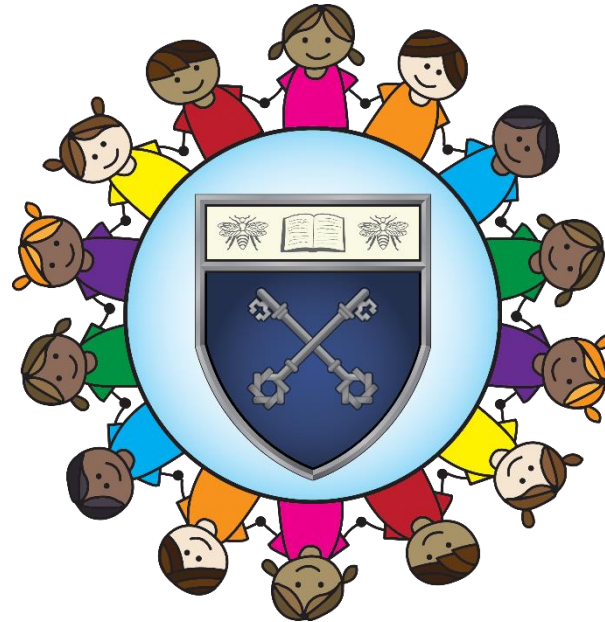


PE Curriculum



Substantive and Disciplinary
Knowledge Progression Map



Substantive Knowledge


Substantive Knowledge I can...	Year 3	Year 4	Year 5	Year 6
<p>Invasion Games</p>	<p><u>Invasion Game Skills 3</u> Be aware of my environment and others Get into good positions to receive a ball Pass and move into space Shield a ball from an opponent Dribble with control and using both hands/ feet Deceive my opponents by feinting/ dummying</p> <p><u>Basketball</u> I can control a basketball using both hands I can dribble with control and keep my head up to be aware I can chest/bounce pass with accuracy and control I can use the correct technique to shoot a basketball</p> <p><u>Netball</u> Send a netball accurately in a variety of ways Pass netball to bypass a defender by passing quickly,</p>	<p><u>Netball</u> Pass under pressure Defend individually and/or as part of a team Get free from opponents by feinting Position myself to take rebounds from the post</p> <p><u>Hockey</u> Dribble a ball confidently. Stop a ball. Pass a ball accurately. Perform a jab tackle. Control a ball sent to me.</p>	<p><u>Invasion Game Skills 4</u> Show a range of dribbling skills Use the full width of a pitch Make runs which overload the oppositions defence Defend one on one</p> <p><u>Netball</u> Pass accurately using a variety of passes Shoot with good technique Shoulder pass with accuracy and force Land and pivot to pass the ball Participate purposefully in match situations</p> <p><u>Hockey</u> Hold the stick correctly Indian dribble with my head up Perform a push pass with accuracy Use a jab tackle to intercept an opponent</p>	<p><u>Netball</u> Pass accurately using a variety of passes Shoot with good technique Shoulder pass with accuracy and force Land and pivot to pass the ball Participate purposefully in match situations</p> <p><u>Tag Rugby</u></p> <p><u>Hockey</u> Hold the stick correctly Indian dribble with my head up Perform a push pass with accuracy Use a jab tackle to intercept an opponent</p>

	<p>or using feinting or by, 'giving the eyes.'</p> <p>Attack by being fluid in my positioning, using the width and passing quickly</p> <p>Shoot using good technique</p>			
Striking and Fielding	<p><u>Cricket</u> Bowl a ball overarm with a straight arm. Stand sideways on with a high back lift ready to receive a ball. Throw accurately and powerfully. Bat successfully with a partner, communicating effectively.</p> <p><u>Rounders</u> Send and receive using good throwing and catching technique. Develop my throwing skills. Catch high balls comfortably. Field the ball off the ground using a variety of techniques. Develop basic bowling and batting skills.</p>	<p><u>Cricket</u> Bowl with a run up Step back and across to pull a short ball. Drive a ball and then run between a set of wickets, sliding my bat when necessary. Bowl with increasing accuracy. Play purposefully in a competitive game, taking on multiple roles effectively</p>	<p><u>Cricket</u> Catch consistently well under pressure Throw accurately overarm Bowl with a straight arm with accuracy Show tactical awareness as a fielder Use my feet to get to the pitch of the ball when batting</p> <p><u>Rounders</u> Catch with soft hands Ground field consistently well Catch and throw quickly from back stop Strike with some accuracy into a given area Communicate with my batting team between bases Throw with accuracy under pressure</p>	<p><u>Cricket</u> Catch consistently well under pressure Throw accurately overarm Bowl accurately with a straight arm and run up Show tactical awareness as a fielder Use my feet to get to the pitch of the ball when batting Link my skills and perform in competitive games</p> <p><u>Rounders</u> Catch with soft hands Ground field consistently well Catch and throw quickly from back stop Strike with some accuracy into a given area Communicate with my batting team between bases Throw with accuracy under pressure Adapt my game according to the opponent/situation</p>
Net and Wall	<p><u>Tennis</u> Take up a 'ready position' and move into good positions to strike a ball.</p>	<p><u>Dodgeball</u> Keep my eye on the opposition at all times.</p>	<p><u>Dodgeball</u> Throw hard and low at my opponents</p>	<p><u>Volleyball</u> Receive a ball using the dig technique Send a ball over a net</p>

	<p>Hit consistent forehand returns. Get into good positions to play backhand shots. Volley a ball on the forehand and backhand striking the ball downwards. Serve from the baseline into my opponent's side of the court. Use tactics against an opponent.</p>	<p>Time when to move to the net to throw. Judge which balls to try and catch and which to dodge. Work alongside others to agree tactics.</p>	<p>Catch balls low down and thrown at pace Dodge to evade the ball Use a ball to block another ball Chose the right moment to attack and defend</p>	<p>Set a ball Serve over distance Run from the back of court to spike a ball Dig, set and spike in combination</p>
Outdoor Adventures and Activities	<p><u>OAA</u> Work as part of a team. Work together in a small group to solve problems. Negotiate with my group Work with others to solve problems. Identify areas of the school grounds using a map. Identify where a number of controls are situated around the school grounds via photographic clues.</p>		<p><u>OAA</u> Use non-verbal communication to solve problems Work with a partner to navigate successfully across and through obstacles blindfolded Think creatively to find solutions to challenges Navigate my way around a map Find a number of controls using a map Identify the location of a number of controls which relate to the alphabet</p>	<p><u>OAA</u> Work as part of a team Give clear instructions Work together in small grounds to solve problems Demonstrate teamwork and good communication Work quickly against the clock Communicate positively with a team</p>
Athletics	<p><u>Health Related Fitness</u> Warm up and cool down after exercise. Perform a variety of yoga poses. Demonstrate good core strength. Jump dynamically.</p>	<p><u>Health Related Fitness</u> Sustain my performance even when tiring. I can retain my focus and concentrate on the quality of my own work. Keep going even when my muscles are really fatiguing.</p>	<p><u>Health Related Fitness</u> Sustain my pace when running Perform a variety of exercises demonstrating good technique Perform exercises with control and technique</p>	<p><u>Health Related Fitness</u> Run for a period of time maintaining a good pace Perform a variety of exercises demonstrating good technique Perform exercises with control and technique</p>

	<p>Start and finish a sprint race with good technique. Refine my techniques.</p> <p><u>Athletics</u> Use the correct technique to start a sprint race. Hurdle efficiently and consistently Develop the technique and consistency of my jumps. Throw overarm accurately. Accurately replicate the technique for running, jumping and throwing events. Replicate the techniques for running, jumping and throwing events in competitive situations.</p>	<p>Land safely. Demonstrate good sprinting technique. Improve on previous personal bests.</p> <p><u>Athletics</u> Develop my coordination to improve speed. Sprint between hurdles. Jump consistently off the same foot. Throw overarm with power for distance. Run a relay efficiently as part of a team. Challenge myself to beat previous performances.</p>	<p>Prepare properly for exercise Show desire to improve previous bests</p> <p><u>Athletics</u> Change pace and run at different tempos Throw with accuracy and power using the pull technique Throw with greater control, accuracy and efficiency Perform correct techniques for triple, long and vertical jumps Combine sprinting with hurdling Transfer a relay baton efficiently as a team.</p>	<p>Prepare properly for exercise Show desire to improve previous bests</p> <p><u>Athletics</u> Sustain my pace over longer distances Throw after a run up Throw with greater force and over longer distances Measure jumps accurately Combine sprinting with hurdling Transfer a relay baton efficiently as a team.</p>
Gymnastics				
Dance			<p><u>Dance Through the Ages</u> Develop a motif demonstrating some agility, balance, coordination and precision Creatively change static actions into travelling movements Communicate effectively with a partner and within a group Evaluate the work of others using technical language</p>	<p><u>The Haka</u> Develop a motif demonstrating some agility, balance, coordination and precision Show different levels, pathways and directions when I travel Communicate effectively with a partner and within a group Improve on ideas Evaluate the work of others using technical language</p>

Target Games	<p><u>Tri Golf</u> Grip a golf club appropriately. Adopt a stance to strike a ball. Putt a ball towards a target with some accuracy. Chip the ball over short distances. Develop my technique in both iron play and putting.</p>			
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 Disciplinary Knowledge		
Disciplinary Concepts Know how to...	LKS2	UKS2
Invasion Games	<p>Manipulate the ball in a variety of ways to outwit an opponent in a one to one situation. Turn in a variety of ways enabling me to retain possession and evade opponents Cushion a ball & move the ball into a good position to send Pass and then move into space to receive the ball back. Signal non verbally when I want to receive possession of the ball Anticipate what is going to happen by reading my opponent's body language</p>	<p>Create overloads by supporting the attack at the right time and targeting members of the opposition defence, giving them more than one opponent to mark. Use the width of the pitch when attacking to stretch the opposition's defence and pull opponents out of position, Receive the ball on the half turn, thereby opening up the pitch and creating more angles for me to send the ball. Deceive opponents by feinting and faking. Mark an opponent directly, staying with them at all times.</p>

	<p>Close the space down quickly between me and an opponent and then jockey awaiting the right moment to dispossess them.</p>	<p>Adopt high and low presses when working as part of a defensive tactic. Use a variety of ways of sending a ball and make good decisions about which technique to use under pressure. Stay in a defensive shape and communicate well with other defenders.</p>
Striking and Fielding	<p>Catch a ball having moved to catch it. Stop a ball consistently that I have had to run to stop. Adopt a good position when wicket keeping and take balls on both sides of a wicket. Bowl from closed in to the stumps and from the crease line. Walk in as a fielder with the bowler as they run up. Be decisive, call for catches when the ball goes high, and use soft hands to cushion the ball. Stand appropriately when batting and call when appropriate.</p>	<p>Bowl a legal delivery with a run up. Control where I hit the ball, targeting space in the field. Make the right decisions about what fielding techniques to use. Adjust fields for a certain batter or bowler. Score on both sides of a wicket when batting. Anticipate where the ball is being hit in the field. Judge the lengths of deliveries to know which shots to play.</p>
Net and Wall	<p>To try to get into the centre of the court after playing each shot. To keep my head still and to try to hit with control. That I can play backhand with one hand or two, whichever feels more comfortable. Serve from the baseline into my opposition's side of the court. Move into correct positions in order to correctly play shots. Play a variety of different shots well.</p>	<p>Control where I hit the ball. Play deft shots near the net in a smaller area. Volley accurately on my forehand and backhand. Play a backhand and forehand shot with control and consistency. Apply the skills of volleyball in a full-sided game. Play a variety of deft and powerful shots at appropriate times.</p>
Outdoor Adventures and Activities	<p>Work as part of a team. Work together to solve problems in a small group. Negotiate with members of my team. Identify where a number of controls are situated around the school grounds. Identify areas of our school grounds using a map. Follow the rules of an activity.</p>	<p>Use non-verbal communications to solve problems. Work with a partner to navigate across and through obstacles blindfolded. Give clear instructions. Think creatively to find new solutions to challenges. Work quickly and efficiently against the clock. Find a number of control using a map. Identify the location of a number of controls that relate to specific letters of the alphabet.</p>
Athletics	<p>Develop my coordination to improve my speed. Run effectively as part of a relay team.</p>	<p>Adjust pace and run at different tempos. Throw for distance, accuracy and power.</p>

	<p>Throw for accuracy and power. Challenge myself to beat my previous best performances. Apply techniques for running, jumping and throwing correctly.</p>	<p>Apply force to throw for greater distance. Throw with control, accuracy and efficiency. Apply techniques for running, jumping and throwing in competitive situations. Challenge myself to beat my previous best and others' personal bests.</p>
Gymnastics	<p>Show good timing, posture and extension. Perform sequences with changes in level. Perform symmetrical and asymmetrical balances. Offer feedback on partner performance.</p>	<p>Transition smoothly and in a variety of ways from one move to another. Work with a partner, mirroring, performing front and back, adjacent. Improve our own performances based on feedback. Evaluate the work of others using simple technical language.</p>
Dance		<p>Focus on good timing and performing motif in unison. Creatively change static actions to travelling movements. Use level changes, pathway and different directions. Improve our own performance based on feedback. Evaluate the work of others using simple technical language.</p>
Target Games	<p>How to keep myself and others safe. To stand still and be quiet when one of my peers is taking their shot. The importance of following through in my swing. Choose which club to use and when.</p>	

