RFS- Knowledge Milestones & Skill Progression: Physical Education

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| RFS Physical Education Curriculum | | | | | | |
| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
| Autumn Term Term 1 | Autumn Term Term 1 | Autumn Term - Term 1 | Autumn Term Term 1 | Autumn Term - Term 1 | Autumn Term - Term 1 | Autumn Term Term 1 |
| What is PE  EYFS in the autumn term are introduced to physical education in a 6-week unit that will focus on fundamental movement skills, basic techniques of coordination, balance and agility. We focus on questions about our body; healthy eating, exercise and why is PE important. We find that this way of introducing EYFS children into PE bides them time to understand the rules and areas, which can be overwhelming at times being in different areas of the school, that not being the classroom. The children learn why PE is valuable for our learning day and why we should have fun, why physical learning is important and give every child the opportunity to challenge themselves outside the classroom.  Week 1  **Objective –**  **Knowledge –**  **Skills –**  Week 2  **Objective –**  **Knowledge –**  **Skills -**  Week 3  **Objective –**  **Knowledge –**  **Skills -**  Week 4  **Objective –**  **Knowledge –**  **Skills -**  Week 5  **Objective –**  **Knowledge –**  **Skills -**  Week 6  **Objective –**  **Knowledge –**  **Skills -**  Cross Country  **Objective –**  **Knowledge –**  **Skill –**  Orienteering and Team building  **Objective –**  **Knowledge –**  **Skill –**  October- December  Jan-Feb Half term | Cross Country  **Objective –**  To run a cross country course with a large group understanding different types of speeds, terrain and focus on the key aspects of different types of functional movements.  **Knowledge –**  To be able to remember mentally and visually the course. Being able to use labelled signs and symbols to help run the direction of the course.  **Skill –**  Master basic movements; running different speeds, jumping, throwing and catching throughout different terrains and outside environments.  Orienteering and Team building  **Objective –**  To be able to use directions and teamwork to problem solve and evaluate.  **Knowledge –**  To use cross-curricular learning and social skills to solve problems and puzzles.  **Skill –** use a simple picture map to move around the school; solving puzzles, literacy and mathematical problems.  Term 2  Invasion Games  **Objective -** To participatein team games, developing simple tactics for attacking and defending.  To master basic movements including running, throwing and catching as well as developing balance, agility and coordination.  **Knowledge -** Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.  **Skill -** Compete in a variety of activities within a Sport that will give you the right knowledge and skills for techniques and factors to help you in match play.   * Tag-Rugby   **Objective –** To know what equipment is used in the sport and how we use it in a multiple number of games following the principles of a tag-rugby match.  To know the fundamentals of passing in rugby.  **Knowledge –** To be able to deliver the passing technique and understand why forward passing is not allowed. To be able to visually explain the rugby pitch and how to score.  To be able to apply and develop the tagging fundamentals in team games and rugby drills.  **Skill –**  Carry out drills and activities that focus on key techniques in Tag-Rugby, for example; passing. The activities will give the pupil the right skills to develop their techniques to help compete in team games.   * Football   **Objective**  To have a good level of basic movement and coordination with equipment in games and drills. Agility and balance must be developed to begin confidence with a football.  **Knowledge**  To know the fundamentals of the sport; use your feet, what players can use hands? What happens if that ball goes out of play? What is teamwork?  **Skill**  To be able to have a basic level of techniques; dribbling, passing, shooting. This will also include teamwork and communication in play.  Term 3  Gymnastics & Dance  **Objective**  To be able to master basic movements, as well as developing key fundamentals such as balance and simple patterns with the body.  **Knowledge**  To become increasingly competent and confident around gymnastics and dance equipment. To understand the health and safety rules around the gym and lessons.  **Skill**  To engage and develop key Gymnastics & Dance techniques to create a performance. | Cross Country  **Objective –**  To run a cross country course with a large group understanding different types of speeds, terrain and focus on the key aspects of different types of functional movements.  **Knowledge –**  To be able to remember mentally and visually the course. Being able to use labelled signs and symbols to help run the direction of the course.  **Skill –**  Master basic movements; running different speeds, jumping, throwing and catching throughout different terrains and outside environments.  Orienteering and Team building  **Objective –**  To be able to use directions and teamwork to problem solve and evaluate.  **Knowledge –**  To use previous learning and outside social skills to solve problems and puzzles.  **Skill –** Follow a route on a map, using a plan view by solving puzzles, literacy and mathematical problems.  Term 2  Invasion Games  **Objective -** To participatein team games, developing simple tactics for attacking and defending.  To master basic movements including running, throwing and catching as well as developing balance, agility and coordination.  By the end of year 2, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study which forms our PE curriculum.  **Knowledge -** Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.  **Skill -** Compete in a variety of activities within a Sport that will give you the right knowledge and skills for techniques and factors to help you in match play.  Tag-Rugby  **Objective –**  To know what equipment is used in the sport and how we use it in a multiple number of games following the principles of a tag-rugby match.  To have a strong understanding of the fundamentals of passing in rugby.  **Knowledge –**  To be able to deliver a strong understanding of the passing technique and understand why forward passing is not allowed. To be able to visually explain the rugby pitch and how to score.  To be able to develop and master the tagging fundamentals in team games and rugby drills.  **Skill –**  Carry out drills and activities that focus on key techniques in Tag-Rugby, for example; passing. The activities will give the pupil the right skills to develop and master their techniques to help compete in team games.   * Football   **Objective**  To have a strong level of basic movement and coordination with equipment in games and drills. Agility and balance must be mastered to develop confidence with a football.  **Knowledge**  To know and understand the fundamentals of the sport; use your feet, what players can use hands? What happens if that ball goes out of play? What is teamwork?  **Skill**  To be able to have a strong level of techniques; dribbling, passing, shooting. This will also include teamwork and communication in play.  Term 3  Gymnastics & Dance  **Objective**  To be able to master basic movements, as well as developing key fundamentals such as balance and simple patterns with the body.  **Knowledge**  To become increasingly competent and confident around gymnastics and dance equipment. To understand the health and safety rules around the gym and lesson and to be able to tell others.  **Skill**  To engage and develop key Gymnastics & Dance techniques to create a performance. | Cross Country  **Objective –**  To run 2 cross country courses and complete the course before a specific time. The 3 courses will include grass, mud, woodlands, hills, flat ground and water that will focus on the development of agility and other key skills.  **Knowledge –**  To use the map for both courses and understand where to run, but also know what terrain is coming up. Children must challenge themselves to make the choices of speeds and know what breathing technique to use when running.  **Skill –**  To be able to maintain a steady speed that helps the development when timing a personal best time in the run.  Orienteering and Team building  **Objective –**  To be able to find orienteering cards that are located around the school using previous learning, teamwork, leadership qualities and a detailed map.  **Knowledge**  To understand how to use coordinates, icons and a key to help you and your team locate cards around the school. use your previous learning to understand certain locations.  **Skill –** locate areas on a detailed map with just certain factors. Follow the route on a map with some accuracy. solving puzzles, literacy and mathematical problems. Using metrics  Term 2  Invasion Games  **Objective -** To know how to play competitive matches within sports that link with attacking and defending and apply their basic principles; Hockey, Tag-Rugby, Football, Basketball, Netball and Handball.  To know how to use running, throwing and catching in isolation and in combination.  To know how to evaluate and analyse themselves in a range of Invasion Game Sports that teaches them to self-assess.  **Knowledge -** Pupils should continue to apply and develop a broader range of skills.  Pupils should enjoy communicating, collaborating and competing with each other.  They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.  **Skill –** Compete in a variety of activities within a Sport that will give you the right knowledge and skills for techniques and factors to help you in match play. Using extracurricular activities to help with development and taking part in school/out school competitions.  Tag-Rugby  **Objective –**  To know how to use the equipment correctly; tags, balls, pitch. The children must also have a basic knowledge of match play.  **Knowledge –**  To be able to show an understanding of Attacking and Defending in Tag-rugby Match play and drills.  **Skill –**  To be able to deliver a competitive level of passing, sprinting, movement, scoring and teamwork Techniques.   * Football   **Objective**  To combine certain fundamental movement skills individually in drills and match play, but also with equipment in games and drills.  **Knowledge**  To be able to be a part of a team in match play or drills that are focused on football techniques. Children must have a basic level of understanding in a match, for example; rules and regulations, attacking and defending.  **Skill**  To have a competent level of skill in techniques, such as; passing, dribbling, shooting. These techniques should be developed and be mastered in competitive games and drills focused on the techniques individually and combined.   * Netball   **Objective –**  To be able to understand the fundamental rules of netball, regarding movement, passing, scoring and engage in a new sport.  **Knowledge**  To understand netball 5 positions. Key skills (passing, scoring) at a basic level, developing throughout lessons.  **Skill**  Apply the basic fundamentals, key skills and principles in a mini tournament. To be able to assess and improve on from previous game play.   * Handball   **Objective**  To be able to understand the fundamental rules of handball and engage into a new sport.  **Knowledge**  To understand handball positions, shooting and passing techniques and when to attack/defend in a game/activities.  **Skill**  To be able to apply basic handball skills in activities and games. (passing, shooting, movement, attacking and defending).  Term 3  Gymnastics & Dance  **Objective**  To apply and develop a broader range of ways to use equipment, techniques to perform dances and compare previous learning to demonstrate improvement.  **Knowledge**  To teach others regarding health and safety. To compare performances and drills with previous ones to demonstrate improvement to achieve their personal best.  **Skill**  To develop key Gymnastic and Dance techniques to create a 3 minute performance that is connected to a theme and music. | Cross Country  **Objective –**  To run 2 cross country courses and complete the course before a specific time. The 3 courses will include grass, mud, woodlands, hills, flat ground and water that will focus on the development of agility and other key skills.  **Knowledge –**  To use the map for both courses and understand where to run, but also know what terrain is coming up. Children must challenge themselves to make the choices of speeds and know what breathing technique to use when running.  **Skill –**  To be able to maintain a steady speed that helps the development when timing a personal best time in the run.  Orienteering and Team building  **Objective –**  To be able to find orienteering cards that are located around the school using previous learning, teamwork, leadership qualities and a detailed map.  **Knowledge -**  To understand how to use coordinates, icons and a key to help you and your team locate cards around the school. use your previous learning to understand certain locations.  **Skill –** locate areas on a detailed map with just certain factors. Follow the route on a map with some accuracy. solving puzzles, literacy and mathematical problems. Using metrics  Term 2  Invasion Games  **Objective -** To know how to play competitive matches within sports that link with attacking and defending and apply their basic principles; Hockey, Tag-Rugby, Football, Basketball, Netball and Handball.  To know how to use running, throwing and catching in isolation and in combination.  To know how to evaluate and analyse themselves in a range of Invasion Game Sports that teaches them to self-assess.  **Knowledge -** Pupils should continue to apply and develop a broader range of skills.  Pupils should enjoy communicating, collaborating and competing with each other.  They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.  **Skill -** Compete in a variety of activities within a Sport that will give you the right knowledge and skills for techniques and factors to help you in match play. Using extracurricular activities to help with development and taking part in school/out school competitions.   * Tag-Rugby   **Objective –**  To know how to use the equipment correctly and show a group of other children; tags, balls, pitch. The children must also have a basic knowledge of match play.  **Knowledge –**  To be able to show a competent level of understanding of Attacking and Defending in Tag-rugby Match play and drills.  **Skill –**  To be able to deliver and improve a competitive level of passing, sprinting, movement, scoring and teamwork Techniques.   * Football   **Objective**  To combine fundamental movement skills individually in drills and match play, but also with equipment in games and drills. Be confident to show the understanding of how to use equipment in different ways in drills and games.  **Knowledge**  To be able to be a part of a team in match play or drills that are focused on football techniques. Children must have a competitive level of understanding in a match, for example; rules and regulations, attacking and defending. Children should be able to tell others the rules and fundamentals of equipment and match play.  **Skill**  To have an advanced level of skill in techniques, such as; passing, dribbling, shooting. These techniques should be mastered in competitive games and drills focused on the techniques individually and combined.   * Basketball   **Objective**  To use fundamental movement skills and coordination individually and with equipment in games and drills focused on developing and mastering techniques and the understanding of attacking and defending so competitive games can be played.  **Knowledge**  To know the rules of game play in basketball including a broader view on advanced game play, such as; time. This also will include dribbling, fouls, shooting and scoring. All children should be confident to play games using techniques of passing, dribbling and shooting.  **Skill –**  To develop and master a number of varieties of dribbling and passing to improve performance in games and drills. To have a strong level of understanding of the shooting technique and have a high ratio of hitting the target. Success should be formed regularly in their skill arsenal.   * Handball   **Objective**  To be able to understand the fundamental rules of handball and develop into a new sport.  **Knowledge**  To have a good understanding of handball positions, shooting and passing techniques and when to attack/defend in a game/activities.  **Skill**  To be able to apply good handball skills in activities and games. (passing, shooting, movement, attacking and defending).  Term 3  Gymnastics & Dance  **Objective**  To apply and develop a broader range of ways to use equipment, techniques to perform dances and compare previous learning to demonstrate improvement.  **Knowledge**  To teach others regarding health and safety. To compare performances and drills with previous ones to demonstrate improvement to achieve their personal best.  **Skill**  To develop key Gymnastic and Dance techniques to a strong level that can create a 3 minute performance that is connected to a theme and music. | Cross Country  **Objective –**  To run 3 cross country events competing to complete a course over open or rough terrain. The 3 courses will include grass, mud, woodlands, hills, flat ground and water that will focus on the development of agility and other key skills.  **Knowledge –**  To use the map and understand the different types of terrain around the course. Evaluate where and when to run/sprint/jog and how to maintain a strong breathing technique. How can I achieve a marginal gain?  **Skill –**  To be able to maintain excellent breathing techniques to help improve a personal best time in the run.  Orienteering and Team building  **Objective –**  To be able to find orienteering cards that are located around the school in small teams to problem solve and feel competent with a map and directions. Can you start to develop leadership quality?  **Knowledge**  can i use my knowledge of school grounds and cross curricular subjects to find cards and complete problem solving puzzles. Using this, am I able to lead a team and help other teams with questions and locations?  **Skill –**  Locate areas on 3 types of detached maps (labels, co-ordinates, cardinal points) follow the route on the maps solving puzzles, cross-curricular problems. Using metrics  Term 2  Invasion Games  **Objective -** To know how to form, play and referee competitive matches within sports that link with attacking and defending and apply their advanced principles; Hockey, Tag-Rugby, Football, Basketball, Netball and Handball.  To know how to use a variety of techniques within running, throwing and catching in isolation and in combination in a broader range of Sports.  To know how to evaluate and analyse individually and in groups to a range of Invasion Game Sports that teaches them to self-assess.  **Knowledge -** Pupils should develop and master a broader range of skills throughout this unit; check individual sports below.  Pupils should communicate, collaborate and compete individually and with each other at a compete level.  They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.  **Skill -** Compete in all of the activities that are on offer within a Sport that will give you a high knowledge and skills for techniques and fundamentals to help you in match play and to understand the sport in its broader form. Using extracurricular activities to help with development and taking part in school/out school competitions.   * Tag-Rugby   **Objective –**  To know how to use the equipment correctly and demonstrate to the instructor and other pupils, this includes; tags, balls, pitch. The children must also have a competitive knowledge level of match play.  **Knowledge –**  To be able to show an advanced level of understanding of Attacking and Defending in Tag-rugby Match play and drills. To be able to referee a basic match.  **Skill –**  To be able to deliver and master a level of passing (spin), sprinting, movement, scoring and teamwork Techniques. To be able to read the game (what’s going to happen next so I can get an advantage for my team).   * Football   **Objective –**  To play a competitive game using techniques and fundamental principles of football. The children should then be able to compare performances and evaluate/analyse to work on improvement.  **Knowledge –**  To know the rules of match play. Be able to referee a 5-a-side match, using the understanding you have to help others. Teamwork and confidence to be developing regularly.  **Skill –**  To be able to use techniques to develop and improve the understanding of attacking and defending. This will include reading game play to gain advantages against opponents.   * Basketball   **Objective –**  To be competent with equipment and their body. To be able to be a part of competitive games in small or large groups. To be able to visually display understanding of skills and knowledge of the sport to others.  **Knowledge –**  To know a competitive level of the sport that develops game play every time a match is played. All children should be competitive playing games using techniques of passing, dribbling and shooting. Attacking and defending understanding should be focused in drills and game play to improve knowledge on how to get advantages on opponents.  **Skill –**  to deliver passing, dribbling, shooting, communication, teamwork at an advanced level in drills and match play. To compare performances to previous matches so self-assessment can develop and improve the future games played.  lop that towards your game play.  **Apply**   * Handball   **Objective**  To be able to use previous learning to develop understanding and key knowledge and skills to compete in games of attacking and defending.  **Knowledge**  To have a strong understanding of handball positions, attacking and defending techniques. Can you use this knowledge from previous learning to referee a game?  **Skill**  To be competent in using the pitch by attacking and defending using passing, shooting and movement techniques.                                            Term 3  Gymnastics & Dance  **Objective**  To apply and develop key techniques in G&D that helps the creation of a performance that is regularly evaluated and assessed to reach a personal best.  **Knowledge**  To understand the importance of Stretching and getting ready for the level of exercise. To have a strong understanding of health and safety around equipment.  **Skill**  To carry out a Performance using equipment showing a key development and competence of 5 core movement techniques. To be able to link different techniques with each other to improve the strength of the performance. | Cross Country  **Objective –**  To run 3 cross country events competing to complete a course over open or rough terrain. The 3 courses will include grass, mud, woodlands, hills, flat ground and water that will focus on the development of agility and other key skills.  **Knowledge –**  To use the map and understand the different types of terrain around the course. Evaluate where and when to run/sprint/jog and how to maintain a strong breathing technique. How can I achieve a marginal gain?  **Skill –**  To be able to maintain excellent breathing techniques to help improve a personal best time in the run.  Orienteering and Team building  **Objective –**  To be able to find orienteering cards that are located around the school in small teams to problem solve and feel competent with a map and directions. Can you master leadership in your group?  **Knowledge**  can i use my knowledge of school grounds and cross curricular subjects to find cards and complete problem solving puzzles. Using this, am I able to lead a team and help other teams with questions and locations?  **Skill –**  Locate areas on 3 types of detached maps (labels, co-ordinates, cardinal points) follow the route on the maps solving puzzles, cross-curricular problems. Using metrics  Term 2  Invasion Games  **Objective -** To know how to form, play and referee competitive matches within sports that link with attacking and defending & apply their advanced principles; Hockey, Tag-Rugby, Football, Basketball, Netball and Handball.  To know how to use a variety of techniques within running, throwing and catching in isolation and in combination in a broader range of Sports.  To know how to evaluate and analyse individually & in groups to a range of Invasion Game Sports that teaches them to self-assess.  By the end of year 6, pupils are expected to know, apply and understand the matters, skills and processes specified in the programme of study which forms our PE curriculum.  **Knowledge -** Pupils should master a broader range of skills throughout this unit; check individual sports below.  Pupils should communicate, collaborate and compete individually and with each other at an advanced level.  They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.  **Skill -** Compete in all of the activities that are on offer within a Sport that will give you a high knowledge and skills for techniques and fundamentals to help you in match play and to understand the sport in its broader form. Using extracurricular activities to help with development and taking part in school/out school competitions.   * Tag-Rugby   **Objective –**  To demonstrate to the instructor and other pupils how to use; tags, balls, pitch. The children must also have a strong advanced knowledge level of match play.  **Knowledge –**  To be able to show an advanced level of understanding of Attacking and Defending in Tag-rugby Match play and drills. To be able to referee a match and build a tournament.  **Skill –**  To be able to deliver and master a level of passing (spin), sprinting, movement, scoring and teamwork Techniques. To be able to read the game (what’s going to happen next so I can get an advantage for my team).   * Football   **Objective –**  To play and referee a competitive game using techniques and fundamental principles of football. The children should then be able to compare performances and evaluate/analyse to work on improvement.  **Knowledge –**  To know the rules of match play. Be able to create a 5-a-side tournament, using the understanding you have to build a strong platform for the games. Teamwork and confidence to be developing and mastered by the end of the year.  **Skill –**  To be able to use techniques to develop and improve the understanding of attacking and defending. This will include reading game play to gain advantages against opponents. Most techniques should be mastered and children should be able to help others to develop.   * Basketball   **Objective –**  To be advanced with equipment and their body in the sport. Such as; blocking, dribbling in different ways, getting past defenders and thinking in different ways; what is better? To be able to visually display understanding of skills and knowledge of the sport to others.  **Knowledge**  To have a strong understanding of rules and regulations so a tournament of 3 or 5 a-side can be played. Student Refereeing must be a part of this too. Can the children build the tournament themselves? Fixture list etc.  **Skill**  To have a consistent improvement in all techniques. To compare performances and self-assess. Play a competitive match without stoppages in half court or full.   * Handball   **Objective**  To use knowledge and skill from previous learning to develop and master drills and compete in a high level tournament that requires competition and a focus on teamwork/leadership.  **Knowledge**  To have a competent level of understanding throughout a game. Can you use knowledge of your game play to build a tournament?  **Skill**  To be competent in using the pitch by attacking and defending using passing, shooting and movement techniques.  Term 3  Gymnastics & Dance  **Objective**  To apply and develop key techniques in G&D that helps the creation of a performance that is regularly evaluated and assessed to reach a personal best.  **Knowledge**  To understand the importance of Stretching and getting ready for the level of exercise. To have a strong understanding of health and safety around equipment.  **Skill**  To carry out a Performance using equipment showing a key development and competence of 5 core movement techniques. To be able to link different techniques with each other to improve the strength of the performance and use previous years of learning to help the development. |
| **Why do we teach this:**  **How does it build upon prior learning:** | | | | | | | |
| Feb Half term - April | term 4 | Term 4 | Term 4 | Term 4 | Term 4 | Term 4 |
|  | Hockey  **Objective –** To know how to use the equipment in a safe manner.  To know how to hold equipment in the correct way and use a combination of fundamental motor skills; running, balance, agility and coordination while using hockey equipment.  **Knowledge –** To apply basic coordination, attacking and defending skills; passing, dribbling, shooting, blocking.  To participate in hockey drills to develop simple tactical knowledge for team games.  **Skill –** Carry out drills and activities that focus on key techniques in hockey, for example; dribbling. The activities will give the pupil the right skills to develop their techniques  to help compete in team games.  Basketball  **Objective -**  To have a good level of basic movements including, running, throwing and catching. This will also help to develop other fundamental movement skills, such as; balance, agility and coordination. Children should have confidence with equipment and develop skills regularly.  **Knowledge –**  To be able to participate in team games using techniques of skill. Children should be developing their knowledge about the fundamentals; dribbling.  **Skill –**  To be able to have a confident ability to dribble the ball stationary and moving. To be able to know and deliver a basic level of simple passes to others and targets.  Have an insight and basic level of B.E.E.F/shooting. | Hockey  **Objective –** To know how to use the equipment in a safe manner.  To know how to hold equipment in the correct way and use a combination of fundamental motor skills; running, balance, agility and coordination while using hockey equipment.  **Knowledge –** To apply basic coordination, attacking and defending skills; passing, dribbling, shooting, blocking.  To participate in hockey drills to develop simple tactical knowledge for team games.  **Skill -** Carry out drills and activities that focus on key techniques in hockey, for example; dribbling. The activities will give the pupil the right skills to develop their techniques to help compete in team games.   * Basketball   **Objective -**  To have a strong level of basic movements including, running, throwing and catching. This will help to develop and master other fundamental movement skills, such as; balance, agility and coordination. Children should have a strong level of confidence with equipment and develop skills regularly.  **Knowledge –**  To be able to participate in team games using techniques of skill that have been taught in lower KS1. Children should be developing their knowledge about the fundamentals; dribbling, passing and communication.  **Skill –**  To be able to have a confident ability to dribble the ball stationary and moving and in different ways (4 techniques). To be able to know and deliver a strong level of passes to others and targets.  Have a basic level of B.E.E.F/shooting that is developing at every shot taken. | Hockey  **Objective –** To know how to use the equipment in a variety way to get the best out of the equipment in match play.  To know how to correctly use a combination of fundamental motor skills; running, balance, agility and coordination while using hockey equipment in a broader range of knowledge and skill based drills.  **Knowledge -** To apply and develop coordination, attacking and defending skills; passing, dribbling, shooting, blocking.  To participate in hockey drills to develop competitive tactical knowledge for team games and matches.  **Skill -** Carry out and develop key techniques in a number of drills and activities in hockey, for example; shot types. The activities will give the pupil the right skills to develop their techniques to help compete in hockey matches.   * Basketball   **Objective**  To use fundamental movement skills and coordination individually and with equipment in games and drills focused on developing techniques and the understanding of attacking and defending.  **Knowledge**  To know the basic rules of game play in basketball. This includes dribbling, fouls, shooting and scoring. All children should feel confident to play small games using techniques of passing, dribbling and shooting.  **Skill –**  To develop and master a number of varieties of dribbling and passing to improve performance in games and drills. To have a good understanding of the shooting technique and have a high ratio of hitting the target. Success should be formed regularly in their skill arsenal. | * Hockey   **Objective –** To know how to use the equipment in a variety way to get the best out of the equipment in match play.  To know how to correctly use a combination of fundamental motor skills; running, balance, agility and coordination while using hockey equipment in a broader range of knowledge and skill based drills.  **Knowledge -** To apply and develop coordination, attacking and defending skills; passing, dribbling, shooting, blocking.  To participate in hockey drills to develop competitive tactical knowledge for team games and matches.  **Skill -** Carry out and develop key techniques in a number of drills and activities in hockey, for example; shot types. The activities will give the pupil the right skills to develop their techniques to help compete in hockey matches.  Netball  **Objective –**  To be able to develop and understand the fundamental rules of netball, regarding movement, passing, scoring and develop in a new sport.  **Knowledge**  To understand netball 5 positions. Key skills (passing, scoring) at a basic level, developing throughout lessons.  **Skill**  Apply strong fundamentals, key skills and principles in a mini tournament. To be able to assess and improve on from previous game play. | * Hockey   **Objective –** To know how to use the equipment in many advanced ways to get the best out of your competitive game play.  To know how to develop Fundamental Motor skills while using equipment at an advanced level.  **Knowledge –** To apply coordination, attacking and defending skills (passing, dribbling, shooting, blocking) at an advanced level understanding and learning different types of techniques; (3 shooting types – slap, wrist, sweeper).  To participate in hockey drills to advance competitive tactical knowledge for matches and outside school competitions.  **Skill -** Carry out, develop and master key techniques in a number of drills and activities in hockey, for example; pass & shot types. The activities will give the pupil the right skills to develop their techniques to help compete in hockey matches in every type of competition in and outside of school grounds.   * Netball   **Objective**  To be able to compete in a high 5 netball tournament that develops movement, passing, scoring and reading of the game at a high level.  **Knowledge**  To understand the key rules and principles of a high 5 netball match. Using this knowledge can you referee a match?  **Skill**  To be able to use all skills (worked on in drills) to compete in every game played. To analysis strengths and weaknesses of a team’s game play and deve | * Hockey   **Objective –** To know how to use the equipment in many advanced ways to get the best out of your competitive game play and be able to show others.  To know how to develop Fundamental Motor skills while using equipment at an advanced level.  **Knowledge –** To apply coordination, attacking and defending skills (passing, dribbling, shooting, blocking) at an advanced level understanding and learning different types of techniques; (3 shooting types – slap, wrist, sweeper).  To participate in hockey drills to advance competitive tactical knowledge for matches and outside school competitions.  **Skill -** Carry out, develop and master key techniques in a number of drills and activities in hockey, for example; pass & shot types. The activities will give the pupil the right skills to develop their techniques to help compete in hockey matches in every type of competition in and outside of school grounds.   * Netball   **Objective**  To be able to compete at a high level in a high 5 netball tournament that develops movement, passing, scoring and reading of the game at an advanced level.  **Knowledge**  To understand the key rules and principles of a high 5 netball match. Using this knowledge can you referee a match? Can you create a tournament? Can you teach others the fundamentals of Netball?  **Skill**  To be able to use all skills (worked on in drills) to compete in every game played in school and out-a-school tournaments. To analysis strengths and weaknesses of a team’s game play and develop that towards your game play. |
| **Why do we teach this:**  **How does it build upon prior learning:** | | | | | | | |
| April-May Ht | Term 5 | Term 5 | Term 5 | Term 5 | Term 5 | Term 5 |
| Net sports  **Objective –**  **Knowledge –**  **Skill –**  Bat and ball  **Objective –**  **Knowledge –**  **Skill –**  Athletics  **Objective –**  **Knowledge –**  **Skill –**  May Ht-Summer | Net Sports  **Objective –**  To participate in individual and team net games that engage, but also develop and master the basic techniques of coordination, movement, agility, balance, attacking and defending.  **Knowledge –**  To be able to understand how to use a range of equipment in the correct way.  **Skills –**  To use coordination, balance and agility to develop the combination and isolation of skills such as; running, throwing, catching, hitting and simple tactics of attacking and defending.  Term 6  Cricket & Rounders’  **Objective –**  To be able to participate in small games and activities that develop and master knowledge and skills regarding catching, throwing, striking and communication.  **Knowledge –**  To understand the fundamental rule and importance of catching, throwing, hitting and teamwork in cricket and rounders’ (bat and ball sport).  **Skills –**  To be able to develop and master catching, throwing, striking, running and agility using a range of cricket/bat & ball equipment.  Athletics  **Objective –**  To master basic flexibility, strength, technique, control and balance throughout a range of events that stand in the categories of; track and field.  **Knowledge –**  To know positioning, technique, timing and how to assess each event. What can I do to make my performance achieve a personal best?  **Skills –**  To have the confidence to use all equipment throughout the athletics events throughout track and field, but also be developing the skill to a good/strong level.  Swimming Lessons  **Objective –**  Swim competently, confidently and proficiently..  **Knowledge –**  Perform safe self-rescue in different water based situations.  **Skill –**  Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) | Net Sports  **Objective –**  To participate in individual and team net games that engage, but also develop and master the basic techniques of coordination, movement, agility, balance, attacking and defending.  **Knowledge –**  To be able to understand and develop how to use a range of equipment in the correct way.  **Skills –**  To use coordination, balance and agility to develop the combination and isolation of skills such as; running, throwing, catching, hitting and simple tactics of attacking and defending.  Term 6  Cricket & Rounders’  **Objective –**  To be able to participate in small games and activities that develop and master knowledge and skills regarding catching, throwing, striking and communication.  **Knowledge –**  To understand the fundamental rule and importance of catching, throwing, hitting and teamwork in cricket and rounders’ (bat and ball sport).  **Skills –**  To be able to develop and master catching, throwing, striking, running and agility using a range of cricket/bat & ball equipment.  Athletics  **Objective –**  To master basic flexibility, strength, technique, control and balance throughout a range of events that stand in the categories of; track and field.  **Knowledge –**  To know positioning, technique, timing and how to assess each event. What can I do to make my performance achieve a personal best?  **Skills –**  To have the confidence and competitive nature to use all equipment throughout the athletics events throughout track and field, but also be developing the skill to a good/strong level.  Swimming Lessons  **Objective –**  Swim competently, confidently and proficiently over a distance of 10 metres.  **Knowledge –**  Perform safe self-rescue in different water based situations.  **Skill –**  Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). | Net Sports  **Objective –**  To participate and compete in individual and team net games that engage, but also develop and master basic techniques of coordination, movement, agility, balance, attacking and defending.  **Knowledge –**  To be able to feel comfortable using a range of net sport equipment how to use it to get advantages in games and activities. To understand the basic rules of game play for each net sport.  **Skills –**  To use coordination, balance and agility to develop and master the combination and isolation of skills such as; running, throwing, catching, hitting and simple tactics of attacking and defending in games, activities, tournaments in and outside of school.  Term 6  Cricket & Rounders’  **Objective –**  To be able to participate and compete in games and activities that master cricket and Rounders’ techniques. to be able to also apply suitable principles for attacking and defending when in a team.  **Knowledge –**  To understand the basic rules of Qwick cricket and a Rounders’ match to be able to compete in games and tournaments. Can the child tell others about the rules and reasons for why we strike the ball like this? Or bowl like this?  **Skills –**  To be able to bowl overarm and underarm, use a variety of fielding techniques and strike in different positions in activities and drills that can lead to competing in a competitive in or outside school games. To be able to apply attacking and defending tactics towards opponents when working in a team.  Athletics  **Objective –**  To develop and master strong levels offlexibility, strength, technique, control and balance throughout a range of events that stand in the categories of; track and field.  **Knowledge –**  To know positioning, technique, timing and how to assess each event. By having the knowledge of this learning, can you teach others? The children will learn in lower KS2 small advantages/gains for each event to maximise the best personal score in a puzzle. (each marginal gain will be a piece of the full puzzle; being the full technique). This develops the technique gradually so they can focus on a piece of the technique puzzle at a time.  **Skills –**  To be able to be competitive in each track and field event. To be able to work out the average of your score and work towards improving by demonstrating development and evaluation.  Swimming Lessons  **Objective –**  Swim competently, confidently and proficiently over a distance of 25 metres.  **Knowledge –**  Perform safe self-rescue in different water based situations.  **Skill –**  Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). | Net Sports  **Objective –**  To participate and compete in individual and team net games that develop and master basic techniques of coordination, movement, agility, balance, attacking and defending. Children must be able to play competitive sets and legs of each sport being able to assess skills and game play.  **Knowledge –**  To be able to feel comfortable using a range of net sport equipment how to use it to get advantages in games and activities. To understand the basic rules of game play for each net sport.  **Skills –**  To use coordination, balance and agility to develop and master the combination and isolation of skills such as; running, throwing, catching, hitting and simple tactics of attacking and defending in games, activities, tournaments in and outside of school.  Term 6  Cricket & Rounders’  **Objective –**  To be able to participate and compete in games and activities that master cricket and rounders’ techniques. To be able to also apply suitable principles for attacking and defending when in a team.  **Knowledge –**  To understand the basic rules of Kwik cricket and a Rounders’ match to be able to compete in games and tournaments. Can the child tell others about the rules and reasons for why we strike the ball like this? Or a bowl like this?  **Skills –**  To be able to bowl overarm and underarm, use a variety of fielding techniques and strike in different positions in activities and drills that can lead to competing in a competitive in or outside school games. To be able to apply attacking and defending tactics towards opponents when working in a team.  Athletics  **Objective –**  To develop and master strong levels offlexibility, strength, technique, control and balance throughout a range of events that stand in the categories of; track and field.  **Knowledge –**  To know positioning, technique, timing and how to assess each event. By having the knowledge of this learning, can you teach others? The children will learn in lower KS2 small advantages/gains for each event to maximise the best personal score in a puzzle. (each marginal gain will be a piece of the full puzzle; being the full technique). This develops the technique gradually so they can focus on a piece of the technique puzzle at a time.  **Skills –**  To be able to be competitive in each track and field event. To be able to work out the average of your score and work towards improving by demonstrating development and evaluation.  Swimming Lessons  **Objective –**  Swim competently, confidently and proficiently over a distance of 25 metres.  **Knowledge –**  Perform safe self-rescue in different water based situations.  **Skill –**  Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). | Net Sports  **Objective –**  To play competitive games in individual and team net games and apply basic principles suitable for attacking and defending.  **Knowledge –**  To be able to understand all basic and moderate rules of each sport so each child can referee and complete a result and fixture table.  **Skills –**  To be able to use a combination of techniques; movement, throwing, catching, hitting, control, balance, strength and coordination to compete in a multiple of net sports in and out of school competitions.  Term 6  Cricket & Rounders’  **Objective –**  To be able to use the equipment in many advanced ways (throwing, catching, striking) to get the best out of your competitive game play and to develop all skills in drills and activities to maximise the skill in game/ tournament play.  **Knowledge –** To apply coordination, attacking and defending skills at an advanced level and understanding different types of striking techniques.  To participate in cricket and Rounders’ matches and drills to advance competitive tactical knowledge for matches and outside school competitions.  **Skill -** Carry out, develop and master key techniques in a number of drills and activities in cricket and Rounders’, for example; fielding & striking types.  Athletics  **Objective –**  To be able to master techniques throughout the events of track and field. To be able to participate in new track and field events by understanding simple principles to compete at a strong level.  **Knowledge –**  To be able to feel confident in showing visually how to participate in each event. Can you Carry out technique and rules so someone else can learn from your teaching? Do you know the health and safety requirements when we are carrying out a demonstration?  **Skills –**  To be able to be competitive in each track and field event. To be able to work out the average of your score and work towards improving by demonstrating development and assessing how I can improve my display?  Swimming Lessons  **Objective –**  Swim competently, confidently and proficiently over a distance of 25 metres.  **Knowledge –**  Perform safe self-rescue in different water based situations.  **Skill –**  Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke). | Net Sports  **Objective –**  To play competitive games in individual and team net games and apply basic principles suitable for attacking and defending.  **Knowledge –**  To be able to understand all moderate rules of each sport so each child can have the confidence to referee and complete a result and fixture table.  **Skills –**  To be able to use a range of techniques to develop and master competition. To be able to compare performances in games and activities and analysis, but also demonstrate improvement to achieve success.  Term 6  Cricket & Rounders’  **Objective –**  To be able to use the equipment in many advanced ways (throwing, catching, striking) to get the best out of your competitive game play and to develop all skills in drills and activities to maximise the skill in game/ tournament play.  **Knowledge –** To apply coordination, attacking and defending skills at an advanced level and understanding different types of striking techniques.  To participate in cricket and Rounders’ matches and drills to advance competitive tactical knowledge for matches and outside school competitions.  **Skill -** Carry out, develop and master key techniques in a number of drills and activities in cricket and Rounders’, for example; fielding & striking types.  Athletics  **Objective –**  To be able to master techniques throughout the events of track and field. To be able to participate in new track and field events by understanding simple principles to compete at a strong level.  **Knowledge –**  To be able to feel confident in showing visually how to participate in each event. Can you Carry out technique and rules so someone else can learn from your teaching? Do you know the health and safety requirements when we are carrying out a demonstration?  **Skills –**  To be able to be competitive in each track and field event. To be able to work out the average of your score and work towards improving by demonstrating development and assessing how I can improve my display?  Swimming Lessons  **Objective –**  Swim competently, confidently and proficiently over a distance of 25 metres.  **Knowledge –**  Perform safe self-rescue in different water based situations.  **Skill –**  Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke).  56% of children in class should achieve 25 metres or more. |
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