



Wincheap Foundation Primary School

Physical Education



We use **PE Planning** to support teaching and learning in PE. A number of outside coaches from local sporting organisations are invited into school each year to teach some of the following units. PE learning in school is enhanced by regular opportunities for children to participate in sporting events and tournaments, as well as a range of extra-curricular clubs.

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
EYFS	Me and Myself <i>Display factual knowledge:</i> Show some understanding towards the effects of activity on their body. Respond to ideas showing understanding, asking appropriate questions of others. <i>Can practically demonstrate how to apply their knowledge:</i> Ability to dress with support if necessary. Move freely and with pleasure and confidence in a range of skilful ways. Engage in conversation with others. Run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles <i>PE including dance linked to class country</i>	Movement and Development <i>Display factual knowledge:</i> Show understanding of the need for safety when tackling new challenges and consider and manage some risks. Show some understanding towards the effects of activity on their body. Awareness of the boundaries set, and of behavioural expectations in the setting, and respond to simple instructions. <i>Can practically demonstrate how to apply their knowledge:</i> Travel with confidence and skill in a range of movements when using equipment. Move freely and with pleasure and confidence in a range of skilful ways. Run skilfully and negotiate spaces successfully, adjusting speed or direction to avoid obstacles	Throwing and Catching <i>Display factual knowledge:</i> Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment. Awareness of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions. <i>Can practically demonstrate how to apply their knowledge:</i> Show increased control when catching a ball. Show increasing control over an object, pushing, passing, throwing, catching, or kicking it. Move freely and with pleasure and confidence in a range of skilful ways. Can play fairly in a group. Show the ability to accept the needs of others and can take turns and share resources, sometimes with support from others	Ball Skills <i>Display factual knowledge:</i> Show understanding of the need for safety when tackling new challenges and consider and manage some risks when using equipment. Show some understanding towards the effects of activity on their body. Awareness of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions. <i>Can practically demonstrate how to apply their knowledge:</i> Can play in a group, extending and elaborating play ideas within the group. Show increasing control when throwing and catching a large ball. Begin to accept the needs of others and can take turns and share, sometimes with the support of others	Fun and games <i>Display factual knowledge:</i> Show understanding of the need for safety when tackling new challenges and consider and manage some risks when using equipment. Aware of the boundaries set, and of behavioural expectations in the setting, and can respond to simple instructions. <i>Can practically demonstrate how to apply their knowledge:</i> Run skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. Begin to accept the needs of others and take turns and share, sometimes with the support of others. Move freely and with pleasure and confidence in a range of skilful ways.	Working with others <i>Display factual knowledge:</i> Show some understanding that good practices regarding exercise, eating, sleeping and hygiene can contribute to good health. Awareness of boundaries set, and behavioural expectations in the setting, and can respond to simple instructions. <i>Can practically demonstrate how to apply their knowledge:</i> Can practically demonstrate how to apply their knowledge: Can play in a group. Keeps play going by responding to what others are saying or doing. Begins to accept the needs of others and can take turns and share, sometimes with the support of others. Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles.

Year Group	Autumn 1 Invasion Games	Autumn 2 Orienteering Target Games	Spring 1 Gymnastics	Spring 2 Invasion games Dance	Summer 1 Athletics	Summer 2 Net/Wall Striking and Fielding
Year 1	Tag Rugby Display factual knowledge: Understand who the attackers and who the defenders are. Decide when to pass and when to run. Can practically demonstrate how to apply their knowledge: Throw and catch a rugby ball to themselves and others. Improve movement skills whilst moving with the ball in two hands. Play simple tag rugby games understanding the rules of the game. Learn how to tag. PE including dance linked to class country	Orienteering Display factual knowledge: Introduction to a compass and directions (N, E, S, W.) Understand how communication can help to solve problems with others. Can practically demonstrate how to apply their knowledge: Move in different directions and a variety of different ways. Work independently, as well as cooperatively in small groups. Participate in games following rules and playing fairly. Begin to plan how to solve problems. Participate in competition with others, completing a simple orienteering event.	Gymnastics Display factual knowledge: Describe what they have done or seen others doing. Understand the importance of landing safely and practise safe landing. Can practically demonstrate how to apply their knowledge: Move with purpose and accuracy. Copy, create and explore different ways of travelling and link a range of movements and shapes, safely. Develop balance and coordination. Learn and develop the quality of an egg roll. Perform basic jumps with quality and control. Work well with a partner. Remember and repeat sequences of gymnastic actions.	Hockey Display factual knowledge: Recognise space in games and use it to your advantage. Describe what you have done, or seen others doing. Understand why being active and playing games is good for you. Can practically demonstrate how to apply their knowledge: Explore different ways to use and move with a ball. Show control of a ball with basic actions. Send/ pass a ball and successfully catch/stop a ball. Develop fundamental movement skills, becoming increasingly confident and competent, moving fluently, changing direction and speed. Use skills in different ways when playing games.	Athletics Display factual knowledge: Evaluate successful and unsuccessful techniques. Show understanding of the correct running technique. Can practically demonstrate how to apply their knowledge: Show good teamwork and sportsmanship when taking part in competitive throwing. Develop the overarm throw technique, throwing accurately towards a target. Practise the underarm throw technique, aiming towards a target showing increased control. Show a basic level of control, coordination and consistency when running. Explore and practise a variety of movements including running, jumping, and throwing techniques. Experiment with different jumping techniques, showing control, coordination, and consistency throughout.	Tennis Display factual knowledge: Describe what they have seen others doing. Understand why being active is good for you. Can practically demonstrate how to apply their knowledge: Engage in cooperative physical activities. Explore different ways to use and move with the ball – showing control with simple actions and basic control when striking a ball. Catch/stop and send/pass a ball – developing technique of throwing and receiving. Understand the concept of moving to get in line with a ball to receive it. Move fluently, changing direction and speed.
Additional hour	Fundamental Skills and team games, including playground games linked to topic Display factual knowledge: Understand the importance of rules and follow instructions to complete a task. Can practically demonstrate how to apply their knowledge: Explore different ways of moving, with and without a ball, developing movement and coordination. Show increasing control when pushing, patting, throwing, and catching a ball. Send objects towards a target with increasing accuracy. Begin to apply the basic putting technique into games. Compete against others in games.			Fitness Display factual knowledge: Discuss healthy & unhealthy foods, and why eating well is good for you. Understand the benefits of regular exercise. Can practically demonstrate how to apply their knowledge: Improve speed, agility and stamina. Develop the jumping technique safely and while moving at speed. Improve and develop coordination, control and balance, and negotiate space. Take turns in teams. Explore and practise a variety of different movements and fitness techniques.		Cricket Kick Rounders Display factual knowledge: Apply skills and tactics in simple games, including recognizing space and using it to your advantage. Understand why being active and playing games is good for you. Understand and follow simple rules for games and compete in physical activities both against self and against others. Move fluently, changing direction and speed, Show basic control of the ball, including when striking a ball. Successfully receive (catch/stop) a ball, understanding the concept of moving to get in line with the ball to receive it. Understand and follow simple rules for games and compete in physical activities both against self and against others.

Year 2	Handball Display factual knowledge: Choose and use simple tactics to suit different situations and apply these in small-sided games. Begin to understand some rules of the game. Recognise what is successful and copy actions and ideas to improve your skills. Begin to understand the importance of preparing safely and carefully for exercise – warming up. Can practically demonstrate how to apply their knowledge: Perform a range of actions with control of the ball, including throwing, catching, gathering, keeping possession, and throwing in different ways (fast, slow, high, low). Know and show how to defend between ball and target. Decide when and where to run, showing good awareness of others. PE including dance linked to class country	Orienteering Display factual knowledge: Begin to problem solve with others. Understand what a compass is used for and be able to use the direction points. Has knowledge of safety rules and procedures for taking part in orienteering events. Can practically demonstrate how to apply their knowledge: Introduction to map reading. Be able to use some basic features on a map to select and plan a route. Work well in big groups, sharing, taking turns, and cooperating with others. Begin to understand the competitive side of orienteering and take part in a picture orienteering event. Meets challenges effectively working as part of a team.	Gymnastics Display factual knowledge: Give positive feedback to peers about a performance. Identify areas of my own performance that I need to improve. Develop knowledge of Key Shapes. Can practically demonstrate how to apply their knowledge: Demonstrate quality of movement when standing and stepping. Explore small point balances. Develop balance and coordination. Learn and develop the quality of the cat, split and stag leap. Work with others to further develop the quality of rolling and learn a Teddy Bear Roll. Remember and repeat a range of gymnastics actions with control and precision. Land safely and with control when creating shape jumps off the floor and apparatus. Experiment with different pieces of hand apparatus and link with gymnastics travelling.	Netball Display factual knowledge: Begin to understand the importance of preparing safely and carefully for exercise – warming up/down. Copy actions and ideas and use the information to improve their skills. Can practically demonstrate how to apply their knowledge: Throw and catch the ball with control, and throw the ball in different ways e.g. fast, slow, high and low. Perform a range of actions with the ball keeping it under control. React to situations to make it difficult for opponents – using simple tactics. Show good awareness of others when playing games.	Athletics Display factual knowledge: Understand the variety of correct running techniques. Develop the distance running technique, understanding the difference between sprinting, and running over longer distances. Begin to evaluate and improve own performance. Can practically demonstrate how to apply their knowledge: Explore and practise a variety of athletic movements and apply athletic skills and techniques to a variety of activities. Develop coordination and balance whilst exploring different running, jumping, and throwing techniques. Begin to show control, coordination, and consistency when running at speed. Develop a range of jumping techniques. Develop the underarm and pull throw technique.	Badminton Display factual knowledge: Understand what a rally is and how to continue one in pairs. Identify good technique and justify why it is good. Describe how to hold and grip the racket on forehand shots. Can practically demonstrate how to apply their knowledge: Move fluently, changing direction and speed. Watch, track and catch a shuttle successfully, and throw a shuttle relating to an overhead clear. Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot, including an accurate forehand serve. Can hit the shuttle, when in the air, varying height, speed and direction into space and to a partner.
Additional hour	Fundamental Skills and team games which involve throwing and catching Display factual knowledge: Understand and follow the rules of the game. Watch and describe a performance accurately. Use actions and ideas you have seen to improve your own skills. Begin to understand the importance of preparing safely and carefully for exercise – warming up. Can practically demonstrate how to apply their knowledge: Engage in cooperative and competitive physical activities (both against self and against others). Use and move with a tennis racket with control. Perform a range actions including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g. high, low, fast, slow. Choose and use skills and simple tactics to suit different situations – showing good awareness of others.		Dance Display factual knowledge: Describe phrases and expressive qualities. Begin to understand the importance of warming up. Watch and describe a performance accurately and recognise what is successful. Can practically demonstrate how to apply their knowledge: Perform a range of actions and simple movement patterns with control and coordination. Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness. Work individually and with others.		Cricket Kick Rounders Display factual knowledge: React to situations in ways that make it difficult for opponents, applying simple tactics like hitting the ball into space to help score more points. Begin to understand the importance of preparing safely for exercise – warming up. Recognise what is successful. Can practically demonstrate how to apply their knowledge: Show good awareness of others when playing games. Develop fundamental movement skills, becoming increasingly confident and competent. Perform a range of actions with control including catching, gathering, and hitting a ball with increasing accuracy. Throw/hit a ball in different ways e.g. high, low, fast, slow.	

Year 3	Tag Rugby Display factual knowledge: Improve decision making skills and choose the right skills that meet the needs of the situation. Play simple tag rugby games with an understanding of the basic rules. To follow the rules of the game. Can practically demonstrate how to apply their knowledge: Know how to tag another player. Develop attacking and defending skills within tag rugby. To be able to pass the ball backwards to a teammate. PE including dance linked to class country	Orienteering Display factual knowledge: Participate in competitive orienteering events, following instructions of the game. Recognise that activities need thinking through and planning. Evaluate your performance and recognise what went well and what could be improved. Can practically demonstrate how to apply their knowledge: Participate in team games, working cooperatively, solving problems with others. Communicate effectively with other people and discuss plans to achieve success. To make a map with symbols and be able to recognise where you are on a map, using basic techniques. Move confidently in different ways, developing agility, balance, and co-ordination.	Gymnastics Display factual knowledge: Identify what they need to practise to improve their performance. Devise and perform a gymnastic sequence, with a clear beginning, middle, and end. Understand that strength and suppleness are important parts of fitness in gymnastics. Can practically demonstrate how to apply their knowledge: Perform a combination of actions with a change in speed, level or direction. Perform the gymnastics actions on the floor and over, though, across and along apparatus. Develop flexibility, strength, agility, balance, coordination and control. Learn and develop the quality of a Front Support roll. To perform a turn in the air whilst jumping. Perform a range of actions with consistency, fluency and clarity of movement.	Hockey Display factual knowledge: Employ simple tactics in game situations. Learn how to recognise your own success. Describe how your body feels when exercising. Can practically demonstrate how to apply their knowledge: Move with a ball keeping it under control. Develop control and technique. Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).	Athletics Display factual knowledge: Recognise what they do well and what they find difficult, identifying what they need to practise to improve their performance. Understand the pace judgement when running over an increased distance. Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise. Can practically demonstrate how to apply their knowledge: Apply and develop a broad range of athletic skills in different ways. Show control, coordination and consistency when running, throwing, and jumping. Choose the appropriate running speed to meet the demand of the task. Enjoy competing with others.	Tennis Display factual knowledge: Compete with others – Keeping and following the rules of the game. Identify what you do well and what you find difficult. Understand the link between heart rate and breathing when exercising. Can practically demonstrate how to apply their knowledge: Perform basic skills needed for the games with control and accuracy, including throwing and stopping the ball. Perform a basic forehand action. Throw/ Send a ball using a variety of techniques. Take up space/ positions that make it difficult for opponents. Keep a rally going.
Additional hour	Team games including those that involve throwing and catching Display factual knowledge: Employ simple tactics in game situations and explain why they have used the tactics. Learn how to evaluate and recognise their own success. Identify what they need to practise to improve their performance. Describe how their bodies feel when exercising and understand the link between heart rate and breathing when exercising. Can practically demonstrate how to apply their knowledge: Perform the basic skills needed for the games with control and accuracy. Throw/send the ball using a variety of techniques. Choose the appropriate throwing technique to meet the demands of the task. Send a ball into space at different speeds and heights to make it difficult for the opponent. Take up space / positions that make it difficult for the opponents. Intercept and stop the ball consistently.	Fitness Display factual knowledge: Understand what aerobic exercise is. Discuss the importance of leading a healthy lifestyle. Understand the importance of warming up and cooling down. Can practically demonstrate how to apply their knowledge: Understand what core strength is and develop it using correct techniques. Develop upper and lower body strength, fitness, speed, aerobic endurance, balance, body coordination, and show good control and technique. Work well both independently and in small groups. Show self-belief and determination to manage and accomplish tasks.			Volleyball Rounders Display factual knowledge: Identify what you need to practise improving your performance. Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising. Employ simple tactics in games. Devise suitable warm up activities for upcoming activities. Can practically demonstrate how to apply their knowledge: Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy. Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique. Intercept and stop the ball consistently. Work well as part of a team, particularly when fielding to make it harder for the batter.	

Year 4	Handball Display factual knowledge: Can practically demonstrate how to apply their knowledge: PE including dance linked to class country	Orienteering Display factual knowledge: Have knowledge of safety rules and procedures for taking part in orienteering event. Work as a team to plan and decide what approach to use to meet the challenge set. Explain how you could improve your performance. Can practically demonstrate how to apply their knowledge: Develop a basic understanding of map reading/making and apply these skills and techniques in games. Work cooperatively and successfully as part of a team, improving communication skills. Recognise where you are on a map. Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination.	Gymnastics Display factual knowledge: Devise suitable warm-up activities for the upcoming activities. Learn the names of muscles in the body. Can practically demonstrate how to apply their knowledge: Find different ways of using shape, travel and direction. Explore movements and creativity. Combine actions to create sequence of movements thinking about quality and performance. Collaborate with others. Work well in small groups to create roll sequences, sharing ideas and listening to others. Improve the quality of key shape jumps, turn jumps, and rebound jumps. Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner. Learn and develop the quality of a tuck roll to standing.	*Badminton (outside coach) Display factual knowledge: Understand the different types of rallies, participating in both. Can practically demonstrate how to apply their knowledge: Continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. Can hit the shuttle, when in the air, varying height, speed and direction into space to beat an opponent. Use different skills to try and win games. Work together to keep a rally going, returning the shuttle to a partner. With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control. Can move around the court with purpose, demonstrating a fast-paced chasse movement in isolation and in games.	Athletics Display factual knowledge: Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. Learn how to evaluate and recognise their own success. Devise suitable warm-up activities for the upcoming activities. Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise. Can practically demonstrate how to apply their knowledge: Combine basic jump actions to form a jump combination, using a controlled jumping technique. Perform a throwing technique with control, coordination, and consistency. Perform competitively with others.	*Netball Display factual knowledge: Develop the understanding of the importance of speed when playing invasion games. Understand the link between heart rate and breathing during different activities. Identify and describe the skills needed to improve your game. Can practically demonstrate how to apply their knowledge: Get into good positions to pass, receive, and shoot the ball. Pass the ball using different techniques. Shoot and score with increasing accuracy. Use a range of tactics, including finding and using space, to keep possession of the ball to shoot/score.
Additional hour	Team games including those that involve throwing and catching Display factual knowledge: Describe how your body feels when you are warming up and playing games. Evaluate your own performance and describe skills you need to improve your play. Find and use space in game situations and explain the importance in this tactic. Can practically demonstrate how to apply their knowledge: Get in good positions to throw and receive the ball. Send a ball with accuracy, control, and consistency, whilst moving at different speeds. Practise and improve the underarm throw and side shot throw. Participate in games using skills learnt in previous lessons, including striking, dodging and ball handling skills.			Dance Display factual knowledge: Be able to describe your own dance, taking characters into account as well as Identifying what they need to practise to improve their dance. Understand the link between heart rate and breathing when exercising. Can practically demonstrate how to apply their knowledge: Explore and create characters and narratives in response to a range of stimuli. Perform dances using a range of movement patterns – accurately, fluently, consistently and with control. Use different compositional ideas to create motifs incorporating unison, canon, action, and reaction. Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. Work well as part of a team.		Rounders Cricket (Y6 to lead) Display factual knowledge: Explain the tactics you have used in games. Communicate, collaborate, and compete with others, following the rules of the game. Recognise what you do well and what you find difficult and explain good performances. Chose fielding skills which make it difficult for your opponent. Can practically demonstrate how to apply their knowledge: Show control, coordination and consistency when throwing and catching a ball. Hit a ball with increasing control from a tee and progress to without a tee. Take up spaces/positions that make it difficult for the opposition.

Year 5	Tag Rugby Display factual knowledge: Begin to understand the importance of lines in tag rugby – both for attack and defence. Use simple tactics in games to achieve success as a team. Understand the defensive duties in tag rugby and the process of tagging. Can practically demonstrate how to apply their knowledge: Increase accuracy and control when passing and catching whilst moving at speed. Participate in competitive games, following the rules and playing fair. Continue to improve different ways to pass – fast, slow, high, low. PE including dance linked to class country	Orienteering Display factual knowledge: Understand relevant techniques to navigate to and from control points. Identify what they have done well and adapt plans for future challenges. Can practically demonstrate how to apply their knowledge: To orientate themselves and map correctly keeping track of their position with increasing accuracy. Work within a team trusting and valuing each other. Develop communication skills and use these skills to achieve success. Make a map with symbols and legend and begin to understand scale. Compete in orienteering events, problem solving with team members.	Gymnastics Display factual knowledge: Explain and perform the steps to a quality of a Safety roll. Understand the meaning of travelling with purpose, control and finesse. Can practically demonstrate how to apply their knowledge: Perform more complex balances, including balances that require supporting own body weight. Further develop ways of travelling into and out of a roll. Link a range of movements with fluency and finesse. Perform more complex jumps and jump combinations. Combine and perform gymnastic actions, shapes and balances more fluently and effectively. Explore a range of apparatus and incorporate some into a routine. Perform in front of an audience confidently.	Hockey Display factual knowledge: Choose different formations to suit the needs of the game. Learn how to evaluate and recognise success. Understand the importance of being physically fit. Can practically demonstrate how to apply their knowledge: Participate in competitive games, modified where appropriate. Work effectively as part of a team. Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique. Apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faced with opponents. Apply basic principles for defending - Defend by marking, covering and tracking opponents as appropriate.	Athletics Display factual knowledge: Choose the appropriate speed to run at for the distance to be covered. Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles. Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit. Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this affects the muscles. Can practically demonstrate how to apply their knowledge: Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control. Communicate, collaborate, and compete with others. Working effectively as part of a team. Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.	Tennis Display factual knowledge: : Identify spaces and understand the tactic of hitting into gaps. Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why. Can practically demonstrate how to apply their knowledge Hit the ball with purpose. Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area. Participate in competitive games, modified where appropriate. Use good footwork that allows the ball to be hit with good technique. Adopt a good ready position and show good position on court.
Additional hour	Team games including those that involve throwing and catching Display factual knowledge: Explain how your body reacts and feels when taking part in different activities and undertaking different roles. Learn how to evaluate and recognise success, explain why a performance is good. Understand how physical activity can contribute to a healthy lifestyle. Can practically demonstrate how to apply their knowledge: Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed. Work effectively as part of a team and keep possession of the ball when faced with opponents. Apply basic principle for attacking – Using skills to keep possession of the ball.Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball.	Fitness Display factual knowledge: Understand and explain the importance of good upper body strength. Recognise the physical and mental benefits of increased activity, and develop an appreciation of physical activity as a lifelong habit. Select an area of physical activity that you want to improve. Can practically demonstrate how to apply their knowledge: Develop lower body and core strength, fitness, speed and aerobic endurance. Apply and link learned fundamental movement skills. Show determination to complete tasks using the correct techniques. Demonstrate stamina.		Volleyball Rounders Display factual knowledge: Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Watch and evaluate the success of games and good performance and explain why a performance is good. Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity. Can practically demonstrate how to apply their knowledge: Develop control and technique whilst performing skills at speed. Hit the ball with purpose, varying speed height and direction, thinking of tactics needed to score more runs. Show good awareness of others in game situations. Work as part of a team, communicating with others and adapting games and activities making sure everyone has a role to play. Begin to bowl at different speeds.		

Year 6	Handball	Orienteering	Gymnastics	Netball	Athletics	Badminton/Dance
	Display factual knowledge: Understand there are different ways to defend. Understand there are different ways to attack as a team. Know how handball helps your fitness and health. Give feedback to individual, team and your own performance, describing the best points, suggesting how to improve, and commenting on techniques and tactics. Know what makes a good warm down e.g. it calms the body, prevents stiffness, settles the mind. Can practically demonstrate how to apply their knowledge: Develop control whilst performing skills at speed. Combine and perform skills with control, adapting them to meet the needs of the situation. Choose and apply a range of tactics and strategies when both attacking and defending. PE including dance linked to class country	Display factual knowledge: Understand elements and scaling confidently. Identify what they have done well and adapt plans for future challenges. Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge. Can practically demonstrate how to apply their knowledge: Build confidence during team activities. Takes part in orienteering events, such as picture orienteering and control orienteering, with success. Use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls. Develop map reading and map building skills. Develop physical fitness and be able to describe its importance in orienteering.	Display factual knowledge: Describe the key technique points of a variety of different gymnastics rolls. Evaluate performance, recognising what is successful and what could be improved. Can practically demonstrate how to apply their knowledge: Explore, improvise and combine movement ideas fluently and effectively. Link skills to make actions and longer sequences of movement. Create large group balances up to 8 people. Develop communication and teamwork skills, such as sharing own ideas and valuing others' ideas. Develop jumping as a progressive activity. Begin to understand what vaulting is in gymnastics. Work in a group to build sequences using apparatus. Perform in front of an audience showing confidence, rhythm and fluency of movement.	Display factual knowledge: Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles. Recognise and evaluate performances providing constructive feedback. Understand how to improve in different physical activities and sport. Can practically demonstrate how to apply their knowledge: Apply basic principles for attacking and defending, choosing different formations to suit the need of the game. Work effectively as a team. Use a variety of tactics to keep possession of the ball, applying the principles of attacking. Use the defending principles in game situations, including marking, tracking, and covering, to gain possession.	Display factual knowledge: Understand appropriate pace judgement for the running distance to be covered. Understand the appropriate throwing and jumping technique to achieve maximum distance and height. Share and discuss athletic techniques with others. Compare their performance with previous ones and demonstrate improvement to achieve their personal best. Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles. Can practically demonstrate how to apply their knowledge: Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed. Work effectively as part of a team. Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.	(linked to end of year performance) Display factual knowledge: Describe good technique of the forehand, backhand and overhead clear. Can practically demonstrate how to apply their knowledge: Experiment with the racket using different skills. Play shots at different heights, direction, and speed, and improve hitting the shuttle whilst moving. Use different skills and tactics learnt to try win games. Improve consistency of shots, directing them to help win competitions. Be continuous within a rally and regularly play consistent shots. Use tactical serves to deceive opponent. Demonstrate fast-paced movements, including the chasse step and lunge whilst increasing shuttle accuracy. Dance Display factual knowledge: Share ideas in small groups, working together to create a routine incorporating different elements. Use imagination to develop dances to music and develop expressive qualities. Can practically demonstrate how to apply their knowledge: Move in a way that reflects the music. Perform dances in both canon and unison, with clarity and confidence. Explore and practise movement ideas inspired by a stimulus.

						Explore, improvise, and combine movement ideas fluently and effectively. Perform movements to an audience with rhythm and confidence.
Additional hour	Team games including those that involve throwing and catching Display factual knowledge: Explain how physical activity can help contribute to a healthy lifestyle. Evaluate a performance, Providing constructive feedback. Can practically demonstrate how to apply their knowledge: Successfully catch a ball at different heights. Demonstrate a variety of different throwing techniques with good accuracy, pace, and consistency. Take part in competitive games, playing fairly and working cooperatively as part of a team. Use different ways to dodge the ball (jump, gallop, jockey.) Use appropriate tactics in games and discuss and apply strategies needed to win.	Basketball Display factual knowledge: Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles. Learn how to evaluate your own success, as well as recognise part of a performance that could be improved and why. Understand how to improve in different physical activities and sport. Can practically demonstrate how to apply their knowledge: Apply basic principles for attacking and defending, choosing different formations to suit the need of the game. Use different skills to keep possession of the ball. Develop control whilst performing skills at speed. Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play. Use the defending principles in game situations, including marking, tracking and covering, to gain possession.	Rounders Cricket and Leadership Display factual knowledge: Learn how to evaluate and recognise your own success and areas for improvement. Develop an understanding of how to improve in different physical activities and sports. Can practically demonstrate how to apply their knowledge: Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control. Bowl using an overarm technique, beginning to vary speed and length of delivery. Use skills and tactics to outwit opponents when fielding, bowling, and batting. Work as part of a team that covers the areas to make it hard for the batter to score runs. Use tactics that involve bowlers and fielders working together.			