick when shooting</p> <p>that the W position is how to hold the ball while shooting</p> <p>the position my body needs to be in before shooting</p> <p>that I need to be aware of space and teammates while dribbling</p> <p>that take ons and 1 vs 1 are key to finding space</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>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>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>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>(agility) change direction and speed by using by body and balance</p> <p>show an increased level of control when sending and receiving under pressure</p> <p>to hold the side of the ball, bring it to my chest, step and that my thumbs should face down after releasing it (maintaining eye-contact with a team mate)</p> <p>maintain or seek eye contact before passing</p> <p>complete a pass using chest and bounce pass technique while moving</p> <p>extend my arm, wrists and fingers when shooting</p> <p>aim showing reasonable accuracy when shooting into a hoop</p> <p>travel with a ball showing reasonable control of the bounce while moving and occasionally looking up for my teammates</p> <p>control the height of the bounce and use my body to shield the ball from defenders</p> <p>dribble with a fair level of control under pressure</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>block space between players</p> <p>use simple tactics to defend and attack</p> <p>keep possession in a team game using team mates effectively</p> <p>play within a small team</p> <p>show respect toward the coach, teacher and referee</p>	<p>stamina power exercise active heart/heart rate warm up cool down</p> <p>stability control</p> <p>invasion running space</p> <p>hoop accurate extend/flick ready position</p> <p>pass eye contact extension travel</p> <p>take-on (1-1) dribbling control touch feint dodge sideways pressure</p> <p>control touch</p> <p>space/travel spatial awareness</p> <p>follow/track/mark</p> <p>games tactics possession rules court non-contact</p>	<p>Resources/staff subject knowledge:</p> <p>https://www.youtube.com/watch?v=5p7BJk6HTfl (chest pass basics)</p> <p>https://www.youtube.com/watch?v=SbOxamKyzY (chest pass and bounce pass improved technique)</p> <p>https://www.youtube.com/watch?v={7cjq_x4138 (shooting)</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Fitness (Circuits/Healthy Lifestyles)				
Year 6 <i>Science/Healthy Participation/RSHE</i> Agility Balance Co-ordination Speed/locomotion Strength Stamina	I know: can explain that I must keep even weight on both sides of my body to keep the centre of mass stable while performing a complex routine. that coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge. that 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 that agility requires speed, strength, good balance and co-ordination where and when to apply force to maintain control and balance that co-ordination also requires good balance and know how to achieve this. that speed can be improved by training and know which speed to select for the distance that I can build up my strength by practicing in my own time which exercises can develop stamina and understand that it can be improved by training over time	I know: <i>the names of major muscles in the human body</i> <i>the circulatory system has working organs that need to be strengthened in order to stay healthy</i> <i>the heart is a muscle that needs to be worked, exercised and strengthened</i> <i>endorphins are a natural chemical produced when exercising and they are good for my well-being and mental health</i> <i>make choices that benefit their own health and well-being</i> I know how to: change direction with a fluent action and transition smoothly between varying speeds. show fluency and control when travelling, landing, stopping and changing direction co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge adjust running technique to meet the needs of the distance complete body weight exercises for increased repetitions with control and fluency use my breath to increase my ability to move for sustained periods of time measure and monitor heart rate and adjust my output accordingly	<i>resistance</i> <i>measure</i> <i>continuous</i> <i>analyse</i> <i>record</i> <i>circulation</i> <i>oxygen</i> <i>carbon dioxide</i> <i>lactic acid</i> <i>stamina</i> <i>power</i> <i>exercise</i> <i>active</i> <i>heart/heart rate</i> <i>warm up</i> <i>cool down</i> flexibility transition vary speeds controlled centre COG (centre of gravity) fluency control intervals monitor heart rate output endurance	Resources/staff subject knowledge: See science MTP Summer See D&T MTP

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Basketball				
Year Six–	I know:	I know:	<i>stamina</i> <i>power</i> <i>exercise</i> active heart/heart rate <i>warm up</i> <i>cool down</i>	Resources/staff subject knowledge:
<i>Science/Health y</i> <i>Participation/ RSHE</i>	that I must keep even weight on both sides of my body to keep the centre of mass stable while performing a complex routine	<i>that exercise is a key part of a healthy lifestyles</i>		https://www.youtube.com/watch?v=5p7BJk6HTfl (chest pass basics)
<i>Agility</i>	that coordination means co-ordinating a range of body parts with a <i>fluent action</i> at a <i>speed appropriate to the challenge</i>	<i>the difference between main types of fitness needed for different activities and use these in warm up routines</i>	<i>stability</i> <i>control</i>	https://www.youtube.com/watch?v=SbOxamKyzY (chest pass and bounce pass improved technique)
<i>Balance</i>	<i>agility is about</i> manipulating the movements of the body while maintaining <i>balance</i> to <i>adjust speed, pace and changes in direction</i> across a range of games and activities	<i>that my mental health benefits from exercise</i>	<i>invasion</i> <i>running</i> <i>space</i>	https://www.youtube.com/watch?v=7cig_x4138 (chest pass and bounce pass improved technique)
<i>Co-ordination</i>	that I need to have my eyes on the ball at all times to send and receive effectively	<i>I know how to:</i> <i>create a warm up and cool down for myself and others</i>	hoop accurate extend/flick ready position	
(Fundamental skills)	that I hold the side of the ball, bring it to my chest, step and that my thumbs should face down after releasing it when completing a chest or bounce pass (arms extending towards the target)	<i>explain how I am physically active in and out of school</i>	<i>eye contact</i> <i>technique</i> <i>travel</i> <i>extension</i> <i>choice</i>	
<i>Receiving/ Sending (passing)</i>	that I need to extend my arms, wrist, finger tips and flick when shooting	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	<i>take-on (1-1)</i> <i>dribbling</i> <i>feint</i> <i>dodge</i> <i>sideways</i> <i>pressure</i>	
<i>Shooting</i>	that the W position is how to hold the ball while shooting	show good control when sending and receiving under pressure	<i>control</i> <i>touch</i>	
<i>Dribbling</i>	the position my body needs to be in before shooting	to hold the side of the ball, bring it to my chest, step and that my thumbs should face down after releasing it (maintaining eye-contact with a team mate)	<i>space/travel</i> <i>spatial</i> <i>awareness</i>	
<i>Space/Locomotion</i>	that I need to be aware of space and teammates while dribbling	maintain or seek eye contact before passing	<i>side-step</i> <i>guard</i>	
<i>Attacking</i>	that winning 1 vs 1 are key to finding space	complete a pass using chest and bounce pass technique while moving and under some pressure	<i>possession</i> <i>outcome</i>	
<i>Defending</i>	that winning 1 vs 1 are key to finding space	extend my arm, wrists fingers and flick when shooting and aim showing accuracy when shooting into a hoop	<i>rules</i> <i>court</i> <i>non-contact</i>	
<i>Tactics</i>	that dribbling in different directions will help to lose a defender.	travel with a ball showing reasonable control of the bounce while moving and increasingly looking up for my teammates		
<i>Rules</i>	choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.	dribble consistently using a range of techniques with increasing control under pressure		
	that transitioning quickly between attack and defence will help my team to maintain or gain possession	move to the correct space when transitioning from attack to defence or defence to attack and create and use space for self and others		
	that at times I need to close down space between the goal and the attacker in order to block attempts at goal	confidently change direction to lose an opponent		
	that maintaining and using possession well is a key aspect of invasion games	make mostly correct decisions about when to pass and when to shoot		
	the rules consistently in a variety of invasion games whilst playing and officiating	lower my body and side-step to defend 1 vs 1 (hands in guard position)		
		to create and apply a tactic for a specific situation or outcome		
		specific rules around Basketball such as double dribbling		
		apply and use rules consistently in a variety of invasion games whilst playing and officiating		
		be respectful to the official at all times and grasp the consequences for not following rules		

