

PE Overview – EYFS, Key Stage 1 and Key Stage 2

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 1
EYFS	Reception	Topic Speed, agility and travel 1	Topic Co-operation and Problem Solving 1	Topic Gymnastics 1	Topic Speed agility and travel 2	Topic Body management 2	Topic Manipulation and Co-ordination 2
		Topic Body management 1	Topic Kick Dance	Topic Gymnastics 2	Topic Manipulation and Co-ordination 1	Topic Kick Dance 2	Topic Co-operation and Problem Solving 2
Key Stage 1	Year 1	Topic Kick Dance	Topic Hit, catch & run 1	Topic Kick Dance 2	Topic Kick Pilates	Topic Attack, defend and shoot 2	Topic Send and Return 2
		Topic Attack, defend and shoot 1	Topic Gymnastics 1	Topic Gymnastics 2	Topic Send and Return 1	Topic Run, Jump and Throw 1	Topic Run, Jump and Throw 2
	Year 2	Topic Kick Dance	Topic Gymnastics 1	Topic Send and Return 1	Topic Tag Rugby - BCFC	Topic Kick Dance 2	Topic Kick Pilates
		Topic Attack, defend and shoot 1	Topic Attack, defend and shoot 2	Topic Hit, Catch and Run1	Topic Hit, Catch and Run2	Topic Send and Return 2	Topic Run, Jump and Throw
Lower Key	Year 3	Topic Invasion games (Football) - BCFC	Topic Invasion games (basketball) - BCFC	Topic Indoor Athletics - BCFC	Topic Tag Rugby - BCFC	Topic Striking and Fielding (Cricket) - BCFC	Topic Striking and Fielding (Tennis) - BCFC
		Topic Invasion games (Hockey)	Topic Gymnastics	Topic Kick Dance	Topic Outdoor and Adventure	Topic Handball	Topic Kick Dance 2

Upper Key Stage 2	Year 4	Topic Invasion games (Football) - BCFC	Topic Invasion games (basketball) - BCFC	Topic Indoor Athletics - BCFC	Topic Invasion Games (Handball)	Topic Striking and Fielding (Cricket) - BCFC	Topic Striking and Fielding (Tennis) - BCFC
		Topic Gymnastics	Topic Kick Dance	Topic Tag Rugby – Moseley Rugby club	Topic Tag Rugby – Moseley Rugby club	Topic Kick Dance	Topic Outdoor and Adventure
	Year 5	Topic Invasion games (Football) - BCFC	Topic Invasion games (basketball) - BCFC	Topic Indoor Athletics - BCFC	Topic Tag Rugby - BCFC	Topic Striking and Fielding (Cricket) - BCFC	Topic Striking and Fielding (Tennis) - BCFC
		Topic Kick Pilates	Topic Gymnastics	Topic Kick Dance	Topic Kick Dance 2	Topic Swimming	Topic Swimming
	Year 6	Topic Invasion games (Football) - BCFC	Topic Invasion games (basketball) - BCFC	Topic Indoor Athletics - BCFC	Topic Kick Dance	Topic Striking and Fielding (Cricket) - BCFC	Topic Striking and Fielding (Tennis) - BCFC
		Topic Invasion games (Hockey)	Topic Kick Dance	Topic Swimming	Topic Swimming	Topic Outdoor and Adventure	Topic Kick Pilates



Early Years Foundation Stage - Related to PE

Physical Development

Moving and Handling Early Learning Goal

Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space

Health and Self Care

Early Learning Goal Children know the importance for good health of physical exercise, and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year R	<u>Topic – Speed, agility and travel 1</u> <ul style="list-style-type: none"> Travel with some control and coordination. Change direction at speed through both choice and instructions. Perform actions demonstrating changes in speed. Stop, start, pause, prepare for and anticipate movement in a variety of situations. 	<u>Co-operate and solve problems 1</u> <ul style="list-style-type: none"> Organise and match various items, images, colours and symbols Work with a partner to listen, share ideas, question and choose Collect, distinguish colours and create a shape as a team Move confidently and cooperatively in space. Travel in a range of ways 	<u>Topic – Gymnastics 1</u> <ul style="list-style-type: none"> To develop confidence in fundamental movements To experience jumping, sliding, rolling, moving over, under and on apparatus To develop coordination and gross motor skills 	<u>Topic – Speed, agility and travel 2</u> <ul style="list-style-type: none"> Participate in a variety of agility-based activities moving and controlling objects. Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully, etc. Relate body movements to music and percussion beats. 	<u>Topic – Body Management 2</u> <ul style="list-style-type: none"> Explore a variety of rolling, sliding and slithering. Jump using a variety of take offs and landings, moving on and off low apparatus using hands and feet in a variety of combinations. Participate in a variety of small group co-operative activities. 	<u>Manipulation and Co-ordination 2</u> <ul style="list-style-type: none"> Coordinate similar objects in a variety of ways Differentiate ways to manoeuvre objects Skip in isolation and with rope
	<u>Topic – Body Management 1</u> <ul style="list-style-type: none"> Explore balance and managing own body including manipulating small objects. Able to stretch, reach, extend in a variety of ways and positions. Able to control body and perform specific movements on command. 	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic - Gymnastics 2</u> <ul style="list-style-type: none"> To develop confidence in fundamental movements To learn and refine a variety of shapes, jumps, balances and rolls To link simple balance, jump and travel actions 	<u>Manipulation and Co-ordination 1</u> <ul style="list-style-type: none"> Send and receive a variety of objects with different body parts. Work with others to control objects in space. Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways. 	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Co-operate and solve problems 2</u> <ul style="list-style-type: none"> Copy and repeat various patterns and actions Continue to work in teams Solve more complex task

National Curriculum – PE

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

National Curriculum - Key stage 1

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.

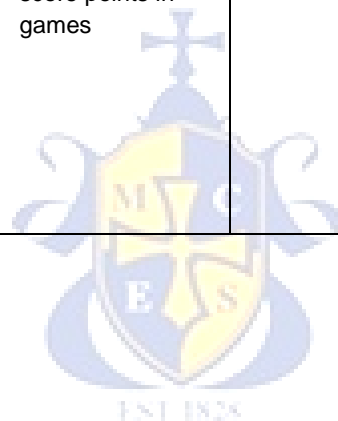
Pupils should be taught to:

- 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
- perform dances using simple movement patterns.

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic - Hit, catch & run 1</u> <ul style="list-style-type: none"> • To be able to hit objects with hand or bat. • Track and retrieve a rolling ball. • Throw and catch a variety of balls and objects. 	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic - Pilates</u> Taught by KICK dance partnership	<u>Topic - Attack, defend and shoot 2</u> <ul style="list-style-type: none"> • Practised movements including running, jumping, throwing and catching. • Have played in some competitive activities. • Experienced opportunities to 	<u>Topic - Send and Return 2</u> <ul style="list-style-type: none"> • Develop sending skills with a variety of balls • Track, intercept and stop a variety of objects such as balls and beanbags Select and apply skills to beat the opposition

					improve agility, balance, and coordination.	
	<u>Topic – Attack, Defend and Shoot 1</u> <ul style="list-style-type: none"> To practice basic movements including running, jumping, throwing and catching To begin to engage in competitive activities To experience opportunities to improve agility, balance and coordination 	<u>Topic - Gymnastics 1</u> <ul style="list-style-type: none"> Identify and use simple gymnastics actions and shapes. Apply basic strength to a range of gymnastics actions. Begin to carry basic apparatus such as mats and benches. To recognise like actions and link. 	<u>Topic - Gymnastics 2</u> <ul style="list-style-type: none"> Identified and used simple gymnastics actions and shapes Applied basic strength to a range of gymnastics actions Began to carry and move gymnastics apparatus 	<u>Topic - Send and Return 1</u> <ul style="list-style-type: none"> To be able to send an object with increased confidence using hand or bat. Move towards a moving ball to return. Sending and returning a variety of balls. 	<u>Topic - Run, Jump and Throw</u> <ul style="list-style-type: none"> Pupils will begin to link running and jumping. To learn and refine a range of running which includes varying pathways and speeds. Develop throwing techniques to send objects over long distances. 	<u>Topic - Run, Jump and Throw 2</u> <ul style="list-style-type: none"> Increase stamina and core strength needed to undertake athletics activities Take part in a broad range of opportunities to extend strength, balance, agility and coordination Cooperate with others to carry out more complex physical activities
Year 2	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic – Gymnastics 1:</u> <ul style="list-style-type: none"> Describe and explain how performers can transition and link gymnastic elements Perform with control and consistency basic actions at different speeds and on different levels Challenge themselves to develop strength and flexibility Create and perform a 	<u>Topic – Send and Return 1</u> <ul style="list-style-type: none"> Be able to track the path of a ball over a net and move towards it Begin to hit and return a ball using a variety of hand and racquet with some consistency Play modified net/wall games throwing, catching and sending over a net 	<u>Topic – Tag Rugby Taught by BCFC</u> <ul style="list-style-type: none"> To understand how to move forwards to score To perform a range of ball handling skills To use a range of techniques to avoid being tagged To practice and improve passing skills To defend the ball carrier In implement new skills in a game 	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic - Pilates</u> Taught by KICK dance partnership

		simple sequence that is judged using simple gymnastic scoring				
	<u>Topic - Attack, defend and shoot 1</u>	<u>Topic - Attack, defend and shoot 2</u>	<u>Topic - Hit, Catch and Run 1</u>	<u>Topic - Hit, Catch and Run 2</u>	<u>Topic - Send and Return 2</u>	<u>Topic - Run, Jump and Throw 2</u>
	<ul style="list-style-type: none"> • Can send a ball using feet and can receive a ball using feet. • Refine ways to control bodies and a range of equipment. • Recall and link combinations of skills, e.g. dribbling and passing. 	<ul style="list-style-type: none"> • Can send a ball using feet and can receive a ball using feet • Refine ways to control bodies and a range of equipment • Recall and link combinations of skills, for example, dribbling and passing 	<ul style="list-style-type: none"> • To developing hitting skills with a variety of bats • Practice feeding/bowling skills • Hit and run to score points in games 	<ul style="list-style-type: none"> • Work on a variety of ways to score runs in the different hit, catch, run games • Work in teams to field • Begin to play the role of wicketkeeper or backstop 	<ul style="list-style-type: none"> • Be able to make it difficult for their opponent to score a point • Begin to choose specific tactics appropriate to the situation • Transfer net/wall skills to volleyball style games • Improve agility and coordination and use in a game 	<ul style="list-style-type: none"> • Improve running and jumping movements, work for sustained periods of time • Reflect on activities and make connections between a healthy active lifestyle • Experience and improve on jumping for distance and height



National Curriculum - Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They 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.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	<p><u>Topic - Invasion games (Football) Taught by BCFC</u></p> <ul style="list-style-type: none"> • Able to show basic control skills including sending and receiving the ball. • To send the ball with some accuracy to maintain possession and build attacking play. • To implement the basic rules of football. • Play in competitive games using basic attacking principles. • Master basic movements including sprinting, change of direction and 	<p><u>Topic - Net and Wall (Basketball) Taught by BCFC</u></p> <ul style="list-style-type: none"> • To be able to perform basic netball skills such as passing and catching using recognised throws • To use space efficiently to build attacking play • To implement the basic rules of basketball • Play in competitive games using basic attacking principles. • Master basic movements including sprinting, change of direction and coordination of the feet. 	<p><u>Topic – Indoor Athletics Taught by BCFC</u></p> <ul style="list-style-type: none"> • Control movements and body actions in response to specific instructions • Demonstrate agility and speed • Jump for height and distance with control and balance • Throw with speed and power and apply appropriate force <p>Master basic movements including running, throwing and jumping</p>	<p><u>Topic – Tag Rugby Taught by BCFC</u></p> <ul style="list-style-type: none"> • To understand how to move forwards to score • To perform a range of ball handling skills • To use a range of techniques to avoid being tagged • To practice and improve passing skills • To defend the ball carrier • In implement new skills in a game 	<p><u>Topic - Striking and Fielding (Cricket) Taught by BCFC</u></p> <ul style="list-style-type: none"> • To be able to adhere to some of the basic rules of cricket • To develop a range of skills to use in isolation and a competitive context • To use basic skills with more consistency including striking a bowled ball • Play in competitive games developing simple tactics. • Master basic movements including running, throwing, catching and striking 	<p><u>Topic – Net and wall (Tennis) Taught by BCFC</u></p> <ul style="list-style-type: none"> • To identify and describe some rules of tennis. • To serve to begin a game • To explore forehand hitting • Play in competitive games developing simple tactics • Master basic movements including hitting, returning, moving to return • Work collaboratively to use basic tactics

	<p>coordination of the feet.</p> <ul style="list-style-type: none"> Work collaboratively to use basic tactics to attack. 	<ul style="list-style-type: none"> Work collaboratively to use basic tactics to attack. 			<ul style="list-style-type: none"> Work collaboratively to use basic tactics for batting and fielding 	
	<p><u>Topic - Invasion games (Hockey)</u></p> <ul style="list-style-type: none"> Able to pass and shoot in a game situation. Show basic skills to maintain possession including ground balls. To implement and adhere to some basic rules of hockey. Play in competitive games applying basic attacking tactics. Able to throw and catch consistently in a competitive game situation. Master basic movements: Sprint, Change of direction and Co-ordination of the feet. 	<p><u>Topic – Gymnastics</u></p> <ul style="list-style-type: none"> To create a sequence of 2 contrasting elements To explore and range or greater contrasting elements To consolidate and improve the quality of basic rolls To consolidate and improve the quality of basic jumps To perform in unison with a partner To choose and apply contrasting shapes to a performance 	<p><u>Topic - Dance</u></p> <p>Taught by KICK dance partnership</p>	<p><u>Topic – Outdoor and Adventure</u></p> <ul style="list-style-type: none"> To show working as part of a team To identify the basic symbols on a map To confidently read and follow a basic map To respond to problems in a group situation To identify what you need to complete a task To lead and be led by others 	<p><u>Topic – Handball</u></p> <ul style="list-style-type: none"> To catch using the correct catch position To perform an underarm and over pass successfully To move with the ball to create a shot or pass To use defensive positions to block the ball To use attacking positions to exploit gaps in the defence To use a range of accurate passes to build an attack 	<p><u>Topic - Dance</u></p> <p>Taught by KICK dance partnership</p>
<p>Year 4</p>	<p><u>Topic - Invasion Games (football) Taught by BCFC</u></p> <ul style="list-style-type: none"> Introduce some defensive skills Dribbling in different directions using different parts of their feet Passing for distance Evaluating skills to aid improvement 	<p><u>Topic - Net and Wall (Basketball) Taught by BCFC</u></p> <ul style="list-style-type: none"> Introduce five basketball positions Acquire and apply basic shooting techniques Demonstrate and implement some basic rules of basketball 	<p><u>Topic – Indoor Athletics Taught by BCFC</u></p> <ul style="list-style-type: none"> Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities 	<p><u>Topic - Invasion Games (Handball) Taught by BCFC</u></p> <ul style="list-style-type: none"> Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting Pass and move with the ball to set up attacks 	<p><u>Topic - Striking and Fielding (Cricket) Taught by BCFC</u></p> <ul style="list-style-type: none"> To throw and catch with increasing accuracy To anticipate when to run to score singles To intercept a moving ball at varying distances 	<p><u>Topic - Net and Wall (Tennis) Taught by BCFC</u></p> <ul style="list-style-type: none"> Explore different shots (forehand, backhand) Work to return the serve Positions in gameplay Play competitively against others Work hard to challenge self to improve the

<ul style="list-style-type: none"> • Play in competitive games developing stamina and endurance. • Practice and use running, sprinting and dynamic balance in games. • Work collaboratively to use basic tactics for defending and attacking. • 	<ul style="list-style-type: none"> • Develop basketball skills such as marking and footwork 	<ul style="list-style-type: none"> • Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws. • Compete against self and others developing simple technique • Master basic movements including running, throwing and jumping • Work collaboratively and individually to help improve self and others 	<ul style="list-style-type: none"> • Demonstrate and implement the rules of handball • Play in competitive games developing stamina and endurance • Practise and use running, sprinting and dynamic balance in games <p>Work collaboratively to use basic tactics for defending and attacking</p>	<ul style="list-style-type: none"> • To bowl overarm from a stationary position • To use a pull shot to hit the ball • To use overarm bowling in a game situation consistently 	<p>consistency of shots</p> <ul style="list-style-type: none"> • Implement basic tactics
<p><u>Topic - Gymnastics</u></p> <ul style="list-style-type: none"> • To use compositional ideas such as changes in speed and direction • To work with a partner to create a sequence in unison • To compose a sequence of actions including an element of weight on hands • To work in groups of 4 to create a sequence of 6 elements • To refine and perform a sequence of 6 elements 	<p><u>Topic - Dance</u></p> <p>Taught by KICK dance partnership</p>	<p><u>Topic - Invasion Games (Tag Rugby)</u></p> <p>Taught by Moseley Rugby Club as part or Rugby and reading partnership.</p>	<p><u>Topic - Invasion Games (Tag Rugby)</u></p> <p>Taught by Moseley Rugby Club as part or Rugby and reading partnership.</p>	<p><u>Topic - Dance</u></p> <p>Taught by KICK dance partnership</p>	<p><u>Topic - Outdoor and Adventure</u></p> <ul style="list-style-type: none"> • Work well in a team or group within defined and understood roles • Plan and refine strategies to solve problems • Identify the relevance of and use maps, compass and symbols • Identify what they do well and suggest what they could do to improve

	<ul style="list-style-type: none"> To perform a sequence to be judged 					
Year 5	<u>Topic - Invasion games (Football) Taught by BCFC</u> <ul style="list-style-type: none"> To play effectively in a variety of positions and formations on the pitch Relate a greater number of attacking and defensive tactics to gameplay Become more skilful when performing movements at speed 	<u>Topic – Basketball Taught by BCFC</u> <ul style="list-style-type: none"> To introduce the principal of blocking shots To use correct foot placement to pivot To build an offense as a team To practice one handed push and bounce passes To develop an understanding of rebounding the ball To replicate the triple threat position in a game situation 	<u>Topic – Indoor Athletics Taught by BCFC</u> <ul style="list-style-type: none"> Sustain pace over short and longer distances such as running 100m and running for 2 minutes Able to run as part of a relay team working at their maximum speed Perform a range of jumps and throws demonstrating increasing power and accuracy 	<u>Topic - Invasion Games (Tag Rugby) Taught by BCFC</u> <ul style="list-style-type: none"> To combine basic tag rugby skills such as catching and quickly passing in one movement To be able to select and implement appropriate skills in a game situation To begin to play effectively when attacking and defending To increase the power of passes so the ball can be moved quickly over greater distance 	<u>Topic - Striking and Fielding (Cricket) Taught by BCFC</u> <ul style="list-style-type: none"> To develop the range of Cricket skills they can apply in a competitive context Choose and use a range of simple tactics in isolation and in a game context Consolidate existing skills and apply with consistency 	<u>Topic - Net and Wall (Tennis) Taught by BCFC</u> <ul style="list-style-type: none"> Introduce Volley shots and Overhead shots Apply new shots into game situations Play with others to score and defend points in competitive games Further, explore Tennis service rules
	<u>Topic - Pilates</u> Taught by KICK dance partnership	<u>Topic – Gymnastics</u> <ul style="list-style-type: none"> To move in a variety of ways including changes in speed and direction To jump and rebound on and off of low apparatus To use balance in as many different ways of possible To work on apparatus 	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic – Swimming</u> <ul style="list-style-type: none"> Jump and Submerge Sink and roll Leg action Surface dive Transition between floats (no feet on bottom) Breaststroke legs 	<u>Topic - Swimming</u> <ul style="list-style-type: none"> Handstand under water Somersault under water Sculling with face in water Smooth transition from front to back crawl Kicking whilst submerged Swimming examination

		stations to develop travelling skills on various body parts <ul style="list-style-type: none"> To develop body awareness – moving limbs in unison and in isolation To explore balance in a variety of ways 				
Year 6	<u>Topic - Invasion Games (Football) Taught by BCFC</u> <ul style="list-style-type: none"> Choose and implement a range of strategies to attack and defend To perform a wider range of more complex skills Recognise and describe good individual and team performances Suggest, plan and lead simple drills for given skills 	<u>Topic – Basketball Taught by BCFC</u> <ul style="list-style-type: none"> To counter attack using fast break technique To apply agility to the retreat dribble To utilise the skill of a free throw To use the V-cut technique to get free To develop confidence in driving to the basket To know practice the 2 and 3 point shot 	<u>Topic – Indoor athletics Taught by BCFC</u> <ul style="list-style-type: none"> To use power to start a short sprint To develop 3 phases of the triple jump To develop and implement the heave throw To as a team in a running relay race To select and apply taught techniques to improve performance 	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic - Striking and Fielding (Cricket) Taught by BCFC</u> <ul style="list-style-type: none"> To understand the urgency of achieving runs in a certain time To track and catch a high ball To bowl a short ball To track a retrieve a ball over distance To demonstrate the difference between and on and off drive To use a range of defensive and offensive tactics sin a game 	<u>Topic - Net and Wall (Tennis) Taught by BCFC</u> <ul style="list-style-type: none"> Develop backhand shots Introduce the lob Begin to use full tennis scoring systems Continue developing doubles play and tactics to improve Work hard to challenge self to improve the consistency of shots including newly learnt shots Implement basic tactics in gameplay and score games using an appropriate scoring system
	<u>Topic - Invasion games (Hockey)</u> <ul style="list-style-type: none"> To choose and implement a range of strategies and tactics to attack and defend To combine and perform more 	<u>Topic - Dance</u> Taught by KICK dance partnership	<u>Topic – Swimming</u> <ul style="list-style-type: none"> Jump and Submerge Sink and roll Leg action Surface dive Transition between floats (no feet on bottom) 	<u>Topic - Swimming</u> <ul style="list-style-type: none"> Handstand under water Somersault under water Sculling with face in water 	<u>Topic - Outdoor and Adventure</u> <ul style="list-style-type: none"> Use information given by others to complete tasks and work collaboratively 	<u>Topic - Pilates</u> Taught by KICK dance partnership

	<ul style="list-style-type: none"> complex skills at great speed To recognise and describe good individual and team performances To suggest, plan and lead a warm-up as a small group 		<ul style="list-style-type: none"> Breaststroke legs 	<ul style="list-style-type: none"> Smooth transition from front to back crawl Kicking whilst submerged Swimming examination 	<ul style="list-style-type: none"> Undertake more complex tasks Take responsibility for a role in a task Use knowledge of PE and physical activities to suggest design ideas & amendments to games 	
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PE - Subject Specific Vocabulary

Children should be explicitly taught to confidently understand and use this

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Reception	<p style="text-align: center;">Topic</p> <p>Speed, agility and travel 1 Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, roll, slide, slither, apparatus, low, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat</p>	<p style="text-align: center;">Topic</p> <p>Co-operation and Problem Solving 1 Cooperate, team, individual, partner, pair, work, choose, try, travel, roll, jump, twist, turn, crawl, roll, run, line file, width, length, carry, challenge, shape, count, retrieve, collect, suits, deck, cards, trail, body shape, number.</p>	<p style="text-align: center;">Topic</p> <p>Gymnastics 1 Balance, control, fast, high, jump, link, low, movement, music, pattern, roll, sequence, shape, slow, speed, timing, travel, stretch, weight.</p>	<p style="text-align: center;">Topic</p> <p>Speed agility and travel 2 Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, slide, slither, apparatus, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat.</p>	<p style="text-align: center;">Topic</p> <p>Body management 2 Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, roll, slide, slither, apparatus, low.</p>	<p style="text-align: center;">Topic</p> <p>Manipulation and Co-ordination 2 Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, spin, slide, slither, apparatus, low, pause, prepare, anticipate, freeze, high, low, switch, agility, music, beat, hop, jump, step, grip.</p>

		<p>Topic Body management 1</p> <p>Climb, step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll.</p>	<p>Topic Dance</p>	<p>Topic Gymnastics 2</p> <p>Jump, roll, balance, travel, control, speed, link, slow, fast, high, low, shape, sequence, pattern, movement, music, timing, pathway, direction.</p>	<p>Topic Manipulation and Co-ordination 1</p> <p>Agility, alternate, anticipate, apparatus, balance, beat, carry, crawl, feet, freeze, grip, hands, high, hold, hop, jump, low, music, one foot, pause, prepare, reach, roll, slide, slither, stand, step, stop, stretch, switch, touch, weight.</p>	<p>Topic Dance</p>	<p>Topic Co-operation and Problem Solving 2</p> <p>Step, feet, alternate, one foot, balance, stand, stop, reach, stretch, hold, carry, touch, crawl, jump, roll, hands, feet, weight, roll, slide, slither, apparatus, low, pause, prepare, anticipate, freeze, high, low, switch, agility, music, den, beat, hop, jump, step, grip, trails, over, under, through, around.</p>
Key Stage 1	Year 1	<p>Topic Dance</p>	<p>Topic Hit, catch & run 1</p> <p>Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw.</p>	<p>Topic Dance</p>	<p>Topic Pilates</p>	<p>Topic Attack, defend and shoot 2</p> <p>Attack, catch, compete, cooperate, defend, fluency, heart rate, outwit, over-arm, physical activity, pitch, play against, receive, rolling, send, throw, under-arm.</p>	<p>Topic Send and Return 2</p> <p>Backhand, bowl, catch, collect, court, feed, forehand, hit, hitter, net, pick up, roll, serve, stop, strike, throw.</p>
		<p>Topic Attack, defend and shoot 1</p> <p>Attack, catch, compete, defend, over-arm, play</p>	<p>Topic Gymnastics 1</p> <p>Balance, body tension, carry, control, extension, fast, hang, high,</p>	<p>Topic Gymnastics 2</p> <p>Balance, body tension, carry, control, extension, fast, hang, high,</p>	<p>Topic Send and Return 1</p> <p>Hit, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up,</p>	<p>Topic Run, Jump and Throw 1</p> <p>Backwards, distance, far, fast, forwards, furthest,</p>	<p>Topic Run, Jump and Throw 2</p> <p>Run, hop, skip, step, forwards, backwards,</p>

		against, receive, rolling, send, throw, under-arm.	jump, like, link, low, movement, muscles, music, pattern, relaxation, roll, sequence, shape, slow, speed, strength, timing, travel.	jump, like, link, low, movement, muscles, music, pattern, relaxation, rock, roll, roll, sequence, shape, slow, speed, spin, strength, timing, travel, turn.	batter, hitter, forehand, backhand, court.	high, hop, link, medium, power, run, sideways, skip, skipping, slow, step, straight, throw.	sideways, throw, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power, track, relay, tag, partner, sprint.
Year 2	Topic Dance	Topic Gymnastics 1 Jump, roll, balance, travel, control, speed, link, slow, fast, high, low, shape, sequence, pattern, movement, music, timing, hang, like, carry, relaxation, extension, body tension, muscles, strength, rock, roll, turn, spin.	Topic Send and Return 1 Hit, collect, stop, net, throw, roll, strike, catch, bowl, feed, pick up, hitter, forehand, backhand, court, serve, bounce, drop, badminton, tennis, volleyball, squash, shuttlecock, racquet.	Topic Run, Jump and Throw 1 Run, throw, handle, hop, skip, step, forwards, backwards, sideways, throw, high, far, straight, furthest, distance, fast, slow, medium, link, skipping, power, quick, burpee, obstacle, control, stamina, static, dynamic, collect.	Topic Dance	Topic Pilates	
	Topic Attack, defend and shoot 1 Aim, attack, compete, controlling, cooperate, defend, direction, fluency, following, heart rate, kick, outwit, physical activity, pitch, play against, rebound,	Topic Attack, defend and shoot 2 Send, receive, defend, attack, compete, play against, cooperate, fluency, physical activity, heart rate, pitch, outwit, kick, rebound, aim, speed, direction,	Topic Hit, Catch and Run 1 Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, overarm, field, hitter, bowler, umpire, posts, stumps.	Topic Hit, Catch and Run 2 Hit, catch, runs, wicket, bats, bowl, feed, throw, catch, underarm, over arm, field, hitter, bowler, umpire, posts, stumps	Topic Send and Return 2 Front, back, court, send, serve, receive, feed, feeder, volleyball, tactics, compete, score, umpire, wide, deep, rotate.	Topic Run, Jump and Throw 2 Lunges, strength, power, repetition, power, accuracy, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete.	

		receive, scoring, send, speed.	scoring, controlling, following, tactics.				
Lower Key Stage 2	Year 3	<p>Topic Invasion games (Football) Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession.</p>	<p>Topic Net and Wall (Basketball) Space, pass, accurately, mark, dodge, attack, defend, footwork, possession, change of direction, tactics, teamwork, shooting, zones, intercept</p>	<p>Topic Indoor Athletics Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, pull, record, pace, approach, combine.</p>	<p>Topic Tag-Rugby</p>	<p>Topic Striking and Fielding (Cricket) Batting, fielding, bowling, bat, wicket, stumps, ball, crease, boundary, run, batsman, bowler, wicketkeeper, field, innings</p>	<p>Topic Net and Wall (Tennis) Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm</p>
		<p>Topic Invasion games (Hockey) Pass, Catch, Push, Pull, Head, Stick, Groundballs, Step, Squat, Scoop, Low, Overarm, Underarm, Goal, Interception, Space, Possession, Crease, Parallel, Distance, Invasion, Attack.</p>	<p>Topic Gymnastics Fluency, contrasting, unison, low, combinations, full turn, half turn, sustained, explosive, control, power, group, similar, different</p>		<p>Topic Outdoor and Adventure</p>	<p>Topic Handball Shoot, defend, attack, block, run, control, pass, teamwork, score, intercept, possession, movement, using space</p>	<p>Topic Dance</p>
	Year 4	<p>Topic Invasion Games (football) Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, intercept, foot, inside of the</p>	<p>Topic Net and Wall (Basketball) Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass.</p>	<p>Topic Indoor Athletics Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy.</p>	<p>Topic Invasion Games (Handball) Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free throw, link, teamwork.</p>	<p>Topic Striking and Fielding (Cricket) Batting, fielding, bowling, bat, ball, batsman, bowler, bases, backstop, field, innings, strike, cross, rounder, half-rounder, balls, shot, forward.</p>	<p>Topic Net and Wall (Tennis) Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready.</p>

		foot, touch, possession. stamina, leap.					
		<p>Topic Gymnastics Fluency, contrasting, unison, low, recombination, full turn, half- turn, sustained, explosive, power, control, group, similar, different, direction, speed, partner, actions, compositional,</p>	Topic Dance	<p>Topic Invasion games (Tag Rugby) Passing, Running, Backwards, Tag, Straight, Space, Teamwork, Try-area, defend, attack, compete, evade, pace, pickup, step.</p>	<p>Topic Invasion games (Tag Rugby) Passing, Running, Backwards, Tag, Straight, Space, Teamwork, Try-area, defend, attack, compete, evade, pace, pickup, step.</p>	Topic Dance	<p>Topic Outdoor and Adventure Maps, diagrams, scale, symbols, orienteering, compass, challenges, problem-solving, lead, follow, plan, trust, solve, cardinal points.</p>
Upper Key Stage 2	Year 5	<p>Topic Invasion games (Football) Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, possession, goal side.</p>	<p>Topic Net and Wall (basketball) Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, pivot</p>	<p>Topic Indoor Athletics Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop-step-jump.</p>	<p>Topic Invasion Games (Tag Rugby) Passing, running, backwards, tag, straight, space, teamwork, try-area, defend, attack, retain, contest, possession, pressure, support, pop pass, turn over, lose pass</p>	<p>Topic Striking and Fielding (Cricket) Stance, bowling, bat, wicket, stumps, crease, boundary, batsman, bowler, wicketkeeper, bail, field, innings, strike, cross, four, six, single, over, balls, shot, forward, defensive, offensive.</p>	<p>Topic Net and Wall (Tennis) Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready, volley, overhead, singles, doubles</p>
		Topic Pilates	<p>Topic Gymnastics Symmetry, sequences, combinations, direction, speed, partner,</p>	Topic Dance	Topic Dance	<p>Topic Swimming Swim, kick, front, back, arms, legs, lie, breathe, rotate, submerge, sink, float, sculling,</p>	<p>Topic Swimming Swim, kick, front, back, arms, legs, lie, breathe, rotate, submerge, sink, float, sculling,</p>

			asymmetrical, elements, control, balance, strength, flexibility, asymmetrical, aesthetics.			breaststroke, glide, surface dive, jump, top of water, underwater	breaststroke, glide, surface dive, jump, top of water, underwater
Year 6	Topic Invasion Games (Football) Control, use space, defend, attack, dribble, pass, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, tackle, covering, supporting.	Topic Net and Wall (Netball) Control, use space, defend, attack, chest pass, tactics, compete, collaborate, teamwork, score, shoot, footwork, foul, free pass, pivot, blocking.	Topic Indoor Athletics Run, jump, throw, agility, power, speed, track, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, relay, baton, safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, STEP.	Topic Dance	Topic Striking and Fielding (Cricket) Stance, bowling, bat, box, batsman, bowler, backstop, field, innings, strike, cross, rounder, half-rounder, over, balls, shot, defensive, offensive, predict, place, select, tactics, stance.	Topic Net and Wall (Tennis) Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready, volley, overhead, singles, doubles.	
	Topic Invasion games (Hockey) Control, use space, defend, attack, dribble, pass, push, tactics, compete, collaborate, teamwork, score, shoot, positions, power, distance, perform, consistent, fair play, tackle, covering, supporting.	Topic Dance	Topic Swimming Swim, kick, front, back, arms, legs, lie, breathe, rotate, submerge, sink, float, sculling, breaststroke, glide, surface dive, jump, top of water, underwater	Topic Swimming Swim, kick, front, back, arms, legs, lie, breathe, rotate, submerge, sink, float, sculling, breaststroke, glide, surface dive, jump, top of water, underwater	Topic Outdoor and adventure Maps, diagrams, scale, symbols, orienteering, compass, challenges, problem-solving, lead, follow, plan, trust, solve, cardinal points	Topic Pilates	