

**Hollinswood Primary School and Nursery
Spring 2- Medium Term Plan
Physical Education (P.E.)**

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Athletics (FOM)				
<p>EYFS –</p> <p><i>Science/Healthy Participation/RSHE</i></p> <p>FOM (Fundamentals of Movement):</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Fundamentals Skills:</p> <p>Running (Speed/locomotion)</p> <p>Jumping</p> <p>Throwing</p> <p>Rules</p>	<p>I know:</p> <p>what the word balance means and can show what this word means</p> <p>that coordination is a word linked to P.E and can show what the word agile means</p> <p>that moving into space away from others helps to keep me safe</p> <p>changing the length of my steps helps me to stop (small steps to stop)</p> <p>that I can hold my arms out to help me to balance</p> <p>that moving my arms and legs at the same time helps me to walk, run and jump</p> <p>that I use big steps to run and small steps to stop helps me stay in my own space</p> <p>use big steps to run and small steps to stop</p> <p>moving into space away from others helps to keep me safe</p> <p>bending my knees will help me to land safely.</p> <p>bigger targets are easier to hit</p> <p>that I need to use my body and arm to throw</p> <p>rules help us to stay safe</p>	<p>I know:</p> <p><i>the importance of exercising</i></p> <p><i>the names for some parts of their body</i></p> <p><i>what the word 'healthy' means</i></p> <p><i>some things (exercise) that I need to do to keep healthy</i></p> <p>I know how to:</p> <p>show what the word agile means and change direction safely</p> <p>stop with some control and stay balanced when stopping</p> <p>balance whilst stationary and on the move</p> <p>how to move different parts of my body in when directed</p> <p>move my body to spin, rock, tilt and balance</p> <p>move different body parts together</p> <p>run and stop safely showing some balance when moving quickly</p> <p>walk, jog and sprint while staying balanced</p> <p>stop with some control when running</p> <p>change direction safely when running</p> <p>move, stopping with some control</p> <p>use big steps to run and small steps to stop</p> <p>to jump and hop safely</p> <p>take off and landing safely when jumping, skipping or hopping</p> <p>hop on both feet and skip correctly</p> <p>throw to a target</p> <p>follow rules given to keep me safe</p>	<p>exercise</p> <p>balance</p> <p>co-ordinate</p> <p>agile</p> <p>push</p> <p>stop</p> <p>gallop</p> <p>slither</p> <p>spin</p> <p>rock</p> <p>tilt</p> <p>balance</p> <p>roll</p> <p>crawl</p> <p>walk</p> <p>jump</p> <p>run</p> <p>skip</p> <p>hop</p> <p>climb sideways forwards</p> <p>space</p> <p>jump</p> <p>safely</p> <p>steps</p> <p>obstacle</p> <p>follow</p> <p>copy</p> <p>lead</p> <p>target</p> <p>throw</p> <p>rules</p> <p>respectful</p> <p>resilient</p> <p>responsible</p> <p>resourceful</p> <p>respectful</p> <p>sports day</p>	<p>Resources/staff subject knowledge:</p>

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Tennis (net and wall games)				
EYFS – Science/Healthy Participation/RSHE Agility Balance Co-ordination (Fundamental skills) hitting/striking/shots feeding and rallying (sending and receiving) footwork (Space/Locomotion) tactics rules	I know: what the word balance means and can show what this word means that coordination is a word linked to P.E the names of different parts of my body what the word balance means I need to stay balanced when trying to stop what the word agile means that moving into space away from others helps to keep me safe changing the length of my steps helps me to stop (small steps to stop) being strong is important in all P.E. lessons know what spin, rock, tilt, slide and bounce mean what hit means to watch the object when hitting or striking it look at what I am throwing towards point my hand at what I am throwing towards watch the ball when I receive it and collect the ball with two hands take big steps to run and small steps to stop that being in a space gives me room to play that there are different roles in games follow instructions given by my teacher and rules help us to stay safe	I know: <i>the importance of exercising</i> <i>the names for some parts of their body</i> <i>what the word 'healthy' means and some things (exercise) that I need to do to keep healthy</i> I know how to: how to move different parts of my body in when directed move my body to spin, rock, tilt and balance show what balance means show what the word agile means stop with some control and stay balanced when stopping hit a ball with my hands send and track a ball with a partner change direction, run and stop travel with different movements in spaces while avoiding obstacles point my hand/object at my target when hitting a ball look at the target when sending a ball and watch the ball to receive it use big steps to run and small steps to stop change direction during games when moving slowly make simple choices in response to the task given follow rules and instructions from my teachers and act respectfully towards my friends	exercise balance agile push stop balance walk jump run skip hop drop catch racket hit target send ball space steps follow copy lead obstacles game choices rules respectful resilient responsible resourceful	Resources/staff subject knowledge:

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Athletics				
<p>Year 1</p> <p><i>Science/Healthy Participation/RSHE</i></p> <p>FOM (Fundamentals of Movement):</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Fundamentals Skills:</p> <p>Running (Speed/locomotion)</p> <p>Jumping</p> <p>Throwing</p> <p>Rules</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 bending my knees will help me to change direction</p> <p>that looking ahead will help me to balance</p> <p>that using the opposite arm to leg at the same time helps me to perform skills such as running and throwing.</p> <p>that if I swing my arms it will help me to run faster</p> <p>that landing on the balls of my feet helps me to land with control</p> <p>that if I bend my knees it will help me to jump further</p> <p>that stepping forward with my opposite foot to hand will help me to throw further</p> <p>that rules help us to determine winners</p> <p>that winning and losing respectfully is about respect and resilience</p>	<p>I know:</p> <p><i>each major part of my body</i></p> <p><i>that fitness is an important part of being healthy</i></p> <p><i>some ways to keep healthy</i></p> <p>I know how to:</p> <p><i>make healthy lifestyle choices</i></p> <p>change direction whilst running at increased speed</p> <p>show an increased ability to change body position and shift body weight</p> <p>show good body balance when my body is stationary</p> <p>balance in more challenging activities with some success</p> <p>use co-ordination and balance when using equipment</p> <p>show control over different parts of the body (moving with more well developed grace and fluency)</p> <p>show and follow simple movements given audibly and visually</p> <p>run at different speeds</p> <p>move in a mostly fluid style when sprinting</p> <p>show some adjustments of pace</p> <p>stop and change direction when running with some balance shown</p> <p>some balance whilst jumping and landing</p> <p>hop, jump and leap at different distances</p> <p>throw for distance and accuracy</p> <p>respect when winning or losing</p>	<p><i>heartbeat</i> <i>breathing</i> <i>healthy/unhealthy</i> <i>prolonged breathing</i> <i>heart</i> <i>lungs</i> <i>exercise</i> <i>body</i> <i>mood</i> <i>healthy</i> <i>events</i></p> <p>stationary balance agility</p> <p>control travel run stronger strength run pace stop quickly control sprint swing fluency fluid</p> <p>land skipping/hopping balance leap/hop jump</p> <p>throw move target throw distance accuracy</p> <p>respect responsibility resilience resourcefulness</p>	<p>Staff Resources (subject knowledge):</p> <p>youtube.com/watch?v=Ly-Zh-rXeh4</p>

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Tennis (Net and Wall Games)				
<p>Year One–</p> <p>Science/Health y Participation/R SHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>(Fundamental skills)</p> <p>hitting/striking/s hits</p> <p>feeding and rallying (sending and receiving)</p> <p>footwork (Space/Locomotion)</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>that coordination means moving parts of my body correctly</p> <p>that standing on one leg is using my balancing skills</p> <p>agility is how I move my body in different directions</p> <p>what a racket is</p> <p>that I need to try and strike the tennis or object with the middle of my racket</p> <p>what send means</p> <p>what receive means</p> <p>to use an underarm throw to feed to a partner.</p> <p>that throwing/hitting to my partner with not too much power will help them to return the ball</p> <p>what left and right mean</p> <p>that using a ready position will help me to move in any direction</p> <p>that body movements help me stop, accelerate or change direction</p> <p>that tactics can help us to be successful when playing games</p> <p>that the tennis can only bounce once before I strike it</p> <p>rules help us to play fairly</p> <p>that I must listen to the person in charge of the game</p>	<p><i>being active is good for my heart, well-being and health 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>tennis is a sport played by professionals</i></p> <p>I know how to:</p> <p>maintain balance while moving in different directions</p> <p>to move different parts of my body at the same time while running</p> <p>swing my arms and legs in different directions</p> <p>stand on one leg and balance for a prolonged period</p> <p>move my body in different directions, showing shifts of weight from foot to foot</p> <p>how to hit a dropped ball with a racket</p> <p>use the centre of the racket for control at times</p> <p>throw a ball over a net to land into the court area</p> <p>send a ball with hands and a racket</p> <p>use the ready position to move towards a ball</p> <p>change direction right and left while watching the tennis ball</p> <p>move around in space showing an awareness of obstacles</p> <p>begin to strike the tennis ball while in motion</p> <p>show some control, using small steps when stopping at speed</p> <p>show some basic spatial awareness when playing games</p> <p>travel in a range of ways</p> <p>how to hit the tennis into different spaces away from a partner</p> <p>keep score and follow simple rules for badminton</p>	<p>heartbeat breathing</p> <p>balance/balancing</p> <p>co-ordination</p> <p>body parts (limbs, legs, arms)- science</p> <p>MTP link</p> <p>agility</p> <p>side-step</p> <p>gallop</p> <p>sprint</p> <p>sprinting</p> <p>racket</p> <p>hit</p> <p>target</p> <p>centre</p> <p>send</p> <p>underarm</p> <p>power</p> <p>ball</p> <p>court</p> <p>net</p> <p>steps</p> <p>direction</p> <p>ready position</p> <p>rules</p> <p>respect</p> <p>responsibility</p> <p>resilience</p> <p>non-contact</p>	<p>Resources/staff subject knowledge:</p> <p>LTA Primary Tennis Lesson Plan (1 of 18) Teaching Resources (tes.com)</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Athletics				
<p>Year 2</p> <p>Science/Healthy Participation/RSHE</p> <p>FOM (Fundamentals of Movement):</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Fundamentals Skills:</p> <p>Running (Speed/locomotion)</p> <p>Jumping</p> <p>Throwing</p> <p>Rules</p>	<p>I know:</p> <p>that balancing involves stability of different parts of my body</p> <p>that coordination means using parts of my body while moving.</p> <p>that agility is about moving the body in different directions at different speeds</p> <p>using small quick steps helps me to change direction</p> <p>that I can squeeze my muscles to help me to balance</p> <p>that some skills require me to move body parts at different times such as skipping</p> <p>that I take shorter steps to jog and bigger steps to run</p> <p>that running on the balls of my feet, taking big steps and having elbows bent will help me to run faster</p> <p>that swinging my arms forwards will help me to jump further</p> <p>that winning and losing is about showing respect and being resilient</p>	<p>I know:</p> <p><i>the importance of exercise for young, middle aged and older people</i></p> <p><i>exercise helps release natural chemicals</i></p> <p>I know how to:</p> <p>demonstrate improved technique when changing direction on the move</p> <p>demonstrate increased balance whilst travelling along and over equipment</p> <p>perform actions with increased control when co-ordinating my body with and without equipment</p> <p>some parts of a sprinting action</p> <p>apply simple elements of fluency in races</p> <p>jog and sprint and show some adjustments of pace</p> <p>change directions when sprinting and show good balance when shifting my body weight</p> <p>run at different speeds</p> <p>balance when using jumping, skipping and hopping actions</p> <p>safely jump for distance and height</p> <p>throw in a straight line by pointing my throwing hand at my target as I let go of the object</p> <p>use an parts of an overarm technique when throwing</p> <p>follow simple rules when working with others</p>	<p>(see science MTP Summer)</p> <p>oxygen</p> <p>grow</p> <p>nutrition</p> <p>exercise</p> <p>hygiene</p> <p>oxygen</p> <p>prevent</p> <p>injury</p> <p>stretch</p> <p>pulse</p> <p>warm up/cool down</p> <p>stamina</p> <p>breathing</p> <p>lung capacity</p> <p>stability</p> <p>co-ordination</p> <p>limbs</p> <p>direction(s)</p> <p>speed</p> <p>control/swing</p> <p>fluency/fluid</p> <p>sprinting action</p> <p>speed</p> <p>leap</p> <p>hop</p> <p>jump</p> <p>height</p> <p>distance</p> <p>distance</p> <p>accuracy</p> <p>overarm</p> <p>agility</p> <p>dart</p> <p>adjust</p> <p>pace</p> <p>race/speed</p> <p>jog</p> <p>steady</p> <p>healthy/unhealthy</p> <p>sprint</p>	<p>Resources/staff subject knowledge:</p> <p>See science MTP Summer</p> <p>See D&T MTP</p> <p>youtube.com/watch?v=Ly-Zh-rXeh4</p> <p>Resilience</p>

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Tennis (Net and Wall Games)				
<p>Year Two–</p> <p>Science/Health Y Participation/R SHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p><u>Fundamental skills</u></p> <p>hitting/striking/s hits</p> <p>feeding and rallying (sending and receiving)</p> <p>footwork (Space/Locomotion)</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>balancing involves stability of different parts of my body</p> <p>that coordination means using parts of my body while moving.</p> <p>that agility is about moving the body in different directions at different speeds</p> <p>hold the racket correctly in my palm</p> <p>that striking off the centre of my racket is important for power and accuracy</p> <p>what a rally is</p> <p>that sending the ball towards my partner will help me to keep a rally going</p> <p>place enough power on a shot to control the area the shuttlecock lands in</p> <p>that power and control help keep a rally going</p> <p>that moving my feet while watching the shuttlecock helps prepare me to strike it</p> <p>that using a ready position helps me to react quickly and return/catch a ball</p> <p>to move my feet while watching an object</p> <p>that applying simple tactics makes it difficult for my opponent</p> <p>rules help us to play fairly</p> <p>that I must listen to the person in charge of the game</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>being active is part of a healthy lifestyle</i></p> <p>I know how to:</p> <p>sustain an activity or exercise for a prolonged period</p> <p>balance on one leg while shifting my shoulders to move in another direction e.g. stop on my left and move right</p> <p>move my upper body and lower body in different ways e.g. twisting while dribbling</p> <p>move at different speeds while changing directions</p> <p>position my body to strike the ball with some balance shown</p> <p>use and show the ready position</p> <p>accurately underarm and overarm throw over a net to a partner</p> <p>rally underarm with a partner catching after one bounce</p> <p>consistently use the ready position to move towards the ball</p> <p>move my feet to stop, accelerate, change direction and steady myself before striking the shuttlecock</p> <p>watch the ball as it comes towards me to help me to prepare to hit it</p> <p>hit a dropped ball over a net</p> <p>move my opponent around with shots</p> <p>score points and follow simple rules</p>	<p>oxygen</p> <p>prevent</p> <p>injury</p> <p>stretch</p> <p>pulse</p> <p>warm up</p> <p>cool down</p> <p>balance</p> <p>co-ordination</p> <p>twisting</p> <p>adjusting</p> <p>racket</p> <p>hit</p> <p>target</p> <p>centre</p> <p>dropped ball</p> <p>underarm</p> <p>power</p> <p>ball</p> <p>shuttlecock</p> <p>court</p> <p>net</p> <p>return</p> <p>rally</p> <p>speed</p> <p>travel</p> <p>direction</p> <p>ready position</p> <p>react</p> <p>reaction</p> <p>tactics</p> <p>success</p> <p>opponent</p> <p>rules</p> <p>out</p> <p>in</p> <p>score</p>	<p>Resources/staff subject knowledge:</p> <p>LTA Primary Tennis Lesson Plan (1 of 18)</p> <p>Teaching Resources (tes.com)</p>

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Athletics				
<p>Year 3</p> <p>Science/Healthy Participation/RSHE</p> <p>FOM (Fundamentals of Movement):</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Fundamentals Skills:</p> <p>Running (Speed/locomotion)</p> <p>Jumping</p> <p>Throwing</p> <p>Rules</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 body at different speeds with control of pace and direction</p> <p>how agility helps us with everyday tasks</p> <p>how balance helps us with everyday tasks</p> <p>how co-ordination helps us with everyday tasks</p> <p>that leaning slightly forwards helps to increase speed.</p> <p>leaning my body in the opposite direction to travel helps to slow down</p> <p>that if I jump and land in quickly it will help me to jump further</p> <p>that when completing strength activities they need to be performed slowly and with control to help me to stay safe.</p> <p>that that the speed of the movement helps to create power</p> <p>the rules of the event and begin to apply them</p>	<p>I know:</p> <p>that muscles are there to protect organs in my body so strengthening them is important</p> <p>my own body and respects what it does</p> <p>my body is complex and needs taking care of and exercise is an important part of that</p> <p>how stamina helps us in other life activities</p> <p>I know how to:</p> <p>use my breath to increase my ability to work for longer periods of time</p> <p>build strength in different muscle groups</p> <p>show balance when changing direction</p> <p>complete more complex activities which challenge balance</p> <p>co-ordinate my body with more consistency in a variety of activities</p> <p>most elements of good sprinting technique and apply it to races</p> <p>apply some fluency for speed in races</p> <p>change directions while balanced and maintain some momentum</p> <p>jog, print and adjust pace</p> <p>show some technique when jumping for distance in a range of approaches and take off positions.</p> <p>show sprinting technique</p> <p>show elements of technique for a pull throw</p> <p>follow simple rules when working with others</p>	<p>carbohydrates</p> <p>nutrition</p> <p>vitamins</p> <p>minerals</p> <p>fat</p> <p>protein</p> <p>skeleton</p> <p>diet</p> <p>heart</p> <p>lungs</p> <p>joint</p> <p>muscles</p> <p>pull</p> <p>contract /relax</p> <p>balanced plate</p> <p>prolonged/stamina</p> <p>lung capacity</p> <p>balancing stability</p> <p>co-ordinate</p> <p>twisting</p> <p>balance</p> <p>shift weight</p> <p>travel</p> <p>control</p> <p>swing</p> <p>fluency</p> <p>fluid</p> <p>sprinting action</p> <p>adjust</p> <p>jump</p> <p>height</p> <p>distance</p> <p>range</p> <p>approach</p> <p>take-off position</p> <p>action</p> <p>strength</p> <p>accurate</p> <p>accurately</p> <p>distance</p> <p>target/goal</p> <p>distance</p> <p>accuracy</p> <p>overarm</p> <p>pull (throw)</p> <p>rules</p> <p>respectful</p> <p>events</p>	<p>Resources/staff subject knowledge:</p> <p>See science MTP summer</p> <p>See D&T MTP</p>

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Tennis (Net and Wall Games)				
<p>Year Three–</p> <p>Science/Healthy Participation /RSHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>(Fundamental skills)</p> <p>hitting/striking /shots</p> <p>feeding and rallying (sending and receiving)</p> <p>footwork (Space/Loco motion)</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>that balancing is about stability with control</p> <p>coordination means performing actions with increased control when co-ordinating my body with and without equipment.</p> <p>that agility is about moving the body at different speeds with control of pace and direction</p> <p>that pointing the racket face/my hand where I want the ball to go and turning my body will help me to hit accurately</p> <p>hold the racket correctly in my palm</p> <p>that striking off the centre of my racket is important for power and accuracy</p> <p>that hitting towards my partner will help them to return the ball easier and keep the rally going</p> <p>that small steps while I watch the shuttlecock helps me prepare to strike it</p> <p>exactly what the ready position looks like</p> <p>to move my feet while watching an object</p> <p>that power and control help keep a rally going</p> <p>that moving to the middle of my court will enable me to cover the most space</p> <p>that using simple tactics like hitting the tennis ball away from my opponent will make it hard for them to score a point</p> <p>what the court is</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>being active is part of a healthy lifestyle</i></p> <p>I know how to:</p> <p>balance while shifting my body weight to move in the opposite direction</p> <p>show good stability while moving at speed</p> <p>move the my lower half while shifting my upper body with good co-ordination</p> <p>change direction quickly using my upper body and feet to help me do this</p> <p>to return a ball using shots such as the forehand and backhand</p> <p>track the ball as it comes towards me and ready my body to strike the shuttlecock</p> <p>strike the shuttlecock from the centre of the racket some of the time</p> <p>place enough power on a shot to control the area the shuttlecock lands in</p> <p>rally underarm with a partner with some control over the height of the shuttlecock</p> <p>rally using a forehand</p> <p>use and return to the ready position in between shots with increased speed</p> <p>move my feet to stop, accelerate, change direction and steady myself before striking the ball</p> <p>score points and follow simple rules</p>	<p>stamina</p> <p>power</p> <p>exercise</p> <p>active</p> <p>healthy</p> <p>heart/heart rate</p> <p>warm up</p> <p>cool down</p> <p>balance</p> <p>fluid movement</p> <p>pace</p> <p>direction</p> <p>speed</p> <p>travel</p> <p>centre</p> <p>dropped ball</p> <p>forehand</p> <p>backhand</p> <p>accuracy</p> <p>accurately</p> <p>tennis ball</p> <p>court</p> <p>net</p> <p>return</p> <p>rally</p> <p>accuracy</p> <p>forehand</p>	<p>Resources/staff subject knowledge:</p> <p>LTA Primary Tennis Lesson Plan (1 of 18) Teaching Resources (tes.com)</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Athletics				
<p>Year 4</p> <p><i>Science/Healthy Participation/RSHE</i></p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Speed/locomotion</p> <p>Strength</p> <p>Stamina</p>	<p>I know:</p> <p>that body tension is key to performing balances</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 keeping my elbows bent when changing direction will help me to stay balanced</p> <p>that I need to squeeze different muscles to help me to stay balanced in different activities</p> <p>that if I begin in a ready position I can react quicker</p> <p>that a high knee drive, pumping my arms and running on the balls of my feet gives me power</p> <p>that I need to pace myself when running further or for a long period of time</p>	<p>I know:</p> <p><i>that nutrition, fitness, strength and stamina are linked to the digestive system and nutrition</i></p> <p><i>that my lungs are important for my well-being and can be affected by exercise (positively) and smoking (negatively)</i></p> <p>I know how to:</p> <p>show balance when changing direction at speed</p> <p>show control whilst completing activities which challenge balances</p> <p>explore increased speed when co-ordinating my body</p> <p>show improved sprinting technique</p> <p>develop building strength in different muscle groups</p> <p>demonstrate using my breath to maintain my work rate</p>	<p><i>human digestive system</i></p> <p><i>vitamins</i></p> <p><i>transports</i></p> <p><i>lungs</i></p> <p><i>muscle</i></p> <p><i>stamina</i></p> <p><i>stomach</i></p> <p><i>technique</i></p> <p><i>progress</i></p> <p><i>stamina</i></p> <p><i>power</i></p> <p><i>exercise</i></p> <p><i>active</i></p> <p><i>heart/heart rate</i></p> <p><i>rate</i></p> <p><i>warm up</i></p> <p><i>cool down</i></p> <p><i>stability</i></p> <p><i>control</i></p> <p><i>range of movement</i></p> <p><i>range of motion</i></p> <p><i>sprinting technique</i></p> <p><i>pump</i></p> <p><i>muscle groups</i></p> <p><i>work rate</i></p> <p><i>steady</i></p> <p><i>breathing</i></p>	<p><u>Resources/staff subject knowledge:</u></p> <p>See science MTP Summer</p> <p>See D&T MTP</p>

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Tennis (Net and Wall Games)				
<p>Year Four–</p> <p>Science/Health Y Participation/R SHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>(Fundamental skills)</p> <p>hitting/striking/s hots</p> <p>feeding and rallying (sending and receiving)</p> <p>footwork (Space/Locomotion)</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>shifting my weight is key to balance</p> <p>coordination means I need to use my body with speed across a variety of activities</p> <p>agility is about manipulating the movements of the body to adjust speeds across a range of games and activities</p> <p>that I need to have my eyes on the ball at all times to send and receive effectively</p> <p>when to play a forehand and a backhand and why</p> <p>that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot</p> <p>that getting my feet in the right position will help me to balance before playing a shot</p> <p>that my footwork is key to being ready</p> <p>that I need to be balanced to strike the ball</p> <p>to move my feet while watching an object</p> <p>moving into space using sidestepping techniques</p> <p>that applying attacking tactics will help me to score points and create space</p> <p>that applying defending tactics will help me to deny space, return a ball and limit points</p> <p>the rules to be able to play a simple one vs one game</p> <p>the rules well enough to be able to manage a game</p> <p>the referee, coach or teachers decisions are final</p>	<p>I know:</p> <p>being active is good for my heart, well-being and health</p> <p>the way strength and suppleness impact how well I perform</p> <p>benefits of being physically active (and can name them)</p> <p>being active is part of a healthy lifestyle</p> <p>tennis is a sport played by professionals</p> <p>I know how to:</p> <p>strike a moving object using underarm forehand technique, tracking it with my eyes</p> <p>turn my wrists to face my opponent to play a backhand</p> <p>use some correct technique when using shots playing co-operatively and beginning to execute this competitively</p> <p>rally using both forehand and backhand with increased technique</p> <p>use more of the court in a game</p> <p>show the ready position</p> <p>use some appropriate footwork patterns to move around the court</p> <p>move my feet to stop, accelerate, change direction and steady myself before striking the shuttlecock</p> <p>hit the tennis ball into space</p> <p>that moving helps me reading myself to hit the ball</p> <p>deny space by moving into an area</p> <p>that tactics help me score points</p> <p>keep score for a simple game</p> <p>manage my emotions, showing resilience when I am not winning</p> <p>manage our own game</p>	<p>strength</p> <p>power</p> <p>stamina</p> <p>suppleness</p> <p>active</p> <p>healthy</p> <p>heart/heart rate</p> <p>warm up</p> <p>cool down</p> <p>balance</p> <p>synchronised</p> <p>body speed</p> <p>manipulate movements</p> <p>adjust speed</p> <p>body position</p> <p>forehand/backhand</p> <p>accuracy/accurately</p> <p>execute</p> <p>tennis</p> <p>court</p> <p>net</p> <p>return</p> <p>rally</p> <p>accuracy</p> <p>forehand</p> <p>backhand</p> <p>ready position</p> <p>reaction</p> <p>cover space</p> <p>footwork patterns</p> <p>attacking</p> <p>defending</p> <p>deny space/create space</p> <p>rules</p> <p>keep score</p> <p>manage</p>	<p>Resources/staff subject knowledge:</p> <p>LTA Primary Tennis Lesson Plan (1 of 18) Teaching Resources (tes.com)</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Athletics				
<p>Year 5</p> <p><i>Science/Healthy Participation/RSHE</i></p> <p>FOM:</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Fundamental Skills:</p> <p>Speed/locomotion</p> <p>Strength</p> <p>Stamina</p>	<p>I know:</p> <p>and can explain 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>that 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 to change direction I push off my outside foot and turn my hips</p> <p>that dynamic balances are harder than static balances as my centre of gravity changes</p> <p>that people will have varying levels of co-ordination and that I can get better with practice.</p> <p>that taking big consistent strides will help to create a rhythm that allows me to run faster</p> <p>some of the muscles I am using by name</p> <p>that keeping a steady breath will help me to move for longer periods of time</p>	<p>I know:</p> <p><i>the names of some major muscles in the human body</i></p> <p><i>that exercise is important as my body enters puberty and physical changes</i></p> <p><i>exercise is one of many things that forms part of a healthy lifestyle</i></p> <p>I know how to:</p> <p>demonstrate improved body posture and speed when changing direction.</p> <p>change my body position to maintain a controlled centre of gravity</p> <p>demonstrate increased speed when co-ordinating my body</p> <p>apply the best pace for a set distance or time</p> <p>show increased technique in body weight exercises</p> <p>use a steady pace to be able to move for sustained periods of time</p>	<p><i>momentum</i></p> <p><i>lifestyle</i></p> <p><i>personal well-being</i></p> <p><i>endorphins</i></p> <p><i>drive</i></p> <p><i>focus</i></p> <p><i>human development</i></p> <p><i>stamina</i></p> <p><i>power</i></p> <p><i>exercise</i></p> <p>active</p> <p>heart/heart rate</p> <p>warm up</p> <p>cool down</p> <p>agility</p> <p>body posture</p> <p>controlled centre</p> <p>COG (centre of gravity)</p> <p>rhythm</p> <p>speed</p> <p>pace</p> <p>distance</p> <p>body weight</p> <p>drive</p> <p>mass</p> <p>power</p> <p>energy</p> <p>endurance</p> <p>steady pace</p>	<p>Resources/staff subject knowledge:</p> <p>See science MTP Summer</p> <p>See D&T MTP</p>

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Tennis (Net and Wall Games)				
<p>Year Five–</p> <p>Science/Healthy Participation /RSHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>(Fundamental skills)</p> <p>hitting/striking /shots</p> <p>feeding and rallying (sending and receiving)</p> <p>footwork (Space/Loco motion)</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>that I must keep even weight on both sides of my body</p> <p>that agility is about manipulating the movements of the body while shifting my body weight to</p> <p>that agility and coordination are fundamental parts of badminton and tennis</p> <p>which skill to choose for the situation e.g. a volley if the ball is close to the net</p> <p>that serving is how to start a game or rally and use the rules applied to the activity for serving</p> <p>what a volley is</p> <p>that playing the appropriate shot will help to keep the rally going</p> <p>that control is more important than power to keep a rally going</p> <p>that using small, quick steps will allow me to adjust my stance to play a shot</p> <p>that my feet must be moving constantly when playing</p> <p>that feet position varies when I have to reach to strike the shuttlecock</p> <p>that my footwork is key to being ready</p> <p>that I need to be balanced to strike the shuttlecock</p> <p>the need for tactics and identify when to use them in different situations</p> <p>apply rules in a variety of net and wall games whilst playing and officiating</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>being active is good for my heart, well-being and health</i></p> <p><i>tennis is a sport played by professionals</i></p> <p>I know how to:</p> <p>lead a partner in a short warm up</p> <p>explain and show that I must keep even weight on both sides of my body</p> <p>show explain that I must keep even weight on both sides of my body</p> <p>(agility) change direction and speed by using by body and balance</p> <p>that agility and coordination are fundamental parts of badminton</p> <p>begin to play the range of shots used in a variety of games</p> <p>to show different serving techniques</p> <p>hit a volley with some accuracy</p> <p>use a variety of shots to keep a continuous rally</p> <p>use some effective footwork patterns to move around the court</p> <p>that moving my feet to the ball will help me to hit in a more balanced position therefore increasing the accuracy of my shot</p> <p>that getting my feet in the right position will help me to balance before playing a shot</p> <p>use simple tactics to score points e.g. aiming for corners and changing the</p> <p>show respect toward the coach, teacher and referee</p>	<p>warm up</p> <p>cool down</p> <p>balance</p> <p>manipulate/manipulating</p> <p>tension</p> <p>weight (stability)</p> <p>increased</p> <p>stability/control</p> <p>range</p> <p>motions</p> <p>deliberate</p> <p>adjust speed</p> <p>body position</p> <p>fundamentals</p> <p>weight</p> <p>forehand/backhand</p> <p>accuracy</p> <p>accurately</p> <p>execute</p> <p>serve/serving technique</p> <p>tennis ball</p> <p>court/net</p> <p>return/rally</p> <p>accuracy</p> <p>forehand/backhand</p> <p>ready position</p> <p>reaction</p> <p>stance</p> <p>adjustments</p> <p>cover space</p> <p>footwork patterns</p> <p>attacking/defending</p> <p>deny space</p> <p>create space</p> <p>rules</p> <p>keep score</p> <p>manage/officiate</p>	<p>Resources/staff subject knowledge:</p> <p>LTA Primary Tennis Lesson Plan (1 of 18) Teaching Resources (tes.com)</p>

	Substantive knowledge – the stuff of P.E.	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Fitness (Circuits/Healthy Lifestyles)				
<p>Year 6</p> <p><i>Science/Healthy Participation/RSHE</i></p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>Speed/locomotion</p> <p>Strength</p> <p>Stamina</p>	<p>I know:</p> <p>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>that coordination means co-ordinating a range of body parts with a fluent action at a speed appropriate to the challenge.</p> <p>that 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>that agility requires speed, strength, good balance and co-ordination</p> <p>where and when to apply force to maintain control and balance</p> <p>that co-ordination also requires good balance and know how to achieve this.</p> <p>that speed can be improved by training and know which speed to select for the distance</p> <p>that I can build up my strength by practicing in my own time</p> <p>which exercises can develop stamina and understand that it can be improved by training over time</p>	<p>I know:</p> <p><i>the names of major muscles in the human body</i></p> <p><i>the circulatory system has working organs that need to be strengthened in order to stay healthy</i></p> <p><i>the heart is a muscle that needs to be worked, exercised and strengthened</i></p> <p><i>endorphins are a natural chemical produced when exercising and they are good for my well-being and mental health</i></p> <p><i>make choices that benefit their own health and well-being</i></p> <p>I know how to:</p> <p>change direction with a fluent action and transition smoothly between varying speeds.</p> <p>show fluency and control when travelling, landing, stopping and changing direction</p> <p>co-ordinate a range of body parts with a fluent action at a speed appropriate to the challenge</p> <p>adjust running technique to meet the needs of the distance</p> <p>complete body weight exercises for increased repetitions with control and fluency</p> <p>use my breath to increase my ability to move for sustained periods of time</p> <p>measure and monitor heart rate and adjust my output accordingly</p>	<p><i>resistance</i></p> <p><i>measure</i></p> <p><i>continuous</i></p> <p><i>analyse</i></p> <p><i>record</i></p> <p><i>circulation</i></p> <p><i>oxygen</i></p> <p><i>carbon dioxide</i></p> <p><i>lactic acid</i></p> <p><i>stamina</i></p> <p><i>power</i></p> <p><i>exercise</i></p> <p><i>active</i></p> <p><i>heart/heart rate</i></p> <p><i>warm up</i></p> <p><i>cool down</i></p> <p><i>flexibility</i></p> <p><i>transition</i></p> <p><i>vary speeds</i></p> <p><i>controlled</i></p> <p><i>centre</i></p> <p><i>COG (centre of gravity)</i></p> <p><i>fluency</i></p> <p><i>control</i></p> <p><i>intervals</i></p> <p><i>monitor</i></p> <p><i>heart rate</i></p> <p><i>output</i></p> <p><i>endurance</i></p>	<p>Resources/staff subject knowledge:</p> <p>See science MTP Summer</p> <p>See D&T MTP</p>

	Substantive knowledge – the stuff of	Disciplinary/Procedural knowledge – how P.E. is studied and learnt	Vocabulary	
Tennis (Net and Wall Games)				
<p>Year Six--</p> <p>Science/Healthy Participation /RSHE</p> <p>Agility</p> <p>Balance</p> <p>Co-ordination</p> <p>(Fundamental skills)</p> <p>hitting/striking /shots</p> <p>feeding and rallying (sending and receiving)</p> <p>footwork (Space/Loco motion)</p> <p>tactics</p> <p>rules</p>	<p>I know:</p> <p>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>that 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>that I need to have my eyes on the ball at all times to strike the ball effectively</p> <p>the appropriate skill for the situation under pressure e.g. choosing to play the ball short over the net if I have just moved my opponent to the back of the court</p> <p>simple tactics when serving e.g. aiming to serve short on the first point and then long on the second point</p> <p>to play different shots depending on if a rally is co-operative or competitive</p> <p>that volleying helps me close space on the court</p> <p>that using the appropriate footwork will help me to react to a ball quickly and give me time to prepare to play a shot</p> <p>that small, quick steps help me to move into a balanced position to strike the shuttlecock</p> <p>that moving well around the court will help me strike the ball</p> <p>when to apply some simple tactics for attacking and/or defending</p> <p>that maintaining and using possession well is a key aspect</p> <p>the rules of tennis</p> <p>how to manage a game independently, following the rules</p>	<p>I know:</p> <p>that exercise is a key part of a healthy lifestyles</p> <p>the difference between main types of fitness needed for different activities and use these in warm up routines</p> <p>that my mental health benefits from exercise</p> <p>I know how to:</p> <p>create a warm up and cool down for myself and others</p> <p>explain how I am physically active in and out of school</p> <p>show and explain that I must keep even weight on both sides of my body to keep the centre of mass stable while performing a difficult movement</p> <p>show good control when sending and receiving</p> <p>explain what coordination and agility are and when to apply these movements in games</p> <p>explain that I must keep even weight on both sides of my body to keep the centre of mass stable while performing fielding and striking actions</p> <p>explain that agility is about manipulating the movements of the body while maintaining balance to adjust speed, pace and changes in direction across a court</p> <p>demonstrate increased success and technique in a variety of shots</p> <p>to serve accurately and consistently</p> <p>strike the middle of the racket with overarm, backhand and forearm shots</p> <p>how to hit the shuttlecock with varying degrees of power</p> <p>to successfully apply a variety of shots to keep a continuous rally- including volleys</p> <p>to use a variety of footwork patterns relevant to the game I am playing</p> <p>to create and apply a tactic for a specific situation or outcome</p> <p>specific rules around tennis including the scoring</p> <p>apply and use rules consistently in a variety of net and wall games whilst playing and officiating</p> <p>be respectful to the official at all times and grasp the consequences for not following rules</p>	<p>health</p> <p>dopamine/hormones</p> <p>lifestyles</p> <p>healthy</p> <p>heart/heart rate</p> <p>power</p> <p>suppleness</p> <p>flexibility</p> <p>warm up</p> <p>cool down</p> <p>fundamentals</p> <p>manipulate</p> <p>manipulating</p> <p>weight</p> <p>centre of gravity</p> <p>adjustments</p> <p>shift weight</p> <p>body tension</p> <p>forehand</p> <p>backhand</p> <p>volley</p> <p>accuracy/accurately</p> <p>execute</p> <p>serve</p> <p>long/short</p> <p>court</p> <p>net</p> <p>return</p> <p>rally</p> <p>control</p> <p>co-operative</p> <p>competitive</p> <p>ready position</p> <p>stance</p> <p>swivel/pivot</p> <p>adjustments</p> <p>cover space</p> <p>footwork patterns</p> <p>attacking/defending</p> <p>deny space</p> <p>create space</p> <p>rules</p> <p>keep score</p> <p>manage</p> <p>officiate</p>	<p>Resources/staff subject knowledge:</p> <p>LTA Primary Tennis Lesson Plan (1 of 18) Teaching Resources (tes.com)</p>

