

Year 1/2 PE Curriculum		
Autumn Games / Gymnastics	Spring Dance	Summer Cricket/Athletics
<p>Children will know by the end of this unit:</p> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To perform gymnastic shapes and link them together, using control To travel between balances and shapes, using apparatus To develop sequences when rolling, balancing and using apparatus To master basic shapes and balances, agility and coordination. <p><u>Dance :</u></p> <ul style="list-style-type: none"> To understand dynamics and how they can show an idea To count and stay in time with the music To create actions on response to a stimulus To use mirroring, unison and matching with a partner <p><u>Invasion Games:</u></p> <ul style="list-style-type: none"> To know what possession means and how to support members of the team. To understand attacking and scoring skills 	<p>Children will know by the end of this unit:</p> <p><u>Yoga:</u></p> <ul style="list-style-type: none"> To copy and repeat a yoga pose To develop an awareness of strength and flexibility To create a flow, perform and teach with a partner <p><u>Striking and Field:</u></p> <ul style="list-style-type: none"> To track a rolling ball and collect it To develop underarm throwing and catching when fielding To develop overarm throwing to a batter To develop hitting for a distance <p><u>Fundamentals:</u></p> <ul style="list-style-type: none"> To explore how the body is moving when running at different speeds TO change direction and use dodging To use jumping hopping and skipping skills To develop coordination 	<p>Children will know by the end of this unit:</p> <p><u>Athletics:</u></p> <ul style="list-style-type: none"> To develop the sprinting action To develop jumping for distance and height To develop accuracy when throwing <p><u>Fitness:</u></p> <ul style="list-style-type: none"> To develop rope jumping using timing To develop stamina for changing direction and running To develop balance, agility and coordination and strength. <p><u>Team Building:</u></p> <ul style="list-style-type: none"> To follow instructions, communicate and cooperate when working with others To create a plan to solve problems in a team To copy and follow a basic map. <p><u>Target Games:</u></p> <ul style="list-style-type: none"> To consider how much power to apply when aiming at a target

The Schools of Woolton Hill: PE Knowledge Overview

<ul style="list-style-type: none"> To mark an opponent and understand this as a defensive skill To know tactics when defending and attacking. <p>Ball skills:</p> <ul style="list-style-type: none"> To know how to roll a ball to a target and stop it. To dribble a ball with your feet To know how to kick a ball To develop throwing and catching 	<p>Sending and Receiving:</p> <ul style="list-style-type: none"> To track and receive a rolling ball To developing catching skills To send and receive a ball using a racket. 	<ul style="list-style-type: none"> To develop skills when striking a target To develop skills to hit a moving target
Year 3/4 PE Curriculum		
Autumn	Spring	Summer
<p>Children will know by the end of this unit:</p> <p>Gymnastic:</p> <ul style="list-style-type: none"> To be able to create interesting point and pitch balances on and off apparatus. To be able to use straight, barrel and forward rolls. To create sequences of balances and rolls on and off apparatus. <p>Football:</p> <ul style="list-style-type: none"> To understand the role of an attacker and a defender and how to score goals. To understand and apply to rules of football To apply tactics to small sided games. <p>Dance:</p>	<p>Children will know by the end of this unit:</p> <p>Yoga</p> <ul style="list-style-type: none"> To use flow and poses that challenge balance To use poses that challenge strength To use poses that challenge flexibility. <p>Hockey</p> <ul style="list-style-type: none"> To send and receive the ball with some control. To develop decision making in attacking and defending roles To apply rules, tactics and skills to play in tournaments. <p>Fundamentals</p> <ul style="list-style-type: none"> To develop balance and apply it when using other skills within a game. To develop technique when changing speed 	<p>Swimming</p> <ul style="list-style-type: none"> To use front crawl and breaststrokes to stay buoyant in the water To scull and tread water To develop surface dives and submersion <p>Athletics</p> <ul style="list-style-type: none"> To develop sprinting, jumping and throwing techniques To develop change over techniques To develop performing and officiating techniques. <p>Golf</p> <ul style="list-style-type: none"> Explore technique and accuracy when aiming towards a target To develop and apply skills when taking part in a tournament.

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<ul style="list-style-type: none"> To create actions in response to stimulus and move in unison with a partner. To choreograph ideas to develop the dance To use cannon and unison to create formations. <p><u>Fitness:</u></p> <ul style="list-style-type: none"> To use balance and coordination To develop strength and speed and agility To understand the importance of stamina. 	<ul style="list-style-type: none"> To use control when jumping, hopping and landing <p><u>Tennis</u></p> <ul style="list-style-type: none"> To develop racket and ball control To rally using a forehand To use backhand to return a ball To learn rules and scoring 	<p><u>Cricket</u></p> <ul style="list-style-type: none"> To score points in a striking and fielding game. To understand the techniques and role of a batter To understand the techniques of a bowler.
Year 5/6 PE Curriculum		
Autumn	Spring	Summer
<p>Children will know by the end of this unit:</p> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To use symmetrical and asymmetrical balances on and off apparatus To develop straight, forward, straddle and backwards rolls To travel using cannon and synchronisation To perform introverted movements To explore matching and mirroring on the floor and on apparatus. <p><u>Fitness</u></p> <ul style="list-style-type: none"> Understand how speed strength agility and balance help in other activities. To develop and apply coordination To develop stamina <p><u>Dance</u></p>	<p>Children will know by the end of this unit:</p> <p><u>Yoga:</u></p> <ul style="list-style-type: none"> To understand how breath can help me hold and move from pose to pose To use flexibility, strength and balance when creating a flow To create, refine and lead others through a flow. <p><u>Tennis</u></p> <ul style="list-style-type: none"> To return the ball using a forehand groundstroke and a backhand groundstroke under pressure. To use a variety of shot to maintain a continuous rally To develop an underarm for serving. 	<p>Children will know by the end of this unit:</p> <p><u>OAA:</u></p> <ul style="list-style-type: none"> To develop communication and negotiation skills to solve challenges To plan and use problem solving skills To develop navigation and map reading skills. <p><u>Cricket:</u></p> <ul style="list-style-type: none"> To develop accuracy when throwing and catching a ball To develop fielding techniques To develop bowling accuracy. <p><u>Rounders:</u></p> <ul style="list-style-type: none"> To develop batting and bowling skills To use fielding tactics under pressure To use skills and techniques to take part in a tournament.

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<ul style="list-style-type: none"> • To work in a group to choreograph, copy and repeat movements in different styles. • To change the dynamics and appearance of a dance. • To understand and use relationship and space to change how a performance looks. <p><u>Football</u></p> <ul style="list-style-type: none"> • To send and receive the ball under pressure • To use defensive techniques to win possession • To apply skills, principles and tactics to a game situation. 	<p><u>Handball</u></p> <ul style="list-style-type: none"> • To send and receive under pressure • To combine attacking and shooting opportunities • To use defensive skill to gain possession of the ball. <p><u>Hockey</u></p> <ul style="list-style-type: none"> • To use attacking skills to beat a defender • To communicate with a team, moving into a space and taking the ball towards the goal • To use defensive tactics to gain possession. 	<p><u>Athletics:</u></p> <ul style="list-style-type: none"> • To understand pace and apply different speeds over different distances • To develop fluency and technique when running • To throw with greater force and control over larger distances.
Disciplinary Knowledge		
<ul style="list-style-type: none"> • Watches and describes performances accurately. • Learn from others how they can improve their skills. • Comment on tactics and techniques to help improve performances. • Make suggestions on how to improve their work, commenting on similarities and differences. • Can describe the effect exercise has on the body • Can explain the importance of exercise and a healthy lifestyle. • Understands the need to warm up and cool down. <p>Develops listening skills</p> <ul style="list-style-type: none"> • Describes good athletic performance using correct vocabulary. 		

- Can use equipment safely and with good control.
- Can create their own games using knowledge and skills.
- Modifies competitive games.
 - Compares and comments on skills to support creation of new games.
 - Can make suggestions as to what resources can be used to differentiate a game.
 - Vary skills, actions and ideas and link these in ways that suit the games activity.

Cycle A (yr 1, yr 3, yr 5)

Cycle B (yr 2, yr 4, yr 6)

Year 1/2 PE Curriculum		
Autumn	Spring	Summer
<p><u>Children will know by the end of this unit:</u></p> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • To create shapes and balances with control • To develop sequencing and rolling • To develop take offs and landings <p><u>Ball Skills</u></p> <ul style="list-style-type: none"> • To develop rolling and kicking of a ball to hit a target • To dribble with a ball • To develop throwing and catching <p><u>Dance</u></p> <ul style="list-style-type: none"> • To develop an understanding of dynamics • To copy, remember and repeat actions for different characters • To explore different speeds, pathways and levels <p><u>Invasion Games</u></p> <ul style="list-style-type: none"> • To understand possession and how to support team members 	<p><u>Children will know by the end of this unit:</u></p> <p><u>Yoga</u></p> <ul style="list-style-type: none"> • To copy and repeat yoga poses • To develop an awareness of strength and flexibility • To create a flow and perform <p><u>Striking and Fielding</u></p> <ul style="list-style-type: none"> • To develop under and over arm throwing techniques • To develop hitting for distance • TO track a rolling ball and collect it. <p><u>Fundamentals</u></p> <ul style="list-style-type: none"> • To change direction and dodge • To develop jumping, hopping and skipping actions • TO develop coordination and combining jumping <p><u>Sending and receiving:</u></p> <ul style="list-style-type: none"> • To send and receive a ball with feet • To develop catching skills 	<p><u>Children will know by the end of this unit:</u></p> <p><u>Athletics:</u></p> <ul style="list-style-type: none"> • To develop the sprinting action • To develop jumping for distance and height • To develop throwing for distance and accuracy <p><u>Fitness:</u></p> <ul style="list-style-type: none"> • To develop stamina and change of direction • To explore exercises for strength • To develop agility, balance and coordination <p><u>Team Building:</u></p> <ul style="list-style-type: none"> • To cooperate and communicate in small groups • To create a plan with a group to solve a problem • To develop team work skills and trust. <p><u>Target Games:</u></p> <ul style="list-style-type: none"> • To understand how much pressure to apply when aiming at a target • To hit a moving target

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<ul style="list-style-type: none"> To explore defending skills To mark an opponent to gain possession. 	<ul style="list-style-type: none"> To send and receive a ball using a racket. 	<ul style="list-style-type: none"> To select and apply the appropriate skills when playing target games.
Autumn	Spring	Summer
<p>Children will know by the end of this unit:</p> <p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To develop individual and partner balances To develop control when performing and landing rotational jumps To develop strength when making inverted movements and rolls <p><u>Football</u></p> <ul style="list-style-type: none"> To develop changing direction, speed and the attacking skill when dribbling TO use defending skills to delay an opponent and gain possession To develop passing and when to use a different skill. <p><u>Dance</u></p> <ul style="list-style-type: none"> To copy and create actions in response to an idea and be able to adapt this using change of spaces To develop a dance phrase and perform this to an audience To understand how to use dynamics, space and relationships to present a state of matter 	<p><u>Children will know by the end of this unit:</u></p> <p><u>Yoga</u></p> <ul style="list-style-type: none"> To explore connecting breathing and movement To explore new yoga poses and connect them To develop flexibility, strength and wellbeing <p><u>Hockey</u></p> <ul style="list-style-type: none"> To send and receive the ball with accuracy and control To dribble to beat a defender To develop dribbling to attack <p><u>Fundamentals</u></p> <ul style="list-style-type: none"> To develop skipping with a rope To run at different speeds and change direction To develop technique and control when jumping hopping and landing. <p><u>Tennis</u></p> <ul style="list-style-type: none"> To develop racket and ball skills 	<p><u>Children will know by the end of this unit</u></p> <p><u>OAA</u></p> <ul style="list-style-type: none"> To work as a team to think critically when solving a problem. To use navigational skills and map reading skills To identify objects and locations using a map. <p><u>Rounders:</u></p> <ul style="list-style-type: none"> To develop fielding techniques and positioning To understand tactics for a game To develop bowling, throwing and catching under pressure. <p><u>Cricket:</u></p> <ul style="list-style-type: none"> To strike a bowled ball with increased consistency To understand and apply tactics of a game To develop throwing and catching under pressure <p><u>Athletics</u></p> <ul style="list-style-type: none"> To identify a suitable piece for an event

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<p><u>Fitness</u></p> <ul style="list-style-type: none"> To explore different areas of fitness and explore what your body can do To develop speed strength and coordination To develop agility, balance and stamina 	<ul style="list-style-type: none"> To maintain a continuous rally showing increasing techniques To use back hand and fore hand techniques 	<ul style="list-style-type: none"> TO develop power, control and technique when throwing and catching To develop officiating skills in measuring and time recording
Year 5/6 PE Curriculum		
Autumn	Spring	Summer
<p>Children will know by the end of this unit:</p> <p><u>Gymnastics:</u></p> <ul style="list-style-type: none"> To develop balance and counter balance. To use tension techniques To use inverted movements <p><u>Fitness</u></p> <ul style="list-style-type: none"> To develop an awareness of what their body can do To develop speed and strength To develop balance and agility <p><u>Dance</u></p> <ul style="list-style-type: none"> To know perform dances using actions, dynamics, space and relationships To respond to stimulus and choreograph moves with a sense of rhythm and energy To order structure and perform movements. <p><u>Football</u></p>	<p>Children will know by the end of this unit:</p> <p><u>Yoga:</u></p> <ul style="list-style-type: none"> To develop strength and flexibility through yoga flows To create new yoga flows using control, balance and technique. To work collaboratively to create paired yoga flow. <p><u>Handball:</u></p> <ul style="list-style-type: none"> To select the appropriate skills to create space, move towards the goal and away from defenders To select and apply the appropriate skills to score a goal To apply skills when playing in a match <p><u>Tennis</u></p> <ul style="list-style-type: none"> To develop placement of the ball To develop the volley and when to use it To develop accuracy and consistency when using under arm 	<p>Children will know by the end of this unit:</p> <p><u>OAA:</u></p> <ul style="list-style-type: none"> To work collaboratively as a team to solve problems To use critical thinking to determine the best approach To use a key to identify objects and locations. <p><u>Cricket:</u></p> <ul style="list-style-type: none"> To understand and apply tactics of a game How to choose the most appropriate batting, bowling and fielding techniques To maintain techniques when under pressure. <p><u>Rounders:</u></p> <ul style="list-style-type: none"> To develop bowling under pressure when striking and fielding To develop throwing and catching under pressure.

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<ul style="list-style-type: none"> • To use appropriate skills when choose when to pass and dribble • To know how to create space to support team members • To use appropriate defensive and attacking skills within the game. 	<p>Hockey</p> <ul style="list-style-type: none"> • To know how to select the appropriate defensive technique for the situation • To move into and create space to support a team member • To apply rules, skills and principles when playing in a tournament 	<ul style="list-style-type: none"> • To apply skills and knowledge when playing in a tournament. <p>Athletics</p> <ul style="list-style-type: none"> • To develop power control and technique when throwing for distance, jumping and sprinting • To identify a suitable pace when running • To develop accuracy and force when throwing.
<p>Disciplinary Knowledge</p>		
<ul style="list-style-type: none"> • Watches and describes performances accurately. • Learn from others how they can improve their skills. • Comment on tactics and techniques to help improve performances. • Make suggestions on how to improve their work, commenting on similarities and differences. • Can describe the effect exercise has on the body • Can explain the importance of exercise and a healthy lifestyle. • Understands the need to warm up and cool down. • Develops listening skills • Describes good athletic performance using correct vocabulary. • Can use equipment safely and with good control. <p>Can create their own games using knowledge and skills.</p> <ul style="list-style-type: none"> • Modifies competitive games. • Compares and comments on skills to support creation of new games. • Can make suggestions as to what resources can be used to differentiate a game. • Vary skills, actions and ideas and link these in ways that suit the games activity. 		

