

PE National Curriculum

Aims

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.




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	Autumn			Spring			Summer		
	Unit 1	Unit 2	Unit 3	Unit 1	Unit 2	Unit 3	Unit 1	Unit 2	Unit 3
Reception	<p style="text-align: center;">Multi-Skills Spatial Awareness </p> <p>To know that I need to look ahead and focus on a still object to help me balance.</p>			<p style="text-align: center;">Multi-Skills Sending and aiming/Tracking and receiving</p> <p>To know that I must bring a ball close to my chest to secure it. To know that I need to keep my head and body still and swing my arm to throw the ball. To know that I need to keep my head and body still and swing my arm to throw the ball.</p>			<p style="text-align: center;">Multi-Skills Co-ordination and control </p> <p>To know when running I keep my head and body up, so I don't fall over. To know that I can kick a stationary ball more accurately than a moving ball. To know that I need to keep my head still and keep my eyes on the ball to strike a ball.</p>		<p style="text-align: center;">Swimming </p> <p>Refer to Phase 1, 2 & 3 on progression document.</p>
	<p style="text-align: center;">Movement Dance </p> <p>To know when running I keep my head and body up so I don't fall over.</p> <p>To know that I need to keep my head and body still and keep my eyes looking forward to perfect the move. To know how to hop on both legs. To know how to step-hop-step-hop. To know that my arms are relaxed and swing in opposition to my legs.</p> <p>To know that if I swing my arms from behind me it will help me jump higher or further. (Swing and spring) To know that if I look up, I can jump higher and if I look in front of me it can help me jump further forward.</p> <p>To know that I need to look ahead and focus on a still object to help me balance.</p> <p>To know that if I keep my feet and ankles together it can help me turn.</p> <p>To know how to talk about what I have done well.</p> <p>To know how my body feels before and after exercise.</p>			<p style="text-align: center;">Movement Gymnastics </p> <p>To know that I need to keep my head and body still and keep my eyes looking forward to perfect the move.</p> <p>To know how to hop on both legs.</p> <p>To know how to step-hop-step-hop.</p> <p>To know that my arms are relaxed and swing in opposition to my legs.</p> <p>To know that if I swing my arms from behind me it will help me jump higher or further. (Swing and spring)</p> <p>To know that if I look up, I can jump higher and if I look in front of me it can help me jump further forward.</p> <p>To know that I need to look ahead and focus on a still object to help me balance.</p> <p>To know that if I keep my feet and ankles together it can help me turn.</p> <p>To know that squeezing my tummy, leg and bum muscles together will help me complete a number of rotations on a point.</p> <p>To know that tucking my chin into my chest will help protect my head and neck.</p> <p>To know that a tight body position will support the rotation of the roll.</p> <p>To know if I stand in a space, I will not be able to touch anyone or anything if I spread my arms out.</p>			<p style="text-align: center;">Movement Dance </p> <p>To know if I stand in a space, I will not be able to touch anyone or anything if I spread arms out.</p> <p>To know that a story can be told through a dance. To know I can use simple movements to represent parts of a story. To know that I can copy a dance movement.</p>		
Year 1	<p style="text-align: center;">Multi-Skills Invasion </p> <p>To know that to catch and track a ball above my waist</p>	<p style="text-align: center;">Movement Gymnastics </p> <p>To know that I can hop on a stronger leg.</p>	<p style="text-align: center;">Multi-Skills Net/Wall </p> <p>To know that I need to stand side on to a target.</p>	<p style="text-align: center;">Outdoor adventurous activities Orienteering</p> <p>I can work with a partner to move equipment and place it into a space.</p>	<p style="text-align: center;">Multi-skills - Striking and Fielding (Striking, catching and throwing) </p>				



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<p>I need to use butterfly hands (thumbs together and fingers pointing up). To know that to catch and track a ball below the waist I need to use wiggly worms (fingers pointing down). To know that I need to step forward with my opposite foot to my throwing arm. To know that I need to swing the ball with my throwing arm, which starts behind my body and swings forward.</p>	<p>To know that my non hopping leg swings in rhythm to create momentum. To know that my legs should be straight when I jump and bend again when I land. To know that my balancing foot needs to be on the ground. To know that I can form a dish shape if I lie on my back and raise my arms and legs off the floor, whilst keeping them as straight as possible. To know that squeezing my stomach muscles will support when making the dish shape. To know that I can form an arch shape if I lie on my stomach and raise my arms and legs off the floor, whilst keeping them as straight as possible. To know that I can sit on the floor with my legs straight and spread apart with my hands behind my knees to form a straddle.</p>	<p>To know that I need to swing equipment from behind me.</p>	<p>directed by our teacher. I can begin to communicate clearly with other people in a team and follow simple instructions.</p> 	<p>To know that to catch and track a ball above my waist I need to use butterfly hands (thumbs together and fingers pointing up). To know that to catch and track a ball below the waist I need to use wiggly worms (fingers pointing down). To know that I need to step forward with my opposite foot to my throwing arm. To know that I need to swing the ball with my throwing arm, which starts behind my body and swings forward. To know that I need to stand side on to a target. To know that I need to swing equipment from behind me.</p>
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<p style="text-align: center;">Movement Dance </p> <p>To know when running I can keep strides the same length or alter them for speed. To know that I can hop on a stronger leg. To know that my non hopping leg swings in rhythm to create momentum. To know that my legs should be straight when I jump and bend again when I land. To know that my balancing foot needs to be on the ground. To know that I can form a dish shape if I lie on my back and raise my arms and legs off the floor, whilst keeping them as straight as possible. To know that squeezing my stomach muscles will support when making the dish shape. To know that I can form an arch shape if I lie on my stomach and raise my arms and legs off the floor, whilst keeping them as straight as possible. To know that I can link movements together. To know that we can represent our experiences through dance. To know that I can match my movements to the rhythm of a piece of music.</p>	<p style="text-align: center;">Swimming </p> <p>Refer to Phase 1, 2 & 3 on progression document.</p>	<p style="text-align: center;">Movement Gymnastics </p> <p>I can perform a range of simple jumps, landing safely. I can control my body when rolling in different ways. I can create and perform a movement sequence, with some consideration given to the beginning, middle and end. To know that to avoid objects I can slow my speed and change direction.</p>	<p style="text-align: center;">Athletics </p> <p>To know when running I can keep strides the same length or alter them for speed. To know that I need to step forward with my opposite foot to my throwing arm. To know that I need to swing all with my throwing arm which start behind my body and swing forward. To know that my legs should be straight when I jump and bend again when I land.</p>
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The Black Pear Trust

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The Black Pear Trust

	<p>To know how to talk about what I have done well.</p> <p>To know how my body feels before and after exercise.</p>					
Year 2	<p>Multi-skills – net/wall</p> <p>To know that I need to move my feet to be in line with the ball (1 or 2 steps)</p> <p>To know that when the ball is released you need to follow through in a straight line and point towards the target.</p> <p>To know that hopping, skipping and galloping are different ways to travel.</p>	<p>Multi-skills - Invasion Throwing and catching</p> <p>To know that I need to move my feet to be in line with the ball (1 or 2 steps).</p> <p>To know that when the ball is released you need to follow through in a straight line and point towards the target.</p>	<p>Swimming </p> <p>Refer to Phase 1, 2 & 3 on progression document.</p>	<p>Multi-skills – Invasion Kicking </p> <p>To know that I keep my eye on the ball until I have released the ball.</p> <p>To know that holding my arms up and wide will help support my balance.</p>	<p>Multi-skills – Striking and Fielding (Striking, catching and throwing)</p> <p>To know that I need to move my feet to be in line with the ball (1 or 2 steps).</p> <p>To know that when the ball is released you need to follow through in a straight line and point towards the target.</p> <p>To know that I have a dominant hand for holding equipment.</p> <p>To know that I need to step forward with my opposite foot to my striking arm.</p>	<p>Outdoor adventurous activities</p> <p>I can work as part of a small group to safely move larger pieces of equipment and place them carefully in an area of choice or direction from the teacher.</p> <p>I can orientate myself with support from an adult.</p>
	<p>Movement Dance </p> <p>To know when running I also use my arms.</p> <p>To know when running my arm action helps speed.</p> <p>To know that hopping, skipping and galloping are different ways to travel.</p> <p>To know how to control my landing by using my arms for balance.</p> <p>To know that I can balance on different parts of my body.</p> <p>To know that I need to turn my head and look under my arm and use my shoulder and hip to move in the direction of travel.</p> <p>To know that I need to force my arms and legs backwards in the finished position to form an arch.</p> <p>To know that I can use my back and shoulder to help support my body when rotating.</p> <p>To know that we can express our feelings and emotions through dance.</p> <p>To know that I can match my movements to the beat of a piece of music.</p> <p>To know that I can mirror movements to create a short phrase of movement by copying my partner at the same time.</p> <p>To know that a stimulus such as a picture or object can be used to inspire a dance.</p> <p>To know how to talk to other children about what they have done well.</p> <p>To know how my body feels before, during and after exercise.</p> <p>To know that exercise improves a healthy lifestyle.</p>		<p>Movement Gymnastics </p> <p>To know that hopping, skipping and galloping are different ways to travel.</p> <p>To know how to control my landing by using my arms for balance.</p> <p>To know that I can balance on different parts of my body.</p> <p>To know that I need to turn my head and look under my arm and use my shoulder and hip to move in the direction of travel.</p> <p>To know that I need to force my arms and legs backwards in the finished position to form an arch.</p> <p>To know that I can use my back and shoulder to help support my body when rotating.</p> <p>To know that I can move around objects making a tighter turn using my body to lean.</p>		<p>Athletics </p> <p>To know when running I also use my arms.</p> <p>To know when running my arm action helps speed.</p> <p>To know when sprinting I lean slightly forward and have a longer stride.</p> <p>To know that when the ball is released you need to follow through in a straight line and point towards the target.</p> 	



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	Autumn			Spring			Summer		
	Unit 1	Unit 2	Unit 3	Unit 1	Unit 2	Unit 3	Unit 1	Unit 2	Unit 3
Year 3	<p>Invasion games Football </p> <p>To know when jogging my body remains in a forward position and I must relax my shoulders.</p> <p>To know I must vary my stride and speed based on the length of my run.</p> <p>To know that I need to use the inside or top of my foot to kick the ball.</p> <p>To know that using the inside of my foot is more accurate and the top of my foot is for more power.</p> <p>To know that I need to use small soft taps to keep the ball close to me.</p> <p>To know that I can use the inside of my feet to keep the ball close to me.</p>	<p>Invasion games Handball </p> <p>To know when jogging my body remains in a forward position and relax my shoulders.</p> <p>To know I must vary my stride and speed based on the length of my run.</p> <p>To know when to use different techniques of catching a ball (butterfly hands / Wiggly worms).</p> <p>To know that I use soft fingers and bent elbows to absorb the force of the ball.</p> <p>To know that there are two main types of catches in handball (high catch and low catch).</p> <p>To know that to throw a ball underarm I need to face, step, swing, throw and point.</p> <p>To know that I need to stand side on, keep my eyes focussed on the target area and keep my weight on my back foot.</p> <p>To know that my throwing arm needs to be bent up above my shoulder and behind my head.</p> <p>To know that I need to step forward with my opposite foot to my throwing arm.</p>	<p>Outdoor adventurous activities</p> <p>I can choose simple approaches to solve the problems I am set, realising that activities need thinking through and recognise planning is useful.</p> <p>I can describe what orienteering is - orientate myself with increasing confidence and accuracy around a short trail, identifying symbols used on a key.</p> <p>I can communicate effectively with my team members.</p> <p>I can explain what teamwork involves and demonstrate some teamwork skills to help achieve a goal.</p> <p>I can take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>I can orientate myself with minimal support whilst on a short trail.</p> 	<p>Net/Wall Volleyball </p> <p>To know when jogging my body remains in a forward position and relax my shoulders.</p> <p>To know I must vary my stride and speed based on the length of my run.</p> <p>To know when to use different techniques of catching a ball (butterfly hands / Wiggly worms).</p> <p>To know that I use soft fingers and bent elbows to absorb the force of the ball.</p> <p>To know that there are two main types of catches in handball (high catch and low catch).</p> <p>To know that to throw a ball underarm I need to face, step, swing, throw and point.</p> <p>To know that I need to stand side on, keep my eyes focussed on the target area and keep my weight on my back foot.</p> <p>To know that my throwing arm needs to be bent up above my shoulder and behind my head.</p> <p>To know that I need to step forward with my opposite foot to my throwing arm.</p>	<p>Movement Dance </p> <p>To know that I need to keep my head up and eyes forward when changing direction.</p> <p>To know that I can move one part of my body at a time in response to music.</p> <p>To know that a motif in dance is a gesture, movement or short phrase of movements.</p> <p>To know that I can communicate meaning through dance.</p> <p>To know that a movement phrase is a short sequence of connected actions that has a sense of thematic completion.</p> <p>To know that I can combine gestures, poses and travelling movements to create a dance.</p>	<p>Striking and Fielding Cricket </p> <p>To know when jogging my body remains in a forward position and relax my shoulders.</p> <p>To know I must vary my stride and speed based on the length of my run.</p> <p>To know when to use different techniques of catching a ball (butterfly hands / Wiggly worms).</p> <p>To know that I use soft fingers and bent elbows to absorb the force of the ball.</p> <p>To know that there are two main types of catches in handball (high catch and low catch).</p> <p>To know that to throw a ball underarm I need to face, step, swing, throw and point.</p> <p>To know that I need to stand side on, keep my eyes focussed on the target area and keep my weight on my back foot.</p> <p>To know that my throwing arm needs to be bent up above my shoulder and behind my head.</p> <p>To know that I need to step forward with my opposite foot to my throwing arm.</p> <p>To know that there are different grips for different sports equipment.</p> <p>(Cricket – two V's facing downwards with your more dominant hand lower down the handle)</p>			
	<p>Swimming</p> <p>Refer to Phase 1, 2 & 3 on progression document.</p> 	<p>Movement Dance </p> <p>To know that having a wider base will provide me with more stability whilst balancing.</p> <p>To know that you will finish a roll kneeling on the opposite leg to which you started kneeling and the other leg will be extended fully as before.</p>	<p>Movement Gymnastics </p> <p>To know that having a wider base will provide me with more stability whilst balancing.</p> <p>To know that the start point of a shoulder roll is to be one knee with my other leg stretched out to create a stable base and keep my arms out for stability.</p> <p>To know that when I start a shoulder roll, I tuck my arms into my chest and push off from my stretched-out leg to move onto my shoulder. Revisit tucking in of chin.</p> <p>To know that you will finish the roll kneeling on the opposite leg to which you started kneeling and the other leg will be extended fully as before.</p>	<p>Athletics </p> <p>To know when jogging my body remains in a forward position and relax my shoulders.</p> <p>To know I must vary my stride and speed based on the length of my run.</p> <p>To know that to throw a ball underarm I need to face, step, swing, throw and point.</p> <p>To know that I need to stand side on, keep my eyes focussed on the target area and keep my weight on my back foot.</p> <p>To know that my throwing arm needs to be bent up above my shoulder and behind my head.</p> <p>To know that I need to step forward with my opposite foot to my throwing arm.</p>					



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		<p>To know how to identify space within a given area.</p> <p>To know how my performance has improved over time.</p> <p>To know how to recognise the effects of exercise on the body.</p> <p>To know how to apply and follow rules fairly.</p>				
Year 4	<p>Invasion games Football </p> <p>To know that I need to look up to find a more suitable teammate to pass to.</p> <p>To know to use a forward and sideways of my arm opposite to my kicking leg to help me with power and balance.</p> <p>To know that my hips and then shoulders rotate forward when taking a shot.</p> <p>To know that I need to use the inside and outside of my feet to maintain control of the ball.</p> <p>To know that I need to look up occasionally to see what is around.</p> <p>To know that I can use my body to protect the ball.</p>	<p>Invasion games Handball </p> <p>To know that I need to watch the ball to be in the correct place (in front of the catcher) to catch it and move my hands to catch it.</p> <p>To know that there are two main types of catches in handball (high catch and low catch).</p> <p>To know that you pull the non-throwing arm back as your throwing arm swings forward, keeping my elbow level with the top of the throwing shoulder.</p> <p>To know that after you release the ball my arm follows through and points towards the target.</p> <p>To know there are two main throws to use in handball, an upper pass and a vertical jump shot.</p>	<p>Outdoor adventurous activities</p> <p>I can choose sensible skills and approaches for the challenges set.</p> <p>I can confidently orientate myself and my partner / team around a short trail.</p> <p>I can work effectively as part of a team, taking on different roles.</p> 	<p>Net/Wall Volleyball </p> <p>To know that you pull the non-throwing arm back as your throwing arm swings forward, keeping my elbow level with the top of the throwing shoulder.</p> <p>To know that after you release the ball my arm follows through and points towards the target.</p> <p>To know there are two main throws to use in handball, an upper pass and a vertical jump shot.</p> <p>To know that if I maintain a low centre of gravity, I can be more stable and hold a secure position.</p>	<p>Movement Dance </p> <p>To know that I can combine or repeat motifs to create a dance.</p> <p>To know that I can use a range of techniques such as canon, mirroring & synchronisation to create an interesting dance.</p> <p>To know that changes in tempo, level and direction can add interest to a dance.</p> <p>To know that changes in tempo, level and direction can add interest to a dance.</p>	<p>Striking and Fielding Cricket </p> <p>To know that I need to watch the ball in order to be in the correct place (in front of the catcher) to catch it and move my hands to catch it.</p> <p>To know that you pull the non-throwing arm back as your throwing arm swings forward, keeping my elbow level with the top of the throwing shoulder.</p> <p>To know that after you release the ball my arm follows through and points towards the target.</p> <p>To know that you need to watch the ball throughout the stages of striking.</p> <p>(Cricket – two V's facing downwards with your more dominant hand lower down the handle)</p>
	<p>Swimming </p> <p>Refer to Phase 1, 2 & 3 on progression document.</p>	<p>Movement Dance </p> <p>To know that if I maintain a low centre of gravity, I can be more stable and hold a secure position.</p> <p>To know that using open space can help you send and receive a pass.</p> <p>To know how to change direction on both legs whilst maintaining my head is upright, my eyes are looking forward and my outside leg bends</p>	<p>Movement Gymnastics </p> <p>To know that if I maintain a low centre of gravity, I can be more stable and hold a secure position.</p> <p>To know that I need to start a forward roll with my feet together and bend my knees and place my hands flat on a mat, pointing forwards, to be stable.</p> <p>To know that I need to lift my hips and bottom, whilst tucking my chin into my chest and push off from my legs to begin a forward roll.</p> <p>To know that I can roll like a ball onto the shoulders and upper back and continue to roll to arrive on to the feet and raise my arms to show that I have finished my roll.</p>	<p>Athletics </p> <p>To know that you pull the non-throwing arm back as your throwing arm swings forward, keeping my elbow level with the top of the throwing shoulder.</p> <p>To know that after you release the ball my arm follows through and points towards the target.</p> <p>To know there are two main throws to use in handball, an upper pass and a vertical jump shot.</p>		



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		<p>To know that I can match my movements to the tone of a piece of music.</p> <p>To know that motifs are used to express the style or theme of a dance.</p> <p>To know that exercise is good for my health and will improve my mental wellbeing.</p>	<p>To know that using open space can help you send and receive a pass.</p>			
<p>Year 5</p>	<p> Invasion Games Netball</p> <p>To know that I need to vary my technique to catch different balls that come from different directions.</p> <p>To know that my hips and shoulders rotate forward to face the target.</p> <p>To know that I hold a ball in a Y shape (rabbit ears) to help release the ball.</p> <p>To know that my chest faces the target when I release the ball.</p>	<p> Invasion Games/striking Hockey</p> <p>To know that my hips and shoulders rotate forward to face the target. To know that I must follow through with the bat/racquet around my body.</p> <p>Hockey – Left hand at the top of the stick forming a V facing downwards and the right hand a third of the way down forming a V facing downwards)</p> <p>To know that I need to hold the stick behind the ball and strike the bottom half of the ball.</p> <p>To know that I need to push the ball keeping it in close proximity to myself.</p>	<p>Outdoor Adventurous Activities</p> <p>I can use skills with control in problem solving activities.</p> <p>I can start to orientate myself with increasing confidence and accuracy around an orienteering course.</p> <p>I can complete orienteering activities successfully, using a map to complete a course, both individually and as a member of a team</p> <p>I can communicate clearly and effectively with others.</p> 	<p>Net/Wall Tennis </p> <p>To know that my hips and shoulders rotate forward to face the target.</p> <p>To know that I hold a ball in a Y shape (rabbit ears) to help release the ball.</p> <p>Tennis – continental grip - single V facing upwards.</p> <p>To know that my hips and shoulders rotate forward to face the target.</p> <p>To know that I have to follow through with the bat/racquet around my body.</p> <p>To know that my chest faces the target when I release the ball.</p>	<p>Striking and Fielding Rounders </p> <p>To know that I need to vary my technique to catch different balls that come from different directions.</p> <p>To know that my hips and shoulders rotate forward to face the target.</p> <p>To know that I hold a ball in a Y shape (rabbit ears) to help release the ball.</p> <p>To know that my chest faces the target when I release the ball.</p> <p>To know that my hips and shoulders rotate forward to face the target.</p> <p>To know that I have to follow through with the bat/racquet around my body.</p>	<p>Swimming </p> <p>Refer to Phase 1, 2 & 3 on progression document.</p>
	<p> Movement Dance</p> <p>To know that there are different genres of dance.</p> <p>To know that to create different pathways in dance I need to vary how I travel e.g. By creating a spiral, wavy curved pathway.</p> <p>To know that I can use softness and gentleness in movements and how I move between movement to create a mood in dance.</p> <p>To know that exercise is good for my health, fitness and mental wellbeing.</p> <p>To know how I can become healthier.</p>	<p> Movement Gymnastics</p> <p>To know that to start a backwards roll I need to face away from a mat with my knees tucked into my chest, my feet close to my bottom and my hands on my shoulder facing up to push off.</p> <p>To know that I need to keep my chin tucked into my chest even though I am rolling backwards and use my hands to push off the mat to help lift my hips up and roll back onto my feet.</p>	<p> Athletics</p> <p>To know that my hips and shoulders rotate forward to face the target. To know that I hold a ball in a Y shape (rabbit ears) to help release the ball. To know that my chest faces the target when I release the ball.</p>			



PE Long Term Plan



Year 6	<p>Invasion games Rugby </p> <p>To know that I need to watch the trajectory and speed of the ball to ensure I am in the right space and use the correct technique to catch it.</p> <p>To know that when I release the ball, both arms end up behind the opposite hip and my head and eyes should be facing the target as I release the ball.</p>	<p>Invasion Games/striking Hockey </p> <p>To know that more backswing/back lift can help add more power within a strike.</p> <p>Hockey – Left hand at the top of the stick forming a V facing downwards and the right hand a third of the way down forming a V facing downwards)</p> <p>To know that I need to keep my head up and the ball slightly out in front for maximum control.</p> <p>To know that I need to keep the ball on my right side and outside my right foot.</p>	<p>Outdoor Adventurous Activities</p> <p>I can use physical and teamwork skills well in a variety of different challenges.</p> <p>I can successfully compete in orienteering activities both as part of a team and independently.</p> <p>I can consistently communicate effectively and clearly with others as appropriate using verbal and non-verbal communication.</p> 	<p>Net/Wall Tennis </p> <p>To know that when I release the ball, both arms end up behind the opposite hip and my head and eyes should be facing the target as I release the ball.</p> <p>To know that more backswing/back lift can help add more power within a strike.</p> <p>(Tennis – continental grip - single V facing upwards.)</p>	<p>Striking and Fielding Rounders </p> <p>To know that I need to watch the trajectory and speed of the ball to ensure I am in the right space and use the correct technique to catch it.</p> <p>To know that when I release the ball, both arms end up behind the opposite hip and my head and eyes should be facing the target as I release the ball.</p> <p>To know that more backswing/back lift can help add more power within a strike.</p>	<p>Swimming </p> <p>Refer to Phase 1, 2 & 3 on progression document.</p>
	<p>Movement Dance </p> <p>To know that I can create a sequence using a variety of rolls.</p> <p>To know how to transition from one roll type to another.</p> <p>To know that I can use contrasting movements when working with my partner to add texture and layers to my dance.</p> <p>To know that exercise is good for my health, fitness and mental wellbeing.</p>		<p>Movement Gymnastics </p> <p>To know that I can create a sequence using a variety of rolls.</p> <p>To know how to transition from one roll type to another.</p> <p>To know there are certain position in sports and I can use my knowledge of space and tactics to benefit the team.</p>		<p>Athletics </p> <p>To know that when I release the ball, both arms end up behind the opposite hip and my head and eyes should be facing the target as I release the ball.</p>	



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PE Threads:

Dual Coding symbols

Invasion games		Swimming	
Net/Wall games		Gymnastics	
Striking and Fielding		Dance	
Multi-Skills		Outdoor adventurous activities	
Athletics		Sticky Knowledge	
Reactivation (for all subjects)		<p>Key:</p> <p>Purple writing – knowledge and skills document</p> <p>Red writing – progression document (physical skill)</p> <p>Blue writing – progression document (mental skill)</p>	