

Hollinswood Primary School and Nursery
Physical Education (P.E.)
Autumn 1- Medium Term Plan

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Indoor (Fundamentals of Movement)				
<p>EYFS</p> <p><i>Healthy participation</i></p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>shapes, spins, and balances</p> <p>jumps</p> <p>rolls</p> <p>equipment</p> <p>inverted movements</p> <p>performance</p>	<p>I know:</p> <p>what the word balance means and can show what this word means</p> <p>that holding my arms out helps me balance</p> <p>that coordination is about my body parts moving</p> <p>what roll, crawl, walk, jump, run, hop, skip and climb mean</p> <p>what changing direction means</p> <p>changing the length of my steps helps me to stop (small steps to stop)</p> <p>equipment can be used to express my movement</p> <p>bend my knees and land safely from a bench</p> <p>that if I hold a shape and count to five people will see it clearly</p> <p>that bending my knees will help me to land safely</p> <p>what the word jump, skip and hop mean</p> <p>that if I hop it will help me to skip</p> <p>that I can change my body shape to help me to roll</p> <p>that we can copy shapes or movements when performing</p> <p>that we use our bodies to express our feelings</p>	<p>I know:</p> <p>getting out of breath is good for my body</p> <p>I know how to:</p> <p>show what balance means</p> <p>use my arms to help me balance</p> <p>show what co-ordination means</p> <p>perform rolls, crawl, skip, run, hop, jump and climb with some control</p> <p>show what agile (use term) means</p> <p>change direction when moving slowly and while following</p> <p>use smaller steps to try and stop</p> <p>create shapes showing a basic level of stillness using different parts of their bodies (rocking and rolling movements)</p> <p>jump safely and bend my knees correctly</p> <p>copy and link simple actions together which are instructed or created independently</p> <p>complete a jump and land on both feet</p> <p>skip with some co-ordination and balance</p> <p>hop on one leg maintain some control</p> <p>perform a pencil roll</p> <p>copy a shape with some accuracy based on what the adult shows me</p>	<p>run</p> <p>change direction</p> <p>roll</p> <p>crawl</p> <p>walk</p> <p>jump</p> <p>run</p> <p>skip</p> <p>hop</p> <p>climb</p> <p>land</p> <p>shape</p> <p>space</p> <p>balance</p> <p>turn</p> <p>travel</p> <p>safely</p> <p>copy</p> <p>movement</p> <p>dance</p> <p>still</p> <p>jump/land</p> <p>roll</p> <p>sideways</p> <p>forwards</p> <p>gallop</p> <p>slither</p> <p>follow</p> <p>copy</p> <p>lead</p> <p>climb</p> <p>perform</p> <p>express</p> <p>create</p> <p>body shapes.</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>Balance (youtube.com) (balance)</p> <p>(youtube.com) (Agility and co-ordination)</p> <p>Simon says games</p> <p>The PE Shed - PE Games</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Outdoor (FOM)				
<p>EYFS</p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>Receiving/Sending</p> <p>Dribbling</p> <p>Space/Locomotion</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>	<p>I know:</p> <p>balance means and can show what this word means</p> <p>coordination is a word linked to P.E</p> <p>what roll, crawl, walk, jump, run, hop, skip and climb mean</p> <p>what changing direction means</p> <p>look at the target when sending a ball and watch the ball to receive it.</p> <p>to look at where the ball is coming from when catching</p> <p>to have my hands out in a position to catch</p> <p>watch the ball into my hands and scoop it up</p> <p>to move my body before the ball gets to me</p> <p>that I can use my hands and feet to stop and control the ball</p> <p>that keeping the ball close will help with control</p> <p>that being in a space gives me room to play</p> <p>that there are different roles in games</p> <p>I need to make simple decisions in response to a task</p> <p>that rules help us to stay safe</p>	<p>I know:</p> <p>getting out of breath is good for my body</p> <p>I know how to:</p> <p>show what balance means</p> <p>show good body balance when my body is stationary</p> <p>stand on one leg for a short amount of time</p> <p>show what co-ordination means</p> <p>to move different parts of my body when directed</p> <p>show control over different parts of the body (moving with more grace and fluency)</p> <p>copy, show and follow simple movements</p> <p>show ability to change body position and shift body weight</p> <p>change direction during games</p> <p>how to move an object using my arms or legs</p> <p>begin to travel with different movements in spaces while avoiding obstacles</p> <p>begin to show I know how to drop and catch with two hands and move a ball with my feet</p> <p>use my own space in games</p> <p>follow rules and instructions from my teachers</p> <p>change direction during games</p> <p>what game means</p> <p>to follow my peers when playing games</p>	<p>Balance</p> <p>body parts: legs, arms, hips, shoulders, feet, knees</p> <p>agile</p> <p>throw move</p> <p>control travel run</p> <p>respect</p> <p>space move skip hop</p> <p>games</p> <p>choices respect responsibility resilience resourcefulness</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>Balance (youtube.com) (balance)</p> <p>Agility and co-ordination (youtube.com)</p> <p>Simon says games</p> <p>The PE Shed - PE Games</p> <p>Support and Resources England Hockey</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Indoor (Gymnastics)				
<p>Year One</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>shapes, spins, and balances</p> <p>jumps</p> <p>rolls</p> <p>equipment</p> <p>inverted movements</p> <p>performance</p>	<p>I know:</p> <p>that standing on one leg is using my balancing skills</p> <p>that coordination means moving parts of my body correctly</p> <p>agility is how I move my body in different directions</p> <p>that landing on the balls of my feet helps me to land with control</p> <p>what a pike jump is</p> <p>what straddle jump is</p> <p>equipment can be used as part of gymnastic or dance routines</p> <p>to bend my knees when jumping from equipment as this keeps me safe</p> <p>that I can use different shapes to roll</p> <p>that if I use a starting and finishing position, people will know when my sequence has begun and when it has ended</p>	<p>I know:</p> <p><i>when I am active, changes will occur in my body</i></p> <p><i>why I should exercise</i></p> <p><i>being active is part of a healthy lifestyle</i></p> <p><i>movement is creative and helps me express myself</i></p> <p>I know how to:</p> <p>stand on one leg with reasonable balance</p> <p>move my arms in relation to other parts of my body</p> <p>change direction using different parts of my body quickly</p> <p>to perform balances making their body tense, stretched and curled.</p> <p>to complete a quarter turn and half turn</p> <p>perform the tuck star and arch shapes</p> <p>make patch and point balances</p> <p>to do shape jumps including jumping off low apparatus</p> <p>to perform the five-step variation jump: 2-2 jump; 2-1; 1-2; 1-1 (hop); (Opposite feet) 1:1</p> <p>use the climbing frame safely</p> <p>perform a pencil roll safely</p> <p>perform a rock and roll safely</p> <p>perform an egg roll safely</p> <p>perform a shoulder roll safely</p> <p>express myself using rolls, jumps, spins and balances that I have been taught</p>	<p><i>side-step</i></p> <p><i>gallop</i></p> <p><i>heartbeat</i></p> <p><i>breathing</i></p> <p>balance</p> <p>co-ordination</p> <p>agility</p> <p>balance (one-point, two points, three points balance)</p> <p>level</p> <p>tense</p> <p>stretched</p> <p>curled</p> <p>quarter-turn</p> <p>half-Turn</p> <p>patch</p> <p>point</p> <p>step</p> <p>variation</p> <p>performance</p> <p>explore</p> <p>opposite</p> <p>roll</p> <p>shoulder roll</p> <p>pencil roll/jump</p> <p>pike</p> <p>straddle</p> <p>frame/climbing frame</p> <p>express</p> <p>perform</p> <p>routine</p> <p>imagine</p> <p>body shapes</p> <p>create</p>	<p>Resources/staff subject knowledge:</p> <p>How To Deliver A Gymnastics PE Lesson In Primary School (youtube.com)</p> <p>Gymnastics - Balances Week 1 (youtube.com)</p> <p>Gymnastics in primary schools: What should be covered and why (peplanning.org.uk)</p> <p>Gymnastics - Jumps Week 2 (youtube.com)</p> <p>Gymnastics Safety Tips for Primary Schools PE Planning</p> <p>How To Support A Gymnastics Forward Roll - Primary PE (u-sports.co.uk)</p> <p>Checklist:</p> <p>Never skip the warm up</p> <p>Ensure children use mats when performing rolls</p> <p>Check all equipment is working and not broken</p> <p>Ensure that adequate supervision is in place 1:16 but with one child per mat so reduced to one adult supervising 8 children moving</p> <p>FORWARD ROLLS MUST BE COMPLETED 1-1 and pupils must be supported to do this</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Outdoor (Hockey)				
Year One Fundamentals of Movement Balance Co-ordination Agility (Fundamental skills) Receiving/Sending Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	I know: that standing on one leg is using my balancing skills. that coordination means moving parts of my body correctly agility is how I move my body in different directions to look at my partner before sending the ball the part of the stick to strike the ball with that moving with a ball is called dribbling that being in a good space helps us to pass the ball that being able to move away from a partner helps my team to pass me the ball that staying with a partner makes it more difficult for them to receive the ball that tactics can help us when playing games that maintaining possession is a key aspect of invasion games that rules help us to play fairly what the word pass means	I know: <i>when I am active, changes will occur in my body</i> <i>why I should exercise</i> <i>being active is part of a healthy lifestyle</i> <i>movement is creative and helps me express myself</i> what an invasion game is I know how to: stand on one leg with reasonable balance move my arms in relation to other parts of my body change direction using different parts of my body quickly to use my hands and feet to send and receive showing some awareness of where the ball is going hit the ball off a raised point with the correct part of the stick to move the ball forward, dribbling with my hands to show reasonable spatial awareness when playing games to change direction to move away from a partner to track and move to stay with a partner to travel in a range of ways. hold the hockey stick correctly. travel with a ball in different directions (side to side, forwards and backwards)	heartbeat breathing balance standing foot agility invasion side-step gallop co-ordination active healthy body parts (limbs, legs, arms)- science MTP link send receive pass invasion strike blade dribbling space travel direction grip games tactics possession rules respect responsibility resilience	Resources/staff subject knowledge: Moving Matters (youtube.com) Support and Resources England Hockey See shared drive for planning and resources

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Indoor (Gymnastics)				
<p>Year Two</p> <p>Healthy Participation</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>shapes, spins, and balances</p> <p>jumps</p> <p>rolls</p> <p>equipment</p> <p>inverted movements</p> <p>performance</p>	<p>I know:</p> <p>balancing involves stability of different parts of my body</p> <p>how to balance standing on one leg without losing control</p> <p>coordination means using parts of my body while moving</p> <p>agility is about moving the body in different directions at different speeds</p> <p>looking forward will help me to land with control</p> <p>what a pike jump is</p> <p>what a straddle jump is</p> <p>what a split jump is</p> <p>different rolls need different techniques to complete</p> <p>that I must perform rolls as instructed to stay safe</p> <p>equipment is part of gymnastics and routines</p> <p>staying balanced and bending my knees when landing are important things to focus on when landing from equipment</p> <p>if I use shapes that link well together it will help my sequence to flow</p>	<p><i>some of the changes that happen in my body when I am active</i></p> <p><i>why I should exercise and can explain some positives when I exercise</i></p> <p><i>movement is creative and helps me express myself</i></p> <p><i>being active is part of a healthy lifestyle</i></p> <p>I know how to:</p> <p>show stability while moving</p> <p>show stillness while balancing</p> <p>move the my lower half while shifting my upper body</p> <p>sprint and change direction quickly</p> <p>perform balances on different body parts with some control and balance.</p> <p>complete a quarter turn, half turn, three quarter turn and full turn.</p> <p>do shape jumps and take off different take-off combinations</p> <p>perform a five-step variation jumps with control.</p> <p>Perform the following rolls: Pencil roll safely, Rock and roll safely, egg roll safely, shoulder roll safely, forward roll with one leg safely</p> <p>create a bridge balance</p> <p>use the following equipment safely:</p> <p>climbing frame</p> <p>ropes and ladders</p> <p>gym horses</p> <p>to perform a routine that includes rolls, jumps, balances and spins with basic proficiency</p>	<p>oxygen</p> <p>prevent injury</p> <p>stretch</p> <p>pulse</p> <p>stability</p> <p>stable</p> <p>control</p> <p>tense</p> <p>stretched</p> <p>curled</p> <p>quarter turn</p> <p>half turn</p> <p>three quarter turn</p> <p>full turn</p> <p>five step variation</p> <p>direction</p> <p>pencil roll</p> <p>rock and roll</p> <p>egg roll safely</p> <p>shoulder roll</p> <p>forward</p> <p>pike</p> <p>straddle</p> <p>split</p> <p>take-off</p> <p>combination</p> <p>gymnast</p> <p>bench</p> <p>frame</p> <p>flow</p> <p>performance</p> <p>perform</p> <p>routine</p> <p>opposite</p>	<p>Resources/staff subject knowledge:</p> <p>How To Deliver A Gymnastics PE Lesson In Primary School (youtube.com)</p> <p>Gymnastics - Balances Week 1 (youtube.com)</p> <p>Gymnastics in primary schools: What should be covered and why (peplanning.org.uk)</p> <p>Gymnastics - Jumps Week 2 (youtube.com)</p> <p>Gymnastics Safety Tips for Primary Schools PE Planning</p> <p>How To Support A Gymnastics Forward Roll - Primary PE (u-sports.co.uk)</p> <p>Checklist:</p> <p>Never skip the warm up</p> <p>Ensure children use mats when performing rolls</p> <p>Check all equipment is working and not broken</p> <p>Ensure that adequate supervision is in place 1:16 but with one child per mat so reduced to one adult supervising 8 children moving</p> <p>FORWARD ROLLS MUST BE COMPLETED 1-1 and pupils must be supported to do this</p>

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Hockey Outdoor				
Year Two <u>Fundamentals of Movement</u> Balance Co-ordination Agility <u>(Fundamental skills)</u> Receiving/Sending Striking Dribbling Space/Locomotion Attacking Defending Tactics Rules	I know: that balancing involves stability of different parts of my body that coordination means using parts of my body while moving that agility is about moving the body in different directions at different speeds that keeping my head up will help me to know where defenders are that moving into space away from defenders helps me to pass and receive a ball when my team is in possession of the ball, I am an attacker and we can score that I need to control the ball before sending it know what a slap and push pass is that when my team is not in possession of the ball, I am a defender and we need to try to get the ball. that standing between the ball and the attacker will help me to stop them from getting the ball. simple tactics for attack and defence e.g. block, track, follow, mark that maintaining possession is a key aspect of invasion games	I know: <i>some of the changes that happen in my body when I am active</i> <i>why I should exercise and can explain some positives when I exercise</i> <i>being active is part of a healthy lifestyle</i> <i>movement is creative and helps me express myself</i> what an invasion game is I know how to: show stability while moving move the my lower half while shifting my upper body sprint and change direction quickly moving my body to swerve opponents send and receive to a teammate with increased control travel with a ball in different directions (side to side, forwards and backwards) with control and fluency dribble with some control move into space away from others move into space away from defenders stay close to other players to try and stop them getting the ball to score points and follow simple rules to send an object how to perform a slap and push pass travel in a range of ways at different directions hold the stick correctly	active healthy heart heart rate body parts (limbs, legs, arms) balance co-ordination agility sprint speed dribbling send receive pass strike hold slap pass push pass dribble control grip swerve space space travel games tactics possession rules respect responsibility resilience	<u>Resources/ staff subject knowledge</u> : Moving Matters (youtube.com) Support and Resources England Hockey

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Indoor (Gymnastics)				
<p>Year Three</p> <p>Healthy Participation</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>shapes, spins, and balances</p> <p>jumps</p> <p>rolls</p> <p>equipment</p> <p>inverted movements</p> <p>performance</p>	<p>I know:</p> <p>that balancing is about stability with control.</p> <p>that coordination means performing actions with increased control when co-ordinating my body with and without equipment.</p> <p>that agility is about moving the parts of my body at different speeds with control of pace and direction</p> <p>that I can change the take off and shape of my jumps to make them look interesting</p> <p>what the following jumps are: Pike Straddle Split Tuck</p> <p>that I must protect delicate parts of my body safe when performing more difficult rolls</p> <p>gymnastics includes equipment such as gym horses and benches</p> <p>dismounting safely in a balanced manner is a key aspect of using gym equipment safely</p> <p>that if I use different levels it will help to make my sequence look interesting</p>	<p>I know:</p> <p><i>how stamina and power help people to perform well in different sports</i></p> <p><i>why I should exercise and explain a number of benefits to myself</i></p> <p><i>movement is creative and helps me express myself</i></p> <p><i>being active is part of a healthy lifestyle</i></p> <p>I know how to:</p> <p>show good stability while moving</p> <p>move the my lower half while shifting my upper body with good co-ordination</p> <p>sprint and change direction quickly using my upper body and feet to help me do this</p> <p>complete balances with increasing stability, control and technique.</p> <p>complete all the spins and land with control.</p> <p>step into shape jumps with some control</p> <p>do shape jumps and take off different take-off combinations landing with better control</p> <p>perform the five-step variation with control and put them into a basic sequence.</p> <p>perform all rolls safely (pencil roll safely, rock and roll safely, egg roll safely, shoulder roll safely, forward roll with one leg safely)</p> <p>create a bridge balance and hold this</p> <p>perform a vault by mounting and dismounting a gym horse correctly.</p> <p>confidently perform a balance on gym equipment</p> <p>use the following equipment safely: (climbing frame, ropes and ladders and gym horses)</p> <p>perform a routine that includes rolls, jumps, balances and spins with basic proficiency</p>	<p>stability stable control tense stretched curled quarter turn half turn three quarter turn full turn</p> <p>five step variation direction</p> <p>pencil roll rock and roll egg roll safely shoulder roll forward</p> <p>pike straddle split take-off combination</p> <p>gymnast bench frame</p> <p>flow performance perform routine</p>	<p>Resources/staff subject knowledge:</p> <p>How To Deliver A Gymnastics PE Lesson In Primary School (youtube.com)</p> <p>Gymnastics - Balances Week 1 (youtube.com)</p> <p>Gymnastics in primary schools: What should be covered and why (peplanning.org.uk)</p> <p>Gymnastics - Jumps Week 2 (youtube.com)</p> <p>Gymnastics Safety Tips for Primary Schools PE Planning</p> <p>How To Support A Gymnastics Forward Roll - Primary PE (u-sports.co.uk)</p> <p>Checklist:</p> <p>Never skip the warm up</p> <p>Ensure children use mats when performing rolls</p> <p>Check all equipment is working and not broken</p> <p>Ensure that adequate supervision is in place 1:16 but with one child per mat so reduced to one adult supervising 8 children moving</p> <p>FORWARD ROLLS MUST BE COMPLETED 1-1 and pupils must be supported to do this</p> <p>See shared drive for planning and resources</p>

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Outdoor (Hockey)				
<p>Year Three</p> <p>Healthy Participation</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>Receiving/Sending</p> <p>Striking</p> <p>Dribbling</p> <p>Space/Locomotion</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>	<p>I know:</p> <p>that balancing is about stability with control</p> <p>that coordination means using different parts of my body in natural movements at the same time.</p> <p>that agility is about moving the body at different speeds with control of pace and direction</p> <p>pointing my hand/foot/stick to my target on release will help me to send a ball accurately</p> <p>what a slap pass and push pass is</p> <p>that dribbling is an attacking skill which helps us to move towards a goal or away from defenders</p> <p>that by spreading out as a team we move the defenders away from each other</p> <p>my role as an attacker and defender</p> <p>that using simple tactics will help my team to achieve an outcome e.g. we will each mark a player to help us to gain possession</p> <p>that maintaining possession is a key aspect of invasion games</p> <p>the rules of the game and begin to apply them</p>	<p>I know:</p> <p><i>how stamina and power help people to perform well in different sports</i></p> <p><i>why I should exercise and explain a number of benefits to myself</i></p> <p><i>movement is creative and helps me express myself</i></p> <p><i>being active is part of a healthy lifestyle</i></p> <p><i>that my mental health benefits from exercise</i></p> <p>I know how to:</p> <p>show good stability while moving</p> <p>move the my lower half while shifting my upper body with good co-ordination</p> <p>sprint and change direction quickly using my upper body and feet to help me do this</p> <p>send an object and trap and object</p> <p>send and receive to a teammate showing a fair level control</p> <p>perform the two passes correctly with improved accuracy</p> <p>hit the ball from a raised position towards a target</p> <p>dribble with my hands and feet with some control on the move while under some pressure</p> <p>hold a stick and dribble with control</p> <p>travel in different directions at different speeds</p> <p>change direction at speed with control while dribbling with some control</p> <p>show an awareness of developing using space as a team</p> <p>use current movement skills to lose a defender</p> <p>use different shooting actions in a range of invasion games</p> <p>track opponents- at times- to limit their scoring opportunities</p>	<p>active</p> <p>healthy</p> <p>heart</p> <p>heart rate</p> <p>balance</p> <p>co-ordination</p> <p>agility</p> <p>sprint</p> <p>speed</p> <p>dribbling</p> <p>send</p> <p>receive</p> <p>pass</p> <p>strike</p> <p>hold</p> <p>slap pass</p> <p>push pass</p> <p>dribble</p> <p>control</p> <p>send</p> <p>accuracy</p> <p>target</p> <p>swerve</p> <p>space</p> <p>space</p> <p>travel</p> <p>games</p> <p>tactics</p> <p>maintain</p> <p>possession</p> <p>rules</p> <p>respect</p> <p>responsibility</p> <p>resilience</p>	<p>Resources/staff subject knowledge:</p> <p>Primary PE Lesson plan ideas for teachers. Hockey - Halfway Pass (youtube.com)</p> <p>Moving Matters (youtube.com)</p> <p>Support and Resources England Hockey</p> <p>See shared drive for planning and resources</p>

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Swimming				
Year Four	that coordination means using different parts of my body in natural movements at the same time in the water	I know:	crawl breaststroke front crawl breaststroke backstroke rotation	Resources/staff subject knowledge: (youtube.com) - Swim in stages 1 (propulsion swimming) Guide-For-Primary-Schools-Swimming-KS1-and-KS2.pdf (healthyschoolscp.org.uk)
Healthy Participation	that I must be coordinated while moving my body at speed and changing direction	the way suppleness and strength affect the quality of my performance		See shared drive for planning and resources
Fundamentals of Movement	that balancing is about stability while swimming	some of the benefits of being physically active		
Balance	that body tension is key to performing changes of direction in the water	the ways in which I am physically active	breath time breaths submerged submersion underwater regain exhale inhale	
Co-ordination	that agility is about moving the body in and out of the water at different speeds with control of pace and direction	that exercise is a key part of a healthy lifestyles		
Agility	that lifting my hips will help me to stay afloat whilst swimming.	that my mental health benefits from exercise		
(Fundamental skills)	that keeping my legs together for crawl helps me to stay straight in the water	I know how to:	rules safely sculling stroke alternate survival tread water buoyancy aid	
Strokes	that turning my head to the side to breathe will allow me to swim with good technique	show technique for specific strokes to include head above water breaststroke, backstroke and front crawl.		
Breathing	that breathing out with a slow consistent breath enables me to swim for longer before needing another breath	demonstrate a fair level of technique, consistently co-ordinating the correct body parts in a range of strokes		
Water Safety/Rules	that treading water enables me to keep upright and in the same space	float on front and back using different shapes with increased control		
	that breathing out with a slow consistent breath enables me to swim for longer before needing another breath	confidently and consistently retrieve an object from the floor with the same breath		
	that treading water enables me to keep upright and in the same space	(begin) co-ordinate breath in time with basic strokes showing some consistency in timing		
	what to do if I fall in the water	(begin) to know how to use the correct front crawl breathing technique		
	that the water should be clear of swimmers before entering	combine gliding and floating on front and back over an increased distance		
	all the water safety rules	swim at least 25 meters, competently, confidently and proficiently		
	some techniques for personal survival to include survival strokes such as sculling and treading water	perform self-rescue in different rescue situations		

<p>Year Four</p> <p><u>Fundamentals of Movement</u></p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p><u>(Fundamental skills)</u></p> <p>Receiving/Sending</p> <p>Striking</p> <p>Dribbling</p> <p>Space/Locomotion</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>	<p>I know:</p> <p>that coordination means I need to use my body with speed across a variety of activities</p> <p>that agility is about manipulating the movements of the body to adjust speeds across a range of games and activities</p> <p>that I must be coordinated while moving my body at speed and changing direction</p> <p>cushioning a ball will help me to control it when receiving it</p> <p>protecting the ball as I dribble will help me to maintain possession.</p> <p>moving into space will help my team keep possession and score goals</p> <p>when to mark and when to attempt to win the ball</p> <p>when to pass and when to shoot at times</p> <p>applying attacking tactics will help to maintain possession and score goals. Know that applying defending tactics will help to deny space, gain possession and stop goals..</p> <p>maintaining possession is a key aspect of invasion games</p> <p>the rules well enough to be able to manage a game</p>	<p>I know:</p> <p><i>the way suppleness and strength affect the quality of my performance</i></p> <p><i>some of the benefits of being physically active</i></p> <p><i>the ways in which I am physically active</i></p> <p><i>that exercise is a key part of a healthy lifestyles</i></p> <p>I know how to:</p> <p>develop passing techniques appropriate to the game with increasing success.</p> <p>receive the ball with the blade of the stick with increasing success</p> <p>send and trap and object with good control</p> <p>perform the two passes correctly and with good accuracy</p> <p>hit the ball from a raised position towards a target with reasonable accuracy towards a target</p> <p>link dribbling the ball with other actions and change direction whilst dribbling with reasonable control</p> <p>hold a stick comfortably and correctly and dribble with control</p> <p>move into space to help my team</p> <p>travel in different directions at different speeds using my feet to shift position and swerve into space</p> <p>change direction at speed with control while dribbling with reasonable control</p> <p>use current movement skills to lose a defender</p> <p>use different shooting actions in a range of invasion games</p> <p>change direction to lose an opponent with some success showing an awareness of developing using space as a team</p> <p>track opponents to limit their scoring opportunities</p> <p>defend one on one and begin to intercept</p>	<p>health dopamine lifestyles</p> <p>technique balance co-ordination agility sprint speed</p> <p>dribbling send receive</p> <p>pass strike hold slap pass push pass dribble control send accuracy target</p> <p>swerve body angle body position space space travel</p> <p>games tactics maintain possession</p> <p>rules respect responsibility resilience</p>	<p><u>Resources/staff subject knowledge:</u></p> <p>Moving Matters (youtube.com)</p> <p>Support and Resources England Hockey</p> <p>See shared drive for planning and resources</p>
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	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Indoor (Gymnastics)				
<p>Year Five</p> <p>Healthy participation</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>shapes, spins, and balances</p> <p>jumps</p> <p>rolls</p> <p>equipment</p> <p>inverted movements</p> <p>performance</p>	<p>I know:</p> <p>and can explain that I must keep even weight on both sides of my body.</p> <p>that I must keep even weight on both sides of my body</p> <p>that coordination means using a range of body parts at speed</p> <p>coordination means using a range of body parts at speed</p> <p>that agility is about manipulating the movements of my entire body, at varying speeds and with some deliberate co-ordinated movements</p> <p>agility is about manipulating the movements of my entire body, at varying speeds and with some deliberate co-ordinated movements</p> <p>jumps can be used to link movements and changing the shape of jumps will make my sequence appealing to look at</p> <p>what the following jumps are: pike, straddle, split, tuck, sissonne leap, cat leap, stag</p> <p>that I need to do what I can do and this may be different to others</p> <p>that sometimes slowing down helps give me more control and keep me safe</p> <p>that technical mounts and dismounts have to be used when using gym equipment</p> <p>that stretching out my arms when landing on two feet helps me maintain balance and keeps me safe from injury and shows poise</p> <p>different routines and paths will help to make my sequence look interesting</p>	<p>I know:</p> <p>and can identify activities that help to improve stamina, power and flexibility</p> <p>that my mental health benefits from exercise</p> <p>explain when I am physically active in the school day</p> <p>I know how to:</p> <p>lead a partner in a short warm up</p> <p>show good stability while moving at speed, shifting my weight when appropriate</p> <p>move the my lower half while shifting my upper body with clear co-ordination</p> <p>sprint and change direction with good balance using my whole body</p> <p>show control and balance when moving from one balance to another</p> <p>show control and balance when moving from one balance to another</p> <p>turn my body, land with control and I know that this is how performance is judged.</p> <p>select a range of jumps to include in sequence work</p> <p>perform the step five step variation and put them into a well performed sequence with a partner.</p> <p>use my knowledge of the five-step variation alongside technical jumps</p> <p>perform all rolls to a high standard and implement them into a routine with a partner</p> <p>show some control when using a cartwheel and a headstand</p> <p>use a vault and integrate into a routine with technical mounts, balances and dismounts</p> <p>perform a balance on gym equipment and hold it with some poise</p> <p>produce a synchronised performance using all elements know that shows some flow, synchronisation and timing</p>	<p>manipulate</p> <p>visual variations</p> <p>body tension</p> <p>controlled landing</p> <p>visuals</p> <p>varied rotations</p> <p>five-step variation</p> <p>synchronize canon progression</p> <p>balance momentum capability</p> <p>pike straddle split tuck sissonne leap cat leap stag</p> <p>poise mount balance dismount headstand cartwheel progressions</p> <p>pathways floor performance integrate implement</p>	<p>Resources/staff subject knowledge:</p> <p>How To Deliver A Gymnastics PE Lesson In Primary School (youtube.com)</p> <p>Gymnastics - Balances Week 1 (youtube.com)</p> <p>Gymnastics in primary schools: What should be covered and why (peplanning.org.uk)</p> <p>Gymnastics - Jumps Week 2 (youtube.com)</p> <p>Gymnastics Safety Tips for Primary Schools PE Planning</p> <p>How To Support A Gymnastics Forward Roll - Primary PE (u-sports.co.uk)</p> <p>Checklist:</p> <p>Never skip the warm up</p> <p>Ensure children use mats when performing rolls</p> <p>Check all equipment is working and not broken</p> <p>Ensure that adequate supervision is in place 1:16 but with one child per mat so reduced to one adult supervising 8 children moving</p> <p>FORWARD ROLLS MUST BE COMPLETED 1-1 and pupils must be supported to do this</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Outdoor (Hockey)				
<p>Year Five</p> <p><i>Healthy participation</i></p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>Receiving/Sending</p> <p>Striking</p> <p>Dribbling</p> <p>Space/Lo-motion</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>	<p>I know:</p> <p>that I must keep even weight on both sides of my body for good balance</p> <p>coordination means using a range of body parts at speed.</p> <p>agility is about manipulating the movements of the body while shifting my body weight to adjust speeds across a range of games and activities</p> <p>that agility and coordination are fundamental parts of invasion games.</p> <p>not having a defender between myself and a ball carrier enables me to send and receive with better control</p> <p>dribbling in different directions will help to lose a defender.</p> <p>by moving to space even if not receiving the ball will create space for a teammate</p> <p>to make better choices about when to pass and when to shoot</p> <p>stay in a certain space to limit attacking opportunities</p> <p>the need for tactics and identify when to use them in different situations</p> <p>maintaining possession is a key aspect of invasion games</p>	<p>I know:</p> <p><i>and can identify activities that help to improve stamina, power and flexibility</i></p> <p><i>that my mental health benefits from exercise</i></p> <p><i>explain when I am physically active in the school day</i></p> <p>I know how to:</p> <p><i>lead a partner in a short warm up</i></p> <p>show good stability while moving at speed, shifting my weight when appropriate</p> <p>move the my lower half while shifting my upper body with clear co-ordination</p> <p>sprint and change direction with good balance using all my body parts</p> <p>show an increased level of control when sending and receiving under pressure</p> <p>use passing techniques appropriate to the game with some consistent success.</p> <p>receive the ball with the blade of the stick with control</p> <p>perform the two passes correctly and with good accuracy during games correct intent)</p> <p>hit the ball towards a target with good accuracy (clear difference between strike and pass)</p> <p>change direction whilst dribbling with good control</p> <p>use the front and the back of the blade to control to ball and keep it from an opponent</p> <p>move into and create space for myself communicating with team mates</p> <p>travel in different directions at different speeds with good balance and control</p> <p>use feints and movement skills to lose a defender with some success</p> <p>use different shooting actions in different moments</p> <p>use a variety of techniques to lose an opponent e.g. change of direction or speed</p> <p>mark with increased success and intercept</p> <p>showing an awareness of developing using space as a team</p> <p>apply rules in a variety of invasion games whilst playing and officiating</p>	<p><i>stamina</i></p> <p><i>power</i></p> <p><i>suppleness</i></p> <p><i>healthy</i></p> <p><i>heart/heart rate</i></p> <p><i>flexibility</i></p> <p>balance</p> <p>manipulate/manipulating</p> <p>tension</p> <p>weight (stability)</p> <p>increased stability/control</p> <p>range</p> <p>motions</p> <p>deliberate</p> <p>adjust speed</p> <p>body position</p> <p>technique</p> <p>balance</p> <p>co-ordination</p> <p>agility</p> <p>sprint/shift/adjust</p> <p>speed</p> <p>dribbling/pressure</p> <p>blade</p> <p>accuracy</p> <p>consistency</p> <p>pass</p> <p>strike</p> <p>hold</p> <p>slap pass</p> <p>push pass</p> <p>dribble</p> <p>control</p> <p>target</p> <p>swerve</p> <p>body angle</p> <p>body position</p> <p>space</p> <p>travel</p> <p>games and tactics</p> <p>maintain possession</p> <p>communication</p> <p>intercept</p>	<p>Resources/staff subject knowledge:</p> <p>Support and Resources England Hockey</p> <p>Moving Matters (youtube.com)</p> <p>See shared drive for planning and resources</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Indoor (Gymnastics)				
<p>Year Six</p> <p><i>Healthy participation</i></p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>shapes, spins, and balances</p> <p>jumps</p> <p>rolls</p> <p>equipment</p> <p>inverted movements</p> <p>performance</p>	<p>I know:</p> <p>and can explain that I must keep even weight on both sides of my body to keep the centre of mass stable while performing a complex routine.</p> <p>coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge</p> <p>agility is about manipulating the movements of my entire body while maintaining balance, at varying speeds and have quite clearly co-ordinated movements</p> <p>that taking off from two feet will give me more height and therefore more time in the air</p> <p>and can explain what the following jumps are: pike; straddle; split; tuck; stag; sissonne; leap; cat; and leap</p> <p>that I can use momentum to help me to roll and know where that momentum from</p> <p>that spreading my weight across a base of support will help me to balance</p> <p>that technical mounts ,dismounts, tucks and rolls are used with gym equipment</p> <p>that stretching out my arms when landing on one or two feet helps me maintain balance and keeps me safe from injury and shows poise</p> <p>that if I use changes in formation it will help to make my sequence look interesting</p>	<p>I know:</p> <p><i>that exercise is a key part of a healthy lifestyles</i></p> <p><i>the difference between main types of fitness needed for different activities and use these in warm up routines</i></p> <p><i>that my mental health benefits from exercise</i></p> <p>that gymnastics is linked to dance and expression of feelings</p> <p>I know how to:</p> <p><i>create a warm up and cool down for myself and others</i></p> <p><i>explain how I am physically active in and out of school</i></p> <p>combine and perform more complex balances with control, technique and fluency</p> <p>turn my body, land with control and add different technical jumps to the body spins, and I know that more detail means a better score</p> <p>combine and perform a range of gymnastic jumps more fluently and effectively</p> <p>Do a five-step variation, put them into a sequence with a partner.</p> <p>use my knowledge of the five-step variation alongside technical jumps</p> <p>use my knowledge of the five-step variation and implement them into a complex routine with technical jumps</p> <p>perform all rolls to a high standard and implement them into a complex routine with a partner</p> <p>develop control in progressions of a cartwheel and a headstand</p> <p>use a vault and integrate into a complex routine, which involves different technical jumps, turn and rolls, mounts balances and dismounts</p> <p>produce a synchronised performance using a variety of rolls, jumps, equipment with technical aspects known included</p>	<p>counter tension formation controlled landing varied rotations</p> <p>five-step variation momentum fluently</p> <p>counterbalance body tension</p> <p>pike straddle split tuck sissonne leap cat leap stag</p> <p>poise complex balances varied dismounts</p> <p>headstand cartwheel progressions support base</p> <p>formation pathways aesthetically pleasing synchronisation asymmetrical aesthetics</p>	<p>Resources/staff subject knowledge:</p> <p>How To Deliver A Gymnastics PE Lesson In Primary School (youtube.com)</p> <p>Gymnastics - Balances Week 1 (youtube.com)</p> <p>Gymnastics in primary schools: What should be covered and why (peplanning.org.uk)</p> <p>Gymnastics - Jumps Week 2 (youtube.com)</p> <p>Gymnastics Safety Tips for Primary Schools PE Planning</p> <p>How To Support A Gymnastics Forward Roll - Primary PE (u-sports.co.uk)</p> <p>Checklist:</p> <p>Never skip the warm up</p> <p>Ensure children use mats when performing rolls</p> <p>Check all equipment is working and not broken</p> <p>Ensure that adequate supervision is in place 1:16 but with one child per mat so reduced to one adult supervising 8 children moving</p> <p>FORWARD ROLLS MUST BE COMPLETED 1-1 and pupils must be supported to do this</p> <p><i>See shared drive for planning and resources</i></p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	Big Question and Linked Text
Outdoor (Hockey)				
<p>Year Six</p> <p>Healthy Participation</p> <p>Fundamentals of Movement</p> <p>Balance</p> <p>Co-ordination</p> <p>Agility</p> <p>(Fundamental skills)</p> <p>Receiving/Sending</p> <p>Striking</p> <p>Dribbling</p> <p>Space/Locomotion</p> <p>Attacking</p> <p>Defending</p> <p>Tactics</p> <p>Rules</p>	<p>I know:</p> <p>and can explain that I must keep even weight on both sides of my body to keep the centre of mass stable while striking, running and moving</p> <p>coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge</p> <p>agility is about manipulating the movements of the body while maintaining balance to adjust speed, pace and changes in direction across a range of games and activities</p> <p>and can explain what coordination and agility are and when to apply these movements in games</p> <p>I need to make quick decisions about when, how and who to pass to</p> <p>to choose the appropriate skill for the situation under pressure e.g. a V dribble in basketball to keep the ball away from a defender.</p> <p>transitioning quickly between attack and defence will help my team to maintain or gain possession</p> <p>make mostly correct decisions about when to pass and when to shoot</p> <p>at times I need to close down space between the goal and the attacker in order to block attempts at goal</p> <p>how to create and apply a tactic for a specific situation or outcome</p> <p>maintaining and using possession well is a key aspect of invasion games</p> <p>apply and use rules consistently in a variety of invasion games whilst playing and officiating</p>	<p>I know:</p> <p><i>that exercise is a key part of a healthy lifestyles</i></p> <p><i>the main types of fitness needed for different activities and use these in warm up routines</i></p> <p><i>that my mental health benefits from exercise</i></p> <p>I know how to:</p> <p><i>create a warm up and cool down for myself and others</i></p> <p>that shifting my weight while moving, striking and is about keeping my centre of gravity in the correct position</p> <p>move my lower half while shifting my upper body with clear co-ordination at speed</p> <p>sprint and change direction with maintaining balance using all my body parts</p> <p>consistently using a range of techniques with increasing control under pressure</p> <p>show measured control when sending and receiving under pressure</p> <p>use passing techniques appropriate to the game with good consistency</p> <p>receive the ball with the blade of the stick with control</p> <p>perform all passes taught in school with good accuracy in games</p> <p>hit the ball towards a target away from goalkeepers and into corners using the slap and push technique</p> <p>use the slap or push pass in a game situation and can it do it with control.</p> <p>dribble with good control under pressure</p> <p>use the front and the back of the blade to control to ball and keep it from an opponent while changing direction</p> <p>dribble consistently using a range of techniques with increasing control under pressure</p> <p>move to the correct space when transitioning from attack to defence or defence</p> <p>use body feints while dribbling in a game situation</p> <p>confidently change direction to lose an opponent</p> <p>use a variety of defending skills (tracking, interception, jockeying) in game situations</p> <p>use space to attack effectively with my team</p> <p>apply rules in a variety of invasion games whilst playing and officiating</p>	<p>dopamine/hormones lifestyles</p> <p>technique balance co-ordination agility sprint/shift/adjust speed</p> <p>dribbling/pressure blade</p> <p>accuracy consistency pass or strike push or slap dribble control target</p> <p>swerve/feint body angle body position space space travel</p> <p>opponents tactics maintain possession communication</p> <p>intercept jockeying tracking</p> <p>rules respect responsibility resilience officiating</p>	<p>Resources/staff subject knowledge:</p> <p>Moving Matters (youtube.com)</p> <p>See shared drive for planning and resources</p>

