



# P.E. curriculum mapping tool

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**PE**

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## EYFS

### Block 1

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Year Group	EYFS	Unit Title (PE)	Physical Literacy – Animal magic (Introductory unit)
Block	1	Unit Title (CT)	Dance (EY)

Builds on...	N/A	Prepares for...	Invasion games - Captain Flynn (EY) & Physical Literacy - Farmyard fun (Y1)
Builds on...	N/A	Prepares for...	Gymnastics (EY) & Dance (Y1)

Unit Title (PE)	Physical Literacy – Animal magic (Introductory unit)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> </ul>	<p>To develop understanding of what these skills (Fundamentals) are &amp; how to develop them with the focus on the movement skills</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>• Run in different directions with control</li> <li>• Jump forwards from 2 feet to 2 feet</li> <li>• Hop on either foot with control</li> <li>• Gallop using preferred leg</li> </ul>



## PE

<ul style="list-style-type: none"> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance when landing</li> </ul>	<ul style="list-style-type: none"> <li>• Skip over a rope</li> <li>• Gain height when jumping</li> <li>• Take turns</li> </ul>
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Unit Title (CT)	Dance (EY)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Balance</li> <li>• Running</li> <li>• Jumping</li> <li>• Spin</li> <li>• Turn</li> <li>• Side step</li> <li>• Skip</li> <li>• Hop</li> <li>• Gallop</li> <li>• Leap</li> <li>• Dodge</li> <li>• Levels</li> </ul>	<p>To focus on the movement skills that are relevant to dance and encourage the children to be able to perform these skills with control and to the music.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>• Show Movements that represent animals</li> <li>• Show both scared and strong expressions and actions</li> <li>• Move with control at different speeds showing a change of direction</li> <li>• Cooperate with a partner when moving</li> <li>• Be able to remember and repeat a pattern</li> <li>• Use actions to express feelings in a dance</li> </ul>



## Block 2

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Year Group	EYFS	Unit Title (PE)	Invasion games - Captain Flynn (EYFS)
Block	2	Unit Title (CT)	Gymnastics (EY)

Builds on...	Physical Literacy – Animal magic (Introductory unit)	Prepares for...	Outdoor fitness & Invasions Games - Jack & the Neverland pirates (Y1)
Builds on...	Dance (EY)	Prepares for...	Indoor Fitness & Gymnastics (Y1)

Unit Title (PE)	Invasion games - Captain Flynn (EYFS)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Sliding</li> <li>• Rolling</li> <li>• Bouncing</li> <li>• Throwing underarm</li> <li>• Catching with 2 hands</li> <li>• Kicking a ball</li> <li>• Moving with a ball</li> </ul>	<p>To develop understanding of what these skills (Fundamentals) are &amp; how to develop them with the focus on the coordination skills used for invasion games</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>• Slide a bean bag towards a target</li> <li>• Roll a ball towards a target</li> <li>• Bounce and catch a ball with 2 hands</li> <li>• Throw underarm to a target</li> <li>• Catch a ball with 2 hands</li> <li>• Control a ball with dominant foot</li> <li>• Move a ball towards a target</li> <li>• Move the rugby ball with 2 hands</li> </ul>

Unit Title (CT)	Gymnastics (EY)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>● Balance</li> <li>● Running</li> <li>● Jumping</li> <li>● Kicking</li> <li>● Generate power</li> <li>● Turn taking</li> <li>● Shapes –straight, star, tuck, pike &amp; straddle</li> <li>● Balances - arch hold, tuck hold, stork – various on different body parts</li> <li>● Jumps – straight, jumping jacks—star. “Chair” landing</li> <li>● Rolls – log, egg, rocking forwards/backwards to sit</li> <li>● Bunny Hops - static, from spot to spot</li> </ul>	<p>To gain fundamental movement &amp; coordination skills through gymnastics, learning and understanding how to work safely in a gymnastics lesson. Building a knowledge of basic skills in a safe and controlled environment. Children will learn how to link gymnastic skills. Building a short sequence of 2 similar gymnastic skills.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>● Follow instructions safely</li> <li>● Perform 5 basic shape with control</li> <li>● Hold large and small shapes whilst balancing</li> <li>● Demonstrate a safe (chair) landing from a jump</li> <li>● Perform a straight jump with control from a bench</li> <li>● Travel sideways using a roll</li> <li>● Transfer weight from hands to feet (bunny hop)</li> <li>● Link 2 skills on floor</li> <li>● Know how to use apparatus safely</li> </ul>



## Block 3

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Year Group	EYFS	Unit Title (PE)	Outdoor fitness (EY)
Block	3	Unit Title (CT)	Indoor Fitness (EY)

Builds on...	Invasion games - Captain Flynn (EYFS)	Prepares for...	Athletics(EY) & Outdoor Fitness (Y1)
Builds on...	Gymnastics (EY)	Prepares for...	Net & Wall (EY) & Indoor Fitness (Y1)

Unit Title (PE)	Outdoor Fitness (EY)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance</li> </ul>	<p>To allow children to participate at a level comfortable to them with the aim of becoming stronger and fitter whilst learning to understand that being out of breath is ok</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>• Follow &amp; copy a partner's actions</li> <li>• Listen and follow instructions</li> <li>• Skip with control (no rope)</li> <li>• Perform exercises with control</li> <li>• Exercise continuously for 3 minutes</li> </ul>



## PE

<ul style="list-style-type: none"> <li>• Turn taking</li> <li>• Leading others</li> <li>• Copying/mirroring</li> <li>• Endurance</li> <li>• Fitness</li> <li>• Strength</li> </ul>	<ul style="list-style-type: none"> <li>• Perform exercises safely</li> <li>• Understand the importance of keeping fit for everyday life</li> <li>• Maintain exercise/movement for 3 minutes</li> </ul>
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Unit Title (CT)	Indoor Fitness (EY)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance</li> <li>• Turn taking</li> <li>• Leading others</li> <li>• Copying/mirroring</li> <li>• Endurance</li> <li>• Fitness</li> </ul>	<p>To allow children to participate at a level comfortable to them with the aim of becoming stronger and fitter whilst learning to understand that being out of breath is ok</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>• Follow &amp; copy a partner's actions</li> <li>• Listen and follow instructions</li> <li>• Skip with control (no rope)</li> <li>• Perform exercises with control</li> <li>• Exercise continuously for 3 minutes</li> <li>• Perform exercises safely</li> <li>• Understand the importance of keeping fit for everyday life</li> <li>• Maintain exercise/movement for 3 minutes</li> </ul>


**PE**

- Strength

## Block 4

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Year Group	EYFS	Unit Title (PE)	Athletics (EY)
Block	4	Unit Title (CT)	Net & Wall (EY)

Builds on...	Outdoor fitness	Prepares for...	Striking & Fielding & Athletics (Y1)
Builds on...	Indoor Fitness	Prepares for...	Sports day practice & Net & Wall (Y1)





## PE

Unit Title (PE)	Athletics (EY)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Running: Slow, Fast</li> <li>Throwing: 2 handed and 1 handed underarm throws using a variety of objects &amp; throwing towards targets from close distance</li> <li>Jumping: Use of arms, hopping on different feet, skipping without rope, jumping over different equipment, jumping for height/distance</li> </ul>	<p>To develop understanding of what the key athletics skills involve and the importance of developing fundamental movement and throwing skills to achieve them.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>Run with control</li> <li>Change speed when running</li> <li>Jump forwards from 2 feet to 2 feet</li> <li>Jump in different ways</li> <li>Throw objects forwards</li> <li>Throw underarm towards a target</li> <li>Work with a partner to complete a challenge</li> </ul>

Unit Title (CT)	Net & Wall (EY)
Key Skills Covered	Main Knowledge Gained



**PE**

<ul style="list-style-type: none"> <li>● Retrieve bean bags/ball</li> <li>● Stop a ball with body</li> <li>● Roll ball to partner</li> <li>● Throw and catch to self</li> <li>● Throw underarm to partner</li> <li>● Catch from partner</li> <li>● Hand strike ball along floor</li> </ul>	<p>To develop understanding of what these skills (Fundamentals) are &amp; how to develop them with the focus on the co-ordination and manipulation skills used for net &amp; wall games</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>● Move quickly to change direction</li> <li>● Control a ball with hands</li> <li>● Bounce the ball to a partner/target</li> <li>● Control ball with hands</li> <li>● Catch a moving ball</li> <li>● Hand hit ball forwards along floor</li> <li>● Move a ball on/with a racket</li> <li>● Follow instructions to complete a circuit</li> </ul>
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## Block 5

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Year Group	EYFS	Unit Title (PE)	Striking & Fielding (EY)
Block	5	Unit Title (CT)	Sports day practice (KS1)

Builds on...	Athletics (EY)	Prepares for...	Striking & Fielding (Y1) & Year 1
Builds on...	Net & Wall (Y1)	Prepares for...	Sports day practice (Y1) & Year 1

Unit Title (PE)	Striking & Fielding (EY)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>● Retrieve bean bags/ball</li> <li>● Stop a ball with body</li> <li>● Roll ball to partner</li> <li>● Throw and catch to self</li> <li>● Throw underarm to partner</li> <li>● Catch from partner</li> <li>● Hand strike ball along floor</li> <li>● Strike ball with bat.</li> </ul>	<p>To develop understanding of what these skills (Fundamentals) are &amp; how to develop them with the focus on the co-ordination and manipulation skills used for striking and fielding games</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>● Retrieve a bean bag using hands using hands</li> <li>● Roll a ball towards targets</li> <li>● Stop a moving ball along the floor</li> <li>● Throw a small ball underarm to a target</li> <li>● Catch a ball with 2 hands</li> <li>● Strike a ball along the floor using your hand</li> <li>● Hand strike a ball towards a target</li> <li>● Demonstrate good control when moving the ball with hands</li> </ul>



- Work cooperatively with a partner to keep score

Unit Title (CT)	Sports day practice (KS1)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Kicking</li> <li>• Generate power</li> <li>• Turn taking</li> <li>• Reactions</li> <li>• Throwing</li> <li>• Collecting</li> </ul>	<p>To gain the knowledge and confidence to perform and compete in the sports day activities.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>• Follow instructions safely</li> <li>• Start a race after a whistle</li> <li>• Run a race with obstacles</li> <li>• Race one after the other (Relay)</li> <li>• Throw and collect</li> <li>• Kick a ball and collect</li> <li>• Dribble a ball</li> </ul>



# Year 1

## Block 1

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Year Group	1	Unit Title (PE)	Physical Literacy – Farmyard fun (Y1)
Block	1	Unit Title (CT)	Dance (Y1)

Builds on...	EYFS	Prepares for...	Invasion games - Jake and the neverland pirates (Y1) & Physical Literacy - Fun at the zoo (Y2)
Builds on...	EYFS	Prepares for...	Gymnastics (Y1) & Dance (Y2)

Unit Title (PE)	Physical Literacy – Farmyard fun
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to run and change directions quickly with control</li> <li>• To be able to jump for distance with control</li> <li>• To be able to hop in different directions with control</li> <li>• To gallop with rhythm &amp; control in different directions</li> <li>• To skip in different directions with control</li> <li>• To gain power to get height in jump</li> <li>• To challenge &amp; improve skills</li> </ul>



## PE

<ul style="list-style-type: none"> <li>• Co-ordination of body parts</li> <li>• Balance when landing.</li> </ul>	
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Unit Title (CT)	Dance (Y1)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance when landing.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to run and change directions quickly with control</li> <li>• To be able to jump for distance with control</li> <li>• To be able to hop in different directions with control</li> <li>• To gallop with rhythm &amp; control in different directions</li> <li>• To skip in different directions with control</li> <li>• To gain power to get height in jump</li> <li>• To challenge&amp; improve skills</li> </ul>



## Block 2

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Year Group	1	Unit Title (PE)	Invasion games - Jake & the Neverland pirates (Y1)
Block	2	Unit Title (CT)	Gymnastics (Y1)

Builds on...	N/A	Prepares for...	Outdoor fitness & Invasions Games - Jack & the Neverland pirates (Y1)
Builds on...	N/A	Prepares for...	Indoor Fitness & Gymnastics (Y1)

Unit Title (PE)	Invasion games - Jake & the Neverland pirates (Y1)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Sliding</li> <li>• Rolling</li> <li>• Bouncing</li> <li>• Throwing underarm</li> <li>• Catching with 2 hands</li> <li>• Kicking a ball</li> <li>• Moving with a ball.</li> </ul>	<ul style="list-style-type: none"> <li>• To slide a bean bag towards a target</li> <li>• To describe a partner's rolling action</li> <li>• To dribble a ball with control</li> <li>• To throw accurately underarm to a target</li> <li>• To catch a ball with 2 hands consistently from close distance</li> <li>• To control a moving ball with dominant foot</li> <li>• To move a ball towards a target with control</li> <li>• To be able to control the rugby ball on move</li> </ul>

Unit Title (CT)	Gymnastics (Y1)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Shapes: Straight, star, tuck, pike, straddle, arch, front support, crab</li> <li>• Balances: Stork, Arch, Tuck, Side scale, shoulder stand prep</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to perform 8 basic shapes with control</li> <li>• To be still whilst holding balances on different body parts</li> <li>• To perform 2 jumps with control</li> </ul>

**PE**

<ul style="list-style-type: none"> <li>• Rolls: Log roll Egg roll, rocking in tuck (to squat/to stand), forward roll prep</li> <li>• Bunny hops: Static, across floor</li> <li>• Jumps: Straight, star</li> </ul>	<ul style="list-style-type: none"> <li>• To describe a partner's jumps</li> <li>• To develop skills for a forward roll</li> <li>• To transfer weight from hands to feet using the bench</li> <li>• To perform 3 different skills on low apparatus</li> <li>• To link 3 or more skills on a variety of apparatus</li> <li>• To demonstrate a gym sequence using 2/3 skills on floor and apparatus</li> </ul>
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**Block 3**
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Year Group	1	Unit Title (PE)	Outdoor fitness (Y1)
Block	3	Unit Title (CT)	Indoor Fitness (Y1)

Builds on...	N/A	Prepares for...	Athletics & Outdoor Fitness (Y2)
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PE

Builds on...	N/A	Prepares for...	Net & Wall & Indoor Fitness (Y2)
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Unit Title (PE)	Outdoor Fitness (Y1)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance</li> <li>• Turn taking</li> <li>• Leading others</li> <li>• Copying/mirroring</li> <li>• Endurance</li> <li>• Fitness</li> <li>• Strength</li> </ul>	<ul style="list-style-type: none"> <li>• To copy &amp; refine a partner's moves</li> <li>• To know what the heart does and what exercises help it</li> <li>• To perform basic rope skills</li> <li>• To name muscles being exercised</li> <li>• To keep moving for 5 minutes</li> <li>• To perform core exercises safely and with control</li> </ul>



Unit Title (CT)	Indoor Fitness (Y1)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance</li> <li>• Turn taking</li> <li>• Leading others</li> <li>• Copying/mirroring</li> <li>• Endurance</li> <li>• Fitness</li> <li>• Strength</li> </ul>	<ul style="list-style-type: none"> <li>• To copy &amp; refine a partner's moves</li> <li>• To know what the heart does and what exercises help it</li> <li>• To perform basic rope skills</li> <li>• To name muscles being exercised</li> <li>• To keep moving for 5 minutes</li> <li>• To perform core exercises safely and with control</li> </ul>



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Builds on...	N/A	Prepares for...	Striking & Fielding & Athletics (Y2)
Builds on...	N/A	Prepares for...	Sports day practice (KS1) & Net & Wall (Y2)

Unit Title (PE)	Athletics (Y1)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Running: Slow (jog and being able to talk!) Fast (sprint e.g. how many beanbags can move in 15 seconds, use of arms.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to move with control at speed</li> <li>To be able to vary the speed of running</li> <li>To be able to land with control when jumping</li> </ul>

**PE**

<ul style="list-style-type: none"> <li>• Throwing: Two handed (and 1 handed) underarm throws using a variety of objects &amp; throwing towards targets from close distance</li> <li>• Jumping: Use of arms, hopping on different feet, skipping without rope, jumping over different equipment to develop obstacles Jumping for height/distance</li> </ul>	<ul style="list-style-type: none"> <li>• To demonstrate how to jump over objects</li> <li>• To be able to throw objects to gain distance</li> <li>• To be able to throw objects towards a target</li> <li>• To follow instructions to complete an athletics circuit</li> <li>• To work with a partner to record a score</li> </ul>
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Unit Title (CT)	Net & Wall (Y1)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance when landing.</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to run and change directions quickly with control</li> <li>• To be able to jump for distance with control</li> <li>• To be able to hop in different directions with control</li> <li>• To gallop with rhythm &amp; control in different directions</li> <li>• To skip in different directions with control</li> <li>• To gain power to get height in jump</li> <li>• To challenge&amp; improve skills</li> </ul>

**Block 5**
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## PE

Year Group	1	Unit Title (PE)	Striking & Fielding (Y1)
Block	5	Unit Title (CT)	Sports day practice (Y1)

Builds on...	N/A	Prepares for...	Year 2 & Striking & Fielding (Y2)
Builds on...	N/A	Prepares for...	Year 2 & Sports day practice (KS1)

Unit Title (PE)	Striking & Fielding
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Movement skills: Move into space, jogging, sidestepping, stopping</li> <li>• Batting: Hit/strike a stationary ball with a hand, describe batting action, hit a stationary ball using a bat/racket</li> <li>• Fielding: Roll a ball, stop a ball using short barrier, throw a ball underarm, catch with 2 hands, throw underarm at a target</li> <li>• Games Preparation: To use simple scoring system, work cooperatively with a partner</li> </ul>	<ul style="list-style-type: none"> <li>• To retrieve an object using hands</li> <li>• To be able to roll a ball towards targets</li> <li>• To stop a moving ball along the floor</li> <li>• To throw a small ball underarm to a target</li> <li>• To be able to catch a ball with 2 hands</li> <li>• To strike a ball along the floor using your hand with control</li> <li>• To hand strike a ball towards a target from 5-10m</li> <li>• To demonstrate good control when moving the ball with hands</li> <li>• To work cooperatively with a partner to keep score</li> </ul>

Unit Title (CT)	Sports day practice
Key Skills Covered	Main Knowledge Gained



PE

<ul style="list-style-type: none"> <li>● Running</li> <li>● Jumping</li> <li>● Kicking</li> <li>● Generate power</li> <li>● Turn taking</li> <li>● Reactions</li> <li>● Throwing</li> <li>● Collecting</li> </ul>	<p>To gain the knowledge and confidence to perform and compete in the sports day activities.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>● Follow instructions safely</li> <li>● Start a race after a whistle</li> <li>● Run a race with obstacles</li> <li>● Race one after the other (Relay)</li> <li>● Throw and collect</li> <li>● Kick a ball and collect</li> <li>● Dribble a ball</li> </ul>
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# Year 2

## Block 1

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Year Group	EYFS	Unit Title (PE)	Physical Literacy – Fun at the zoo (Y2)
Block	1	Unit Title (CT)	Dance (Y2)

Builds on...	N/A	Prepares for...	Invasion games - Peter Pan (Y2) & Invasion Games - Hockey (Y3)
Builds on...	N/A	Prepares for...	Gymnastics (Y2) & Dance (Y3)

Unit Title (PE)	Physical Literacy – Fun at the zoo (Y2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• run</li> <li>• run fast</li> <li>• agility</li> <li>• jumping</li> <li>• leaping</li> <li>• hopping</li> <li>• skipping</li> <li>• galloping</li> <li>• coordination of body parts</li> <li>• balance when landing</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to run and change directions quickly with control</li> <li>• To be able to jump for distance with control</li> <li>• To be able to hop in different directions with control</li> <li>• To gallop in different directions at speed</li> <li>• To skip with a rope</li> <li>• To gain power to get height in jump</li> <li>• To challenge &amp; improve skills</li> </ul>



Unit Title (CT)	Dance (Y2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"><li>• Run</li><li>• Spin</li><li>• Turn</li><li>• Side step</li><li>• Skip</li><li>• Hop</li><li>• Gallop</li><li>• Leap</li><li>• .Jump</li><li>• Dodge</li></ul>	<ul style="list-style-type: none"><li>• To remember and repeat a short motif</li><li>• To move confidently around the space demonstrating superhero actions</li><li>• To move from low to high and high to low with control</li><li>• To gain height in the air and land on either foot</li><li>• To turn with a partner at different speeds</li><li>• To show emotion through facial and whole body gestures</li></ul>





## Block 2

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Year Group	EYFS	Unit Title (PE)	Invasion games - Peter Pan (Y2)
Block	1	Unit Title (CT)	Gymnastics (Y2)

Builds on...	N/A	Prepares for...	Outdoor fitness (Y2) Invasions Games - Netball (Y3)
Builds on...	N/A	Prepares for...	Indoor Fitness (Y2) & Gymnastics (Y3)

Unit Title (PE)	Invasion games - Peter Pan (Y2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Sliding</li> <li>• Rolling</li> <li>• Bouncing</li> <li>• throwing underarm</li> <li>• catching with 2 hands</li> <li>• kicking a ball</li> <li>• moving with a ball</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to change direction at speed with control</li> <li>• To be able to move a ball with hands on the move</li> <li>• To be able to move a variety of balls with hands</li> <li>• To pass the ball with 2 hands to a partner</li> <li>• To control a moving ball with dominant foot</li> <li>• To move a ball towards a target with control</li> <li>• To be able to control the rugby ball with 2 hands</li> <li>• To develop a game that improves skill/To lead another pair through an activity</li> <li>• To work with a partner to follow rules and score points</li> </ul>

Unit Title (CT)	Gymnastics (Y2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Shapes: Straight, star, tuck, pike, straddle, arch, front support, crab, squat, dish, back support</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to link 4 shapes smoothly</li> <li>• To demonstrate a change in speed smoothly linking 3 balances</li> </ul>

**PE**

<ul style="list-style-type: none"> <li>• Balances: Stork, Arch, Tuck, SideScale, Shoulder stand</li> <li>• Rolls: Log roll, Egg roll, Rocking to sit and squat, Forward Roll prep- Star shape/ feet together, Teddy Bear roll</li> <li>• Bunny hops: static, along floor, on to bench</li> <li>• Jumps: Straight, Star, Tuck prep,</li> </ul>	<ul style="list-style-type: none"> <li>• To jump for height and perform a shape in the air</li> <li>• To perform a tuck jump with control</li> <li>• To perform rolls that move in a circular motion</li> <li>• To transfer weight from hands to feet using the bench</li> <li>• To create a sequence on the low apparatus which includes 4 different skills</li> <li>• To create a sequence on the higher apparatus which includes 4 different skills</li> </ul>
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**Block 3**
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Year Group	EYFS	Unit Title (PE)	Invasion Games - Tag Rugby (Y2)
Block	1	Unit Title (CT)	OAA (Y2)



## PE

Builds on...	N/A	Prepares for...	Athletics (Y2) & Outdoor Fitness (Y3)
Builds on...	N/A	Prepares for...	Net & Wall (Y2) & Swimming (Y3)

Unit Title (PE)	Invasion Games - Tag Rugby (Y2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>keeping possession, keeping the ball, scoring goals, keeping the score, making space, pass, send and receive, dribble, travel with the ball, back up, support partners and others in their team</li> </ul>	<ul style="list-style-type: none"> <li>To swing pass and receive with increased control and accuracy</li> <li>To be able to tackle a partner</li> <li>To play a tackling game (Tails)</li> <li>To be able to score a try (1v1)</li> <li>To be able to pass the ball on the move.</li> <li>To play a team tackling game (Team tails)</li> <li>To play a tag rugby style game (CTF)</li> </ul>

Unit Title (CT)	OAA (Y2)
Key Skills Covered	Main Knowledge Gained



PE

<ul style="list-style-type: none"> <li>• Run</li> <li>• Skip</li> <li>• Hop</li> <li>• Gallop</li> <li>• Leap</li> <li>• Jump</li> <li>• Dodge</li> </ul>	<ul style="list-style-type: none"> <li>• To listen to a partner and follow their directions</li> <li>• To describe a pathway using at least 3 directions.</li> <li>• To understand basic symbols</li> <li>• To discuss with group to work out where to go</li> <li>• To lead a partner safely through an obstacle course</li> <li>• To listen carefully and remember instructions</li> <li>• To share ideas to help create a letter</li> <li>• To plan how to solve the problem as a group</li> </ul>
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## Block 4

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Year Group	EYFS	Unit Title (PE)	Athletics (Y2)
Block	1	Unit Title (CT)	Net & Wall (Y2)

Builds on...	N/A	Prepares for...	Striking & Fielding
Builds on...	N/A	Prepares for...	Sports day practice

Unit Title (PE)	Athletics (Y2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• beanbags can move in 15 seconds, use of arms.</li> <li>• Throwing: Two handed (and 1 handed) underarm throws using a variety of objects &amp; throwing towards targets from close distance</li> <li>• Jumping: Use of arms, hopping on different feet, skipping without rope, jumping over different equipment to develop obstacles Jumping for height/distance</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to run quickly towards a target</li> <li>• To demonstrate a controlled change of speed when running</li> <li>• To perform a combination of jumps with control</li> <li>• To demonstrate different ways of leaving floor to gain height</li> <li>• To be able to throw objects using different styles to gain distance</li> <li>• To demonstrate ability to throw an object to a target</li> <li>• To follow instructions to complete an athletics circuit</li> <li>• To score activities accurately</li> </ul>



Unit Title (CT)	Net & Wall (Y2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Movement skills</li> <li>• Move into space, Jogging, Sidestepping, lunge, Ready position</li> <li>• Aiming</li> <li>• Bounce ball underarm to a partner, Bounce ball to target, Catch with 2</li> <li>• hands, Feed ball to partner Hitting/racket Hand hit ball off tee/floor , Hit ball</li> <li>• off tee into space, Hit ball with racket</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to control the ball whilst moving</li> <li>• To bounce a ball into space</li> <li>• To be able to move quickly to track/catch a bouncing ball</li> <li>• To be able to “hand hit” a moving ball towards partner</li> <li>• To be able to control a moving ball with a racket</li> <li>• To be able to control a moving ball with a racket(in air)</li> <li>• To challenge yourself to improve your tennis skills</li> <li>• To compete fairly in games</li> </ul>

## Block 5

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Year Group	EYFS	Unit Title (PE)	Striking & Fielding (Y2)
Block	1	Unit Title (CT)	Sports day practice (KS1)

Builds on...	N/A	Prepares for...	
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PE

Builds on...	N/A	Prepares for...	
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Unit Title (PE)	Striking & Fielding (Y2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Movement skills: Move into space, jogging, sidestepping, stopping, sprinting</li> <li>• Batting: Strike a ball along the floor using hand, strike a ball with hand at a target</li> <li>• Fielding: Retrieve an object, throw and catch ball to self &amp; others, roll ball towards a target, stop a ball moving along floor</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to roll &amp; stop a ball with control</li> <li>• To throw underarm with control to a target</li> <li>• To be able to throw a ball underarm to a partner</li> <li>• To catch a ball with 2 hands from short distance</li> <li>• To hit/strike a ball with a hand to a partner</li> <li>• To hit a ball using a bat/ racket</li> <li>• To show can use a simple scoring system</li> <li>• To work as a small group to play a game</li> </ul>

Unit Title (CT)	Sports day practice (KS1)
Key Skills Covered	Main Knowledge Gained



**PE**

<ul style="list-style-type: none"> <li>● Running</li> <li>● Jumping</li> <li>● Kicking</li> <li>● Generate power</li> <li>● Turn taking</li> <li>● Reactions</li> <li>● Throwing</li> <li>● Collecting</li> </ul>	<p>To gain the knowledge and confidence to perform and compete in the sports day activities.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>● Follow instructions safely</li> <li>● Start a race after a whistle</li> <li>● Run a race with obstacles</li> <li>● Race one after the other (Relay)</li> <li>● Throw and collect</li> <li>● Kick a ball and collect</li> <li>● Dribble a ball</li> </ul>
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## Year 3

### Block 1

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## PE

Year Group	3	Unit Title (PE)	Invasion Games - Hockey (Y3)
Block	1	Unit Title (CT)	Dance (Y3)

Builds on...	N/A	Prepares for...	Invasion Games Netball (Y3) & Invasion games - Football (Y4)
Builds on...	N/A	Prepares for...	Gymnastics (Y3) & Dance (Y4)

Unit Title (PE)	Invasion Games - Hockey (Y3)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Footwork, Chest, bounce &amp; Overhead pass, Shooting, Dodging, Marking, basic rules and positions.</li> </ul>	<ul style="list-style-type: none"> <li>To dribble a ball with control</li> <li>To pass the ball over a short distance to stationary player</li> <li>To pass the ball over a longer distance to stationary player</li> <li>To pass and move with a partner unopposed</li> <li>To shoot the ball accurately at a target.</li> <li>To work as a team to pass the ball with increasing speed and accuracy</li> <li>To perform a block tackle</li> <li>To plan simple tactics to play the core task.</li> </ul>

Unit Title (CT)	Dance (Y3)
Key Skills Covered	Main Knowledge Gained



**PE**

<ul style="list-style-type: none"> <li>● Balance</li> <li>● Running</li> <li>● Jumping</li> <li>● Spin</li> <li>● Turn</li> <li>● Side step</li> <li>● Skip</li> <li>● Hop</li> <li>● Gallop</li> <li>● Leap</li> <li>● Dodge</li> <li>● Levels</li> </ul>	<ul style="list-style-type: none"> <li>● To demonstrate stillness holding a position with control at different levels</li> <li>● To march in time to the music and in unison with your group</li> <li>● To create a motif for the chorus to show the Gladiator attacking and defending</li> <li>● To use gesture and facial expression to show the crowd's reaction to a gladiator fight</li> <li>● To analyse and describe the differences between the Gladiators</li> <li>● To stay in character throughout the whole dance even when transitioning between phrases</li> <li>● Remember and perform dancet</li> </ul>
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## Block 2

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Year Group	3	Unit Title (PE)	Invasion Games - Netball (Y3)
Block	2	Unit Title (CT)	Gymnastics (Y3)

Builds on...	N/A	Prepares for...	Outdoor Fitness (Y3) & Invasions games - Basketball (Y4)
Builds on...	N/A	Prepares for...	Swimming (Y3) & Gymnastics (Y1)

Unit Title (PE)	Invasion games - Netball
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>dribbling, passing, receiving the ball, shooting, avoiding a defender, marking a player, basic rules knowledge, working with a partner and team</li> </ul>	<ul style="list-style-type: none"> <li>To control the ball when travelling</li> <li>To pass the ball with control</li> <li>To pass and receive the ball with control</li> <li>To shoot the ball at a target from varying distances to score a point</li> <li>To pass the ball to a partner avoiding a defender.</li> <li>To make a decision on when to successfully intercept the ball</li> <li>To mark a player with the ball</li> <li>To recall at least 3 basic rules of the game.</li> </ul>

Unit Title (CT)	Gymnastics (Y3)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Balances: Stork Arch Tuck Arabesque V-sit Shoulder stand Needle Scale Headstand Matched</li> </ul>	<ul style="list-style-type: none"> <li>To perform 3 shapes in unison with a partner to include twisted shape</li> </ul>

**PE**

<ul style="list-style-type: none"> <li>• Rolls: Log roll Egg roll Dish/Arch roll Forward Rolls -Star shape/ Feet together, Shoulder roll, star roll, backward roll preparation</li> <li>• Jumps: Straight Jump along, off and onto bench, Star Jump on and off a bench, Tuck Jump off and on top of bench, Straight Jump with <math>\frac{1}{4}</math> <math>\frac{1}{2}</math> turn off a bench, Scissor Kick, Cat Leap</li> <li>• Vault: run up preparation, squat onto box top.</li> <li>• Linking: Bunny hops along and over bench, Cartwheel preparation over bench</li> </ul>	<ul style="list-style-type: none"> <li>• To move into a balance from different starting positions</li> <li>• To perform a shoulder roll in opposite directions</li> <li>• To explore ways of turning on the spot and off a bench</li> <li>• To take weight on hands when moving over a bench</li> <li>• To practise and remember the sequence needed for take-off when vaulting</li> <li>• To learn a set sequence and add a change of height</li> <li>• To safely move large apparatus into set positions</li> </ul>
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**Block 3**
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Year Group	EYFS	Unit Title (PE)	Outdoor fitness (Y3)
Block	1	Unit Title (CT)	Swimming (Y3)



## PE

Builds on...	N/A	Prepares for...	Athletics (Y3) & Invasions Games - Tag Rugby (Y4)
Builds on...	N/A	Prepares for...	Net & Wall (Y3) & OAA (Y4)

Unit Title (PE)	Outdoor Fitness (EY)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance</li> <li>• Turn taking</li> <li>• Leading others</li> <li>• Copying/mirroring</li> <li>• Endurance</li> <li>• Fitness</li> <li>• Strength</li> </ul>	<ul style="list-style-type: none"> <li>• To explain -what is a fitness circuit?</li> <li>• To design a fitness circuit using set activities</li> <li>• To describe where core muscles are in your body</li> <li>• To measure breathing rate and record score after different types of activity</li> <li>• To use core muscles to help with balance and strength</li> <li>• To state that High Intensity Interval Training (HIIT) is a good way of strengthening heart and lungs</li> </ul>

Unit Title (CT)	Swimming (Y3)
Key Skills Covered	Main Knowledge Gained

**PE**

<ul style="list-style-type: none"> <li>• Water Comfort.</li> <li>• Breath Control.</li> <li>• Floating. Floating, or keeping your body in a horizontal position in the water.</li> <li>• Kicking</li> <li>• Strokes</li> </ul>	<ul style="list-style-type: none"> <li>• Perform safe self-rescue in different water based situations</li> <li>• Swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.</li> </ul>
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**Block 4**
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Year Group	EYFS	Unit Title (PE)	Athletics (Y3)
Block	1	Unit Title (CT)	Net & Wall (Y3)

Builds on...	N/A	Prepares for...	Striking & Fielding (Y3) & Athletics (Y4)
Builds on...	N/A	Prepares for...	Sports day practice (KS2) & Net & Wall (Y4)

Unit Title (PE)	Athletics (Y3)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Running: Sprinting technique, pacing, sprint finish, relay -passing and receiving a baton, race walking technique</li> <li>• Jumping: jump forward from 2 feet to 2 feet, jump for height – vertical jump.</li> <li>• Throwing: one handed push and pull throw, sling throw</li> </ul>	<ul style="list-style-type: none"> <li>• To describe 3 tips for sprinting</li> <li>• To demonstrate changes in running style between sprinting and distance events</li> <li>• To describe best the stance for a one handed push and pull throw</li> <li>• To throw using a straight arm technique similar to discus</li> <li>• To identify 3 tips when for jumping for distance and height</li> <li>• To practice and improve technique for race walking</li> </ul>

**PE**

	<ul style="list-style-type: none"> <li>To pass and receive a baton effectively</li> <li>To follow instructions to set up station safely as part of an athletics circuit</li> </ul>
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Unit Title (CT)	Net & Wall (Y3)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Movement Skills</li> <li>sidestepping, ready position, lunge, sprint, stopping</li> <li>Racket Skills</li> <li>Hit ball hand/racket from a feed/from a partner</li> <li>Throwing</li> <li>Throw underarm and over arm to a partner/target, stop a ball with 2 hands,</li> <li>catch a ball with 2 hands, feed a ball</li> <li>Games Preparation</li> <li>play a game with a simple scoring system, work with a partner to adapt a</li> <li>game</li> </ul>	<ul style="list-style-type: none"> <li>To decide whether to use an underarm or overarm throw depending on distance of target</li> <li>To remain well balanced when moving to catch a ball</li> <li>To catch a high ball with 2 hands before it bounces</li> <li>To hit a self-feed with a racket after 1 bounce</li> <li>To hit a forehand shot towards a target</li> <li>To move to return the ball from a bounce feed on the forehand side</li> <li>To perform a forehand volley from a full toss feed</li> <li>To know 3 rules of mini tennis</li> </ul>

**Block 5**
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Year Group	EYFS	Unit Title (PE)	Striking & Fielding (Y3)
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PE

Block	1	Unit Title (CT)	Sports day practice (KS2)
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Builds on...	N/A	Prepares for...	
Builds on...	N/A	Prepares for...	

Unit Title (PE)	Striking & Fielding (Y3)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>● MovementSkills: Sprinting, Side stepping, stopping</li> <li>● Batting:Hit ball with a cricket bat, hit ball and run to a wicket, hit ball into space, running between wickets</li> <li>● Fielding: Stopping the ballwith a long barrier and throw to wicket, underarm &amp; over arm throwing,feed ball to batter, catching</li> <li>● Games Prep: work as a team to field, use simple scoring system, know basic fielding positions</li> </ul>	<ul style="list-style-type: none"> <li>● To retrieve a ball and return it to a wicket</li> <li>● To learn 3 tips for hitting a cricket ball</li> <li>● To hit a drop feed ball with a cricket bat</li> <li>● To choose the correct throw for different distances</li> <li>● To bowl a ball underarm at a wicket</li> <li>● To demonstrate correct technique for hands when close catching and deep field catching.</li> <li>● To refine batting technique to protect the wicket using a forward defensive shot</li> <li>● To make a decision when to run to the wicket to score a run</li> </ul>

Unit Title (CT)	Sports day practice (KS2)
Key Skills Covered	Main Knowledge Gained





PE

<ul style="list-style-type: none"> <li>● Running</li> <li>● Jumping</li> <li>● Kicking</li> <li>● Generate power</li> <li>● Turn taking</li> <li>● Reactions</li> <li>● Throwing</li> <li>● Collecting</li> </ul>	<p>To gain the knowledge and confidence to perform and compete in the sports day activities.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>● Follow instructions safely</li> <li>● Start a race after a whistle</li> <li>● Run a race with obstacles</li> <li>● Race one after the other (Relay)</li> <li>● Throw and collect</li> <li>● Kick a ball and collect</li> <li>● Dribble a ball</li> </ul>
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# Year 4

## Block 1

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Year Group	4	Unit Title (PE)	Invasion Games - Football (Y4)
Block	1	Unit Title (CT)	Dance (Y4)

Builds on...	N/A	Prepares for...	Invasion Games - Basketball (Y4) & Invasion Games - Hockey (Y5)
Builds on...	N/A	Prepares for...	Gymnastics (Y4) & Dance (Y5)

Unit Title (PE)	Invasion Games - Football (Y4)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>dribbling, passing, receiving the ball, shooting, avoiding a defender, marking a player, basic rules knowledge, working with a partner and team</li> </ul>	<ul style="list-style-type: none"> <li>To control the ball when travelling</li> <li>To pass the ball with control</li> <li>To pass and receive the ball with control</li> <li>To shoot the ball at a target from varying distances to score a point</li> <li>To pass the ball to a partner avoiding a defender.</li> <li>To make a decision on when to successfully intercept the ball</li> <li>To mark a player with the ball</li> <li>To recall at least 3 basic rules of the game.</li> </ul>

Unit Title (CT)	Dance (Y4)
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**PE**

Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"><li>• Balance</li><li>• Running</li><li>• Jumping</li><li>• Spin</li><li>• Turn</li><li>• Side step</li><li>• Skip</li><li>• Hop</li><li>• Gallop</li><li>• Leap</li><li>• Dodge</li><li>• Levels</li></ul>	<ul style="list-style-type: none"><li>• To demonstrate stillness holding a position with control at different levels</li><li>• To march in time to the music and in unison with your group</li><li>• To create a motif for the chorus to show the Gladiator attacking and defending</li><li>• To use gesture and facial expression to show the crowd's reaction to a gladiator fight</li><li>• To analyse and describe the differences between the Gladiators</li><li>• To stay in character throughout the whole dance even when transitioning between phrases</li><li>• Remember and perform dance</li></ul>



## Block 2

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Year Group	4	Unit Title (PE)	Invasion Games - Basketball Y4
Block	2	Unit Title (CT)	Gymnastics (Y4)

Builds on...	N/A	Prepares for...	Invasion Games - Tag Rugby Y4 & Invasion Games - Netball (Y5)
Builds on...	N/A	Prepares for...	OAA (Y4) & Gymnastics (Y5)

Unit Title (PE)	Invasion Games - Basketball Y4
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Chestpass, bounce pass, overhead pass, keeping possession, pivoting, shooting, keeping the score, dribblethe ball.</li> </ul>	<ul style="list-style-type: none"> <li>To be able to pass and receive with increased control and accuracy</li> <li>To be able to use a variety of passes to keep possession</li> <li>To be able to use the jump stop and pivot and to understand the travel rule</li> <li>To be able to pass and receive the ball on the move</li> <li>To be able to keep head up whilst dribbling and to be able to dribble with both R and L hands</li> <li>To be able to use correct shooting technique from close range</li> <li>To know how to mark a player using a defensive stance</li> <li>To learn to dribble and pass the ball towards the basket</li> </ul>

Unit Title (CT)	Gymnastics (Y4)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Balances:Stork Arch Tuck Arabesque V-sit Shoulder standNeedleScaleHeadstand Matched</li> </ul>	<ul style="list-style-type: none"> <li>To perform 3 shapes in unison with a partner to include twisted shape</li> </ul>

**PE**

<ul style="list-style-type: none"> <li>• Rolls: Log roll Egg roll Dish/Arch roll Forward Rolls -Star shape/ Feet together, Shoulder roll, star roll, backward roll preparation</li> <li>• Jumps: Straight Jump along, off and onto bench, Star Jump on and off a bench, Tuck Jump off and on top of bench, Straight Jump with <math>\frac{1}{4}</math> <math>\frac{1}{2}</math> turn off a bench, Scissor Kick, Cat Leap</li> <li>• Vault: run up preparation, squat onto box top.</li> <li>• Linking: Bunny hops along and over bench, Cartwheel preparation over bench</li> </ul>	<ul style="list-style-type: none"> <li>• To move into a balance from different starting positions</li> <li>• To perform a shoulder roll in opposite directions</li> <li>• To explore ways of turning on the spot and off a bench</li> <li>• To take weight on hands when moving over a bench</li> <li>• To practise and remember the sequence needed for take-off when vaulting</li> <li>• To learn a set sequence and add a change of height</li> <li>• To safely move large apparatus into set positions</li> </ul>
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**Block 3**
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Year Group	EYFS	Unit Title (PE)	Invasion Games - Tag Rugby (Y4)
Block	1	Unit Title (CT)	OAA (Y4)



## PE

Builds on...	N/A	Prepares for...	Athletics (Y4) & Outdoor Fitness (Y5)
Builds on...	N/A	Prepares for...	Net & Wall (Y4) & Indoor Fitness (Y5)

Unit Title (PE)	Invasion Games - Tag Rugby Y4
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>keeping possession, keeping the ball, scoring goals, keeping the score, making space, pass, send and receive, dribble, travel with the ball, back up, support partners and others in their team</li> </ul>	<ul style="list-style-type: none"> <li>To swing pass and receive with increased control and accuracy</li> <li>To use correct footwork and to avoid a tackle</li> <li>To pass the ball after being tackled</li> <li>To understand the rules of tackling in a game situation</li> <li>To play a tag rugby style game (CTF) x2</li> <li>To play a tag rugby small sided game to introduce the rules. x2</li> </ul>

Unit Title (CT)	OAA (Y4)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Run</li> <li>Skip</li> <li>Hop</li> <li>Gallop</li> <li>Leap</li> <li>Jump</li> <li>Dodge</li> </ul>	<ul style="list-style-type: none"> <li>To recognise &amp; find 4 directions NSEW</li> <li>To use NSEW to lead and direct others</li> <li>To orientate a map and find a starting point</li> <li>To use a key to find symbols</li> <li>To be able to listen &amp; follow instructions</li> <li>To be able to remember and repeat actions</li> <li>To be able to communicate clearly to solve task</li> <li>To work independently to develop an activity</li> </ul>



## Block 4

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Year Group	EYFS	Unit Title (PE)	Athletics (Y4)
Block	1	Unit Title (CT)	Net & Wall (Y4)

Builds on...	N/A	Prepares for...	Striking & Fielding (Y4) & Athletics (Y5)
Builds on...	N/A	Prepares for...	Sports day practice (KS2) & Net & Wall (Y5)

Unit Title (PE)	Athletics (Y4)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Running: Sprinting technique, pacing, sprint finish, relay -passing and receiving a baton, race walking technique</li> </ul>	<ul style="list-style-type: none"> <li>To describe 3 tips for sprinting</li> </ul>

## PE

<ul style="list-style-type: none"> <li>• Jumping: jump forward from 2 feet to 2 feet, jump for height – vertical jump.</li> <li>• Throwing: one handed push and pull throw, sling throw</li> </ul>	<ul style="list-style-type: none"> <li>• To demonstrate changes in running style between sprinting and distance events</li> <li>• To describe best the stance for a one handed push and pull throw</li> <li>• To throw using a straight arm technique similar to discus</li> <li>• To identify 3 tips when for jumping for distance and height</li> <li>• To practice and improve technique for race walking</li> <li>• To pass and receive a baton effectively</li> <li>• To follow instructions to set up station safely as part of an athletics circuit</li> </ul>
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Unit Title (CT)	Net & Wall (Y4)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Movement Skills</li> <li>• sidestepping, ready position, lunge, sprint, stopping</li> <li>• Racket Skills</li> <li>• Hit ball hand/racket from a feed/from a partner</li> <li>• Throwing</li> <li>• Throw underarm and over arm to a partner/target, stop a ball with 2 hands,</li> <li>• catch a ball with 2 hands, feed a ball</li> <li>• Games Preparation</li> <li>• play a game with a simple scoring system, work with a partner to adapt a</li> <li>• game</li> </ul>	<ul style="list-style-type: none"> <li>• To decide whether to use an underarm or overarm throw depending on distance of target</li> <li>• To remain well balanced when moving to catch a ball</li> <li>• To catch a high ball with 2 hands before it bounces</li> <li>• To hit a self-feed with a racket after 1 bounce</li> <li>• To hit a forehand shot towards a target</li> <li>• To move to return the ball from a bounce feed on the forehand side</li> <li>• To perform a forehand volley from a full toss feed</li> <li>• To know 3 rules of mini tennis</li> </ul>





## Block 5

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Year Group	EYFS	Unit Title (PE)	Striking & Fielding (Y4)
Block	1	Unit Title (CT)	Sports day practice (KS2)

Builds on...	N/A	Prepares for...	Year 5 & Striking and Fielding (Y5)
Builds on...	N/A	Prepares for...	Year 5 & Sports Day

Unit Title (PE)	Striking & Fielding (Y4)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• MovementSkills: Sprinting, Side stepping, stopping</li> <li>• Batting:Hit ball with a cricket bat, hit ball and run to a wicket, hit ball into space, running between wickets</li> <li>• Fielding: Stopping the ballwith a long barrier and throw to wicket, underarm &amp; over arm throwing,feed ball to batter, catching</li> <li>• Games Prep: work as a team to field, use simple scoring system, know basic fielding positions</li> </ul>	<ul style="list-style-type: none"> <li>• To retrieve a ball and return it to a wicket</li> <li>• To learn 3 tips for hitting a cricket ball</li> <li>• To hit a drop feed ball with a cricket bat</li> <li>• To choose the correct throw for different distances</li> <li>• To bowl a ball underarm at a wicket</li> <li>• To demonstrate correct technique for hands when close catching and deep field catching.</li> <li>• To refine batting technique to protect the wicket using a forward defensive shot</li> <li>• To make a decision when to run to the wicket to score a run</li> </ul>

Unit Title (CT)	Sports day practice (KS2)
Key Skills Covered	Main Knowledge Gained

**PE**

<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Kicking</li> <li>• Generate power</li> <li>• Turn taking</li> <li>• Reactions</li> <li>• Throwing</li> <li>• Collecting</li> </ul>	<p>To gain the knowledge and confidence to perform and compete in the sports day activities.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>• Follow instructions safely</li> <li>• Start a race after a whistle</li> <li>• Run a race with obstacles</li> <li>• Race one after the other (Relay)</li> <li>• Throw and collect</li> <li>• Kick a ball and collect</li> <li>• Dribble a ball</li> </ul>
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# Year 5

## Block 1

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Year Group	EYFS	Unit Title (PE)	Invasion Games - Hockey (Y5)
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## PE

Block	1	Unit Title (CT)	Dance (Y5)
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Builds on...	N/A	Prepares for...	Invasion games - Netball & Invasion Games - Football (Y6)
Builds on...	N/A	Prepares for...	Gymnastics (Y5) & Dance (Y6)

Unit Title (PE)	Invasion Games - Hockey (Y5)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Dribble with the ball, push pass, slap hit, receiving the ball, reverse stick, avoid a defender, tackling, scoring goals, marking a player, dodging, supporting others in their team</li> </ul>	<ul style="list-style-type: none"> <li>To dribble the ball at speed and change direction</li> <li>To demonstrate dribbling and passing the ball on the move</li> <li>To perform reverse stick to change direction</li> <li>To dribble the ball around a defender and tackle the ball from another player</li> <li>To shoot at goal from a crossed ball</li> <li>To demonstrate dodging to lose your opponent</li> <li>To mark another player without the ball.</li> <li>To plan tactics for a short corner situation</li> <li>To plan an activity to develop passing over both long and short distances</li> </ul>

Unit Title (CT)	Dance (Y5)
Key Skills Covered	Main Knowledge Gained



PE

<ul style="list-style-type: none"> <li>● Balance</li> <li>● Running</li> <li>● Jumping</li> <li>● Kicking</li> <li>● Generate power</li> <li>● Turn taking</li> <li>● Leading others</li> </ul>	<ul style="list-style-type: none"> <li>● To use gesture to show a farewell/goodbye action</li> <li>● To work as a group to create a rocket pose</li> <li>● To create a movement that reflects the feeling of weightlessness</li> <li>● To create a dance motif for the chorus to perform in unison as a whole class</li> <li>● To respond to a stimulus to create 3 group poses</li> <li>● To show smooth Transitions from one phrase of dance to another</li> <li>● Remember and perform dance</li> </ul>
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## Block 2

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Year Group	EYFS	Unit Title (PE)	Invasion games - Netball (Y5)
Block	1	Unit Title (CT)	Gymnastics (Y5)

Builds on...	N/A	Prepares for...	Outdoor Fitness (Y5) & Invasion Games - Basketball (Y6)
Builds on...	N/A	Prepares for...	Indoor Fitness (Y5) & OAA (Y6)

Unit Title (PE)	Invasion games - Netball (Y5)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Chestpass, bounce pass, Shoulder pass, Dodge, Mark player without ball, Shoot,</li> <li>keeping possession, netballpositions</li> </ul>	<ul style="list-style-type: none"> <li>To perform 3 different passes with control and accuracy.</li> <li>To land correctly when catching a ball in netball</li> <li>To pass and receive on the move demonstrating correct footwork</li> <li>To shoot with accuracy. (scoring 50% of the time)</li> <li>To dodge to move into a space</li> <li>To mark a player without the ball.</li> <li>To know where each position stands on court for a centre pass in Hi5 netball.</li> <li>To know3 basic rules for netball</li> </ul>

Unit Title (CT)	Gymnastics (Y5)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Balances:Stork Arch Tuck Arabesque V-sit Shoulder standY-balance Headstand Mirrored</li> </ul>	<ul style="list-style-type: none"> <li>To be able to perform 5 symmetrical shapes in unison with a partner</li> </ul>

**PE**

<ul style="list-style-type: none"> <li>• Rolls: Log roll Egg roll Dish/Arch roll Forward Rolls -Star shape/ Feet together/straight legs</li> <li>• Bunny hoops floor Bunny hops over bench Bunny hops along bench -part 2</li> <li>• Jumps: Straight Star Tuck Straight Jump with <math>\frac{1}{4}</math> <math>\frac{1}{2}</math> , <math>\frac{3}{4}</math> and full turn Scissor Kick Cat Leap</li> <li>• Vault: Rebound jump onto springboard onto mat Squat/straddle onto low box Squat through Straddleover</li> </ul>	<ul style="list-style-type: none"> <li>• To work with a partner to perform matching and mirroring balances</li> <li>• To hold a counter balance with a partner at different heights</li> <li>• To perform 3 symmetrical jumps with a partner</li> <li>• To show a change in speed when performing rolls</li> <li>• To move into balances from different actions e.g. roll into balance, shape into balance</li> <li>• To land with control after flight</li> <li>• To safely set up large apparatus in either a L or T shape in a given area</li> </ul>
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**Block 3**
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Year Group	EYFS	Unit Title (PE)	Outdoor fitness
Block	1	Unit Title (CT)	Indoor Fitness



## PE

Builds on...	N/A	Prepares for...	Athletics
Builds on...	N/A	Prepares for...	Net & Wall

Unit Title (PE)	Outdoor Fitness (Y5)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance</li> <li>• Turn taking</li> <li>• Leading others</li> <li>• Copying/mirroring</li> <li>• Endurance</li> <li>• Fitness</li> <li>• Strength</li> </ul>	<p>To allow children to participate at a level comfortable to them with the aim of becoming stronger and fitter whilst learning to understand that being out of breath is ok</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>• Follow &amp; copy a partner's actions</li> <li>• Listen and follow instructions</li> <li>• Skip with control (no rope)</li> <li>• Perform exercises with control</li> <li>• Exercise continuously for 3 minutes</li> <li>• Perform exercises safely</li> <li>• Understand the importance of keeping fit for everyday life</li> <li>• Maintain exercise/movement for 3 minutes</li> </ul>

Unit Title (CT)	Indoor Fitness (Y5)
Key Skills Covered	Main Knowledge Gained



**PE**

<ul style="list-style-type: none"> <li>• Walk</li> <li>• Run</li> <li>• Run fast</li> <li>• Agility</li> <li>• Jumping</li> <li>• Leaping</li> <li>• Hopping</li> <li>• Skipping</li> <li>• Galloping</li> <li>• Co-ordination of body parts</li> <li>• Balance</li> <li>• Turn taking</li> <li>• Leading others</li> <li>• Copying/mirroring</li> <li>• Endurance</li> <li>• Fitness</li> <li>• Strength</li> </ul>	<ul style="list-style-type: none"> <li>• To perform in a circuit of activities to improve strength, conditioning and cardiovascular</li> <li>• To perform in a circuit of activities to improve speed and stamina</li> <li>• To perform consistently good co-ordination skills when under pressure</li> <li>• To improve agility and co-ordination skills when performing a set routine</li> <li>• To co-operate well with a partner when performing tasks to improve core</li> <li>• To show a rapid change in direction when performing agility exercises</li> </ul>
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## Block 4

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Year Group	EYFS	Unit Title (PE)	Athletics (Y5)
Block	1	Unit Title (CT)	Net & Wall (Y5)

Builds on...	N/A	Prepares for...	Striking & Fielding
Builds on...	N/A	Prepares for...	Sports day practice

Unit Title (PE)	Athletics (Y5)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Skills: Running –short and longer distances, pacing</li> <li>Jumps -jump for distance and height with a short run up</li> <li>Throws –push, pull, sling throw, body position and stance</li> </ul>	<ul style="list-style-type: none"> <li>To sprint over short distances with a correct running style</li> <li>To run at a sustained and consistent pace</li> <li>To demonstrate a controlled shotput throwing action</li> <li>To demonstrate the discuss throwing technique</li> <li>To describe the triple jump combination correctly</li> <li>To jump for distance taking off on one foot and landing on 2</li> </ul>

**PE**

	<ul style="list-style-type: none"> <li>• To use rhythm when running over obstacles</li> <li>• To measure and record performance in a variety of different events</li> </ul>
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Unit Title (CT)	Net & Wall (Y5)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Movement Skills</li> <li>• sidestepping, ready position, lunge, sprint, stopping</li> <li>• Racket Skills</li> <li>• Hit ball hand/racket from a feed or in the air, rally</li> <li>• Throwing</li> <li>• Throw underarm and over arm to a partner/target, stop a ball with 2 hands,</li> <li>• catch a ball with 2 hands, feed a shuttle,</li> <li>• Games Preparation</li> <li>• play a game with a simple scoring system, understand lines on a court,</li> <li>• know how to score in badminton</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to control the shuttle with a racket</li> <li>• To be able to serve underarm</li> <li>• To return a shuttle.</li> <li>• To form the Overhead action</li> <li>• To learn basic rules and tactics for a game i.e. boundary lines and hitting towards a space</li> <li>• To form the Backhand shot</li> <li>• To Select the best shot to use depending on height and direction of shuttle</li> <li>• To rally using a variety of shots</li> </ul>

**Block 5**
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Year Group	EYFS	Unit Title (PE)	Striking & Fielding (Y5)
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PE

Block	1	Unit Title (CT)	Sports day practice (KS2)
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Builds on...	N/A	Prepares for...	Year 6 & Striking & Fielding (Y6)
Builds on...	N/A	Prepares for...	Year 6 & Sports day

Unit Title (PE)	Striking & Fielding
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>● MovementSkills: Sprinting, Side stepping, stopping</li> <li>● Batting:Hit ball with a rounders bat off a tee/ self feed, Hit a bowled ball, Hit ball and run round bases, Hit ball into space using rounders bat, Understand when to run and stop at bases</li> <li>● Fielding: Stop ball using Long barrier and throw to wicket,Throw underarm to a partner,Throw Overarm,Catch with 2 hands,Bowl underarm to backstop,Throw between bowler, backstop and posts</li> <li>● Games Prep: To use simple scoring system, Work as a team when fielding, Understand term innings, Fielding positions in rounders, Work as a team when batting, Rules of rounders</li> </ul>	<ul style="list-style-type: none"> <li>● To show the correct batting action for rounders</li> <li>● To learn 3 rules for bowling</li> <li>● To bat a bowled ball into a space</li> <li>● To throw from back stop to a post accurately</li> <li>● To decide when to stop running around the posts when batting</li> <li>● To catch a ball under pressure</li> <li>● To explain how to score in rounders when batting</li> <li>● To play a game of rounders and understand the basic rules for batting and fielding</li> </ul>

Unit Title (CT)	Sports day practice (KS2)
Key Skills Covered	Main Knowledge Gained



PE

<ul style="list-style-type: none"> <li>● Running</li> <li>● Jumping</li> <li>● Kicking</li> <li>● Generate power</li> <li>● Turn taking</li> <li>● Reactions</li> <li>● Throwing</li> <li>● Collecting</li> </ul>	<p>To gain the knowledge and confidence to perform and compete in the sports day activities.</p> <p>To be able to:</p> <ul style="list-style-type: none"> <li>● Follow instructions safely</li> <li>● Start a race after a whistle</li> <li>● Run a race with obstacles</li> <li>● Race one after the other (Relay)</li> <li>● Throw and collect</li> <li>● Kick a ball and collect</li> <li>● Dribble a ball</li> </ul>
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# Year 6

## Block 1

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Year Group	EYFS	Unit Title (PE)	Invasion Games - Football (Y6)
Block	1	Unit Title (CT)	Dance (Y6)

Builds on...	N/A	Prepares for...	Invasion games - Basketball (Y6)
Builds on...	N/A	Prepares for...	Gymnastics (Y6)

Unit Title (PE)	Invasion Games - Football (Y6)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Dribble with the ball, turning keeping possession, pass, send and receive scoring goals, tackling, marking a player, controlling the ball with head chest and thigh, goalkeeping, throw ins, supporting others in their team</li> </ul>	<ul style="list-style-type: none"> <li>To perform dribbling and turning skills to keep possession of the ball</li> <li>To pass the ball accurately over both long and short distances</li> <li>To choose when and where to pass the ball to another player</li> <li>To shoot from different angles in front of the goal</li> <li>To close down play to perform a block tackle</li> <li>To perform basic goalkeeping skills</li> <li>To control the ball with different parts of the body</li> <li>To demonstrate the correct technique for a throw in.</li> <li>Play core task game</li> </ul>



Unit Title (CT)	Dance (Y6)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Balance</li> <li>• Running</li> <li>• Jumping</li> <li>• Kicking</li> <li>• Generate power</li> <li>• Turn taking</li> <li>• Leading others</li> </ul>	<ul style="list-style-type: none"> <li>• To use gesture to develop a phrase to demonstrate waking</li> <li>• To explore different ways of turning at different levels</li> <li>• To mirror a partner with fluidity and in time to the music</li> <li>• To create a group phrase using opposing action words e.g. stretch and curl</li> <li>• To be able to dance in unison as a whole class</li> <li>• To create a sequence to perform in time with a group and to the music</li> </ul>

## Block 2

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Year Group	EYFS	Unit Title (PE)	Invasion games - Basketball (Y6)
Block	1	Unit Title (CT)	Gymnastics (EY)

Builds on...	N/A	Prepares for...	Invasion Games - Tag Rugby (Y6)
Builds on...	N/A	Prepares for...	OAA (Y6)

Unit Title (PE)	Invasion games - Basketball (Y6)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>keeping possession, keeping the ball, scoring goals, keeping the score, making space, pass, send and receive, dribble, travel with the ball, back up, support partners and others in their team</li> </ul>	<ul style="list-style-type: none"> <li>To be able to pass and receive with increased control and accuracy</li> <li>To be able to use correct footwork and to understand the travel rule</li> <li>To be able to pass the ball on the move and to signal for the ball effectively</li> <li>To be able to keep head up whilst dribbling the ball and to try to beat a defender when dribbling</li> <li>To shoot with more accuracy (70% success) at a target and to use fast break to move the ball up court quickly</li> <li>To learn correct man to man defence technique</li> <li>To learn how to outwit a defender using 1 v 1 skills such as jab step&amp; fake and drive</li> <li>To understand basic positions in basketball</li> </ul>

Unit Title (CT)	Gymnastics (Y6)
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**PE**

Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Balances: Stork Arch Tuck Arabesque V-sit Shoulder stand Y-balance Headstand Mirrored Partner</li> <li>Rolls: Log roll Egg roll Dish/Arch roll Forward Rolls -Star shape/ Feet together/straight legs Backward rolls</li> <li>Bunny hops floor Bunny hops over bench, Bunny hops along bench -part 2, Cartwheels</li> <li>Jumps: Straight Star Tuck Pike W-Jump Straight Jump with <math>\frac{1}{4}</math> <math>\frac{1}{2}</math> <math>\frac{3}{4}</math> and full turn Scissor Kick, Cat leap, Cat Leap <math>\frac{1}{2}</math></li> <li>Vault: Rebound jump onto springboard onto mat Squat/straddle onto low box Squat through Straddle over</li> </ul>	<ul style="list-style-type: none"> <li>To work with a partner to perform weight bearing partner balances safely</li> <li>To move from a balance into a roll with control</li> <li>To be able to turn during flight and land safely</li> <li>To travel on, over and around apparatus taking weight on hands and feet</li> <li>To perform a group balance</li> <li>To create a group sequence to include both unison and canon</li> <li>To safely set up large apparatus in a given area</li> <li>To adapt and amend sequence to include twisting and turning</li> </ul>

## Block 3

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## PE

Year Group	EYFS	Unit Title (PE)	Invasion Games - Tag Rugby (Y6)
Block	1	Unit Title (CT)	OAA (Y6)

Builds on...	N/A	Prepares for...	Athletics (Y6)
Builds on...	N/A	Prepares for...	Net & Wall (Y6)

Unit Title (PE)	Invasion Games - Tag Rugby (Y6)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>keeping possession, keeping the ball, scoring goals, keeping the score, making space, pass, send and receive, dribble, travel with the ball, back up, support partners and others in their team</li> </ul>	<ul style="list-style-type: none"> <li>To swing pass and receive with increased control and accuracy</li> <li>To use correct footwork and to avoid a tackle</li> <li>To pass the ball after being tackled</li> <li>To understand the rules of tackling in a game situation</li> <li>To play a 3v3 game</li> <li>To learn to position correctly in a match</li> <li>To play a tag rugby style game (CTF)</li> <li>To play a 5v5 tag rugby game</li> </ul>

Unit Title (CT)	OAA (Y6)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Run</li> <li>Skip</li> <li>Hop</li> <li>Gallop</li> <li>Leap</li> <li>Jump</li> <li>Dodge</li> </ul>	<ul style="list-style-type: none"> <li>To be able to direct your partner accurately around a course</li> <li>To use clear instructions to safely guide a partner across obstacles</li> <li>To be able to recognise landmarks on a map</li> <li>To listen and work effectively as a group to complete challenges</li> <li>To work cooperatively with a partner by showing trust</li> <li>To remember, repeat and follow a sequence of instructions</li> <li>To listen and work effectively as a group to complete challenges</li> <li>To create, explain and lead a task for others</li> </ul>



## Block 4

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Year Group	EYFS	Unit Title (PE)	Athletics (Y6)
Block	1	Unit Title (CT)	Net & Wall (Y6)

Builds on...	N/A	Prepares for...	Striking & Fielding (Y6)
Builds on...	N/A	Prepares for...	Sports day practice (KS2)

Unit Title (PE)	Athletics (Y6)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>Running skills: Sprinting, relay, endurance</li> <li>Throwing skills: Javelin, Heave</li> <li>Jumping skills: Scissor high jump, triple jump</li> </ul>	<ul style="list-style-type: none"> <li>To pass a relay baton using a downward sweep</li> <li>To plan and devise an endurance circuit to sustain pace over a longer time</li> <li>To throw a javelin using a pull action</li> </ul>



## PE

	<ul style="list-style-type: none"> <li>• To demonstrate a dynamic heave throw</li> <li>• To perform a scissor jump from a short run up</li> <li>• To perform the triple jump sequence in the correct order</li> <li>• To plan and lead an athletics festival</li> <li>• To take part in another group's festival and give feedback on each event</li> </ul>
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Unit Title (CT)	Net & Wall (Y6)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>• Movement Skills</li> <li>• sidestepping, ready position, lunge, sprint, stopping</li> <li>• Racket Skills</li> <li>• Hit ball with a racket from a feed/ from 1 bounce/in the air, rally, overarm</li> <li>• serve, drop shot, overhead shot, volley</li> <li>• Throwing</li> <li>• Throw underarm and over arm to a partner/target, stop a ball with 2 hands,</li> <li>• catch a ball with 2 hands, feed a ball,</li> <li>• Games Preparation</li> <li>• play a single and doubles game, understand lines on a court, know how to</li> <li>• score in tennis</li> </ul>	<ul style="list-style-type: none"> <li>• To be able to throw up a ball for a self feed for an underarm serve</li> <li>• To return a ball using a forehand shot after 1 bounce</li> <li>• To perform a Forehand volley</li> <li>• To Describe the action used for a drop shot</li> <li>• To explain why we move back to centre of the court after each hit</li> <li>• To serve using</li> <li>• an overarm action</li> <li>• To return the ball using a back hand shot</li> <li>• To work With a partner to cover the court in doubles</li> </ul>



## Block 5

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Year Group	EYFS	Unit Title (PE)	Striking & Fielding (Y6)
Block	1	Unit Title (CT)	Sports day practice (KS2)

Builds on...	N/A	Prepares for...	Year 7
Builds on...	N/A	Prepares for...	Year 7 & Sports Day

Unit Title (PE)	Striking & Fielding (Y6)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"> <li>● Movement Skills: Sprinting, Side stepping, stopping</li> <li>● Batting: Hit ball with a cricket bat from a partner feed, Hit a bowled ball, Hit ball and run to wicket, Hit ball into space using cricket bat, Work with partner to run between wickets</li> <li>● Fielding: Stop ball using Long barrier and throw to wicket, Throw underarm to a partner, Throw Overarm, Catch with 2 hands, Bowl ball overarm, Wicket keeping</li> <li>● Games Prep: To use simple scoring system, Work as a team when fielding, Understand term innings, Basic fielding positions in cricket, Work as a team when batting, Basic rules of cricket</li> </ul>	<ul style="list-style-type: none"> <li>● To throw a ball underarm at a wicket from a variety of directions</li> <li>● To improve batting accuracy and directional batting using a forward drive</li> <li>● To hit a ball bowled underarm</li> <li>● using a forward drive</li> <li>● To increase distance when throwing over arm</li> <li>● To perform close catching and deep fielding catching with consistency</li> <li>● To demonstrate an overarm bowling technique</li> <li>● To stop the ball using 2 different techniques and return accurately to partner</li> <li>● To demonstrate wicket keeping stance and sideways movement</li> </ul>

**PE**

Unit Title (CT)	Sports day practice (KS2)
Key Skills Covered	Main Knowledge Gained
<ul style="list-style-type: none"><li>● Running</li><li>● Jumping</li><li>● Kicking</li><li>● Generate power</li><li>● Turn taking</li><li>● Reactions</li><li>● Throwing</li><li>● Collecting</li></ul>	<p>To gain the knowledge and confidence to perform and compete in the sports day activities.</p> <p>To be able to:</p> <ul style="list-style-type: none"><li>● Follow instructions safely</li><li>● Start a race after a whistle</li><li>● Run a race with obstacles</li><li>● Race one after the other (Relay)</li><li>● Throw and collect</li><li>● Kick a ball and collect</li><li>● Dribble a ball</li></ul>

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