

Subject overview PE



Thurlaston CE (Aided) Primary School
Teaching and Living the Christian Way of Life
Building Our Lives on Jesus

Unit Key Skills and Knowledge

Class	Unit	Key Skills and Knowledge	Key Vocabulary
Class 1	Dance	<ul style="list-style-type: none"> Move to music. Dance imaginatively. Copy dance moves. Copy increasingly complex dance moves. Perform some dance moves Make up a short dance, after watching one. Move around the space safely. Change rhythm, speed, level and direction. 	Height, flight. Travel, jump, pathways, mirror, beat
	Gymnastics	<ul style="list-style-type: none"> Make body tense, relaxed, curled and stretched. Make body tense, relaxed, curled and stretched, showing some tension. Balance on small/large body parts & understand stillness. Make large and small body shapes. Begin to work on alone/with someone to make a sequence of shapes/travels. Climb & hang from apparatus safely. Climb safely, showing some shapes and balances when climbing. Perform basic travelling actions on various body parts. Keep balance travelling in a range of ways along bench, spots, mat etc. Roll in stretched/curled positions e.g. 'log' and 'egg rolls' 	Travel, roll, safe, effective, spots, patches, points, balance, still, friend, help
	Games	<ul style="list-style-type: none"> Send & receive a ball by rolling from hand & striking with foot. Kick/stop a ball using a confident foot while static. Aim & throw object underarm. Catch balloon/bean bag/scarf & sometimes a bouncing ball. Throw underarm, bounce & catch ball by self & with partner. Move and stop safely in a specific area Run straight and on a curve and sidestep with correct technique. Play a passing & target game alone and with a partner. Begin to follow some simple rules. (carrying the bat, not over taking someone). Show some different ways of hitting, throwing and striking a ball. Play as a fielder and get the ball back to a STOP ZONE Use hand to strike a bean bag or ball and move towards a scoring area Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points). Begin to use a bat to hit a ball or bean bag. 	Catch, hands, shape, size, big, small, keep trying, helping, friend, move, throw

	Athletics	Use varying speeds when running. Practise short distance running. Practice distance jumping Explore different methods of throwing. Explore arm mobility.	Muscles, distance, time, practice, start, finish, arms, technique, fun, enjoy
Class 2	Dance	Dance with control and co- ordination. Change rhythm, speed, level and direction with consistency. Make a sequence by linking sections together. Link some movement to show a mood or feeling.	Height, flight. Travel, jump, pathways, mirror, creativity, improve, beat, rhythm, stop, time, pulse
	Gymnastics	Make body tense, relaxed, curled and stretched, in a range of movements. Perform a sequence with changes in speed & direction including 3 different actions (<i>sometimes giving advice to others</i>) Be still on single/two + points of contact on floor/apparatus showing tension & control Jump/land with control using different body shapes in flight. Link known shape/travel/roll/jump to a balance using floor & on apparatus	extension, pathways, travel, roll, safe, spots, patches, points, balance, still, seconds, transition, create, friend, help, shape, hold, fluid, smooth,
	Games	Perform some dribbling skills with hands and feet using space. Pass a ball accurately (hands & feet) over longer distances to a team mate. Combine stopping, pick up/collect & send a ball accurately to other players. Make simple decisions about when /where to move in game to receive a ball. Send a ball off a tee using a bat or a racket. Play as a fielder and pass the ball back to the bowler to make the runner stop. Stop moving when the 'bowler' has the ball. Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops. Follow rules for a game (carry the bat, don't overtake, run around the outside of the hula hoops)	Throw, direction, speed, flight, rules, invasion, gameplay Catch, hands, shape, size, big, small, keep trying, helping, friend, move, space, look
	Athletics	Run with agility and confidence. Hurdle an obstacle and maintain effective running style. Run for distance. Learn the best jumping techniques for distance. Throw different objects in a variety of ways. Complete an obstacle course with control and agility.	Muscles, distance, time, practice, start, finish, arms, technique, fun, enjoy Jump, lift, feet, move, different. push

Class 3	Dance	<p>Perform pair/group dance involving canon & unison, meet & part</p> <p>Respond imaginatively to stimuli related to character/music/story.</p> <p>Respond to music in time & rhythm to show like/unlike actions.</p> <p>Perform clear & fluent dances that show sensitivity to idea/stimuli.</p> <p>Respond to music to express a variety of moods & feelings.</p> <p>Make up dance within a small group.</p>	<p>Height, flight. Travel, jump, pathways, mirror, creativity, improve, beat, rhythm, stop, time, pulse</p> <p>Connect, levels, perform, feedback, fun, enjoy</p>
	Gymnastics	<p>Use a greater number of own ideas for movement in response to a task.</p> <p>Share ideas and give positive criticism /advice to self & others.</p> <p>Jump/land with control using different body shapes in flight.</p> <p>Perform at least 3 different rolls (shoulder, forward, back) with some control.</p> <p>Travel while using various hand apparatus,(ribbon/hoop/ rope/ball).</p> <p>Link a roll with travel and balance using floor and apparatus with good body control.</p> <p>Know principles of balance, agility, coordination and apply them on floor & apparatus.</p> <p>Show a kinaesthetic awareness to improve placement and alignment of body parts.</p>	<p>Tension, extension, pathways, travel, roll, safe, effective, spots, patches,points, balance, still, seconds, transition, create, friend, help, shape, hold, fluid, smooth, perform, hold</p>
	<p>Games</p> <p>Netball</p> <p>Football</p> <p>Tag Rugby</p> <p>Hockey</p> <p>Cricket</p> <p>Rounders</p> <p>Tennis</p>	<p>Use a chest pass and shoulder pass to support team in scoring.</p> <p>Make decisions regarding which is the best type of pass to use.</p> <p>Show a target to indicate where I'd like to pass to.</p> <p>Begin to use a bounce pass, which only bounces once.</p> <p>Identify space to move into and show a clear target to receive a pass.</p> <p>Mark another player and begin to attempt interceptions.</p> <p>Know where positions are allowed on a court.</p> <p>Dribble with small touches into space.</p> <p>Send a football to someone on the team, using different parts of foot.</p> <p>Keep a ball under control when receiving a range of passes from team.</p> <p>Understand where the space is and can move into it.</p> <p>Mark another player and begin to attempt interceptions.</p> <p>Move holding a rugby ball.</p> <p>Move with speed (and change of) with the ball and without.</p> <p>Know where to score a try and how to position the ball to score a try.</p> <p>Begin to make a high pop pass to avoid a defender.</p> <p>Use speed and space to avoid defenders.</p> <p>Pass backwards and in both directions and sometimes on the move.</p> <p>Tag the person who has the ball, but can mark a player who doesn't have the ball.</p> <p>Begin to show how to hold a hockey stick and which side to use.</p> <p>Sometimes change direction of travel by rotating and turning stick to support this.</p> <p>Use a push pass to make a direct pass.</p> <p>Begin to use a slap pass (bringing stick back and causing more power).</p> <p>Use speed to dribble the ball into space using the correct side of the stick.</p> <p>Maintain defence and keep the pressure until possession is gained.</p> <p>Attempt to score inside a designated scoring area.</p> <p>Throw and catch under pressure.</p> <p>To develop the range of Cricket skills they can apply in a competitive context.</p> <p>Use fielding skills to stop the ball effectively.</p>	<p>Throw, direction, speed, flight, rules, invasion, gameplay</p> <p>Catch, hands, shape, size, big, small, keep trying, helping, friend, move, space, look. Rules, fair play, speed, defender, attacker, invasion, tactics, score, time, look, strategy, technique, hold, outwit</p>

		<p>Learn batting control. Learn the role of backstop. Play in a tournament and work as team, using tactics in order to beat another team. To choose and use a range of simple tactics in isolation and in a game context. Be able to play simple rounders games Identify different positions in rounders and the roles of those positions. Apply some rules to games. Choose and use a range of simple tactics in isolation and in a game context. Develop the range of rounders skills that can apply in a competitive context. Tap the ball off racquet (tapping it to the ground, tapping it up off the racket, tapping it up with one bounce etc). Tap the ball back and forth to a partner over a small space. Begin to tap a ball over a net allowing for a bounce, hit technique. Begin to know what it means by a forehand and backhand position. Move from a ready position into a forehand position/backhand position quickly. Change from a ready position before tapping the ball to a partner. Bring racquet to meet the ball for a forehand and backhand hit and know to use two hands for an effective backhand. Move racquet in a low to high swing for an effective tap. Serve the ball straight from hands to racquet making sure it lands 'in' on the other side.</p>	
	Athletics	<p>Run in different directions and at different speeds, using a good technique. Understand the relay and passing the baton. Choose and understand appropriate running techniques. Demonstrate good running technique in a competitive situation. Select and maintain a running pace for different distances. Reinforce jumping techniques. Explore different footwork patterns Understand which technique is most effective when jumping for distance. Improve throwing technique. Practise throwing with power and accuracy. Throw safely and with understanding. Compete in a mini competition, recording scores. Utilise all the skills learned in this unit in a competitive situation.</p>	<p>Muscles, distance, time, practice, start, finish, arms, technique, fun, enjoy Jump, lift, feet, move, different. Push Flight, sky, point, strength, self belief, record</p>
	Outdoor and Adventurous	<p>Take part in activities outdoor Demonstrate ability to work on own initiative Demonstrate ability to work with others in a team Explore the environment Demonstrate the ability to work safely with and without equipment Show organisational skills Plan and create simple warm-up activities Understand and explain fair play and rules</p>	<p>Challenge, create, discuss, together, problem/challenge, solve, time, commitment, teamwork,</p>

		Adapt and change activities	
Class 4	Dance	<p>Show/fluency/control in chosen dances in response to stimuli. Create & perform dances in a variety of styles consistently. Perform fluent dances with characteristics of different styles/eras. Be aware of & use musical structure, rhythm & mood & can dance accordingly. Adapt & refine (in pair/group), dances that vary direction, space & rhythm. Use appropriate criteria & terminology to evaluate performances.</p>	<p>Height, flight. Travel, jump, pathways, mirror, creativity, improve, beat, rhythm, stop, time, pulse Connect, levels, perform, feedback, fun, enjoy Peer & self assess, adapt, expression</p>
	Gymnastics	<p>Combine own work with that of others, identifying strengths & weaknesses. Select a suitable routine to perform to different audiences, bearing in mind <i>who</i> the audience is. Include change of speed, direction and shape in movements. Transfer sequence above onto suitably arranged apparatus & floor. Follow a set of 'rules' to produce a sequence, possibly made by peers. Perform 6-8 part floor sequence as individual, pair & small group to a piece of music. Create mirror /matching/cannon(pair) sequence varying dynamics/levels/direction etc. Demonstrate 3 paired balances in sequence using various skills/actions. Practice and refine. Demonstrate good kinaesthetic awareness – placement and alignment. Range of movements could include – Travel, balances, swinging, springing, flight, vaults, rotations, inversions, bending/ stretching/twisting, gestures, linking skills...</p>	<p>Tension, extension, pathways, travel, roll, safe, effective, spots, balance, still, seconds, transition, create, friend, help, shape, hold, fluid, smooth, perform, hold, fluidity, levels, coach, teach, assessment, feedback</p>
	<p>Games</p> <p>Netball Football Tag Rugby Hockey Cricket Rounders Tennis</p>	<p>Use all three passes (chest, shoulder & bounce) correctly. Know which pass is best to use and when in a game. Use a range of speeds within a game to support a team in scoring. Use a range of square & straight passes to change direction of the ball. Begin to use square (across the court) & straight (up & down the court) passes to achieve pace. Use landing foot to change direction to lose a defender. Lose a defender to receive a pass. Draw defender away to create space for self or team. Defend a player and make some successful interceptions (snatch & catch) when playing as a team. Position body to defend effectively, making successful interceptions. Dribble making small touches into space with speed. Dribble making small touches into space with speed, to beat defenders. Send a football to someone on the team, using different parts of foot accurately. Make decisions regarding how and when to send a football to someone in team. Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from). Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender. See space, and use it effectively.</p>	<p>Throw, direction, speed, flight, rules, invasion, gameplay Catch, hands, shape, size, big, small, keep trying, helping, friend, move, space, look. Rules, fair play, speed, defender, attacker, invasion, tactics, accuracy, decision, support, teamwork, referee, rules, send, receive</p>

		<p>Know how space changes within a game and when and how to move into changing spaces.</p> <p>Lose a defender to receive a pass.</p> <p>Draw defender away to create space.</p> <p>Defend a player and make some successful interceptions for team.</p> <p>Position body to defend effectively, making successful interceptions.</p> <p>Be able to evade and tag opponents.</p> <p>Further develop ability to evade and tag opponents.</p> <p>Be able to pass and receive a pass at speed in a game situation.</p> <p>Running at speed, changing direction at speed.</p> <p>Develop tactics as a team, refining attacking and defending skills.</p> <p>Play effectively in attack and defence.</p> <p>Apply learned skills in a game of tag rugby.</p> <p>Score points against opposition and support player with the ball.</p> <p>Change direction and use the correct side of stick, sometimes using indian dribbling (alternating sides of stick while dribbling) to avoid defenders.</p> <p>Use speed, changing of direction and indian dribbling to advance towards team's goal.</p> <p>Choose between the two passes (push/slap) and explain simply why</p> <p>Use a range of passes knowing which one depending on the distance of the pass.</p> <p>Make a direct pass while dribbling.</p> <p>Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</p> <p>Begin to use stick to mark a player from the side line causing them difficulty.</p> <p>Know when to defend and what defence skills could be used.</p> <p>Successfully score while in the scoring area.</p> <p>Seize an opportunity to score, sometimes quite quickly.</p> <p>To link together a range of skills and use in combination.</p> <p>To apply with consistency standard cricket rules in a variety of different styles of games.</p> <p>To recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance.</p> <p>To attempt a small range of recognised shots in isolation and in competitive scenarios.</p> <p>To collaborate as a team to choose, use and adapt rules in games.</p> <p>To use a range of tactics for attacking and defending in role of bowler, batter and fielder.</p> <p>Collaborate as a team to choose, use and adapt rules in games.</p> <p>Apply consistently rounders rules in conditioned games.</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder.</p> <p>Recognise how some aspects of fitness apply to rounders e.g. power, flexibility and cardiovascular endurance and link together a range of skills including: throw and catch under pressure; use fielding skills to stop the ball effectively; learn batting control; learn the role of backstop.</p> <p>Play small sided games using standard rounders pitch layout.</p> <p>Tap the ball using either a fore hand or back hand motion.</p> <p>Turn and run to the ball getting into a forehand or backhand position en-route.</p> <p>Demonstrate the correct swing technique when hitting the ball over a net sometimes showing control over the hit.</p> <p>Move towards the ball from 'ready' position choosing either forehand or backhand depending on where the ball is.</p> <p>Use 'move-hit-recover' approach within a game showing facing forward on recovery</p>	
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	Athletics	<p>Use correct technique to run at speed. Develop the ability to run for distance. Identify and apply techniques of relay running. Investigate running styles and changes of speed. Demonstrate good running technique in a competitive situation. Understand which technique is most effective when jumping for distance. Explore different footwork patterns. Explore different footwork patterns. Understand which technique is most effective when jumping for distance. Throw with accuracy and power. Learn how to use skills to improve the distance of a pull throw. Practise throwing with power and accuracy. Throw safely and with understanding. Demonstrate good techniques in a competitive situation. Utilise all the skills learned in this unit in a competitive situation.</p>	<p>Muscles, distance, time, practice, start, finish, arms, technique, fun, enjoy Jump, lift, feet, move, different. Push Flight, sky, point, strength, self belief, record Competition, intra, technique</p>
	Outdoor and Adventurous	<p>Take part in activities outdoor Demonstrate ability to work on own initiative Demonstrate ability to work with others in a team Explore the environment Demonstrate the ability to work safely with and without equipment Show organisational skills Plan and create simple warm-up activities Understand and explain fair play and rules Adapt and change activities</p>	<p>Challenge, create, discuss, together, problem/challenge, solve, time, commitment, teamwork, strategy, plan, practice, feedback, modify/change, explain, show, responsibility, encourage</p>

