

Key Stage 1 and 2 PE Curriculum Overview September 2021

Term	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn 1	Ball Skills and Fundamentals	Ball Skills and Fundamentals	Ball Skills and Fundamentals	Fitness and Netball	Fitness and Netball	Fitness and Netball
Autumn 2	Sending and receiving Dance	Invasion Games and Dance	Hockey and Dance	Football and Dance	Dance and Hockey	Dance and Football
Spring 1	Target Games and Gymnastics	Target Games and Gymnastics	Gymnastics and Netball	Gymnastics and Volleyball	Gymnastics and Tag Rugby	Gymnastics and Tag Rugby
Spring 2	Yoga and Team Building	Yoga and Team Building	Tennis and Dodgeball	Tennis and Yoga	Tennis and Badminton	Tennis and Cricket
Summer 1	Fitness and Athletics	Fitness and Athletics	Yoga and Athletics	Athletics and Cricket	Dodgeball and Athletics	Athletics and Yoga
Summer 2	Net and Wall Dance	Striking and Fielding Dance	Rounders and Football	Rounders and OAA	Rounders and Football	Rounders and OAA

Key Stage 1 PE Curriculum September 2021

Y1	HT	Autumn	Spring	Summer
	1	<p><u>Ball Skills and Fundamentals</u></p> <p><u>Domains of Knowledge: Team Games 2</u></p> <p><u>Prior Learning</u></p> <p>To be able to combine different movements with ease and fluency. (EYFS)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> - begin to throw a ball to hit a target. - to stop a rolling ball. -develop co-ordination and technique when throwing and catching. -develop control and co-ordination when dribbling a ball with your hands <p><u>Fundamentals</u></p> <ul style="list-style-type: none"> - explore balance and movement with control. - explore changing direction and dodging. - explore jumping, hopping and skipping actions. - explore co-ordination and combining jumps. - apply fundamentals skills to a variety of challenges. <p><u>Key concepts</u></p> <p>Co-ordination Agility Speed Spatial awareness Competition Health and fitness Cooperation</p> <p><u>Objectives</u></p> <p>To be able to move and stop safely.</p>	<p><u>Target Games</u></p> <p><u>Domains of Knowledge: Team Games 1</u></p> <p><u>Prior Learning</u></p> <p>To develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming.</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -throw underarm and catch -Develop overarm throwing -Strike with hand and bat -Retrieve a ball when fielding -Understand what "out" means -Use scoring for small games. <p><u>Key Concepts</u></p> <p>Movement (object control) Balance Coordination Agility Speed Spatial awareness Technique Determination</p> <p><u>Objectives</u></p> <p>To be able to move and stop safely To be able to throw underarm To begin to catch more consistently To be able to strike with a racket or bat</p> <p><u>Gymnastics</u></p> <p><u>Domains of Knowledge: Gymnastics</u></p> <p><u>Prior Learning</u></p>	<p><u>Fitness</u></p> <p><u>Domains of Knowledge: Athletics</u></p> <p><u>Prior Learning</u></p> <p>To be able to combine different movements with ease and fluency (EYFS)</p> <p>To be able to refine the fundamental movement skills (EYFS)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Develop knowledge about exercise and health - Develop knowledge about how exercise relates to breathing - Develop understanding of how exercise helps the brain - Begin to understand the importance of daily exercise. <p><u>Key Concepts</u></p> <p>Movement Balance Coordination Speed Physical literacy Healthy Health and fitness</p> <p><u>Objectives</u></p> <p>To be able to move by running and jumping with control and care. To be able to make my body curled, tense, stretched and relaxed. To be able to control my body when travelling and balancing in different ways. To be able to move and stop safely.</p> <p><u>Athletics</u></p> <p><u>Domains of Knowledge: Athletics</u></p> <p><u>Prior Learning</u></p>

	<p>To be able to throw and kick in different ways. To be able to move by running and jumping with control and care.</p>	<p>To develop overall body-strength, balance, co-ordination and agility. (EYFS)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -travel safely in space -Perform gymnastic shapes -Improve stability -perform barrel, straight and forward roll -Link more than one gymnastic action in a short sequence <p><u>Key Concepts</u></p> <p>Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation</p> <p><u>Objectives</u></p> <p>To be able to make my body curled, tense, stretched and relaxed To be able to control my body when travelling and balancing in different ways With support, to be able to identify a good performance.</p>	<p>To be able to refine the fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. (EYFS)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Move at different speeds - -be balanced and stable - Develop agility and co-ordination - Hop, jump and leap over a distance - Throw over different distances - Develop accuracy of throw. <p><u>Key concepts</u></p> <p>Movement (self + object) Balance Agility Rules Competition Healthy Determination</p> <p><u>Objectives</u></p> <p>To be able to move by running and jumping with control and care. To be able to explore throwing and catching using a range of techniques.</p>
2	<p><u>Sending and Receiving</u></p> <p><u>Domains of Knowledge: Team Games 2</u></p> <p><u>Prior Learning</u></p> <p>To be able to combine different movements with ease and fluency. (EYFS)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Roll and throw a ball towards a target 	<p><u>Yoga</u></p> <p><u>Domains of Knowledge: Gymnastics and Dance and movement</u></p> <p><u>Prior Learning</u></p> <p>To be able to combine different movements with ease and fluency (EYFS).</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Recognise how yoga makes me feel both physically and mentally 	<p><u>Dance</u></p> <p><u>Domains of Knowledge: Dance</u></p> <p><u>Prior Learning</u></p> <p>To progress towards a more fluent style of moving, with developing control and grace. (EYFS)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - travel and use counts of 8 to move in time with the music. -remember and repeat actions -copy and repeat actions to a theme <p>Use expression</p>

- Receive a rolling ball
- Send and receive a ball using stick and feet
- Throw and catch over a short distance
- Develop over a longer distance
- Play simple sending and receiving games.

Key concepts

Movement (object)
 Agility
 Coordination
 Speed
 Rules
 Competition

Objectives

To be able to move and stop safely.
 To be able to stop a ball.

Dance

Domains of Knowledge: Dance

Prior Learning

To progress towards a more fluent style of moving, with developing control and grace. (EYFS)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:
 - travel and use counts of 8 to move in time with the music.
 -remember and repeat actions
 -copy and repeat actions to a theme
 Use expression
 Use a pathway
 -change level, expression and shape

Key concepts

Movement (self)
 Balance
 Agility
 Coordination
 Spatial awareness

- Remember and repeat actions, linking poses together
- Show awareness of space when travelling
- Work with others to create poses

Key Concepts

Movement (self)
 Balance
 Agility
 Coordination
 Spatial awareness
 Evaluation

Objectives

To be able to move and stop safely.
 To be able to make my body curled, tense, stretched and relaxed.
 To be able to control my body when travelling and balancing in different ways.

Team Building

Domains of Knowledge: Team Games

Prior Learning

To be able to refine the fundamental movement skills (EYFS).

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:
 - Communicate simple instructions.
 - Follow a simple diagram/map and instructions.
 - Suggest ideas to solve tasks.
 - Work with a partner and a small group.
 - Understand the rules of a game.

Key Concepts

Movement (self)
 Balance
 Agility
 Coordination
 Spatial awareness
 Communication
 Rules

Use a pathway
 -change level, expression and shape

Key concepts

Movement (self)
 Balance
 Agility
 Coordination
 Spatial awareness
 Evaluation

Objectives

To be able to perform dance moves.
 To be able to change rhythm, speed, level and direction in my dance.
 To be able dance with some control and coordination.
 To be able to perform dances using simple movement patterns.

Net and Wall

Domains of Knowledge: Team Games 3

Prior Learning

To be able to refine the fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping, climbing. (EYFS)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Hold a racket correctly
- Hit a ball with a racket
- Send a ball with a racket
- Start to hit over a net

Key concepts

Movement (self + object)
 Balance
 Agility
 Rules

Objectives

To be able to move by running and jumping with control and care.
 To be able to explore throwing and catching using a range of techniques.

	<p>Evaluation</p> <p>Objectives</p> <p>To be able to perform dance moves. To be able to change rhythm, speed, level and direction in my dance. To be able dance with some control and coordination. To be able to perform dances using simple movement patterns. With support, to be able to identify a good performance</p>	<p>Evaluation Competition</p> <p>Objectives</p> <p>To be able to move and stop safely. To be able to throw and kick in different ways.</p>	
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Y2	HT	Autumn	Spring	Summer
	1	<p><u>Ball Skills and Fundamentals</u></p> <p><u>Domains of Knowledge: Team Games 2</u></p> <p><u>Prior Learning</u></p> <p>To be able to move and stop safely. (Year 1) To be able to throw in different ways. (Year 1) To be able to move by running and jumping with control and care. (Year 1)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p>Ball Skills</p> <ul style="list-style-type: none"> - throw a ball to hit a target. - to stop a rolling ball. -develop co-ordination and technique when throwing and catching. -develop control and co-ordination when dribbling a ball with your hands <p>Fundamentals</p> <ul style="list-style-type: none"> - develop balance, stability and landing safely. - develop changing direction and dodging. - develop jumping, hopping and skipping actions. - develop co-ordination and combining jumps. - apply fundamental skills to a variety of 	<p><u>Target Games</u></p> <p><u>Domains of Knowledge – Team Games 1</u></p> <p><u>Prior Learning</u></p> <p>To be able to throw underarm. (Year 1) To begin to catch more consistently. (Year 1) To be able to strike with a racket or bat. (Year 1)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Throw, roll kick or strike a ball to a target. - Work co-operatively with a partner and small group. - Understand principles of a game and scoring system. - Understand importance of good technique. <p><u>Key concepts</u> Movement (self + object) Balance Agility Rules Competition Healthy Determination</p>	<p><u>Fitness</u></p> <p><u>Domains of Knowledge: Athletics</u></p> <p><u>Prior Learning</u></p> <p>To be able to move by running and jumping with control and care. (Year 1) To be able to make my body curled, tense, stretched and relaxed. (Year 1) To be able to move and stop safely. (Year 1)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Describe how the body feels during exercise. - Show hopping and jumping movements with some balance and control. - Persevere with new challenges. - Show determination to continue working over a longer period of time. - Understand that running at a slower speed will allow you to run for longer periods of time. - Work with others to turn a rope. <p><u>Key Concepts</u> Movement Balance</p>

	<p>challenges.</p> <p><u>Key concepts</u> Co-ordination Agility Speed Spatial awareness Competition Health and fitness Cooperation</p> <p><u>Objectives</u> To be able to send and receive. To be able to decide the best space to be in during a game. To be able to follow rules. To use hand-eye coordination to control a ball. To be able to catch a variety of objects. To be able to master throwing and catching. To be able to master running and jumping.</p>	<p><u>Objectives</u> To master basic throwing and catching. To use hitting, kicking and/or rolling in a game. To decide the best space to be in during a game. To use tactics in a game. To be able to follow rules.</p> <p><u>Gymnastics</u></p> <p><u>Domains of Knowledge: Gymnastics</u></p> <p><u>Prior Learning</u> To be able to make my body curled, tense, stretched and relaxed. (Year 1) To be able to control my body when travelling and balancing in different ways. (Year 1)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: -link gymnastic shapes together -create balances -travel in different ways -balance and travel on apparatus Perform different jumps -improve rolls from Year 1 Perform sequence on apparatus</p> <p><u>Key Concepts</u> Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation</p> <p><u>Objectives</u> To be able to plan and perform a sequence of coordinated movements including a balance. To be able to use balance, agility and coordination in a range of activities.</p>	<p>Coordination Speed Physical literacy Communication Healthy Health and fitness</p> <p><u>Objectives</u> To have mastered running and jumping.</p> <p><u>Athletics</u></p> <p><u>Domains of Knowledge – Athletics</u></p> <p><u>Prior Learning</u> To be able to move by running and jumping with control and care. (Year 1) To be able to explore throwing and catching using a range of techniques. (Year 1)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: - Learn to sprint - Jump over distance - Jump to a height - Throw over a distance - Throw with accuracy</p> <p><u>Key concepts</u> Movement (self + object) Balance Agility Rules Competition Healthy Determination</p> <p><u>Objectives</u> To master basic throwing and catching. To master basic running and jumping.</p>
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Invasion Games**Domain of knowledge: Team Games 2****Prior Learning**

To be able to move and stop safely. (Year 1)

To be able to throw and kick in different ways. (Year 1)

To be able to stop a ball. (Year 1)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Send and receive a ball using stick
- Throw and catch over a short distance
- Develop over a longer distance
- Play simple sending and receiving games.

Key concepts

Movement (object)

Agility

Coordination

Speed

Rules

Competition

Technique

Objectives

To be able to send and receive.

To be able to decide the best space to be in during a game.

To be able to follow rules.

To use hand-eye coordination to control a ball.

To be able to catch a variety of objects.

Dance**Domains of Knowledge: Dance****Prior Learning**

To be able to perform dance moves. (Year 1)

To progress towards a more fluent style of moving, with developing control and grace. (EYFS)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

Yoga**Domains of Knowledge: Gymnastics and Dance and movement****Prior Learning**

To be able to move and stop safely. (Year 1)

To be able to make my body curled, tense, stretched and relaxed. (Year 1)

To be able to control my body when travelling and balancing in different ways. (Year 1)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- copy, remember and repeat yoga flows.
- Describe how my body feels during exercise
- Move from one pose to another thinking about my breath
- Use clear shapes when performing poses.
- Work with others to create simple flows showing some control.

Key Concepts

Movement (self)

Balance

Agility

Coordination

Spatial awareness

Evaluation

Objectives

To be able to plan and perform a sequence of coordinated movements including a balance.

To be able to use balance, agility and coordination in a range of activities.

Team Building**Domains of Knowledge: Team Games 1****Prior Learning**

To be able to move and stop safely. (Year 1)

To be able to throw and kick in different ways. (Year 1)

End Points**Striking and Fielding****Domains of Knowledge: Team Games 1****Prior Learning**

To be able to move and stop safely. (Year 1)

To be able to throw underarm. (Year 1)

To begin to catch more consistently. (Year 1)

To be able to strike with a racket or bat. (Year 1)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Use throwing and catching in small sided games
- -throw overarm
- Strike with hand or bat
- Retrieve ball and throw when fielding
- Know how to get a batter out
- Score games with points.

Key Concepts

Movement (object control)

Balance

Coordination

Agility

Speed

Spatial awareness

Technique

Determination

Objectives

To be able to send and receive

To be able to follow rules

To use hand-eye coordination to control a ball

To be able to catch a variety of objects

Dance**Domains of Knowledge: Dance****Prior Learning**

To be able to perform dance moves (Year 1)

To progress towards a more fluent style of moving, with developing control and grace (EYFS)

End Points

	<ul style="list-style-type: none"> - linking and repeating actions - create and copy actions - use facial expression - perform in unison with a partner - mirror a partner - understand dynamics in dance - change speed during a dance. <p><u>Key concepts</u> Movement (self) Balance Agility Coordination Spatial awareness Evaluation</p> <p><u>Objectives</u> To be able to change rhythm, speed, level and direction in my dance. To be able dance with some control and coordination. To be able to perform dances using simple movement patterns.</p>	<p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Follow instructions carefully - Say when I was successful at solving challenges - Share my ideas and help to solve tasks - Work co-operatively with a partner and a small group - Show honesty and can play fairly - Understand how to use, follow and create a simple diagram/map. <p><u>Key Concepts</u> Movement (self) Balance Agility Coordination Spatial awareness Communication Rules Evaluation Competition</p> <p><u>Objectives</u> To be able to follow rules.</p>	<p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - linking and repeating actions - create and copy actions - use facial expression - perform in unison with a partner - mirror a partner - understand dynamics in dance - change speed during a dance. <p><u>Key concepts</u> Movement (self) Balance Agility Coordination Spatial awareness Evaluation</p> <p><u>Objectives</u> To be able to change rhythm, speed, level and direction in my dance. To be able dance with some control and coordination. To be able to perform dances using simple movement patterns.</p>
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Key Stage 2 PE Curriculum September 2021

Y3	H T	Autumn	Spring	Summer
	1	<p><u>Ball Skills and Fundamentals</u></p> <p><u>Domains of Knowledge: Team Games 2</u></p> <p><u>Prior Learning</u></p> <p>To be able to send and receive. (Year 2) To be able to decide the best space to be in during a game. (Year 2) To be able to follow rules. (Year 2) To use hand-eye coordination to control a ball. (Year 2) To be able to catch a variety of objects. (Year 2) To be able to master throwing and catching. (Year 2) To be able to master running and jumping. (Year 2)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> - throw a ball to hit a target. - to stop a rolling ball. -develop co-ordination and technique when throwing and catching. -develop control and co-ordination when dribbling a ball with your hands <p><u>Fundamentals</u></p> <ul style="list-style-type: none"> - develop balance, stability and landing safely. - Develop changing direction and dodging. - Develop jumping, hopping and skipping actions. - Develop co-ordination and combining jumps. - Apply fundamental skills to a variety of challenges. <p><u>Key concepts</u></p> <p>Co-ordination Agility Speed Spatial awareness</p>	<p><u>Gymnastics</u></p> <p><u>Domains of Knowledge: Gymnastics</u></p> <p><u>Prior Learning</u></p> <p>To be able to plan and perform a sequence of coordinated movements including a balance. (Year 2) To be able to use balance, agility and coordination in a range of activities. (Year 2) To be able to control my body when travelling and balancing in different ways. (Year 1)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -create interesting balances -perform controlled shape jumps -perform straight, barrel and forward roll -Move smoothly between balances -Create a s simple sequence -Create a partner sequence on apparatus <p><u>Key Concepts</u></p> <p>Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation</p> <p><u>Objectives</u></p> <p>To be able to adapt sequences to suit different types of apparatus and criteria. To be able to explain how strength and suppleness affect performance. To be able to compare and contrast gymnastic sequences. To be able to compare my performances with previous ones, explaining differences and effectiveness.</p>	<p><u>Yoga</u></p> <p><u>Domains of Knowledge: Gymnastics and Dance and movement</u></p> <p><u>Prior Learning</u></p> <p>To be able to plan and perform a sequence of coordinated movements including a balance. (Year 2) To be able to use balance, agility and coordination in a range of activities. (Year 2)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Copy and link yoga poses together to create a short flow. - Move from one pose to another in time with my breath - Provide feedback using key words - Work with others to create a flow including a number of poses - Show some stability when holding my yoga poses <p><u>Key Concepts</u></p> <p>Movement (self) Balance Agility Coordination Spatial awareness Physical literacy Evaluation</p> <p><u>Objectives</u></p> <p>To be able to improvise freely and translate ideas from a stimulus into movement. To be able to share and create phrases with a partner and small group. To be able to repeat, remember and perform phrases.</p>

Competition
Health and fitness
Cooperation

Objectives

- To be able to send and receive.
- To be able to decide the best space to be in during a game.
- To be able to follow rules.
- To use hand-eye coordination to control a ball.
- To be able to catch a variety of objects.
- To be able to master throwing and catching.
- To be able to master running and jumping.

Netball

Domains of Knowledge: Team Games 2

Prior Learning

- To be able to send and receive. (Year 2)
- To be able to decide the best space to be in during a game. (Year 2)
- To be able to follow rules. (Year 2)
- To use hand-eye coordination to control a ball. (Year 2)
- To be able to catch a variety of objects. (Year 2)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- begin to use simple tactics
- defend an opponent and try to win the ball
- pass, receive and shoot the ball with some control
- understand the benefits of exercise
- understand the role of an attacker and defender

Key Concepts

Movement
Balance
Coordination
Speed
Physical literacy
Communication
Cooperation
Tactics, rules
Attacking and defending

Objectives

- To be able to throw and catch with control.
- To be aware of space and use it to support team-mates and to cause problems for the opposition.
- To know and use rules fairly.

Athletics

Domains of Knowledge –Athletics

Prior Learning

- To master basic throwing and catching. (Year 2)
- To master basic running and jumping. (Year 2)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- improve sprinting technique
- develop relay baton change
- jump from a range of take-off positions
- begin throwing for distance and accuracy

Key concepts

Movement (self + object)
Balance
Agility
Rules
Tactics
Cooperation
Competition
Healthy
Determination

Objectives

- To show control, accuracy and coordination within running and jumping movements at different speeds.
- To be able to take part in a relay, remembering when to run and how to work within a team.

Hockey**Domain of knowledge: Team Games 2****Prior Learning**

To be able to decide the best space to be in during a game. (Year 2)
 To be able to use tactics in a game when attacking and defending. (Year 2)
 To be able to follow rules. (Year 2)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- sending a push pass
- receiving the ball
- begin dribbling with reverse stick
- move into space after passing
- tackle with open stick
- begin to apply simple tactics in attack and defence

Key concepts

Movement (object)
 Agility
 Coordination
 Speed
 Attacking and defending
 Rules
 Competition
 Technique

Objectives

To be aware of space and use it to support team-mates and to cause problems for the opposition.
 To know and use rules fairly.

Dance**Domains of Knowledge: Dance****Prior Learning**

To be able to change rhythm, speed, level and direction in my dance. (Year 2)
 To be able dance with some control and coordination.

Tennis**Domains of Knowledge – Team Games 3****Prior Learning**

To be able to throw underarm (Year ½)
 To begin to catch more consistently (Year ½)
 To be able to strike with a racket or bat (Year ½)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- control a ball with a racket
- use a forehand shot
- hold a short rally using a forehand
- develop a 2 handed backhand
- know how to score in a simple game.

Key concepts

Movement (self + object)
 Balance
 Agility
 Rules
 Tactics
 Cooperation
 Competition
 Healthy
 Determination

Objectives

To be able to throw and catch with control.
 To be able to serve underarm.
 To be able to build up a rally.

Dodgeball**Domains of Knowledge – Team Games 1****Prior Learning**

To be able to move and stop safely. (Year 1)
 To be able to move by running and jumping with control

Rounders**Domains of Knowledge – Team Games 3****Prior Learning**

To be able to throw underarm. (Year ½)
 To begin to catch more consistently. (Year ½)
 To be able to strike with a racket or bat. (Year ½)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- bowl a ball towards a target
- beginning to strike a bowled ball
- develop an understanding for tactics
- learning the rules of the game
- use overarm and underarm throwing and catching skill
- work cooperatively with a group

Key concepts

Movement (self + object)
 Balance
 Agility
 Rules
 Tactics
 Cooperation
 Competition
 Healthy
 Determination
 Rules
 Technique

Objectives

To be able to throw and catch with control.
 To be aware of space and use it to support team-mates and to cause problems for the opposition.
 To be able to know and use rules fairly.

Football**Domains of Knowledge: Team Games 2****Prior Learning**

To be able to send and receive. (Year 2)

	<p>(Year 2) To be able to perform dances using simple movement patterns. (Year 2)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - create actions and move in unison with a partner - move in contact with partner - understand the effect of dynamics - relate an idea through dance - perform a dance with different phrases - perform formations - move in and out of shapes <p>Key concepts Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication</p> <p>Objectives To be able to improvise freely and translate ideas from a stimulus into movement. To be able to share and create phrases with a partner and small group. To be able to repeat, remember and perform phrases. To be able to compare my performances with previous ones, explaining differences and effectiveness.</p>	<p>and care. (Year 1) To be able to throw and catch with control. (Year 2) To be able to serve underarm. (Year 2)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - throw with some accuracy - beginning to catch with some consistency - understand the aim and benefits of the game - work cooperatively with a group <p>Key concepts Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination</p> <p>Objectives To be able to show control, accuracy and coordination within running and jumping movements at different speeds. To be able to throw and catch with control. To be aware of space and use it to support team-mates and to cause problems for the opposition. To know and use rules fairly.</p>	<p>To be able to decide the best space to be in during a game. (Year 2) To be able to follow rules. (Year 2) To use hand-eye coordination to control a ball. (Year 2)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - beginning to use simple tactics - learning the rules of the game - dribble, pass, receive and shoot the ball with some control - move with a ball towards goal with increasing control - track an opponent to slow them down - understand the role of an attacker and defender <p>Key concepts Co-ordination Agility Speed Spatial awareness Competition Health and fitness Cooperation Tactics Rules Attacking and defending</p> <p>Objectives To be aware of space and use it to support team-mates and to cause problems for the opposition. To be able to know and use rules fairly.</p>
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Y4

Year 4 – Swimming –

To be able to use a range of strokes effectively.

To perform safe self-rescue in different water based situations.

To swim competently, confidently and proficiently over a distance of at least 25m.

Y 4	H T	Autumn	Spring	Summer
	1	<p><u>Fitness</u></p> <p><u>Domains of Knowledge: Athletics</u></p> <p><u>Prior Learning</u></p> <p>To have mastered running and jumping (Year 2).</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - explain what happens to my body when I exercise - use key points to improve my sprinting technique - balance when changing direction at speed - show control when completing activities to improve balance <p><u>Key Concepts</u></p> <p>Movement Balance Coordination Speed Physical literacy Communication Healthy Health and fitness</p> <p><u>Objectives</u></p> <p>To be able to run over a long distance and sprint a short distance. To be able to change speed and direction with control.</p> <p><u>Netball</u></p> <p><u>Domains of Knowledge: Team Games 2</u></p>	<p><u>Gymnastics</u></p> <p><u>Domains of Knowledge: Gymnastics</u></p> <p><u>Prior Learning</u></p> <p>To be able to adapt sequences to suit different types of apparatus and criteria. (Year 3) To be able to explain how strength and suppleness affect performance. (Year 3) To be able to compare and contrast gymnastic sequences. (Year 3) To be able to compare my performances with previous ones, explaining differences and effectiveness. (Year 3) To be able to plan and perform a sequence of coordinated movements including a balance. (Year 2)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - perform individual and partner balances - perform rotating jumps - perform straight, barrel, forward and straddle roll - perform inverted movements - create a sequence with a partner on apparatus <p><u>Key Concepts</u></p> <p>Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation Health and fitness Determination</p> <p><u>Objectives</u></p> <p>To be able to confidently evaluate my own performance and discuss improvements. To be able to include change of speed and direction with control. To be able to include a range of shapes in a sequence.</p>	<p><u>Athletics</u></p> <p><u>Domains of Knowledge – Athletics</u></p> <p><u>Prior Learning</u></p> <p>To show control, accuracy and coordination within running and jumping movements at different speeds (Year 3) To be able to take part in a relay, remembering when to run and how to work within a team (Year 3)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - develop stamina to run further - develop sprinting technique - jump over a distance - throw over distance <p><u>Key concepts</u></p> <p>Movement (self + object) Balance Agility Cooperation Competition Healthy Determination Health and fitness</p> <p><u>Objectives</u></p> <p>To be able to run over a long distance and sprint a short distance. To be able to throw in different ways and hit a target. To be able to jump in different ways.</p> <p><u>Cricket</u></p> <p><u>Domains of Knowledge: Team Games 1</u></p>

Prior Learning

To be able to throw and catch with control. (Year 3)

To be aware of space and use it to support team-mates and to cause problems for the opposition. (Year 3)

To know and use rules fairly. (Year 3)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- defend one on one and know when to win the ball
- move to space to help the team keep possession and score goals
- pass, receive and shoot the ball with increasing control
- use simple tactics to help score or gain possession

Key Concepts

Movement

Balance

Coordination

Speed

Physical literacy

Communication

Cooperation

Tactics, rules

Attacking and defending

Objectives

To be able to catch with one hand.

To be able to throw and catch accurately with control.

To be able to keep possession of the ball.

To vary my tactics and adapt my skills depending on what is happening in the game.

To be able to work with a partner to create, repeat and improve a sequence with at least three phases.

Volleyball**Domains of Knowledge – Team Games 3****Prior Learning**

To be able to move and stop safely. (Year 1)

To be able to move by running and jumping with control and care. (Year 1)

To be able to throw and catch with control. (Year 2)

To be able to serve underarm. (Year 2)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- use rules to referee a game
- work cooperatively with others to manage a game
- understand the need for tactics and identify when to use them in different situations
- understand rules of a game and apply them honestly

Key concepts

Movement (self + object)

Balance

Agility

Rules

Tactics

Cooperation

Competition

Healthy

Determination

Objectives

To be able to throw and jump in different ways.

To be able to change speed and direction with control.

To be able to hit, throw and catch accurately with control.

To be able to vary my tactics and adapt my skills depending on what is happening in a game.

Prior Learning

To be able to throw and catch with control. (Year 3)

To know and use rules fairly. (Year 3)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Throw overarm and catch
- Bowl underarm
- Grip a bat and stance correctly
- Use a short barrier and two handed pick up to field a ball
- Develop overarm bowling
- Play mini games of cricket

Key Concepts

Movement (object control)

Coordination

Spatial awareness

Technique

Determination

Rules

Competition

Health and fitness

Communication

Objectives

To be able to catch with one hand.

To be able to hit, bowl, throw and catch with increasing accuracy.

To be able to vary my tactics and adapt my skills depending on what is happening in a game.

Football**Domains of Knowledge: Team Games 2****Prior Learning**

To be aware of space and use it to support team-mates and to cause problems for the opposition. (Year 3)

To be able to know and use rules fairly. (Year 3)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Learn the rules of the game and use them to play honestly and fairly
- Delay an opponent and help prevent the other team from scoring
- Dribble, pass, receive and shoot the ball with increasing control
- Move to space to help my team keep possession and score goals
- Use simple tactics

Key concepts

Co-ordination
Agility
Speed
Spatial awareness
Competition
Health and fitness
Cooperation
Tactics
Rules
Attacking and defending

Objectives

To be able to keep possession of the ball.
To be able to vary my tactics and adapt my skills depending on what is happening in a game.

Dance

(movement, sequences, communicating ideas, rhythm, performance)

Tennis**Domains of Knowledge – Team Games 3****Prior Learning**

To be able to throw and catch with control (Year 3)

To be able to serve underarm (Year 3)

To be able to build up a rally (Year 3)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- hit and return using a forehand
- develop backhand and when to use it
- hold a ally
- use simple tactics in short games
- be honest and fair.

Key concepts

Movement (self + object)
Balance
Agility
Rules
Tactics
Cooperation

Objectives

To be able to play a variety of shots.
To demonstrate and use the correct grip on a racket.
To develop greater accuracy of strokes.

Yoga**Domains of Knowledge: Gymnastics and Dance and movement****Prior Learning**

To be able to improvise freely and translate ideas from a stimulus into movement. (Year 3)

To be able to share and create phrases with a partner and small group. (Year 3)

To be able to repeat, remember and perform phrases. (Year 3)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

Rounders**Domains of Knowledge – Team Games 3****Prior Learning**

To be able to throw and catch with control. (Year 3)

To be aware of space and use it to support team-mates and to cause problems for the opposition. (Year 3)

To be able to know and use rules fairly. (Year 3)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- bowl a ball with some accuracy and consistency
- communicate with teammates to apply simple tactics
- strike a bowled ball with adapted equipment
- use overarm and underarm throwing and catching skills with increasing accuracy
- share ideas and work with others to manage a game

Key concepts

Movement (self + object)
Balance
Agility
Rules
Tactics
Cooperation
Competition
Healthy
Determination
Rules
Technique

Objectives

To be able to catch with one hand.
To be able to hit, throw and catch accurately with control.
To be able to vary my tactics and adapt my skills depending on what is happening in a game.

OAA**Domains of Knowledge: OAA****Prior Learning**

	<p><u>Prior Learning</u> To be able to improvise freely and translate ideas from a stimulus into movement. (Year 3) To be able to share and create phrases with a partner and small group. (Year 3) To be able to repeat, remember and perform phrases. (Year 3) To be able to compare my performances with previous ones, explaining differences and effectiveness. (Year 3)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: -adapt actions using changes in space -choose appropriate actions to a theme -use actions, dynamics, spacing and timing -remember and repeat actions -choreograph simple ideas</p> <p><u>Key concepts</u> Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication Health and fitness</p> <p><u>Objectives</u> To be able to confidently evaluate my own performance and discuss improvements. To be able to use dance to communicate an idea through a range of movements and patterns.</p>	<ul style="list-style-type: none"> - link poses together to create a yoga flow - provide feedback using key terminology and understand what I need to do to improve - transition from pose to pose in time with my breath - work collaboratively and effectively with others - demonstrate yoga poses which show clear shapes - show increasing control and balance when moving from one pose to another <p><u>Key Concepts</u> Movement (self) Balance Agility Coordination Spatial awareness Physical literacy Evaluation</p> <p><u>Objectives</u> To be able to include a range of shapes in a sequence. To be able to work with a partner to create, repeat and improve a sequence.</p>	<p>To be able to follow a map in a familiar context. (Year 3) To be able to use clues to follow a route safely. (Year 3)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: <ul style="list-style-type: none"> - Teamwork and co-operation - Trust - Improved Listening skills - Identify objects on a map - Draw a route using directions - Orientate a map. </p> <p><u>Key Concepts</u> Movement (object control) Balance Coordination Determination Communication</p> <p><u>Objectives</u> To be able to work in a team and individually to use a map and solve problems with greater confidence and can identify risks whilst advising others. To be able to follow a route within a time limit.</p>
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Autumn

FitnessDomains of Knowledge: AthleticsPrior Learning

To be able to run over a long distance and sprint a short distance. (Year 4)

To be able to change speed and direction with control. (Year 4)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Analyse my fitness data to improve movement.
- Choose the best pace for a running event and maintain speed.
- Identify how different activities can benefit my physical health.
- Understand the different components of fitness and how to test them.

Key Concepts

Movement
Balance
Coordination
Speed
Physical literacy
Communication
Competition
Healthy
Health and fitness

Objectives

To be able to lead an effective warm up for a group.

To be able to control my body when taking off and landing.

NetballDomains of Knowledge: Team Games 2Prior Learning

To be able to catch with one hand. (Year 4)

To be able to throw and catch accurately with

Spring

GymnasticsDomains of Knowledge: GymnasticsPrior Learning

To be able to confidently evaluate my own performance and discuss improvements. (Year 4)

To be able to include change of speed and direction with control. (Year 4)

To be able to include a range of shapes in a sequence. (Year 4)

To be able to work with a partner to create, repeat and improve a sequence with at least three phases. (Year 4)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Perform symmetrical and asymmetrical balances
- Perform straight, forward and straddle roll and develop backward roll
- Use different form of travelling
- Perform progressions of inverted movements
- Match and mirror on floor and apparatus
- Create a partner sequence

Key Concepts

Movement (Self)
Balance
Coordination
Spatial awareness
Performance
Technique
Physical literacy
Evaluation
Health and fitness
Determination

Objectives

To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written).

To be able to make complex extended sequences.

To combine action, balance and shape.

To perform consistently to different audiences.

Tag Rugby

Summer

DodgeballDomains of Knowledge – Team Games 1Prior Learning

To be able to show control, accuracy and coordination within running and jumping movements at different speeds. (Year 3)

To be able to throw and catch with control. (Year 3)

To be aware of space and use it to support team-mates and to cause problems for the opposition. (Year 3)

To know and use rules fairly. (Year 3)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Identify how different activities can benefit my physical health
- Throw accurately at a target
- Work cooperatively with others to manage a game
- Understand the need for tactics and identify when to use them in different situations
- Understand the rules of the game

Key concepts

Movement (self + object)
Balance
Agility
Rules
Tactics
Cooperation
Competition
Healthy
Determination

Objectives

To be able to pass in different ways.

To be able to choose a tactic for attacking and defending.

To be able to control my body when take-off and landing.

To be able to throw with accuracy.

AthleticsDomains of Knowledge –Athletics

2	<p>control. (Year 4) To be able to keep possession of the ball. (Year 4) To vary my tactics and adapt my skills depending on what is happening in the game. (Year 4)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Pass, receive and shoot the ball with some control under pressure - Stay with an opponent and attempt to intercept - Contribute when attacking and defending - Understand the need for tactics and the rules of the game <p><u>Key Concepts</u> Movement Balance Coordination Speed Physical literacy Communication Cooperation Tactics, rules Attacking and defending</p> <p><u>Objectives</u> To be able to gain possession by working as part of a team. To be able to pass in different ways. To be able to choose a tactic for defending and attacking. To be able to use a number of techniques to pass and shoot.</p>	<p><u>Domains of Knowledge: Team Games 2</u></p> <p><u>Prior Learning</u> To be able to catch with one hand. (Year 4) To be able to throw and catch with control. (Year 4) To be able to keep possession of the ball. (Year 4) To be able to vary my tactics and adapt my skills depending on what is happening in the game. (Year 4)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Communicate with my team and move into space to keep possession and score - Pass and receive the ball with some control under pressure - Tag opponents and close down space - Know what position they are playing and contribute to attacking and defending - Understanding rules and tactics <p><u>Key Concepts</u> Movement Balance Coordination Speed Physical literacy Communication Cooperation Tactics, rules Attacking and defending</p> <p><u>Objectives</u> To be able to gain possession by working as part of a team. To be able to pass in different ways. To be able to choose a tactic for defending and attacking, To be able to use a number of techniques to pass.</p>	<p><u>Prior Learning</u> To be able to run over a long distance and sprint a short distance (Year 4) To be able to throw in different ways and hit a target (Year 4) To be able to jump in different ways (Year 4)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - vary speed of running to distance -perform a relay baton change -develop a triple jump technique <p>Throw over longer distances with correct technique</p> <p><u>Key concepts</u> Movement (self + object) Balance Agility Competition Healthy Determination Health and fitness</p> <p><u>Objectives</u> To be able to control my body when taking off and landing. To be able to throw with accuracy.</p>
	<p><u>Dance</u></p> <p><u>Domains of Knowledge: Dance</u></p> <p><u>Prior Learning</u> To be able to confidently evaluate my own performance and discuss improvements. (Year 4) To be able to use dance to communicate an idea through a range of movements and patterns.</p>	<p><u>Tennis</u></p> <p><u>Domains of Knowledge – Team Games 3</u></p> <p><u>Prior Learning</u> To be able to play a variety of shots. (Year 4) To demonstrate and use the correct grip on a racket. (Year 4) To develop greater accuracy of strokes. (Year 4)</p>	<p><u>Rounders</u></p> <p><u>Domains of Knowledge – Team Games 3</u></p> <p><u>Prior Learning</u> To be able to catch with one hand. (Year 4) To be able to hit, throw and catch accurately with control. (Year 4) To be able to vary my tactics and adapt my skills depending</p>

	<p>(Year 4)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: -create a dance with random structure -understand how to change dynamics -change performance through use of space -work with a group -choreograph as a group Copy and repeat movements Keep in time to music Work collaboratively</p> <p>Key concepts Movement (self) Balance Agility Coordination Spatial awareness Evaluation Cooperation Communication Health and fitness</p> <p>Objectives To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written). To be able to compose my own dances in creative ways. To be able to perform to an accompaniment. To be able to perform a dance which shows clarity, fluency, accuracy and consistency.</p> <p>Hockey</p> <p>Domain of Knowledge: Team Games 2</p> <p>Prior Learning To be able to pass, throw and catch accurately with control. (Year 4) To be able to keep possession of the ball. (Year 4) To be able to vary my tactics and adapt my skills depending on what is happening in a game. (Year 4)</p>	<p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: - Return using a forehand and backhand - Work with a partner to hold a continuous rally - Serve underarm - Begin to volley</p> <p>Key concepts Movement (self + object) Balance Agility Rules Tactics Cooperation</p> <p>Objectives To be able to confidently referee a game applying my knowledge of the rules effectively. To be able to give tactical instructions to affect a game situation. To be able to lead an effective warm up for a group. To develop techniques for ground strokes and volleys. To develop a backhand technique and use it in a game. To be able to serve overarm.</p> <p>Badminton</p> <p>Domains of Knowledge – Team Games 3</p> <p>Prior Learning To be able to play a variety of shots. (Year 4) To demonstrate and use the correct grip on a racket. (Year 4) To develop greater accuracy of strokes. (Year 4)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: - Demonstrate forehand and backhand grips when holding the rackets - Develop the backhand serve and rallying using both grips - Develop the forehand serve and rallying using both grips</p>	<p>on what is happening in a game. (Year 4)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: - Beginning to strike a ball with a rounders bat - Develop a wider range of fielding skills - Work cooperatively with others to manage a game - Understand the need for tactics and to use them in different situations - Understand the rules of the game</p> <p>Key concepts Movement (self + object) Balance Agility Rules Tactics Cooperation Competition Healthy Determination Rules Technique</p> <p>Objectives To be able to pass in different ways. To be able to use forehand. To be able to field.</p> <p>Football</p> <p>Domains of Knowledge: Team Games 2</p> <p>Prior Learning To be able to keep possession of the ball. (Year 4) To be able to vary my tactics and adapt my skills depending on what is happening in a game. (Year 4)</p> <p>End Points Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following: - Communicate with a team and move into space to keep possession and score</p>
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	<p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Begin to dribble to beat a defender - Send a ball with a push pass - Receive a ball under control - Move into space to support teammates - Develop a block and jab tackle - Begin to apply skills to small games <p><u>Key concepts</u> Movement (object) Agility Coordination Speed Attacking and defending Rules Competition Communication Cooperation Technique Health and fitness</p> <p><u>Objectives</u> To be able to confidently referee a game applying my knowledge of the rules effectively. To be able to give tactical instructions to affect a game situation. To be able to lead an effective warm up for a group. To be able to gain possession by working as part of a team. To be able to pass in different ways. To be able to choose a tactic for defending and attacking. To be able to use a number of techniques to pass, dribble and shoot.</p>	<ul style="list-style-type: none"> - Work cooperatively as a team and to understand rules of the game <p><u>Key concepts</u> Movement (self + object) Balance Agility Rules Tactics Cooperation</p> <p><u>Objectives</u> To be able to use forehand and backhand with a racket. To be able to use a number of techniques to pass.</p>	<ul style="list-style-type: none"> - Dribble, pass, receive and shoot the ball with some control under pressure - Often make the correct decision of who to pass to and when - Use tracking and intercepting when playing in defence - Use tactics for different situations - Understand the rules of the game <p><u>Key concepts</u> Co-ordination Agility Speed Spatial awareness Competition Health and fitness Cooperation Tactics Rules Attacking and defending</p> <p><u>Objectives</u> To be able to gain possession by working as part of a team. To be able to pass in different ways. To be able to choose a tactic for defending and attacking. To be able to use a number of techniques to pass, dribble and shoot.</p>
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Y 6	H T	Autumn	Spring	Summer
	1	<p><u>Fitness</u></p> <p><u>Domains of Knowledge: Athletics</u></p> <p><u>Prior Learning</u> To be able to lead an effective warm up for a group. (Year 5) To be able to control my body when taking off and landing. (Year 5)</p> <p><u>End Points</u></p> <p>Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Change my running technique to adapt different distances. - Collect, record and analyse data. - Encourage and motivate others. - Understand that there are different areas of fitness. <p><u>Key Concepts</u> Movement Balance Coordination Speed Physical literacy Communication Competition Healthy Health and fitness</p> <p><u>Objectives</u> To be able to combine a range of running, jumping, throwing and catching techniques. To be able to lead an effective warm up for a group.</p> <p><u>Netball</u></p> <p><u>Domains of Knowledge: Team Games 2</u></p> <p><u>Prior Learning</u> To be able to gain possession by working as part of a team. (Year 5) To be able to pass in different ways. (Year 5) To be able to choose a tactic for defending and attacking.</p>	<p><u>Gymnastics</u></p> <p><u>Domains of Knowledge: Gymnastics</u></p> <p><u>Prior Learning</u> To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written). (Year 5) To be able to make complex extended sequences. (Year 5) To combine action, balance and shape. (Year 5) To perform consistently to different audiences. (Year 5)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> - Perform forward, backward, straddle rolls - Perform counter balances and counter tension - Perform inverted movements - Perform the progressions of a cartwheel and headstand - Travel over apparatus from hands - Create a group sequences <p><u>Key Concepts</u> Movement (Self) Balance Coordination Spatial awareness Performance Technique Physical literacy Evaluation Health and fitness Determination</p> <p><u>Objectives</u> I confidently evaluate my own and other's performances discussing improvements to deliver a better performance (personal best). To develop technical sequences in a specific style. To be able to demonstrate flexibility, strength, control and balance in a sequence of movements.</p>	<p><u>Athletics</u></p> <p><u>Domains of Knowledge –Athletics</u></p> <p><u>Prior Learning</u> To be able to control my body when taking off and landing. (Year 5) To be able to throw with accuracy. (Year 5)</p> <p><u>End Points</u> Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:</p> <ul style="list-style-type: none"> -measure, time and record -run at a steady pace over a longer distance - Use good sprinting technique - Correctly perform the stages of triple jump - Throw over a long distance <p><u>Key concepts</u> Movement (self + object) Balance Agility Rules Cooperation Competition Healthy Determination Health and fitness</p> <p><u>Objectives</u> To be able to combine a range of running, jumping, throwing and catching techniques with control.</p> <p><u>Yoga</u></p> <p><u>Domains of Knowledge: Gymnastics and Dance and movement</u></p> <p><u>Prior Learning</u></p>

(Year 5)
To be able to use a number of techniques to pass and shoot.
(Year 5)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Pass, receive and shoot the ball with increasing control under pressure
- Use marking and/or interception to improve my defence
- Use the rules of the game consistently to play honestly and fairly
- Work collaboratively to create tactics with my team

Key Concepts

Movement
Balance
Coordination
Speed
Physical literacy
Communication
Cooperation
Tactics, rules
Attacking and defending

Objectives

To be able to play competitive games to agreed rules.
To be able to explain rules to others.
To be able to communicate a plan to my team.
To be able to apply basic principles suitable for attacking and defending.

Tag Rugby

Domains of Knowledge: Team Games 2

Prior Learning

To be able to gain possession by working as part of a team. (Year 5)
To be able to pass in different ways. (Year 5)
To be able to choose a tactic for defending and attacking. (Year 5)
To be able to use a number of techniques to pass. (Year 5)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Create and use space to help my tea,
- Pass and receive the ball with increasing control under pressure
- Tag opponents individually and when working within a unit
- Use the rules of the game consistently to play honestly and fairly
- Work collaboratively to create tactics

Key Concepts

Movement
Balance
Coordination
Speed
Physical literacy
Communication
Cooperation
Tactics, rules
Attacking and defending

Objectives

To be able to play competitive games to agreed rules.
To be able to explain rules to others.
To be able to communicate a plan to my team.
To be able to apply basic principles for attacking and defending.

To be able to include a range of shapes in a sequence. (Year 4)
To be able to work with a partner to create, repeat and improve a sequence. (Year 4)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Confidence to lead others, demonstrating poses and teaching them flow.
- Use my breath to transition from one pose to another with control
- Use yoga poses to improve my flexibility, strength and balance
- Recognise my own strengths and areas for development and suggest ways to improve.

Key Concepts

Movement (self)
Balance
Agility
Coordination
Spatial awareness
Physical literacy
Evaluation
Leadership

Objectives

To be able to develop sequences in a specific style.
To be able to confidently evaluate my own and other's performances.
To demonstrate flexibility, strength, control and balance in a sequence of movements.

Dance**Domains of Knowledge: Dance****Prior Learning**

To be able to confidently evaluate my own and other's performances, discussing improvements (verbally and written). (Year 5)

To be able to compose my own dances in creative ways. (Year 5)

To be able to perform to an accompaniment. (Year 5)

To be able to perform a dance which shows clarity, fluency, accuracy and consistency. (Year 5)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

-copy and repeat set phrases

-use changes of level and speed

Use a prop in a dance

Use choreography skills to improve a dance

Convey emotions through dance

Communicate a story through dance

Key concepts

Movement (self)

Balance

Agility

Coordination

Spatial awareness

Evaluation

Cooperation

Communication

Health and fitness

Objectives

I confidently evaluate my own and other's performances discussing improvements to deliver a better performance (personal best).

To be able to develop sequences in a specific style.

To be able to choose my own music and style.

To be able to perform dances using simple movement patterns.

Tennis**Domains of Knowledge – Team Games 3****Prior Learning**

To be able to confidently referee a game applying my knowledge of the rules effectively. (Year 5)

To be able to give tactical instructions to affect a game situation. (Year 5)

To be able to lead an effective warm up for a group. (Year 5)

To develop techniques for ground strokes and volleys. (Year 5)

To develop a backhand technique and use it in a game. (Year 5)

To be able to serve overarm. (Year 5)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Use backhand, forehand and volley at appropriate times with accuracy

- Use underarm serve within a game

- Play a game of doubles

Key concepts

Movement (self + object)

Balance

Agility

Rules

Tactics

Cooperation

Objectives

To know where a shot should be aimed and show increasing accuracy.

To use good hand/eye co-ordination when playing and serving.

To use different shots in a game situation to outwit an opponent.

Cricket**Domains of Knowledge: Team Games 1****Rounders****Domains of Knowledge – Team Games 3****Prior Learning**

To be able to pass in different ways. (Year 5)

To be able to use forehand. (Year 5)

To be able to field. (Year 5)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Strike a bowled ball with increasing consistency
- Use the rules of the game consistently to play fairly
- Work collaboratively with others to get batters out
- Understand and apply some tactics in the game as a batter, bowler and fielder

Key concepts

Movement (self + object)

Balance

Agility

Rules

Tactics

Cooperation

Competition

Healthy

Determination

Rules

Technique

Objectives

To be able to play competitive games to agreed rules.

To be able to explain rules to others.

To be able to communicate a plan to my team.

OAA**Domains of Knowledge: OAA****Prior Learning**

To confidently orientate myself and others to solve problems in unfamiliar environments. (Year 5)

To be able to follow a map into an unknown location. (Year 5)

To be able to use clues and a compass to navigate a route. (Year 5)

Football

Domains of Knowledge:

Team Games 2 (competitive games, attacking and defending, passing, fielding, dribbling, shooting)

Prior Learning

To be able to gain possession by working as part of a team.
To be able to pass in different ways. (Year 5)
To be able to choose a tactic for defending and attacking. (Year 5)
To be able to use a number of techniques to pass, dribble and shoot. (Year 5)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

- Create and use space to help a team
- Dribble, pass, receive and shoot the ball with increasing control under pressure
- Use marking, tackling and/or interceptions to improve defence
- Use the rules of the game consistently to play honestly and fairly
- Work collaboratively to create tactics with a team

Key concepts

Co-ordination
Agility
Speed
Spatial awareness
Competition
Health and fitness
Cooperation
Tactics
Rules
Attacking and defending

Objectives

To be able to play competitive games to agreed rules.
To be able to explain rules to others.
To be able to communicate a plan to my team.
To be able to apply basic principles for attacking and defending.

Prior Learning

To be able to confidently referee a game applying my knowledge of the rules effectively. (Year 5)
To be able to give tactical instructions to affect a game situation. (Year 5)
To be able to lead an effective warm up for a group. (Year 5)

To be able to use a range of techniques when fielding. (Year 5)
To be able to hit, throw, bowl and catch accurately and with control (Year 5)

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:
-throw accurately and catch
-Strike a ball in a given direction
-catch in different ways (close, deep)
-Bowl overarm
-Use a variety of fielding techniques
-Develop long and short barriers when fielding

Key Concepts

Movement (object control)
Balance
Coordination
Agility
Speed
Spatial awareness
Technique
Determination
Rules
Competition
Health and fitness
Communication

Objectives

To be able to play competitive games to agreed rules.
To be able to explain rules to others.
To be able to communicate a plan to my team.
To be able to use a range of techniques with confidence and skill in a game situation.

End Points

Following Get Set 4 PE units, children will complete a range of activities which will lead towards children achieving the following:

-build communication and trust
Solve problems in groups
Use tactics to solve problems
Share ideas as a team
Read maps and navigate
Use a key to identify objects and locations

Key Concepts

Movement (object control)
Balance
Coordination
Agility
Speed
Spatial awareness
Technique
Determination
Rules
Competition
Health and fitness
Communication

Objectives

To be able to plan route and a series of clues for someone else.
To be able to take part in outdoor and adventurous activity challenges both individually and in a team.