



Hollinswood Primary School and
Nursery

PE Knowledge and Progression Grid

Physical education (P.E) is an educational process that uses physical activity to help pupils acquire knowledge, skills, fitness and attitudes that contribute to their optimal development and well-being.

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Striking and Fielding Progression (Cricket and Rounders/Overlap with Hockey)							
<p>FOM Fundamentals of movement</p> <p>Balance Co-ordination Agility</p>	<p>I begin to know how to move different parts of my body when directed</p> <p>I know what the word balance means and can show what this word means</p> <p>I know and can show what the word agile means</p>	<p>I begin to know that coordination means moving parts of my body correctly</p> <p>I know that standing on one leg is using my balancing skills</p> <p>I know agility is how I move my body in different directions</p>	<p>I know that coordination means using parts of my body while moving</p> <p>I know that balancing involves stability of different parts of my body</p> <p>I know that agility is about moving the body in different directions at different speeds</p>	<p>I know that coordination means using different parts of my body in natural movements at the same time</p> <p>I know that balancing is about stability with control</p> <p>I know that agility is about moving the body at different speeds with control of pace and direction</p>	<p>I know that I must be coordinated while moving my body at speed and changing direction</p> <p>I know that body tension is key to performing balanced movements when fielding or striking</p> <p>I know that agility is about manipulating the movements of the body to adjust speeds across a range of games and activities</p>	<p>I know that agility and coordination are fundamental parts of rounders and cricket</p> <p>I know and can explain that I must keep even weight on both sides of my body</p> <p>I know 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>I know and can explain what coordination and agility are and when to apply these movements in games</p> <p>I know and can 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>I know 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</p>
<p>Procedural knowledge (Fundamental skills)</p> <p>Locomotion Receiving</p>	<p>I begin to know how to explore sending a ball to a partner</p>	<p>I begin to know how to strike a ball with my hand and equipment</p>	<p>I know how to strike a static ball and bowled ball without a bounce with my hand and equipment</p>	<p>I begin to know how to strike a bowled ball after a bounce with different equipment</p>	<p>I begin to know correct batting technique with a range of equipment</p>	<p>I know how to use some defensive and driving hitting techniques and directional batting</p>	<p>I know how to strike a bowled ball with increasing accuracy and consistency</p>

<p>Striking Sending</p> <p>Fielding</p> <p>Throwing</p> <p>Catching</p> <p>Tactics</p> <p>Rules</p>	<p>I begin to know how to explore tracking and stopping a rolling ball</p> <p>I begin to know how to roll, throw and catch using a variety of equipment</p>	<p>I know how to hold the bat correctly when prompted</p> <p>I know how to tracking and retrieve a ball when it is moving at a slow pace</p> <p>I begin to know how to throw over and underarm</p> <p>I begin to know how to co-ordinate my arms, hands and body when catching</p>	<p>equipment with some consistency</p> <p>I know how to hold the bat correctly without prompts</p> <p>I know how to track a ball and make decisions about how to move my body to best receive and collect the ball</p> <p>I know how co-ordinate my body and use better technique when throwing over and underarm</p> <p>I know how catch with two hands with some co-ordination and technique</p>	<p>I begin to know how to hold the bat correctly in relation to my feet and stance</p> <p>I begin to know how to bowl to a target and use fielding skills to include a two-handed pick up</p> <p>I know how to use overarm and underarm throwing in game situations</p> <p>I know how to catch with some consistency in game situations</p>	<p>I know how to hold the bat correctly in relation to my feet and stance</p> <p>I know how to bowl with some consistency to a batter</p> <p>I know how to position my body to stop the ball when fielding</p> <p>I know how to use overarm and underarm throwing with increased consistency in game situations</p> <p>I begin to know how to catch with one and two hands with some consistency in game situations</p>	<p>I begin to know how to maintain good balance when striking the ball</p> <p>I begin to know how to elevate a strike to hit six</p> <p>I begin the know how to strike the ball downwards</p> <p>I know how to very simple over and underarm bowling technique</p> <p>I begin to know how to use long and short barrier and two handed pick up</p> <p>I know how to use some correct technique when using a variety of throws under pressure</p> <p>I know how to catch with one hand at times and consistently with two hands in game situations</p>	<p>I know how to maintain good balance when striking the ball</p> <p>I know how to elevate a strike to hit a six</p> <p>I know how to angle the strike downwards</p> <p>I know how to use a wider range of fielding skills with increasing control under pressure</p> <p>I know how to use a long and short barrier and two handed pick up</p> <p>I know how to consistently demonstrate good technique in throwing skills under pressure</p> <p>I know how to consistently demonstrate good technique in catching skills under pressure</p>
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	<p>I begin to know how to place my hands ready to catch</p> <p>I know how to apply the rules respectfully and responsibly at all times</p>	<p>I know how to track the ball as it comes towards me</p> <p>I know how to move my arms and hands to where the ball will be</p> <p>I know how to track the ball from sender to receiver (myself) that I need to watch the ball into my hands</p> <p>I know how to apply the rules respectfully and responsibly at all times</p>	<p>I know how to use place my hands and fingers and pull the ball in to my chest to help me to securely catch</p> <p>I know how to stay ready when fielding (on your toes)</p> <p>I know how to track the ball and place my hands in the correct position when catching</p> <p>I know how to apply the rules respectfully and responsibly at all times</p>	<p>I know to move my feet to the ball</p> <p>I know to push my hands out towards the ball when catching</p> <p>I know how to move my hands, fingers and body and track the ball I am catching</p> <p>I know how to apply the rules respectfully and responsibly at all times</p>	<p>I know to track the ball as it is thrown to help to improve the consistency of catching</p> <p>I know to bend my knees and get behind the ball when catching a ball below my waist</p> <p>I know how to position my body, arms, fingers and place my body under the ball when catching from overhead</p> <p>I know how to apply the rules respectfully and responsibly at all times</p>	<p>I know how to use catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations</p> <p>I know when to use a close catch technique or deep catch technique</p> <p>I begin to know how to position my hands and place my little fingers together, pointing them down to catch below my waist</p> <p>I know to position my body, hands, fingers and place my thumbs together when catching above my waist</p> <p>I know how to apply the rules respectfully and responsibly at all times</p>	<p>I know how to catch below my waist and above my waist (butterfly technique)</p> <p>I know how to position my hands and place my little fingers together, pointing them down to catch below my waist</p> <p>I know how to use butterfly hands (thumbs together and fingers pointing to the sky) and position my body correctly when catching a ball above my waist</p> <p>I know how to apply the rules respectfully and responsibly at all times</p>
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<p>Declarative knowledge</p> <p>Locomotion Receiving Striking Sending</p> <p>Fielding Throwing Catching</p> <p>Tactics Rules</p>	<p>I know to point my hand at my target when striking a ball.</p> <p>I know what the word strike means</p> <p>I know to scoop a ball with two hands.</p>	<p>I know that the harder I strike, the further the ball will travel.</p> <p>I know that striking the ball well is important in scoring runs or rounders</p> <p>I begin to know the correct grip when batting</p> <p>I know that throwing the ball back is quicker than running with it.</p>	<p>I know the role of a batter.</p> <p>I know that striking quickly will increase the power.</p> <p>I know that there are different ways to hold the bat when striking the ball</p> <p>I know the correct grip for holding the bat</p> <p>I know that there are different roles within a fielding team.</p> <p>I know to move towards the ball to collect it to limit a batter's points.</p>	<p>I know that striking to space away from fielders will help me to score.</p> <p>I know that there are different strikes that have different risks</p> <p>I know correct grip and positioning when batting</p> <p>I know to look at where a batter is before deciding what to do.</p> <p>I know to communicate with teammates</p>	<p>I know that using the centre of the bat will provide the most control and accuracy.</p> <p>I know that changing the angle of my bat or arm affects the way the ball moves off the bat</p> <p>I know that batting has different techniques</p> <p>I know the correct grip, stance and position my bat should be in</p> <p>I know that it is easier to field a ball that is coming towards me rather than away so set up accordingly</p>	<p>I know that stance is important to allow me to be balanced as I hit.</p> <p>I begin to know that angling the strike or shot upwards (elevating the shot) increases the risk of being caught</p> <p>I begin to know angling the bat down reduces the risk of being caught</p> <p>I know the position of my head and width of my stance is important when batting</p> <p>I begin to know that backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully</p>	<p>I know that the momentum and power for striking a ball comes from legs as well as arms.</p> <p>I know that angling the strike up or shot upwards (elevating the shot) increases the risk of being caught</p> <p>I know angling the bat down reduces the risk of being caught</p> <p>I know that all body parts must be co-ordinated in order the strike the ball powerfully</p> <p>I know which fielding action is best to apply to the situation.</p>

	<p>I know to point my hand at my target when throwing.</p>	<p>I know which type of throw to use to throw over longer distances</p> <p>I know that I need to face my target when throwing</p>	<p>I know that stepping with opposite foot to throwing arm will help me to balance</p> <p>I know that where I release the ball is important</p> <p>I know what the word swing means</p>	<p>before throwing them a ball</p> <p>I know that overarm throwing is used for long distances and underarm throwing for shorter distances.</p> <p>I know that where I release the ball determines where the ball goes</p> <p>I know that I need to make an L with my arm when throwing overarm</p>	<p>I know that being balanced before throwing will help to improve the accuracy of the throw.</p> <p>I know that arching my throw helps when throwing from distance</p> <p>I know that I need to make an L with my arm when throwing overarm</p>	<p>I know where to throw the ball in relation to where a batter is</p> <p>I know that the stepping into a throw creates power</p> <p>I begin to know that I need to make an L in a fluid movement from my waist and throw from my shoulder</p>	<p>I know and make good decisions who to throw to and when to throw in order to get batters out</p> <p>I know that the movement of my arm, hips, shoulders and wrists is key to throwing accurately</p> <p>I know that I need to make an L in a fluid movement from my waist, throw my shoulder before flicking my wrist</p> <p>I know that accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p> <p>I know to put my little fingers together and point them down to catch below my waist</p> <p>I know to use butterfly hands (thumbs together)</p>
	<p>I know to have hands out ready to catch</p>	<p>I know to watch the ball as it comes towards me</p> <p>I know I need to move my arms and hands to where the ball will be</p>	<p>I know to use wide fingers and pull the ball in to my chest to help me to securely catch</p> <p>I know it is important to stay on my toes and be ready when catching a ball</p>	<p>I know to move my feet to the ball</p> <p>I know to push my hands out</p>	<p>I know to track the ball as it is thrown to help to improve the consistency of catching</p> <p>I know to bend my knees and get behind the ball when catching a</p>	<p>I know when to use a close catch technique or deep catch technique</p> <p>I know to place my little fingers together when catching below my waist</p>	

	<p>I know that I need to focus on the object I am throwing or trying to catch</p> <p>I know that I have to make choices when playing sports</p> <p>I know that rules help us to stay safe.</p> <p>I know that the teachers rules must be followed at all times</p> <p>I know rules for some games</p>	<p>I know that I need to watch the ball into my hands</p> <p>I know that tactics can help us when playing games.</p> <p>I know that rules help us to play fairly.</p> <p>I know that the umpires decisions are always final</p> <p>I know what one run is worth in cricket</p>	<p>I know that tracking the ball and my hand positioning is key when catching</p> <p>I know and apply simple tactics for attack (batting) and defence</p> <p>I know that scoring points and follow simple rules are key parts of rounders and cricket</p> <p>I know that the umpires decisions are always final</p> <p>I know about running and run outs in cricket</p>	<p>towards the ball when catching</p> <p>I know that I need to move my body when tracking the ball I am catching</p> <p>I know that using simple tactics will help my team to achieve an outcome e.g. we will spread out to deny space.</p> <p>I know the rules of the game and begin to apply them.</p> <p>I know that the umpires decisions are always final</p>	<p>ball below my waist</p> <p>I know to move my body under the ball when it is above my head</p> <p>I know that applying attacking tactics will help to score points and avoid getting out.</p> <p>I know that applying defending tactics will help to deny space, get opponents out and limit points.</p> <p>I know the rules are there to manage a game independently or with adult guidance</p> <p>I know that the umpires decisions are always final</p> <p>I know about running and run outs in cricket</p>	<p>I know to place my thumbs together when catching above my head</p> <p>I know the need for tactics and identify when to use them in different situations.</p> <p>I know the rules in a variety of striking and fielding games whilst playing and officiating</p> <p>I know that the umpires decisions are always final</p> <p>I know that there is something called a boundary in cricket</p> <p>I know that there is something called a boundary in cricket</p>	<p>and fingers pointing to the sky)</p> <p>I know and apply some tactics in the game as a batter, bowler and fielder.</p> <p>I know, apply and use rules consistently in a variety of striking and fielding games whilst playing and officiating</p> <p>I know that the umpires decisions are always final</p> <p>I know that there is something called a boundary in cricket</p> <p>I know that each run from stump to stump is worth one run</p> <p>I know that a ball that travels along</p>
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			<p>I know the points associated with running between the wickets in cricket</p>	<p>I know about running and run outs in cricket</p>		<p>I know that each run from stump to stump is worth one run</p> <p>I know that to run a batter out they have to be out of their crease</p>	<p>the floor over the boundary is called a four</p> <p>I know a ball that lands over the boundary is worth a six</p> <p>I know that where the batter stands is called a crease in cricket</p> <p>I know the rules about stumping bases in rounders</p> <p>I know the rules about keeping score in rounders (1/2 and full rounders)</p> <p>I know that a point in rounders is called a rounder</p> <p>I know the that the batter must run between each base</p> <p>I know the bases are called: first post, second post, third post and fourth post</p>
				<p>I know that a full rounder is when all bases are ran before the ball is stumped of a post</p>	<p>I know that a full rounder is when all bases are ran before the ball is stumped of a post</p>	<p>I know where the batter needs to stand</p>	<p>I know where to stand in the bowling square</p>

				I know where the batter needs to stand		I know where to stand in the batting square	
<p>Vocabulary</p> <p>Locomotion Receiving Striking Sending</p> <p>Fielding Throwing Catching</p> <p>Tactics Rules</p>	<p>balance agile speed</p> <p>rules safe</p> <p>sport game</p> <p>catch scoop</p> <p>throw</p>	<p>balancing co-ordination travel</p> <p>rules safety umpire run</p> <p>tactics games cricket rounders points score</p> <p>catch two handed catch track</p> <p>throw</p>	<p>balancing co-ordination movement stability speed travel</p> <p>rules safety umpire run out</p> <p>tactics games cricket rounders limit observe</p> <p>catch two handed catch track positioning</p> <p>throw</p>	<p>balance synchronised movement pace direction</p> <p>rules safety umpire respect apply stumping</p> <p>tactics limit awareness outcome position</p> <p>catch two handed catch consistency positioning</p> <p>overarm</p>	<p>body speed manipulate movements adjust speed body position</p> <p>rules safety umpire official manage respect apply stumping stumped rounder</p> <p>observe space (deny space) out awareness field positions attacking defending</p> <p>track and catch two handed catch consistency positioning</p> <p>overarm</p>	<p>fundamentals weight balance manipulate manipulating</p> <p>rules safety umpire officiating respect apply square post base boundary</p> <p>observe space (deny space) out awareness situations field positions</p> <p>keep wicket one handed finger position technique</p> <p>overarm</p>	<p>weight centre of gravity adjustments shift weight body tension</p> <p>rules safety umpire officiating respect apply boundary four six crease</p> <p>tactics outwit plan situational awareness bowling tactics fielding tactics aggressive field defensive field</p> <p>keep wicket one handed catch butterfly catch finger position technique</p> <p>overarm</p>

	<p>aim</p> <p>target watch stop collect</p> <p>send sending</p> <p>strike</p>	<p>overarm underarm aim distance quick</p> <p>target retrieve stop retrieve track</p> <p>send sending sent</p> <p>strike hit bat grip</p>	<p>overarm underarm technique balance/opposite positioning aim distance quick swing</p> <p>target retrieve collect tracking track</p> <p>send sending sent</p> <p>strike batting defence power consistent</p>	<p>underarm body position/angle stance release determines</p> <p>communicate teammates stumped stumps two handed pick up</p> <p>send sending sent</p> <p>strike batting defence defend attack positioning stance</p>	<p>underarm body position angle balanced stance arch</p> <p>communicate teammates stumped stumps set up two handed pick up</p> <p>send sending sent</p> <p>strike batting defence protect stumps centre control accuracy stance</p>	<p>underarm body position angle balanced stance fluid wrist</p> <p>short barrier back up tracking stumping wicket-keeper</p> <p>send sending sent</p> <p>strike batting defence hand speed centre controlled strike accuracy strike angle elevate</p>	<p>underarm Body position angle balanced stance bowlers end batters end run out</p> <p>short barrier long barrier back up tracking stumping wicket-keeper field action</p> <p>send sending sent</p> <p>strike batting defence hand speed centre controlled strike momentum drive strike hit defensive strike</p>
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Creative Movement

(Gymnastics and Dance)

Gymnastics

<p>FOM Fundamentals of movement</p> <p>Balance Co-ordination Agility</p>	<p>I know what the word balance means and can show what this word means.</p> <p>I know that coordination is a word linked to P.E</p> <p>I know and can show what the word agile means</p>	<p>I know that standing on one leg is using my balancing skills.</p> <p>I begin to know that coordination means moving parts of my body correctly.</p> <p>I know agility is how I move my body in different directions</p>	<p>I know that balancing involves stability of different parts of my body.</p> <p>I know that coordination means using parts of my body while moving.</p> <p>I know that agility is about moving my legs and arms in different directions at different speeds</p>	<p>I know that balancing is about stability with control.</p> <p>I know that coordination means performing actions with increased control when co-ordinating my body with and without equipment.</p> <p>I know that agility is about moving the parts of my body at different speeds with control of pace and direction</p>	<p>I know that body tension is key to performing balances.</p> <p>I know that coordination means I need to use my body with speed across a variety of routines</p> <p>I know that agility is about manipulating the movements of my limbs to adjust speeds across a range of dances and gymnastic routines</p>	<p>I know and can explain that I must keep even weight on both sides of my body.</p> <p>I know that coordination means using a range of body parts at speed</p> <p>I know that agility is about manipulating the movements of my entire body, at varying speeds and with some deliberate co-ordinated movements</p>	<p>I know and 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.</p> <p>I know that coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge</p> <p>I know that agility is about manipulating the movements of my entire body while maintaining balance, at varying speeds and have quite clearly co-ordinated movements</p>
<p>Procedural knowledge (Fundamental skills)</p> <p>shapes, spins, and balances jumps rolls</p>	<p>I know how to create shapes showing a basic level of stillness using different parts of their bodies.</p>	<p>I know how to perform balances making their body tense, stretched and curled.</p>	<p>I know how to perform balances on different body parts with some control and balance.</p>	<p>I know how to complete balances with increasing stability, control and technique.</p>	<p>I know how to use body tension to perform balances both individually and with a partner</p>	<p>I know how to show control and balance when moving from one balance to another</p>	<p>I know how to combine and perform more complex balances with control, technique and fluency</p>

<p>equipment inverted movements performance</p>	<p>I know how to jump safely and bend my knees correctly</p> <p>I know how to copy and link simple actions together which are instructed or created independently.</p> <p>I know how to complete a jump and land on both feet.</p>	<p>I know how to complete a quarter turn and half turn.</p> <p>I know how to do shape jumps including jumping off low apparatus</p> <p>I know how to perform the five step variation jump:</p> <p>2-2 jump 2-1 1-2 1-1 (hop) 1-1 (Opposite feet)</p>	<p>I know how to complete a quarter turn, half turn, three quarter turn and full turn.</p> <p>I know how to do shape jumps and take off different take-off combinations</p> <p>I know how to perform a five-step variation jumps with control.</p>	<p>I know how to complete all the spins and land with control.</p> <p>I know how to stepping into shape jumps with some control</p> <p>I know how to perform the five-step variation with control and put them into a basic sequence.</p>	<p>I know how to complete all the spins, land with control and know what they are used for.</p> <p>I know how to control performing and landing rotation jumps with a fair degree of control</p> <p>I know to perform the five-step variation and put them into a sequence with a partner.</p>	<p>I know how to turn my body, land with control and I know that this is how performance is judged.</p> <p>I know how to select a range of jumps to include in sequence work</p> <p>I know to perform the step five step variation and put them into a well performed sequence with a partner.</p> <p>I know how to use my knowledge of the five-step variation alongside technical jumps</p>	<p>I know how to turn my body, land with control and add different technical jumps to the body spins, and I know that more detail means a better score</p> <p>I know how to combine and perform a range of gymnastic jumps more fluently and effectively</p> <p>I know to do a five-step variation, put them into a sequence with a partner.</p> <p>I know how to use my knowledge of the five-step variation alongside technical jumps</p> <p>I know how to use my knowledge of the five-step variation and implement them into a complex routine with technical jumps</p>
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	<p>I know how to perform a pencil roll</p> <p>I know how to use benches safely to balance</p> <p>I know how to express myself using rolls, jumps and body movements</p>	<p>I know how to perform a:</p> <p>Pencil roll safely Rock and roll safely Egg roll safely Shoulder roll safely</p> <p>I know how to use the following equipment safely:</p> <p>Climbing frame</p> <p>I know how to express myself using rolls, jumps, spins and balances that I have been taught</p>	<p>I know how to perform the following rolls:</p> <p>Pencil roll safely Rock and roll safely Egg roll safely Shoulder roll safely Forward roll with one leg safely</p> <p>I know how to use the following equipment safely:</p> <p>Climbing frame</p> <p>Ropes and ladders</p> <p>Gym horses</p> <p>I begin to know how to perform a routine that includes rolls, jumps, balances and spins with basic proficiency</p>	<p>I know how to perform all rolls safely</p> <p>I know how to perform a vault by mounting and dismounting a gym horse correctly.</p> <p>I know how to confidently perform a balance on gym equipment</p> <p>I know how to perform a routine that includes rolls, jumps, balances and spins with basic proficiency</p>	<p>I know how to perform all rolls and implement them into a routine</p> <p>I know how to hold a bridge and shoulder stand</p> <p>I know how to use a vault and add a mount, balance and dismount</p> <p>I know how to perform a balance on gym equipment and hold it for five seconds</p> <p>I know how to perform a routine that includes rolls, jumps, balances and spins with some proficiency</p>	<p>I know how to perform all rolls to a high standard and implement them into a routine with a partner</p> <p>I begin to know progressions of a cartwheel and a headstand</p> <p>I know how to use a vault and integrate into a routine with technical mounts, balances and dismounts</p> <p>I know how to perform a balance on gym equipment and hold it with some poise</p> <p>I know how to produce a synchronised performance using all elements know that shows some flow, synchronisation and timing</p>	<p>I know how to perform all rolls to a high standard and implement them into a complex routine with a partner</p> <p>I know how to develop control in progressions of a cartwheel and a headstand</p> <p>I know how to use a vault and integrate into a complex routine, which involves different technical jumps, turn and rolls, mounts balances and dismounts</p> <p>I know how to produce a synchronised performance using a variety of rolls, jumps, equipment with technical aspects known included</p>
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<p>Declarative knowledge</p> <p>shapes, spins, and balances</p> <p>jumps</p> <p>rolls</p> <p>equipment inverted movements</p> <p>actions</p> <p>dynamics</p> <p>space and relationships</p> <p>performance</p>	<p>I know that bending my knees will help me to land safely</p> <p>I know what the word jump means</p> <p>I know that I can change my body shape to help me to roll</p>	<p>I know that landing on the balls of my feet helps me to land with control</p> <p>I know what the following jumps are:</p> <ul style="list-style-type: none"> • Pike • Straddle <p>I know that I can use different shapes to roll</p> <p>I know that equipment can</p>	<p>I know that looking forward will help me to land with control</p> <p>I know what the following jumps are:</p> <ul style="list-style-type: none"> • Pike • Straddle • Split • Tuck <p>I know that different rolls need different techniques to complete</p>	<p>I know that I can change the take off and shape of my jumps to make them look interesting</p> <p>I know what the following jumps are:</p> <ul style="list-style-type: none"> • Pike • Straddle • Split • Tuck <p>I know that I must protect delicate parts of my body safe when performing more difficult rolls</p> <p>I know that gymnastics</p>	<p>I know that I can control my landing by landing toes first, looking forwards and bending my knees</p> <p>I know what the following jumps are:</p> <ul style="list-style-type: none"> • Pike • Straddle • Split • Tuck • Sissonne leap <p>I know that I can keep the shape of my roll using body tension</p> <p>I know that inverted movements are actions in which my hips go above my head</p> <p>I know that gymnastic routines often</p>	<p>I know that I can use jumps to link actions and changing the shape of these will make my sequence look interesting</p> <p>I know what the following jumps are:</p> <ul style="list-style-type: none"> • Pike • Straddle • Split • Tuck • Sissonne leap • Cat leap • Stag <p>I know that I need to work within my own capabilities and this may be different to others</p> <p>I know that sometimes I need to move slowly to gain control and other times I need to move quickly to build momentum</p> <p>I know that technical mounts and dismounts have</p>	<p>I know that taking off from two feet will give me more height and therefore more time in the air</p> <p>I know and can explain what the following jumps are:</p> <ul style="list-style-type: none"> • Pike • Straddle • Split • Tuck • Stag • Sissonne leap • Cat leap <p>I know that I can use momentum to help me to roll and know where that momentum from</p> <p>I know that spreading my weight across a base of support will help me to balance</p> <p>I know that technical mounts ,dismounts, tucks and rolls are used</p>
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	<p>I know equipment can be used to express my movement</p> <p>I know to bend my knees and land safely from a bench</p> <p>I know that if I hold a shape and count to five people will see it clearly</p>	<p>be used as part of gymnastic or dance routines</p> <p>I know to bend my knees when jumping from equipment as this keeps me safe</p> <p>I know that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended</p>	<p>I know that equipment is part of gymnastics and routines</p> <p>I know that staying balanced and bending my knees when landing are important things to focus on when landing from equipment</p> <p>I know that if I use shapes that link well together it will help my sequence to flow</p>	<p>includes equipment such as gym horses and benches</p> <p>I know that dismounting safely in a balanced manner is a key aspect of using gym equipment safely</p> <p>I know that if I use different levels it will help to make my sequence look interesting</p>	<p>includes equipment such as gym horse, benches, beams and balances</p> <p>I know that stretching out my arms when landing helps me maintain balance and keeps me safe from injury</p> <p>I know that if I use different directions it will help to make my sequence look interesting</p>	<p>to be used when using gym equipment</p> <p>I know that stretching out my arms when landing on two feet helps me maintain balance and keeps me safe from injury and shows poise</p> <p>I know that if I use different pathways it will help to make my sequence look interesting</p>	<p>with gym equipment</p> <p>I know that stretching out my arms when landing on one or two feet helps me maintain balance and keeps me safe from injury and shows poise</p> <p>I know that if I use changes in formation it will help to make my sequence look interesting</p>
<p>Vocabulary</p> <p>shapes, spins, and balances</p> <p>jumps</p> <p>rolls</p> <p>equipment inverted</p> <p>movements</p> <p>performance</p>	<p>land</p> <p>shape</p> <p>space</p> <p>balance</p> <p>turn</p> <p>travel</p> <p>safely</p> <p>copy movement</p>	<p>co-ordination</p> <p>balance</p> <p>level</p> <p>balance</p> <p>tense</p> <p>stretched</p> <p>curled</p> <p>quarter-turn</p> <p>half-Turn</p> <p>step variation</p>	<p>stability</p> <p>stable</p> <p>control</p> <p>tense</p> <p>stretched</p> <p>curled</p> <p>quarter turn</p> <p>half turn</p> <p>three quarter turn</p> <p>full turn</p> <p>five step variation direction</p>	<p>control</p> <p>spin</p> <p>control</p> <p>action</p> <p>technique</p> <p>tension</p> <p>relax</p> <p>pose</p> <p>quarter turn</p> <p>half turn</p> <p>three quarter turn</p> <p>turn</p> <p>full turn</p> <p>five step variation</p>	<p>technique</p> <p>spins</p> <p>variations</p> <p>technique</p> <p>body tension</p> <p>controlled</p> <p>landing</p> <p>visuals</p> <p>rotations</p> <p>five-step variation</p>	<p>visual variations</p> <p>body tension</p> <p>controlled landing</p> <p>visuals</p> <p>varied rotations</p> <p>five-step variation synchronize</p>	<p>counter tension</p> <p>formation</p> <p>controlled landing</p> <p>varied rotations</p> <p>five-step variation momentum</p>

	<p>dance still</p> <p>roll sideways forwards</p> <p>jump land</p> <p>climb</p> <p>perform express create body shapes</p>	<p>performance explore opposite</p> <p>roll shoulder roll pencil roll/jump</p> <p>pike straddle</p> <p>frame/climbing frame</p> <p>express perform routine imagine body shapes create</p>	<p>pencil roll rock and roll egg roll safely shoulder roll forward</p> <p>pike straddle split take-off combination</p> <p>gymnast bench frame</p> <p>flow performance perform routine opposite</p>	<p>flow point</p> <p>pencil roll rock and roll egg roll safely shoulder roll forward</p> <p>pike straddle split tuck</p> <p>gym horse gymnast mount dismount</p> <p>shapes perform routine link flow</p>	<p>observe opposite flow matching opposite symmetrical</p> <p>speed pace safety</p> <p>pike straddle split tuck sissonne leap</p> <p>mount balance dismount</p> <p>invert inverted</p> <p>sequence routine</p>	<p>canon progression</p> <p>balance momentum capability</p> <p>pike straddle split tuck sissonne leap cat leap stag</p> <p>poise mount balance dismount</p> <p>headstand cartwheel progressions</p> <p>pathways floor performance integrate implement</p>	<p>fluently</p> <p>counterbalance body tension</p> <p>pike straddle split tuck sissonne leap cat leap stag</p> <p>poise complex balances varied dismounts</p> <p>headstand cartwheel progressions support base</p> <p>formation pathways aesthetically pleasing synchronisation asymmetrical aesthetics</p>
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Dance

FOM
Fundamentals of
movement

Balance
Co-ordination
Agility

I know what the word balance means and can show what this word means

I know that coordination is a word linked to P.E

I know and can show what the word agile means

I know that standing on one leg is using my balancing skills

I begin to know that coordination means moving parts of my body correctly

I know agility is how I move my body in different directions

I know that balancing involves stability of different parts of my body

I know that coordination means using parts of my body while moving

I know that agility is about moving my legs and arms in different directions at different speeds

I know that balancing is about stability with control

I know that coordination means performing actions with increased control when co-ordinating my body with and without equipment

I know that agility is about moving the parts of my body at different speeds with control of pace and direction

I know that body tension is key to performing balances

I know that coordination means I need to use my body with speed across a variety of routines

I know that agility is about manipulating the movements of my limbs to adjust speeds across a range of dances

I know and can explain that I must keep even weight on both sides of my body

I know that coordination means using a range of body parts at speed

I know that agility is about manipulating the movements of my entire body, at varying speeds and with some deliberate co-

I know and 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

I know that coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge

I know that agility is about manipulating the movements of my entire body while maintaining balance, at varying speeds and have quite clearly co-

					and gymnastic routines	ordinated movements	ordinated movements
Procedural knowledge (Fundamental skills) actions dynamics space relationships performance	Actions: I know how show how my body moves. I know how to copy basic body actions and rhythms I know how to show actions in response to music and an idea I know how to show the space around me and in relation to others	Actions: I know how to copy, remember and repeat actions to represent a theme. I know how to create my own actions in relation to a theme I know how to demonstrate varying speeds to represent an idea I know how to show basic pathways within my performance	Actions: I know how to accurately remember, repeat and link actions to express an idea I know how to show an improved understanding of dynamics I know how to show basic pathways within my performance and movements to include levels	Actions: I know how to create actions in response to a stimulus individually and in groups I know how to use dynamics effectively to express an idea I know how to transition between formations and show movements which include level changes	Actions: I know how to respond imaginatively to a range of stimuli related to character and narrative I know how to change dynamics confidently within a performance to express changes in character I know how to confidently use changes in level, direction and pathway	Actions: I know how to choreograph dances by using, adapting and developing actions and steps from different dance styles I know how to confidently use dynamics to express different dance styles I know how to confidently use direction and patterning to express different dance styles	Actions: I know how to show controlled movements which express emotion and feeling I know how to explore, improvise and combine dynamics to express ideas fluently and effectively on my own, with a partner or in a small group I know how to use a variety of compositional principles when creating my own dances I know how to demonstrate a clear understanding of timing in relation to the music and other

		pathways with a partner	matching and mirroring			express a dance idea	dancers throughout my performance
	I know how to perform short phrases of movement in front of others	I know how to perform on my own and with others to an audience.	I know how to develop the use of facial expressions in my performance	I know how to perform short, self-choreographed phrases showing an awareness of timing.	I know how to perform complex dances that communicate narrative and character well, performing clearly and fluently	I know how to perform dances expressively, using a range of performance skills, showing accuracy and fluency.	
Declarative knowledge							
actions dynamics space relationships performance	I know that I can move my body in different ways to create interesting actions	I know that actions can be sequenced to create a dance	I know that sequencing actions in a particular order will help me to tell the story of my dance	I know that sharing ideas with others enables my group to work collaboratively and try ideas before deciding on the best actions for our dance	I know that some actions are better suited to a certain character, mood or idea than others	I know that different dance styles use different actions to develop sequences in a specific style	I know that that actions can be improved by thinking about extension, shape and style
	I know that I can change my action to show an idea	I know that I can create fast and slow actions to show an idea	I know that I can change the way I perform actions to show an idea	I know that all actions can be performed differently to help to show effect	I know that some dynamics are better suited to a certain character, mood or idea than others	I know that different dance styles utilise selected dynamics to express mood	I know that selecting a variety of dynamics in my performance can help to take the audience on a journey through my dance idea
	I know that if I move into space it will help to keep me and others safe	I know that there are different directions and pathways within space	I know that I can use different directions, pathways and levels in my dance	I know that I can use space to help my dance to flow	I know that space can be used to express a certain character, mood or idea	I know that space relates to where my body moves both on the floor and in the air	I know that combining space and relationships with a prop can help me to express my dance idea

	<p>I know that when watching others I sit quietly and clap at the end</p> <p>I know that if I use lots of space, it helps to make my dance look interesting</p> <p>I know how to show enjoyment in my performances</p> <p>I know that if I hold a shape and count in time with the music people will see it clearly</p>	<p>I know that when dancing with a partner it is important to be aware of each other and keep in time</p> <p>I know that if I use exaggerated actions it helps the audience to see them clearly</p> <p>I know that dance is about performing for others</p> <p>I know that if I use a starting and finishing position, people will know when my dance has started and when it has ended</p>	<p>I know that using counts of 8 will help me to stay in time with my partner and the music</p> <p>I know that if I practice my dance my performance will improve</p> <p>I know that using facial expressions helps to show the mood of my dance</p> <p>I know that if I use shapes that link well together it will help my dance to flow</p>	<p>I know that 'formation' means the same in dance as in other activities such as football, rugby and gymnastics</p> <p>I know that if I show sensitivity to the music, my performance will look more complete</p> <p>I know that I can use timing techniques such as canon and unison to create effect</p> <p>I know that if I use different levels it will help to make my dance look interesting</p>	<p>I know that some relationships are better suited to a certain character, mood or idea than others</p> <p>I know that I can select from a range of dance techniques to translate my idea</p> <p>I know that being aware of other performers in my group will help us to move in time</p> <p>I know that if I use different directions it will help to make my dance look interesting</p>	<p>I know that different dance styles utilise selected relationships to express mood</p> <p>I know that if I use dance principles it will help me to express an atmosphere or mood</p> <p>I know what makes a performance effective and know how to apply these principles to my own and others' work</p> <p>I know that if I use different pathways and body movements it will help to make my dance look interesting</p>	<p>I know that dance is a human expression that has always been used to express mood and feeling</p> <p>I know that if I keep in character throughout, it will help me to express an atmosphere or mood that can be interpreted by the audience</p> <p>I know a leader can ensure our dance group performs together</p> <p>I know that if I use changes body shape it will help to make my sequence look interesting</p>
<p>Vocabulary</p> <p>actions</p> <p>dynamics</p> <p>space</p> <p>relationships</p> <p>performance</p>	<p>balance</p> <p>co-ordinate</p> <p>agile</p>	<p>balancing</p> <p>co-ordination</p> <p>agility</p>	<p>stability</p> <p>balancing</p> <p>limbs</p> <p>direction(s)</p> <p>speed</p>	<p>stability</p> <p>control</p> <p>limbs</p> <p>increased stability</p> <p>increased control</p> <p>pace</p>	<p>stability</p> <p>control</p> <p>limbs</p> <p>increased stability</p> <p>increased control</p> <p>pace</p> <p>tension</p>	<p>tension</p> <p>variety</p> <p>routines</p> <p>increased stability</p> <p>increased control</p> <p>manipulating</p> <p>manipulate</p>	<p>weight (stability)</p> <p>centre of mass</p> <p>centre of gravity</p> <p>range</p> <p>motions</p> <p>deliberate</p> <p>manipulating</p>

					variety routines manipulating manipulate	weight (stability) range motions deliberate	manipulate fluent appropriateness
	rhythms	rhythms shapes	rhythms story sequenced	collaborate sequencing	collaboration mood character	choreograph styles specificity character mood	choreograph styles extension shapes styles
	respond	response	response dynamic(s)	responsive dynamic(s) effective	dynamic(s) performance character	dynamic(s) performance character express	dynamic(s) improvise combine journey
	space	space spaces pathways movement	pathways levels movements	transitions formations level changes variation pathways	transitions formations level changes variation pathways patterns	transitions formations levels variation pathways patterns patterning relate	composition compositional principles expressions variation pathways patterns patterning relate
	watching friends peers	actions pathways observing	mirroring matching observing symmetry	formation partner mirroring matching symmetry	formation mirroring matching symmetry reaction	formation symmetry reaction unison canon	formation symmetry reaction unison canon
	music perform express create body shapes respect	exaggerated timing finish express perform routine observing respectful	mood feeling facial expressions flow performance perform routine opposite respectful	sensitivity canon unison shapes perform routine link flow respectful	translate techniques sequence routine shapes perform routine link flow respectful	atmosphere principles apply poise pathways floor performance integrate implement routine	audience interpretation poise formation pathways integrate implement aesthetically pleasing synchronisation

						link flow respectful	asymmetrical aesthetics respectful
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Athletics

<p>FOM Fundamentals of movement</p> <p>Balance Co-ordination Agility</p>	<p>I begin to know how to move different parts of my body when directed</p> <p>I know what the word balance means and can show what this word means</p> <p>I know and can show what the word agile means</p>	<p>I begin to know that coordination means moving parts of my body correctly</p> <p>I know that standing on one leg is using my balancing skills</p> <p>I know agility is how I move my body in different directions</p>	<p>I know that coordination means using parts of my body while moving</p> <p>I know that balancing involves stability of different parts of my body</p> <p>I know that agility is about moving the body in different directions at different speeds</p>	<p>I know that coordination means using different parts of my body in natural movements at the same time</p> <p>I know that balancing is about stability with control</p> <p>I know that agility is about moving the body at different speeds with control of pace and direction</p>	<p>I know that I must be coordinated while moving my body at speed and changing direction</p> <p>I know that body tension is key to performing balanced movements while running, throwing or jumping</p> <p>I know that agility is about manipulating the movements of the body to adjust speeds while running or jumping</p>	<p>I know that agility and coordination are fundamental parts of track and field and running</p> <p>I know and can explain that I must keep even weight on both sides of my body</p> <p>I know that agility is about manipulating the movements of the body while shifting my body weight to adjust speeds while running or jumping</p>	<p>I know and can explain what coordination and agility are and when to apply these movements while running, throwing or jumping</p> <p>I know and can explain that I must keep even weight on both sides of my body to keep the centre of mass stable while running, throwing or jumping</p> <p>I know that agility is about manipulating the movements of the body while maintaining balance to adjust speed, pace and changes in direction while running or jumping</p>
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<p>Procedural knowledge (Fundamental skills)</p> <p>Running Jumping Throwing</p>	<p>I know how to run and stop safely</p> <p>I know how to show some balance when moving quickly</p> <p>I know how to walk, jog and sprint while staying balanced</p> <p>I know how to stop with some control when running</p> <p>I know how to change direction safely when running</p> <p>I know how to jump and hop safely</p> <p>I know how to take off and landing safely when jumping, skipping or hopping</p>	<p>I know how to run at different speeds</p> <p>I know how to move in a mostly fluid style when sprinting</p> <p>I begin to know how to show some adjustments of pace</p> <p>I know how to stop and change direction when running with some balance shown</p> <p>I know how to show some balance whilst jumping and landing</p> <p>I know how to hop, jump and leap at different distances</p>	<p>I know how to show some elements of a sprinting action</p> <p>I know how to apply basic elements of fluency in races</p> <p>I know how to jog and sprint and show some adjustments of pace</p> <p>I know how to change directions when sprinting and show good balance when shifting my body weight</p> <p>I know how to balance when using jumping, skipping and hopping actions</p> <p>I know how to safely jump for distance and height</p>	<p>I know how to most elements of good sprinting technique and apply it to races</p> <p>I know how to apply some fluency for speed in races</p> <p>I know how to jog, print and adjust pace</p> <p>I know how to change directions while balanced and maintain some momentum</p> <p>I know how to use show some technique when jumping for distance in a range of approaches and take off positions.</p>	<p>I know how to show good sprinting technique to demonstrate improved power</p> <p>I know how to apply fluency for speed in races</p> <p>I know how to adjust speed and pace in relation to distance</p> <p>I know how to change directions while balanced and maintain momentum</p> <p>I know how to show improved technique when jumping for distance</p>	<p>I know how to accelerate and drive from the starting line</p> <p>I begin to know how to apply fluency and co-ordination when running for speed in relay changeovers</p> <p>I know how to apply speeds appropriate for the event</p> <p>I know how to change directions while staying balanced and push off to accelerate</p> <p>I know how to show fair technique and rhythm in the triple jump</p>	<p>I know how to start and drive off effectively and maintain good sprinting technique throughout the race</p> <p>I know how to apply fluency and co-ordination when running for speed in relay change overs</p> <p>I know how to use pace effectively which is mostly appropriate for events</p> <p>I know how to change directions while balanced and push off to accelerate effectively</p> <p>I know how to show power, control and most elements of good technique in the triple jump</p>
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	<p>I know how to hop on both feet</p> <p>I begin to know how to skip correctly</p> <p>I know how to throw to a target</p>	<p>I know how to throw for distance and accuracy</p>	<p>I know how to use some effective elements of overarm technique</p>	<p>I know how to show elements of technique for a pull throw</p>	<p>I know how show some correct technique when throwing for distance in a pull and heave throw</p>	<p>I know how to use correct technique and power in javelin and shot put</p>	<p>I know how to show good power, control and technique when throwing discuss and shot put</p>
<p>Declarative knowledge</p> <p>Running</p> <p>Jumping</p> <p>Throwing</p> <p>Rules</p>	<p>I know that I use big steps to run and small steps to stop</p> <p>I know that moving into space away from others helps to keep me safe</p> <p>I know that bending my knees will help me to land safely.</p>	<p>I know that if I swing my arms it will help me to run faster</p> <p>I know that landing on the balls of my feet helps me to land with control</p> <p>I know that if I bend my knees it will help me to jump further</p>	<p>I know that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster</p> <p>I know that swinging my arms forwards will help me to jump further</p>	<p>I know that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down</p> <p>I know that if I jump and land in quickly it will help me to jump further</p>	<p>I know that I need to pace myself when running further or for a long period of time</p> <p>I know that a high knee drive, pumping my arms and running on the balls of my feet gives me power</p> <p>I know that transferring weight will help me to jump further</p>	<p>I know that taking big consistent strides will help to create a rhythm that allows me to run faster</p> <p>I know that keeping a steady breath will help me when running longer distances</p> <p>I know that if I drive my knees high and fast I can build power and therefore</p>	<p>I know that I need to prepare my body for running and know the muscle groups I will need to use</p> <p>I know that a run up builds speed and power and enables me to jump further</p>

	<p>I know that bigger targets are easier to hit</p> <p>I know that rules help us to stay safe.</p>	<p>I know that stepping forward with my opposite foot to hand will help me to throw further</p> <p>I know that rules help us to play fairly</p>	<p>I know that I can throw in a straight line by pointing my throwing hand at my target as I let go of the object.</p> <p>I know how to follow simple rules when working with others</p>	<p>I know that that the speed of the movement helps to create power.</p> <p>I know the rules of the event and begin to apply them</p>	<p>I know that transferring weight will help me to throw further</p> <p>I know and understand the rules to be able to manage our own events</p>	<p>distance in my jumps</p> <p>I know how to transfer my weight in different throws to increase the distance</p> <p>I know and apply rules in a variety of events using official equipment</p>	<p>I know that I need to prepare my body for throwing and know the muscle groups I will need to use</p> <p>I know and can apply rules in events that pose an increased risk</p>
<p>Vocabulary</p> <p>Running</p> <p>Jumping</p> <p>Throwing</p> <p>Rules</p>	<p>balance</p> <p>agile</p> <p>speed</p> <p>run</p> <p>stop</p> <p>quickly</p> <p>control</p> <p>sprint</p> <p>speed</p> <p>land</p> <p>skipping</p> <p>hopping</p>	<p>balancing</p> <p>co-ordination</p> <p>travel</p> <p>run</p> <p>stop</p> <p>quickly</p> <p>control</p> <p>sprint</p> <p>swing</p> <p>fluency</p> <p>fluid</p> <p>land</p> <p>skipping</p> <p>hopping</p> <p>balance</p> <p>leap</p> <p>hop</p> <p>jump</p>	<p>stability</p> <p>balancing</p> <p>limbs</p> <p>direction(s)</p> <p>speed</p> <p>control</p> <p>swing</p> <p>fluency</p> <p>fluid</p> <p>sprinting action</p> <p>speed</p> <p>balance</p> <p>leap</p> <p>hop</p> <p>jump</p> <p>height</p> <p>distance</p>	<p>balancing</p> <p>co-ordination</p> <p>movement</p> <p>stability</p> <p>speed</p> <p>travel</p> <p>control</p> <p>swing</p> <p>fluency</p> <p>fluid</p> <p>sprinting action</p> <p>adjust</p> <p>jump</p> <p>height</p> <p>distance</p> <p>range</p> <p>approach</p> <p>take-off</p> <p>position</p> <p>action</p>	<p>balance</p> <p>fluid</p> <p>movement</p> <p>pace</p> <p>stability</p> <p>direction</p> <p>pace</p> <p>control</p> <p>swing</p> <p>fluency</p> <p>fluid</p> <p>sprinting action</p> <p>adjust</p> <p>momentum</p> <p>range</p> <p>approach</p> <p>take-off</p> <p>position</p> <p>action</p> <p>technique</p> <p>transfer (weight)</p> <p>(weight)</p>	<p>body speed</p> <p>manipulate</p> <p>movements</p> <p>adjust speed</p> <p>body position</p> <p>control</p> <p>swing</p> <p>fluency</p> <p>fluid</p> <p>sprinting action</p> <p>adjust</p> <p>momentum</p> <p>push off</p> <p>accelerate</p> <p>range</p> <p>approach</p> <p>take-off position</p> <p>action</p> <p>technique</p> <p>transfer (weight)</p> <p>power</p> <p>rhythm</p>	<p>fundamentals</p> <p>weight</p> <p>balance</p> <p>manipulate</p> <p>manipulating</p> <p>control</p> <p>swing</p> <p>fluency</p> <p>fluid</p> <p>sprinting action</p> <p>adjust</p> <p>momentum</p> <p>push off</p> <p>accelerate</p> <p>change overs</p> <p>range</p> <p>approach</p> <p>take-off position</p> <p>action</p> <p>technique</p> <p>transfer (weight)</p> <p>power</p> <p>rhythm</p>

	target throw	target throw distance accuracy	target distance accuracy overarm	target/goal distance accuracy overarm pull (throw)	target/goal distance accuracy overarm pull (throw) heave javelin	target/goal distance accuracy overarm pull (throw) heave javelin shot putt	triple jump target/goal distance accuracy overarm pull (throw) heave javelin shot putt muscle groups
	sports day	events	events	events	events manage	events	events track and field events

Net and Wall Games (Badminton and Tennis)

<p>FOM Fundamentals of movement</p> <p>Balance Co-ordination Agility</p>	<p>I begin to know how to move different parts of my body when directed</p>	<p>I begin to know that coordination means moving parts of my body correctly</p>	<p>I know that coordination means using parts of my body while moving</p>	<p>I know that coordination means using different parts of my body in natural movements at the same time</p>	<p>I know that I must be coordinated while moving my body at speed and changing direction</p>	<p>I know that agility and coordination are fundamental parts of badminton and tennis</p>	<p>I know and can explain what coordination and agility are and when to apply these movements in games</p>
	<p>I know what the word balance means and can show what this word means</p>	<p>I know that standing on one leg is using my balancing skills</p>	<p>I know that balancing involves stability of different parts of my body</p>	<p>I know that balancing is about stability with control</p>	<p>I know that body tension is key to performing balanced movements when hitting the ball or shuttlecock</p>	<p>I know and can explain that I must keep even weight on both sides of my body</p>	<p>I know and can 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>I know and can show what the word agile means</p>	<p>I know agility is how I move my body in different directions</p>	<p>I know that agility is about moving the body in different directions at different speeds</p>	<p>I know that agility is about moving the body at different</p>	<p>I know that agility is about manipulating the movements of the body to adjust speeds across a court</p>	<p>I know that agility is about manipulating the movements of the body while shifting my body weight to</p>	<p>I know 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>

				speeds with control of pace and direction		adjust speeds across a court	
Procedural knowledge (Fundamental skills) hitting/striking/shots feeding and rallying footwork tactics rules	I know how to hit a ball with hands and pushing with a racket I know how to sending and tracking a ball with a partner I know how change direction, run and stop	I begin to know how to hit a dropped ball with a racket I know how throw a ball over a net to land into the court area I know how to use the ready position to move towards a ball	I know how to hit a dropped ball over a net I know how to accurately underarm throw over a net to a partner I know how to consistently use the ready position to move towards a ball	I know how to return a ball using shots such as the forehand and backhand I know how to rally underarm with a partner catching after one bounce I know how to consistently use and return to the ready position in between shots	I know how to use some correct technique when using shots playing co-operatively and beginning to execute this competitively I know how to rally using both forehand and backhand with increased technique I begin to know how to use appropriate footwork patterns to move around the court	I begin to know how to play the range of shots used in a variety of games I begin to know how to show different serving techniques I know how to use a variety of shots to keep a continuous rally I know how to use some effective footwork patterns to move around the court	I know how demonstrate increased success and technique in a variety of shots I know how to serve accurately and consistently I know how to successfully apply a variety of shots to keep a continuous rally I know how to use a variety of footwork patterns relevant to the game I am playing
Declarative knowledge	I know to point my hand/object	I know to use the centre of	I know to watch the ball as it comes towards me to help	I know that pointing the racket face/my	I know when to play a forehand and a backhand and why	I know which skill to choose for the situation e.g. a	I know the appropriate skill for the situation under pressure e.g. choosing to play

<p>hitting/striking/shots feeding and rallying footwork tactics rules</p>	<p>at my target when hitting a ball</p>	<p>the racket for control</p>	<p>me to prepare to hit it</p>	<p>hand where I want the ball to go and turning my body will help me to hit accurately</p>		<p>volley if the ball is close to the net</p>	<p>the ball short over the net if I have just moved my opponent to the back of the court</p>
	<p>I know to look at the target when sending a ball and watch the ball to receive it</p>	<p>I know to use an underarm throw to feed to a partner. I know that throwing/hitting to my partner with not too much power will help them to return the ball</p>	<p>I know to place enough power on a ball to let it bounce once but not too much so that my partner can't return it I know that sending the ball towards my partner will help me to keep a rally going</p>	<p>I know that hitting towards my partner will help them to return the ball easier and keep the rally going</p>	<p>I know 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>I know that playing the appropriate shot will help to keep the rally going I know that control is more important than power to keep a rally going</p>	<p>I know to play different shots depending on if a rally is co-operative or competitive</p>
	<p>I know to use big steps to run and small steps to stop</p>	<p>I know that using a ready position will help me to move in any direction</p>	<p>I know that using a ready position helps me to react quickly and return/catch a ball</p>	<p>I know that moving to the middle of my court will enable me to cover the most space</p>	<p>I know that getting my feet in the right position will help me to balance before playing a shot</p>	<p>I know that using small, quick steps will allow me to adjust my stance to play a shot</p>	<p>I know 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>I know I have to make simple choices in response to the task given</p>	<p>I know that tactics can help us to be successful when playing games</p>	<p>I know that applying simple tactics makes it difficult for my opponent</p>	<p>I know that using simple tactics will help to achieve an outcome e.g. if we spread out, we can cover more space</p>	<p>I know that applying attacking tactics will help me to score points and create space I know that applying defending tactics</p>	<p>I know the need for tactics and identify when to use them in different situations</p>	<p>I know when to apply some simple tactics for attacking and/or defending</p>

	I know that rules help us to stay safe	I know that rules help us to play fairly	I know how to score points and follow simple rules	I know the rules of the game and begin to apply them	will help me to deny space, return a ball and limit points I know and understand the rules to be able to manage our own game	I know and apply rules in a variety of net and wall games whilst playing and officiating	I know, apply and use rules consistently in a variety of net and wall games whilst playing and officiating
Vocabulary hitting/striking/shots feeding and rallying footwork tactics rules	balance co-ordinate agile racket hit target	balancing co-ordination agility racket hit target centre	balancing co-ordination movement stability speed travel racket hit target centre dropped ball	balance synchronised movement pace direction speed travel centre dropped ball forehand backhand accuracy accurately	balance synchronised body speed manipulate movements adjust speed body position forehand backhand accuracy accurately execute	adjust speed body position fundamentals weight balance manipulate manipulating forehand backhand accuracy accurately execute serve serving technique	fundamentals manipulate manipulating weight centre of gravity adjustments shift weight body tension forehand backhand accuracy accurately execute serve long short
	send ball	send underarm power ball shuttlecock court net	underarm power ball shuttlecock court net return rally	shuttlecock court net return rally accuracy forehand	shuttlecock court net return rally accuracy forehand backhand	shuttlecock court net return rally accuracy forehand backhand control	shuttlecock court net return rally accuracy forehand backhand control co-operative competitive
	steps direction	steps direction ready position	direction ready position react	ready position react reaction	ready position reaction cover space	ready position reaction stance	ready position reaction stance

	choices	tactics success	reaction tactics success opponent	cover space tactics success opponent space	footwork patterns attacking defending deny space create space	adjustments cover space footwork patterns attacking defending deny space create space	swivel pivot adjustments cover space footwork patterns attacking defending deny space create space
	rules	rules out in point	rules out in score	rules out in keep score	rules keep score manage	rules keep score manage officiate	rules keep score manage officiate

Swimming

	Working towards (basic competency)	Working at	Working beyond
FOM Fundamentals of movement Balance Co-ordination Agility	<p>I begin to know that coordination means moving parts of my body correctly when they are submerged</p> <p>I know that coordination means using parts of my body while moving in the water</p> <p>I know that floating on the water involves using my balancing skills</p> <p>I know that balancing involves stability of different parts of my body while submerged</p>	<p>I know that coordination means using different parts of my body in natural movements at the same time in the water</p> <p>I know that I must be coordinated while moving my body at speed and changing direction</p> <p>I know that balancing is about stability while swimming</p> <p>I know that body tension is key to performing changes of direction in the water</p>	<p>I know that coordination means using a range of body parts at speed in and out of the water</p> <p>I know that coordination means co-ordinating a range of body parts with a fluent stroke at a speed appropriate to the challenge</p> <p>I know that I have to use body tension differently within the water to change direction, staying balanced while staying afloat</p>

	I know that agility is about moving the body in different directions at different speeds	I know that agility is about moving the body in and out of the water at different speeds with control of pace and direction	I know that agility is about manipulating the movements of the body while shifting my body weight in the water to adjust the direction of the movement
Procedural knowledge (Fundamental skills) Strokes Breathing Water Safety/Rules	I know how to use my arms and legs together to move effectively across a short distance in the water I know how to swim over a 10m distance with a buoyancy aid I know how to glide on front and back over short distances I know how to submerge and regain feet in the water I know how to submerge confidently in the water I know how to breathe in sync with an isolated kicking action from poolside begin to explore breathing in sync with my kicking action I know how to answer questions correctly around aware of water safety and begin to know how to float on my front and back I know how to show an awareness of water safety and float on my front and on my back	I know how to show technique for specific strokes to include head above water breaststroke, backstroke and front crawl. I know how to demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes I know how to float on front and back using different shapes with increased control I know how to confidently and consistently retrieve an object from the floor with the same breath I know how to begin to co-ordinate breath in time with basic strokes showing some consistency in timing I begin to know how to use the correct front crawl breathing technique I know how to combine gliding and floating on front and back over an increased distance	I know how to confidently demonstrate good technique in a wider range of strokes over increased distances I know how to show good technique for specific strokes to include head above water breaststroke, backstroke and front crawl I know how to combine gliding and transitioning into an appropriate stroke with good control I know how to confidently link a variety of floating actions together demonstrating good technique and control I know how to confidently combine skills to retrieve an object from greater depth I know how to confidently co-ordinate a smooth and consistent breathing technique with a range of strokes I know how to use the correct front crawl breathing technique with some consistency I know how to select and apply the appropriate survival technique to the situation

	<p>I know how to float on front and back for short periods of time</p> <p>I know how to confidently roll from front to back and then regain a standing position</p>	<p>I know some techniques for personal survival to include survival strokes such as sculling and treading water</p>	<p>I know how to comfortably demonstrate sculling head first, feet first and treading water</p>
<p>Declarative knowledge</p> <p>Strokes Breathing Water Safety/Rules</p>	<p>I know that using cupped hands will help me to swim as the water cannot escape between my fingers.</p> <p>I know that moving my arms quickly will help me to pass through the water</p> <p>I know that I need to take a big breath before submerging</p> <p>I know that when I swim, I inhale through my mouth when my face is above water and exhale through my mouth or nose when my face is underwater</p> <p>I know that floating can help me to stay safe</p> <p>I know that floating uses less energy than swimming</p> <p>I know that walking on poolside helps to keep me safe</p> <p>I know how to safely enter and exit the pool</p>	<p>I know that lifting my hips will help me to stay afloat whilst swimming.</p> <p>I know that keeping my legs together for crawl helps me to stay straight in the water</p> <p>I know that turning my head to the side to breathe will allow me to swim with good technique</p> <p>I know that breathing out with a slow consistent breath enables me to swim for longer before needing another breath</p> <p>I know that treading water enables me to keep upright and in the same space</p> <p>I know what to do if I fall in the water</p> <p>I know that the water should be clear of swimmers before entering</p> <p>I know all the water safety rules</p>	<p>I know that pulling harder through the water will enable me to travel the distance in fewer strokes and travel faster</p> <p>I know that making my body streamlined helps me to glide through the water</p> <p>I know that breathing every three strokes helps to balance my stroke and allows me to practise breathing on both sides</p> <p>I know that the more I practice my breathing in the water, the more my heart and lungs can work effectively and aid my muscles with the ability to utilise oxygen when swimming.</p> <p>I know that a group of people can huddle together to conserve body heat, support each other and provide a larger target for rescuers</p> <p>I know which survival technique to use for the situation</p> <p>I know that different environments have different rules to keep us safe around water</p> <p>I know and can explain the water safety rules</p>

<p>Vocabulary</p> <p>Strokes</p> <p>Breathing</p> <p>Water Safety/Rules</p>	<p>kicking back</p> <p>front crawl</p> <p>pulling</p> <p>splash</p> <p>front</p> <p>travel</p> <p>breath</p> <p>breathing</p> <p>submerged</p> <p>underwater</p> <p>regain</p> <p>exhale</p> <p>inhale</p> <p>exit</p> <p>enter</p> <p>rules</p> <p>safely</p> <p>unaided</p> <p>gliding</p> <p>floating</p> <p>buoyancy aid</p>	<p>crawl</p> <p>breaststroke</p> <p>front crawl</p> <p>breaststroke</p> <p>backstroke</p> <p>rotation</p> <p>breath</p> <p>time breaths</p> <p>submerged</p> <p>submersion</p> <p>underwater</p> <p>regain</p> <p>exhale</p> <p>inhale</p> <p>rules</p> <p>safely</p> <p>sculling</p> <p>stroke</p> <p>alternate</p> <p>survival</p> <p>tread water</p> <p>buoyancy aid</p>	<p>front crawl</p> <p>breaststroke</p> <p>backstroke</p> <p>streamline</p> <p>propel</p> <p>continuous</p> <p>fluency</p> <p>endurance</p> <p>pace</p> <p>surface</p> <p>breath</p> <p>time breaths</p> <p>submerged</p> <p>underwater</p> <p>regain</p> <p>exhale</p> <p>inhale</p> <p>heart</p> <p>lungs</p> <p>oxygen</p> <p>rules</p> <p>safely</p> <p>sculling</p> <p>stroke</p> <p>alternate</p> <p>survival</p> <p>tread water</p> <p>buoyancy aid</p> <p>survival technique</p> <p>conserve</p> <p>sea</p> <p>rivers</p> <p>lakes</p>
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Fitness

<p>FOM</p> <p>Fundamentals of movement</p>	<p>I know what the word balance means and can show what this word means</p>	<p>I know that standing on one leg is using my balancing skills.</p>	<p>I know that balancing involves stability of different parts of my body</p>	<p>I know that balancing is about stability with control</p>	<p>I know that body tension is key to performing balances</p>	<p>I know and can explain that I must keep even weight on</p>	<p>I know and can explain that I must keep even weight on</p>
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<p>Balance Co-ordination Agility</p>	<p>I know that coordination is a word linked to P.E</p> <p>I know and can show what the word agile means</p>	<p>I begin to know that coordination means moving parts of my body correctly.</p> <p>I know agility is how I move my body in different directions</p>	<p>I know that coordination means using parts of my body while moving.</p> <p>I know that agility is about moving the body in different directions at different speeds</p>	<p>I know that coordination means performing actions with increased control when co-ordinating my body with and without equipment.</p> <p>I know that agility is about moving the body at different speeds with control of pace and direction</p>	<p>I know that coordination means I need to use my body with speed across a variety of activities.</p> <p>I know that agility is about manipulating the movements of the body to adjust speeds across a range of games and activities</p>	<p>both sides of my body</p> <p>I know that coordination means using a range of body parts at speed.</p> <p>I know 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>both sides of my body to keep the centre of mass stable while performing a complex routine.</p> <p>I know that coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge.</p> <p>I know 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</p>
<p>Procedural knowledge (Fundamental skills) Agility</p>	<p>I know how to explore changing direction safely</p>	<p>I know how to change direction whilst running.</p>	<p>I know how to demonstrate improved technique when changing direction on the move</p>	<p>I know how to show balance when changing direction.</p>	<p>I know how to show balance when changing direction at speed.</p>	<p>I know how to demonstrate improved body posture and speed when</p>	<p>I know how to change direction with a fluent action and transition smoothly</p>

<p>Balance Co-ordination Speed/locomotion Strength Stamina</p>	<p>I know how to explore balancing whilst stationary and on the move</p>	<p>I know how to explore balancing in more challenging activities with some success</p>	<p>I know how to demonstrate increased balance whilst travelling along and over equipment</p>	<p>I know how to explore more complex activities which challenge balance</p>	<p>I know how to show control whilst completing activities which challenge balance</p>	<p>changing direction.</p> <p>I know how to change my body position to maintain a controlled centre of gravity</p>	<p>between varying speeds.</p> <p>I know how to show fluency and control when travelling, landing, stopping and changing direction</p>
	<p>I know how to explore moving different body parts together</p>	<p>I know how to explore co-ordination when using equipment</p>	<p>I know how to perform actions with increased control when co-ordinating my body with and without equipment</p>	<p>I know how to co-ordinate my body with increased consistency in a variety of activities</p>	<p>I know how to explore increased speed when co-ordinating my body.</p>	<p>I know how to demonstrate increased speed when co-ordinating my body</p>	<p>I know how to co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge</p>
	<p>I know how to explore moving and stopping with control</p>	<p>I know how to explore running at different speeds</p>	<p>I know how to run at different speeds</p>	<p>I know how to show sprinting technique</p>	<p>I know how to show improved sprinting technique</p>	<p>I know how to apply the best pace for a set distance or time</p>	<p>I know how to adjust running technique to meet the needs of the distance</p>
	<p>I know how to explore taking weight on different body parts</p>	<p>I know how to explore exercises using my own body weight</p>	<p>I know how to show increased control in body weight exercises</p>	<p>I know how to build strength in different muscle groups</p>	<p>I know how to develop building strength in different muscle groups</p>	<p>I know how to show increased technique in body weight exercises</p>	<p>I know how to complete body weight exercises for increased repetitions with control and fluency</p>
							<p>I know how to use my breath to increase my</p>

	I know how to explore moving for extended periods of time.	I know how to explore moving for longer periods of time and identify how it makes me feel.	I know how to show an ability to work for longer periods of time.	I know how to explore using my breath to increase my ability to work for longer periods of time	I know how to demonstrate using my breath to maintain my work rate.	I know how to use a steady pace to be able to move for sustained periods of time.	ability to move for sustained periods of time I know how to measure and monitor heart rate and adjust my output accordingly
Declarative knowledge Agility Balance Co-ordination Speed/locomotion Strength Stamina	I know that moving into space away from others helps to keep me safe I know that I can hold my arms out to help me to balance I know that moving my arms and legs at the same time helps me to walk, run and jump. I know that I use big steps to run and small steps to stop.	I know that bending my knees will help me to change direction I know that looking ahead will help me to balance I know that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing. I know that if I swing my arms it will help me to run faster.	I know using small quick steps helps me to change direction I know that I can squeeze my muscles to help me to balance I know that some skills require me to move body parts at different times such as skipping. I know that I take shorter steps to jog and bigger steps to run.	I know how agility helps us with everyday tasks. I know how balance helps us with everyday tasks. I know how co-ordination helps us with everyday tasks. I know that leaning slightly forwards helps to increase speed.	I know that keeping my elbows bent when changing direction will help me to stay balanced I know that I need to squeeze different muscles to help me to stay balanced in different activities I know that if I begin in a ready position I can react quicker I know that a high knee drive, pumping my arms and running on the balls of my	I know that to change direction I push off my outside foot and turn my hips I know that dynamic balances are harder than static balances as my centre of gravity changes I know that people will have varying levels of co-ordination and that I can get better with practice. I know that taking big consistent strides will help to create a	I know that agility requires speed, strength, good balance and co-ordination I know where and when to apply force to maintain control and balance. I know that co-ordination also requires good balance and know how to achieve this. I know that speed can be improved by training and know which

				I know leaning my body in the opposite direction to travel helps to slow down	feet gives me power	rhythm that allows me to run faster	speed to select for the distance
	I know that I can hold my weight on different parts of my body	I know that exercise helps me to become stronger	I know that strength helps us with everyday tasks such as carrying our school bag	I know that when completing strength activities they need to be performed slowly and with control to help me to stay safe.	I know that strength comes from different muscles and know how I can improve my strength	I know some of the muscles I am using by name	I know that I can build up my strength by practicing in my own time
	I know that moving for a long time can make me feel tired	I know that when I move for a long time it can make me feel hot and I breathe faster	I know that I need to run slower if running for a long period of time	I know how stamina helps us in other life activities	I know that I need to pace myself when running further or for a long period of time	I know that keeping a steady breath will help me to move for longer periods of time	I know which exercises can develop stamina and understand that it can be improved by training over time
	Science	Science	Science	Science	Science	Science	Science
	I know some parts of my body	I know each major part of my body	I know the importance of exercise for young, middle aged and older people	I know that muscles are there to protect organs in my body so strengthening them is important	I know that nutrition, fitness, strength and stamina are linked to the digestive system and nutrition	I know the names of some major muscles in the human body	I know the names of major muscles in the human body
	I know the importance for humans of exercising	I know that fitness is an important part of being healthy				I know that exercise is important as my body enters puberty and	I know the circulatory system has working organs that need to be strengthened

	<p>PSHE</p> <p>I know the names for some parts of their body</p> <p>I know what the word 'healthy' means</p> <p>I know some things (exercise) that I need to do to keep healthy</p>	<p>PSHE</p> <p>I know how to make healthy lifestyle choices</p> <p>I know some ways to keep healthy</p>	<p>PSHE</p> <p>I know exercise helps release natural chemicals</p>	<p>PSHE</p> <p>I know my own body and respects what it does</p> <p>I know my body is complex and needs taking care of and exercise is an important part of that</p>	<p>PSHE</p> <p>I know that my lungs are important for my well-being and can be affected by exercise (positively) and smoking (negatively)</p>	<p>physical changes</p> <p>PSHE</p> <p>I know exercise is one of many things that forms part of a healthy lifestyle</p>	<p>in order to stay healthy</p> <p>I know that the heart is a muscle that needs to be worked, exercised and strengthened</p> <p>PSHE</p> <p>I know endorphins are a natural chemical produced when exercising and they are good for my well-being and mental health</p> <p>I know how to make choices that benefit their own health and well-being</p>
<p>Vocabulary</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Speed/locomotion</p> <p>Strength</p> <p>Stamina</p>	<p>Push</p> <p>Stop</p> <p>Space</p> <p>Jump</p> <p>Balance</p> <p>Safely</p>	<p>Heart</p> <p>Lungs</p> <p>Exercise</p> <p>Body</p> <p>Mood</p> <p>Healthy</p>	<p>Strong</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>Strength</p> <p>Accurate</p> <p>Accurately</p> <p>Distance</p> <p>Balance</p>	<p>Technique</p> <p>Progress</p> <p>Muscle</p> <p>Stamina</p> <p>Lungs</p>	<p>Momentum</p> <p>Lifestyle</p> <p>Agility</p> <p>Drive</p> <p>Focus</p> <p>Rhythm</p> <p>Personal well-being</p> <p>Endorphins</p>	<p>Resistance</p> <p>Measure</p> <p>Continuous</p> <p>Flexibility</p> <p>Analyse</p> <p>Record</p> <p>Circulation</p> <p>Oxygen</p> <p>Carbon dioxide</p> <p>Lactic acid</p>

Team Building

(Forest School/Outdoor Education/Geography Fieldwork)

<p>FOM Fundamentals of movement</p> <p>Balance Co-ordination Agility</p>	<p>I know what the word balance means and can show what this word means</p> <p>I know that coordination is a word linked to P.E</p> <p>I know and can show what the word agile means</p>	<p>I know that standing on one leg is using my balancing skills.</p> <p>I begin to know that coordination means moving parts of my body correctly.</p> <p>I know agility is how I move my body in different directions</p>	<p>I know that balancing involves stability of different parts of my body</p> <p>I know that coordination means using parts of my body while moving</p> <p>I know that agility is about moving the body in different directions at different speeds</p>	<p>I know that balancing is about stability with control</p> <p>I know that coordination means performing actions with increased control when co-ordinating my body with and without equipment</p> <p>I know that agility is about moving the body at different speeds with control of pace and direction</p>	<p>I know that body tension is key to performing balances</p> <p>I know that coordination means I need to use my body with speed across a variety of activities.</p> <p>I know that agility is about manipulating the movements of the body to adjust speeds across a range of games and activities</p>	<p>I know and can explain that I must keep even wight on both sides of my body</p> <p>I know that coordination means using a range of body parts at speed</p> <p>I know 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>I know and 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</p> <p>I know that coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge</p> <p>I know that agility is about manipulating the movements of the body while maintaining balance to adjust speed, pace and changes in direction</p>
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							across a range of games and activities
Procedural knowledge (Fundamental skills) Communication Problem solving Navigation Reflection Rules	I know how to follow simple instructions I know how to share their ideas with others I know how to explore activities making own decisions in response to a task I know how to make decisions about where to move in space I know how to follow a path	I know how to follow instructions I begin to know how work with a partner and a small group I know how to apply rules of the game and how to suggest ideas to solve simple tasks I know how to copy a simple diagram/map	I know how to follow instructions accurately I know how to work collaboratively with a partner and a small group, listening to and accepting others' ideas I know how to plan and attempt to apply strategies to solve problems I know how to follow and create a simple diagram/map	I know how to follow instructions from a peer and give simple instructions I know how to work collaboratively with a partner and a small group, listening to and accepting others' ideas I know to plan and attempt to apply strategies to solve problems I know how to orientate and follow a diagram/map	I know how to accurately follow instructions given by a peer and give clear and usable instructions to a peer I know how to confidently communicate ideas and listen to others before deciding on the best approach. I know how to plan and apply strategies to solve problems I know how to identify key symbols on a map and use a key to help navigate around a grid	I know how to use clear communication when working in a group and taking on different roles I know how to begin to lead others, providing clear instructions I know how to plan and apply strategies with others to more complex challenges I know how to orientate a map confidently using it to navigate around a course	I know how to communicate with others clearly and effectively when under pressure I know how to confidently lead others and show consideration of including all within a group I know how to use critical thinking skills to form ideas and strategies selecting and applying the best method to solve a problem I know how to confidently and efficiently orientate a map, identifying key features to navigate around a course

	I know how to identify personal success	I know how to identify own and others' success	I know how to describe when a challenge is solved successfully and begin to suggest simple ways to improve performance and effort	I know how to reflect on when and why challenges are solved successfully and use others' success to help them to improve	I know how to watch, describe and evaluate the effectiveness of their team strategy, giving ideas for improvements	I know how to explain why a particular strategy worked and alter methods to improve	I know how to accurately reflect on when challenges are solved successfully and suggest well thought out improvements
Declarative knowledge Communication Problem solving Navigation Reflection Rules	I know that talking with a partner will help me to solve challenges e.g. 'let's go to the green hoop next' I know that I need to make simple decisions in response to a task I know that moving into space away from others will help me to stay safe. Know to leave a gap when	I know that using short instructions will help my partner e.g. start/stop I know that working collaboratively with others will help to solve challenges I know that deciding which way to go before starting will help me.	I know to use encouraging words when speaking to a partner or group to help them to trust me I know that listening to each other's ideas might give us an idea we hadn't thought of I know that the map tells us what to do	I know to take turns when giving ideas and not to interrupt each other I know that trying ideas before deciding on a solution will help us to come up with the best idea I know to hold the map so that the items on the map match up to the items that	I know that there are different types of communication and that I can communicate without talking I know that discussing the advantages and disadvantages of ideas will help to guide us to a conclusion about which idea to use I know what cardinal points on a map are and can use them to orientate it	I know to be descriptive but concise when giving instructions e.g. 'two steps to the left' I know that there may be more than one way to solve a challenge and that trial and error may help to guide me to the best solution I know I need use a key to identify objects and locations	I know that good communication skills are key to solving problems and working effectively as a team I know that being able to solve problems is an important life skill I know why having good navigational skills are important

	<p>following a path will help me to stay safe</p> <p>I begin to know when I am successful</p> <p>I know that rules help us to stay safe</p>	<p>I know when I am successful and make basic observations about how to improve</p> <p>I know that rules help us to play fairly</p>	<p>I know that verbalising when I am successful and areas that I could improve helps improve performance</p> <p>I know how to follow and apply simple rules</p>	<p>have been placed out</p> <p>I know that I need to reflect on when and why I am successful at solving challenges</p> <p>I know that using the rules honestly will help to keep myself and others safe</p>	<p>I know that I need to, with increased accuracy, critically reflect on when and why I am successful at solving challenges</p> <p>I know the importance of working with integrity</p>	<p>I know that I need to reflect on when I am successful at solving challenges and alter my methods in order to improve</p> <p>I know that abiding by rules will enable my classmates to complete the course e.g. not moving controls</p>	<p>I know with increasing accuracy, reflect on when and how I am successful at solving challenges and alter my methods in order to improve</p> <p>I know the rules and think creatively to solve the challenge whilst abiding by the rules</p>
Vocabulary							

Invasion Games

(Tag Rugby, Rugby, Hockey, Football, Basketball)

<p>FOM Fundamentals of movement</p> <p>Balance Co-ordination Agility</p>	<p>I know what the word balance means and can show what this word means</p>	<p>I know that standing on one leg is using my balancing skills.</p>	<p>I know that balancing involves stability of different parts of my body</p>	<p>I know that balancing is about stability with control</p>	<p>I know that body tension is key to performing balances</p>	<p>I know and can explain that I must keep even weight on both sides of my body</p>	<p>I know and 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</p>
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	<p>I know that coordination is a word linked to P.E</p> <p>I know and can show what the word agile means</p>	<p>I begin to know that coordination means moving parts of my body correctly.</p> <p>I know agility is how I move my body in different directions</p>	<p>I know that coordination means using parts of my body while moving.</p> <p>I know that agility is about moving the body in different directions at different speeds</p>	<p>I know that coordination means performing actions with increased control when co-ordinating my body with and without equipment.</p> <p>I know that agility is about moving the body at different speeds with control of pace and direction</p>	<p>I know that coordination means I need to use my body with speed across a variety of activities.</p> <p>I know that agility is about manipulating the movements of the body to adjust speeds across a range of games and activities</p>	<p>I know that coordination means using a range of body parts at speed.</p> <p>I know 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>I know that coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge</p> <p>I know 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</p>
<p>Procedural knowledge (Fundamental skills)</p> <p>Receiving/Sending Dribbling Space/Locomotion Attacking Defending</p> <p>Tactics Rules</p>	<p>I begin to show I know how to send and receive with my hands and feet using a variety of equipment</p>	<p>I know how to use my hands and feet to send and receive showing some awareness of where the ball is going</p>	<p>I know how to send and receive to a teammate with increased control</p>	<p>I know how to send and receive to a teammate showing a fair level control</p>	<p>I know develop passing techniques appropriate to the game with increasing success.</p> <p>I know how catch a ball using one and two hands and receive a ball with feet/object with increasing success</p>	<p>I know how to show an increased level of control when sending and receiving under pressure</p>	<p>I know how to consistently using a range of techniques with increasing control under pressure</p>

	<p>I begin to show I know how to drop and catch with two hands and move a ball with my feet</p>	<p>I know how to move the ball forward, dribbling with my hands and feet</p>	<p>I know how to dribble with my hands and feet with increasing control on the move</p>	<p>I know how to dribble with my hands and feet with some control on the move while under some pressure</p>	<p>I know how to link dribbling the ball with other actions and change direction whilst dribbling with some control</p>	<p>I know how to dribble with a fair level of control under pressure</p>	<p>I know how to dribble consistently using a range of techniques with increasing control under pressure</p>
	<p>I know how to use my own space in games</p>	<p>I know how to show reasonable special awareness when playing games</p>	<p>I know how to move into space away from others</p>	<p>I know how to show an awareness of developing using space as a team</p>	<p>I know how to move into space to help my team</p>	<p>I know how to move into and create space for myself and others in the team</p>	<p>I know how to 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>I know how to change direction during games</p>	<p>I know how to change direction to move away from a partner</p>	<p>I know how to move into space away from defenders</p>	<p>I know how to use current movement skills to lose a defender</p>	<p>I know how to change direction to lose an opponent with some success</p>	<p>I know how to use a variety of techniques to lose an opponent e.g. change of direction or speed</p>	<p>I know how to confidently change direction to lose an opponent</p>
	<p>I know how to follow my peers when playing evasion games</p>	<p>I know how to track and move to stay with a partner</p>	<p>I know how to stay close to other players to try and stop them getting the ball</p>	<p>I know how to track opponents- at times- to limit their scoring opportunities</p>	<p>I know how to defend one on one and begin to intercept</p>	<p>I know how to track and mark with increased success</p>	<p>I know how to use a variety of defending skills (tracking, interception, jockeying) in</p>
						<p>I know how to intercept a ball</p>	

						using one and two hands	game situations
Declarative knowledge	I know to look at the target when sending a ball and watch the ball to receive it.	I know to look at my partner before sending the ball	I know to control the ball before sending it	I know that pointing my hand/foot/stick to my target on release will help me to send a ball accurately	I know that cushioning a ball will help me to control it when receiving it	I know that not having a defender between myself and a ball carrier enables me to send and receive with better control	I know I need to make quick decisions about when, how and who to pass to
Receiving/Sending Dribbling Space/Locomotion Attacking Defending	I know that keeping the ball close will help with control	I know that moving with a ball is called dribbling	I know that keeping my head up will help me to know where defenders are	I know that dribbling is an attacking skill which helps us to move towards a goal or away from defenders	I know that protecting the ball as I dribble will help me to maintain possession.	I know that dribbling in different directions will help to lose a defender.	I know to choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.
Tactics Rules	I know that being in a space gives me room to play	I know that being in a good space helps us to pass the ball	I know that moving into space away from defenders helps me to pass and receive a ball	I know that by spreading out as a team we move the defenders away from each other	I know that moving into space will help my team keep possession and score goals	I know that by moving to space even if not receiving the ball will create space for a teammate	I know that transitioning quickly between attack and defence will help my team to maintain or gain possession
	I know that there are different roles in games.	I know that being able to move away from a partner helps my team to pass me the ball	I know that when my team is in possession of the ball, I am an attacker and we can score	I know my role as an attacker and defender.	I know when to pass and when to shoot at times	I know and make better choices about when to pass	I know and make mostly correct decisions about

		<p>I know that staying with a partner makes it more difficult for them to receive the ball</p>	<p>I know 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>I know that standing between the ball and the attacker will help me to stop them from getting the ball.</p>		<p>I know when to mark and when to attempt to win the ball</p>	<p>and when to shoot</p> <p>I know that I can stay in a certain space to limit attacking opportunities</p>	<p>when to pass and when to shoot</p> <p>I know that at times I need to close down space between the goal and the attacker in order to block attempts at goal</p>
	<p>I know I need to make simple decisions in response to a task</p>	<p>I know that tactics can help us when playing games.</p>	<p>I know some simple tactics for attack and defence e.g. block, track, follow, mark</p>	<p>I know that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession</p>	<p>I know that applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals..</p>	<p>I know the need for tactics and identify when to use them in different situations</p>	<p>I know how to create and apply a tactic for a specific situation or outcome</p>
		<p>I know that maintaining possession is a key aspect of invasion games</p>	<p>I know that maintaining possession is a key aspect of invasion games</p>	<p>I know that maintaining possession is a key aspect of invasion games</p>	<p>I know that maintaining possession is a key aspect of invasion games</p>	<p>I know that maintaining possession is a key aspect of invasion games</p>	<p>I know that maintaining and using possession well is a key aspect of invasion games</p>

	I know that rules help us to stay safe	I know that rules help us to play fairly	I know how to score points and follow simple rules	I know the rules of the game and begin to apply them	I know the rules well enough to be able to manage a game	I know and apply rules in a variety of invasion games whilst playing and officiating.	I know, apply and use rules consistently in a variety of invasion games whilst playing and officiating
Vocabulary							

Hockey

FOM Fundamentals of movement Balance Co-ordination Agility	I begin to know how to move different parts of my body when directed.	I begin to know that coordination means moving parts of my body correctly.	I know that coordination means using parts of my body while moving.	I know that coordination means using different parts of my body in natural movements at the same time.	I know that I must be coordinated while moving my body at speed and changing direction.	I know that agility and coordination are fundamental parts of invasion games.	I know and can explain what coordination and agility are and when to apply these movements in games.
Procedural knowledge (Fundamental skills) Receiving/Sending Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	I begin to know how to travel with different movements in spaces while avoiding obstacles	I know how to travel in a range of ways.	I know how to travel in a range of ways at different directions. I know how to send an object.	I know how to travel in different directions at different speeds. I know how to send an object.	I know how to travel in different directions at different speeds. I know how to send an object I know how to trap and object	I know how to travel in different directions at different speeds. I know how to send an object. I know how to trap an object	I know how to travel in different directions at different speeds. I know how to send an object. I know how to trap and send an object. I know when to use the slap or push pass in a game situation and can it do it with control.

			I know how to hold the stick correctly and dribble with some control.	I know how to hold a stick and dribble with control.	I know how to change direction at speed with control while dribbling with some control	I know how to take on a defender while dribbling. I know how to use slap and push techniques while striking at goal.	I know how to use body feints while dribbling in a game situation I know how to use a slap and push technique while striking at goal in a game situation
Declarative knowledge Receiving/Sending Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	I know what game means	I know what the word pass means. I know which part of the stick to strike the ball with.	I begin know what a slap and push pass is.	I know what a slap pass and push pass is.	I know when to use a slap or push pass.	I know when to strike at goal with either a push or slap technique	I know when to strike at goal with either a push or slap technique in a game situation
Vocabulary Receiving/Sending Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	Game Run Move Skip Hop	Pass Strike Hold	Slap pass Push pass Dribble control	Accuracy Control send	Speed Send and receive Travel	Dribbling Pass Strike Slap shot Push shot Defender Attacker Techniques Speed Send	Body feints Game Defender Attacker Tactics Trap
Tag Rugby							

FOM Fundamentals of movement Balance Co-ordination Agility							
Procedural knowledge (Fundamental skills) Locomotion Receiving Striking Sending							
Declarative knowledge							
Football							
FOM Fundamentals of movement Balance Co-ordination Agility							

<p>Procedural knowledge (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 begin to know how to stop the ball with different parts of my body</p> <p>I know how to kick the ball and remain standing</p> <p>I know how to kick an object (beanbag, ball) with the inside of my foot</p> <p>I know how to move a ball/beanbag into or towards a target with my foot</p>	<p>I know how to stop the ball with the insides of my feet with very basic control shown</p> <p>I know how to pass the ball and I am beginning to use the insides of my feet</p> <p>I know how to score into a variety of targets and goals</p> <p>I know how to dribble the ball with the insides of my feet with some control and finding space</p> <p>I know how to</p>	<p>I know how to stop the ball with the sole and insides of my feet (trap the ball)</p> <p>I know how to pass the ball to a partner with some accuracy at short distances (P,P,P plant, pass, point)</p> <p>I know how to score into a goal in a variety of ways, showing aim and direction when kicking the ball</p> <p>I know how to dribble the ball with the insides of my feet, keeping the ball close to my body, moving into space</p> <p>I know how to</p>	<p>I know how to control a ball using the insides, outside and sole of my feet</p> <p>I know how to pass the ball with the insides of my feet with accuracy</p> <p>I know how to pass the ball to someone in space</p> <p>I know how to aim with improved accuracy when striking at goal e.g. deliberate use of corner as targets</p> <p>I know how to kick a stationary ball past a goalkeeper</p> <p>I know how to dribble to ball, beginning to turn with some control (inside and outside hook)</p> <p>I know how to</p>			
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	<p>I know how to play games such as (foxes and rabbits/ finding space)</p> <p>I know how to play games with a opponents</p>	<p>I begin to know how to attack and defend in games</p> <p>I know that my team must move the ball towards goal when attacking</p> <p>I begin to know how to take the ball from an opponent</p> <p>I know how to play simple games e.g. 4 v 4</p>	<p>I know how to attack and defend in games when directed to</p> <p>I know that I must pass towards the goal or strike at goal when attacking</p> <p>I know how to take a ball from an opponent</p> <p>I begin to know how to intercept in games</p> <p>I know how to play an adapted and conditioned small side game e.g. 5 v 5</p>	<p>I know how to apply basic ideas around attacking and defending when playing small competitive games</p> <p>I know how to play simple small sided games 6 v 6</p>			
<p>Declarative knowledge</p> <p>Receiving/Sending</p> <p>Striking</p> <p>Dribbling</p> <p>Space/Locomotion</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>							
<p>Basketball</p>							

<p>FOM Fundamentals of movement</p> <p>Balance Co-ordination Agility</p>							
<p>Procedural knowledge (Fundamental skills)</p> <p>Receiving/Sending Striking Dribbling Space/Locomotion Attacking Defending</p> <p>Tactics Rules</p>							
<p>Declarative knowledge</p> <p>Receiving/Sending Striking Dribbling Space/Locomotion Attacking Defending</p> <p>Tactics Rules</p>							