PHYSICAL EDUCATION OVERVIEW KNOWLEDGE, SKILLS & VOCAB



Year & Topic	National Curriculum Objectives	Concept	Key Skills	Vocabulary
Y1 Movement	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	Competence Performance Creativity Healthy, active lifestyles Evaluation and leadership	 Describe how the body feels before and after exercise. Respond to instruction. Carry and place equipment safely. Carry out simple stretches. Recognise and copy actions. Talk about and comment on their own and others' actions. Move in different ways (skip, gallop and egg roll). Perform jumps (straight jump, half jump, star jump). Move around, under, over and through equipment. Move at different speeds. Hold shapes. Balance with some control. Safely climb certain apparatus. Balance on a piece of apparatus. Link 2 movements with single transition. Use hands and feet to control a ball with increasing accuracy. Catch a ball to an end target. Kick a ball to an end target. Throw a beanbag into a given target. Begin to throw under and over arm. Dribble a ball. Balance a ball on a racket. Perform a two handed strike. Develop spatial awareness. Participate in a game with an opposing side. Be able to play a game following a set of rules. 	Move Travel Stretch Hold Balance Shape Walk Run Skip Jump Climb Control Throw Aim Catch Dribble

Y2 Movement	master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending	Competence Performance Creativity Healthy, active lifestyles Evaluation and leadership Competence Performance Creativity Healthy, active lifestyles Evaluation and leadership	 Copy and repeat basic actions. Link 2 or more dance movements together. Move at different speeds. Remember simple movements and dance steps. Link movements to sounds and music. Use movements to sounds and music. Use movements to communicate feelings. • Describe how the body feels before, during and after exercise. Describe differences between their own and others performances and suggest improvements. • Develop on moving in different ways with control (teddy bear roll). Perform jumps (cat spring). Change speed and direction whilst running. Hold shapes and balance with increasing control. Build on balances including balances with a partner. Safely climb and jump from certain apparatus. Use both hands and both feet in order to control a ball. Catch with more control. Dribble a ball in and out of a set of obstacles. Dribble with hands and feet. Position the body to strike a ball. Hit a ball with some accuracy using a racket or bat. Throw different equipment. Throw different equipment. Throw a ball for distance. Be able to control a ball within a game setting. Play as part of a team. Cooperate with team mates. Work as a team in order to score goals. Begin to understand attacking and defending. 	Copy Listen Repeat Move Travel Step Count Action Remember Link Hold Move Travel Stretch Hold Balance Shape Walk Run Skip Jump Climb Control Throw Aim Catch Dribble Speed Position Accuracy Striking Fielding Attacking Defending
Y2 Dance	perform dances using simple movement patterns	Competence Performance Creativity Healthy, active lifestyles Evaluation and leadership	 Copy movements with clear control. Vary levels of movements. Use counts to stay in time to the music. Link a short series of dance movements together. Start to show confidence in performance. 	Copy Listen Repeat Move Travel Step Count Action Remember Link Hold

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leadership • Carry out an effective sprint finish. Pike			Evaluation and	· ·	Straddle
		6)			Pike
				Perform a relay focusing on hand over technique.	Handstand

Y4 Games /OAA	use running, jumping, throwing and catching in isolation and in combination play competitive games, and apply basic principles suitable for attacking and defending take part in outdoor and adventurous activity challenges both individually and within a team	Competence Performance Creativity Healthy, active lifestyles Evaluation and leadership	Develop different ways to throw and catch a ball. Pass the ball with increasing speed. Use at least 2 different passes in a game. Dribble the ball with control and fluency. Make good use of space to pass and receive the ball. Use a range of attacking and defending skills. Know how to vary tactics in a game. OAA Plan and create short trails for others. Know symbols and features of a course. Change roles within a team.	Cartwheel Turn Flexibility Technique Sequence Fluency Sprint Relay Combine Throw Catch Dribble Pass Control Fluency Speed Strike Attack Distance Possession Space Receive Defend Field Slow Fast High Low Under Over Chest pass Bounce pass Tactics Orientate
Y4 Dance	perform dances using a range of movement patterns	Competence Performance Creativity Healthy, active lifestyles Evaluation and leadership	 Compose and perform longer routines. Demonstrate rhythm. Apply basic compositional ideas to create dance phrases with a partner and in a small group. 	Copy Listen Repeat Move Travel Step Count Action Remember Link Hold Sequence Express Compose
Y5 Gymnastics/ Athletics	develop flexibility, strength, technique, control and balance [for example, through	Competence Performance Creativity Healthy, active lifestyles	Build on jumps and balances (straddle, pike forward roll, tucked backward roll), backward roll to straddle). Perform other movements (lunge into handstand, cartwheel, round-off). Apply combined skills accurately and consistently showing control and fluency. Demonstrate mirroring and contrasting movements during a sequence. Run consistently for 6 minutes. Use running, jumping and throwing in isolation and combination. Demonstrate accuracy in throwing activities.	Travel Move Balance Roll Tuck Jump Straddle

		I e		Pike
	athletics and	Evaluation and		
	gymnastics]	leadership		Handstand
				Cartwheel
	use running,			Lunge
	jumping, throwing			Turn
				Flexibility
	and catching in			Technique
	isolation and in			Sequence
	combination			Fluency
				Sprint
				Relay
				Combine
				Isolate
				Accuracy
Y5	play competitive	Competence	Vary skills, actions and ideas in a way which suits the game.	Throw
	games, and apply	Performance	Link various ball skills together.	Catch
Games / OAA	basic principles		Use skills with coordination, control and fluency.	Dribble
•	suitable for	Creativity		Pass
	attacking and	Healthy, active	<u>OAA</u>	Control
		lifestyles	Start to use navigation equipment including a compass and map	Fluency
	defending	Evaluation and	Design a trail that offers some challenge	Speed
		leadership	Complete a trail individually or as part of a team	Strike
	take part in outdoor	leadership		Attack
	and adventurous			Distance
	activity challenges			
	both individually			Possession
	and within a team			Space
	and within a team			Receive
				Defend
				Field
				Slow Fast
				High Low
				Under Over
				Chest pass Bounce pass
				Tactics
				Orientate
				Navigate
Y5	perform dances	Competence	Begin to exaggerate movements through expression.	Сору
	using a range of	Performance	Dance with fluency	Listen
Dance	movement patterns		Begin to evaluate sequences.	Repeat
	,	Creativity		Move
		Healthy, active		Travel
		lifestyles		Step
		Evaluation and		Count
		leadership		Action
				Remember
				Link
				Hold
				Sequence
				Express
				Compose
				Exaggerate

				Evaluate
Y6 Gymnastics/ Athletics	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] use running, jumping, throwing and catching in isolation and in combination	Competence Performance Creativity Healthy, active lifestyles Evaluation and leadership	Adapt sequences to include partner or small group. Increase the length of sequences. Plan and perform with precision, control and fluency a movement sequence with a wide range of actions. Run consistently for 8 minutes.	Travel Move Balance Roll Tuck Jump Straddle Pike Handstand Cartwheel Lunge Turn Flexibility Technique Sequence Fluency Sprint Relay Combine Isolate
Y6 Games / OAA	play competitive games, and apply basic principles suitable for attacking and defending take part in outdoor and adventurous activity challenges both individually and within a team	Competence Performance Creativity Healthy, active lifestyles Evaluation and leadership	Show strong understanding of tactics in a game situation. Make suggestions for how to differentiate a game (STEP). Demonstrate strong communication skills. OAA Orientate themselves under pressure Identify quickest routes	Accuracy Throw Catch Dribble Pass Control Fluency Speed Strike Attack Distance Possession Space Receive Defend Field Slow Fast High Low Under Over Chest pass Bounce pass Tactics Differentiate Orientate Navigate
Y6 Dance	perform dances using a range of movement patterns	Competence Performance Creativity	Compare, develop and adapt movement motifs to create longer dances. Refine own performance in response to others and self-analysis.	Copy Listen Repeat Move Travel

lealthy, active	Step
festyles	Count
ivaluation and	Action
leadership	Remember
oud of only	Link
	Hold
	Sequence
	Express
	Compose
	Exaggerate
	Evaluate