Walkern Primary School Sequence of Learning: P.E

RECEPTION			
Fundamentals **Specific Knowledge:** To understand what space means in sport and how it helps us. **Specific Skills:** Finding space, freezing on command, using and sharing equipment, working in pairs and teams. Travelling movements – jumping, running, hopping, skipping etc.	**Net & Wall** **Specific Knowledge:** Understand the importance of space **Specific Skills:** Explore pushing/hitting a balloon with control Explore hitting a balloon with power into space Explore hitting a balloon in different ways – high, low, fast, slow Balance ball on racket whilst travelling. Bounce a ball & hit with increasing control.	**Striking & Fielding Basics** **Specific Knowledge:** Understand the importance of being ready Understand the importance of space **Specific Skills:** Explore throwing overarm Explore throwing underarm Explore rolling Explore stopping a ball Explore catching	**Athletics** **Specific Knowledge:** Understand the need to have head up when walking/running **Specific Skills:** Walk/run at different speeds Explore using different pathways Balance on one foot for short period Standing two foot jump & land Apply skills to sports day events at appropriate level
Ball Skills **Specific Knowledge:** Understand space and how it is important to show consideration for themselves and others. **Specific Skills:** Roll and receive. Two handed chest press throw. Small ball underarm throw. Bounce & catch. Catch large ball with two hands. Kick balls with feet. Dribble a ball. Kick & aim at specific target. Stop a ball with feet.	**Gymnastics** **Specific Knowledge:** Understand how to use space and equipment safely. **Specific Skills:** Explore high, low, under & over Apply high, low, under & over on floor and apparatus Develop awareness of space and safety Copy, create, remember & repeat short sequences	**Dance** **Specific Knowledge:** To understand how to utilise space within dance To understand music has different tempos. **Specific Skills:** Explore space using travelling actions, movement skills and balances. Move with props Explore opposites Respond to different music as characters Add different expression to characters Perform with a partner	**Invasion Games** **Specific Knowledge:** Understand the aim is to score points. Sportmanship – playing fairly. Understand rules of given game & adhere to them accordingly. **Specific Skills:** Negotiate space. Demonstrate strength, balance and coordination when playing games/activities Preventing an attacker from scoring

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Year 1

Invasion Games

Specific Knowledge:
Understand Sportsmanship & the need to play fairly
Understand different people have different roles within the game.

Specific Skills:
Use basic underarm, rolling and hitting skills.
Sometimes use overarm skills.
Intercept, retrieve and stop a beanbag and a medium-sized ball.
Sometimes catch a beanbag and a medium-sized ball.
Track balls and other equipment sent to them, moving in line with the ball to collect.
Throw, hit and kick a ball in a variety of ways, depending on the needs of the game.
Choose different ways of hitting, throwing, striking or kicking the ball.
Decide where to stand to make it difficult for their opponent; describe what they and others are doing.

Athletics
Specific Knowledge:
To understand the correct technique to run fast (hands up, knees up, opposites, head focused).
To understand the technique for taking off and landing.
Specific Skills:
Explore acceleration & different running speeds
Show balance and control when hopping and jumping
Apply running and jumping skills into games
Athletics Ta**rgets**:
Sprint 30 m in under 6 seconds
Jump for height 15-19cm
Jump for distance 60-89cm
Leap hurdles 30 m in under 8 seconds
Over arm throw 10 -19 m
Chest-push 3-4m
Run 200m or more for 1:30

Net & Wall

Specific Knowledge:
Understand the importance of the ready position.
Understand the importance of space

Specific Skills:
Develop pushing (dribbling) a ball with a racket - Introducing control
Explore hitting and develop pushing a ball (with a racket) towards a target
Explore hitting a ball (with a racket) with accuracy and power

Gymnastics
Specific Knowledge:
Begin to understand the use of levels, directions and wide, narrow and curved shapes when travelling and balancing.
Understand the importance of safety and how to implement safety rules.
To understand how the body feels when it is tense.

Specific Skills:
Introduce wide, narrow and curled & explore the difference
Transition between wide, narrow and curled
Link 2 movements together
Learn to handle and transport appropriate apparatus safely.

Striking & Fielding
Specific Knowledge:
Understand how to score points.
Understand how to effect power and speed when sending a ball
Understand how to stop a ball
Understand the importance of being ready
Specific Skills:
Introduce sending (bouncing) with control
Introduce aiming with accuracy
Introduce power and speed when sending a ball
Introduce/develop stopping
Combine sending and receiving skills
Introduce throwing with accuracy
Apply throwing with accuracy in a team

Dance
Specific Knowledge
Understand why it is important to count to music and use this in their dance.
Understand how the body feels tense in starting and finishing positions.
Understand term opposite
Specific Skills
Listen & respond to rhythm
Explore space, travelling actions, movement skills and balances.
Introduce & create motifs
Create an animal sequence motif
Explore relationships within motifs
Develop start and finish position.
Link movements together
Perform in pairs

Introduce stopping a ball Develop sending (rolling) skills to score a point Consolidate sending and stopping to win a game		
Circuits & Fitness **Specific Knowledge:** Talk about how bodies respond to exercise – breathing & take pulse. Understand the importance of warm up/cool down. **Specific Skills** Copy and use a range of fundamental fitness movements.	**Fundamentals** **Specific Knowledge** Understand one can be competitive against others and self. **Specific Skills** Find space and freeze on command. Begin to use and share equipment in pairs and teams. Travel with increasing coordination – jumping, running, hopping, skipping etc.	

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Year 2

Invasion Games Hockey, Football, Basket Ball, Netball, Tag Rugby. **Specific Knowledge** know and use rules fairly to keep games going; explain why it is important to warm up and cool down; Understanding the transition between defence and attack **Specific Skills** throw and catch with control to keep possession and score 'goals'; be aware of space and use it to support teammates and cause problems for the opposition; attack/defend as a team keep possession with some success	**Athletics** **Specific Knowledge** To explain the technique to run fast (hands up, knees up, opposites, head focused). To understand a growing number of techniques for taking off and landing. Pupils will think about how to achieve their greatest possible speed, height, distance or accuracy. **Specific Skills** Run at varying speeds & directions with increased control Explore jumping combinations Begin to link jumping to running
Net & Wall **Key Knowledge:** Understand where and why a ball is sent into space **Key Skills:** Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent Introduce hitting (sending/striking) a ball into a space: Where and why? Striking the ball (with a bat) into space with intent	**Gymnastics** **Specific Knowledge** Understand terms transitions, extensions & body tensions **Specific Skills** Develop linking of balances, rolls & jumps on floor & apparatus Transfer weight smoothly from one part of the body to another Create simple sequences Perform completed sequences
Striking & Fielding **Specific Knowledge** Understand where and why a ball is sent into space Understand how to score points in simple games **Specific Skills** Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent Introduce hitting (sending/striking) a ball into a space: Where and why? Striking the ball (with a bat) into space with intent	**Dance** **Specific Knowledge** Understand dance sequences need beginning, middle end. Understand how dance can be influenced through history, culture & science **Specific Skills** Respond to a stimuli e.g historical, cultural or scientific Improvise based on stimuli Create contrasting movement sequences Explore expressions Create motifs with characterisation, expression & emotion Link movements together Extend motifs with different dynamics (fast and slow) Ensure their dances and sequenced, with clear beginning, middle and end on their own, in pairs and in small groups. Work independently, with a partner and in small groups. Develop their use of counting and rhyt

Circuits & Fitness **Specific Knowledge** Talk about what our bodies do during exercise e.g. breathing & finding a pulse **Specific Skills** Practice stretches to make them warmer and cooler before and after exercises. Discuss how the body changes during exercise. Use a range of fundamentals exercises		

Walkern Primary School Sequence of Learning: P.E

Year 3/4

Invasion Games
Hockey, Football, Basket Ball, Netball, Tag Rugby, Lacrosse, Dodgeball

Specific Knowledge
Understand the different roles of defender, attacker and keeper
Understand different tactics to keep possession and score

Specific Skills
Developing changing direction
Introduce throwing with accuracy
Introduce catching
Develop moving, changing direction at speed
Develop the role of the defender
Develop the role of the attacker
Refine dodging
Introduce the role of the Keeper

Athletics

Specific Knowledge
Understand the correct techniques for throwing, running, and jumping in athletics.
Pupils will understand how to achieve their greatest possible speed, height, distance or accuracy
Specific Skills
Explore running for speed, stride patterns & at pace
Understand and apply tactics when running for distance
Explore throwing for distance vs accuracy
Introduce technique for Javelin
Introduce standing triple jump

Net & Wall
Specific Knowledge:
understand the point of the game
keep rules effectively and fairly
Understand how to outwit an opponent
Specific Skills:
Introduce tennis – outwit an opponent
Create space to win a point
Introduce forehand & backhand

Gymnastics
Key Knowledge
Understand symmetry vs asymmetry
Key Skills
Apply understanding of symmetry vs asymmetry
Include traveling actions pathways in sequences
Explore inverted movements
Introduce bridges
Build sequences independently & in pairs
Compare and contrast similar performances

Striking & Fielding
Key Knowledge:
Understand the concept of batting and fielding
Key Skills:
Introduce throwing overarm
Introduce throwing underarm
Introduce catching
Striking with intent
Introduce bowling underarm
Develop stopping and returning the ball
Develop retrieving

Dance
Key Knowledge
Understand compositional principals of space
Understand narratives can be told through dance
Key Skills
Explore compositional principal of space – level, direction, space, orientation, pathways, size
Develop whole group movement - canon, unison, formation and levels
Create characters and narrative through movement and gesture.
In partners show relationships of characters
Respond to stimuli e.g. Aesop's fables
Develop thematic dance into a motif
Introduce jumps and turns
Work with a partner to develop and extend sequences

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Circuits & Fitness **Key Knowledge** Understand the different components of fitness – speed, stamina and strength. Understand different ways of testing fitness **Key Skills** Test their fitness through different ways – pulse, number of reps Sustain exercise to improve fitness Follow a warm up routine, involving dynamic stretches, led by an adult or child. Name some of the main muscle groups during warm up and cool down. Follow full body sequence Identify movements for specific body parts		

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Year 4/5	
Invasion Games **Key Knowledge:** Understand rules to officiate Understand the importance of team tactics Understand the different components of fitness – speed, stamina, strength and balance understand how strength, stamina and speed can be improved **Key Skills:** Develop the role of the defender Develop the role of the attacker Refine dodging Introduce the role of the Keeper Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics.	**Athletics** **Key Knowledge** Understand the correct technique for throwing, running, and jumping in athletics. Pupils will understand how to achieve their greatest possible speed, height, distance or accuracy. Understand how to evaluate performance **Key Skills** Explore running for speed, stride patterns & at pace Understand and apply tactics when running for distance Explore throwing for distance vs accuracy Aim for personal bests Refine relay changeovers Shotput Introduce hurdles with increased challenge
Net & Wall Key Knowledge: Understand how (and why) to create space using forehand and backhand Understanding and applying tactics to win a point Keep to rules and score fairly **Key Skills:** Developing the forehand Creating space to win a point using a racket Introduce the backhand Applying the forehand and backhand in game situations Applying the forehand and backhand creating space to win a point Introduce/develop the volley Controlling the game from the serve Doubles,	**Gymnastics** **Key Knowledge:** Understand terms canon, synchronisation, and counter tension **Key Skills:** Refine bridges Apply bridges to apparatus Develop sequences with bridges Include inverted movements & apparatus in sequence include cartwheels & headstands Explore canons, synchronisation & counter balancing in pairs Evaluate performances
Striking & Fielding **Key Knowledge:** Deepen understanding of batting and fielding Understand what happens if the batter misses the ball Understand how to play different fielding rolls Understand how to keep batters scores low **Key Skills:** Introduce bowling underarm Develop stopping and returning the ball Develop retrieving Develop fielding tactics maximising players Refine fielding tactics, what players where? Applying tactics in mini games	**Dance** **Key Knowledge** Understand how history and culture can influence dance Understand the compositional principal of space – level, direction, space, orientation, pathways, size Understand the compositional principals of energy – attack, weight, flow, quality **Key Skills** Explore compositional principal of space – level, direction, space, orientation, pathways, size Explore compositional principal of energy – attack, weight, flow, quality Develop whole group movement - canon, unison, formation and levels Communicate characters, narrative, ideas, themes, thoughts and feelings through choreography In partners show relationships of characters Gain inspiration from stimuli and develop awareness of historical & cultural origins Develop thematic dance into a motif Utilise jumps and turns

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		Work with partners and groups to develop and extend sequences – ensure clear structure
Circuits & Fitness **Key Knowledge:** Understand the different components of fitness – speed, stamina, strength, coordination, balance and agility Understand different exercises/stretches effect different body parts Understanding of the different sports and activities they could take part in. **Key Skills:** Sustain activity for a period of time and work at their maximum to improve fitness. Suggest stretches to target specific muscles Plan a full body exercise sequence Lead their own warm up using dynamic stretches in small groups, ensuring the necessary muscles are targeted Test their fitness through different ways – pulse, number of reps, timings		

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Year 5/6	
Invasion Games **Key Knowledge:** Understand rules to officiate Understand the importance of team tactics Understand how strength, stamina and speed can be improved Understand the position they are playing and how to contribute when attacking and defending **Key Skills:** Refine passing and moving to create attacking opportunities Explore different passes that can be used to outwit defenders Refine defending as a team Create and apply defending tactics. Consolidate passing and moving Consolidate defending Create, understand and apply attacking/defending tactics in game situations Consolidate attacking and defending in mini games	**Athletics** **Key Knowledge** Apply the correct technique to run fast (hands up, knees up, opposites, head focused) Students can identify the best pace for a running event, and work to improve their own best time. **Key Skills** Utilise skills in running, jumping and throwing and apply them with increasing consistency to a number of events; long jump, high jump, javelin, and shotput. Perform a range of jumps, ensuring power, control and consistency at both take-off and land. Throw with accuracy, using different throws for desired effect. Learn to push and pull throw for distance and fling throw for shotput. Take part in running events. Ensuring they can set a pace for long distances, accelerate to sprint when needed and exchange the baton effectively in relay. Measure and time results, looking for personal bests and reflecting results. Work with others and look to develop coaching points.
Net & Wall **Key Knowledge** understanding and applying tactics to win a point apply rules consistently and fairly; Understand ways they can adjust their game for improvement **Key Skills** Introduce/develop the volley Controlling the game from the serve Doubles Game application mixed ability doubles round robin games	**Gymnastics** **Key Knowledge** Understand terms mirroring and matching Understand how to improve aesthetics of performance **Key Skills** Introduce mirroring & matching Apply mirroring & matching to sequences Include inverted movements & apparatus in sequence include cartwheels & headstands Create longer sequences individually, with a partner and a small group. Use their knowledge of compositional principles e.g. levels, direction, pathway, how to combine and link actions, how to relate to a partner and apparatus. They work in larger groups using formations to improve the aesthetics of their performances Pupils develop performance skills considering the quality and control of their actions.
Striking & Fielding **Key Knowledge:** Understand the different roles of bowler, backstop, fielder and batter. Understand about how they use skills, strategies and tactics to outwit the opposition. Understand and apply the rules of the game thoroughly	**Dance** **Key Knowledge** Understand compositional principal of energy – attack, weight, flow, quality Understand compositional principal of time – clock time, timing relationships, metered time, free rhythm

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Key Skills: Develop fielding tactics maximising players Understand what happens if the batter misses the ball Refine fielding tactics, what players where? Applying tactics in mini games Refine our understanding of what happens if the batter misses or hits the ball backwards Batting considerations		**Key Skills** Explore compositional principal of energy – attack, weight, flow, quality Explore compositional principal of time – clock time, timing relationships, metered time, free rhythm Apply compositional principals to dance sequences Explore theme of prejudice & discrimination or sexism/classism through dance Explore power of unity though dance Perform with technical control and rhythm Choreography in groups with an idea or theme Pupils will have opportunities to choreograph, perform and provide feedback on dance. Pupils think about how to use movement to convey ideas
Fitness & Circuits **Key Knowledge:** Understand why fitness is good for your fitness, health and well-being. **Key Skills:** Name key muscles correctly and know some exercises/stretches that are pertinent to them. Take pulse effectively and monitor fitness through other methods of testing fitness. Begin to lead their own warm up using dynamic stretches in small groups, ensuring the necessary muscles are targeted, Understand the different components of fitness – speed, stamina, strength, coordination, balance and agility. Value exercise outside of the school day and have an understanding of the different sports and activities they could take part in.	Understand the different components of fitness – speed, stamina, strength, coordination, balance and agility **Key Skills:** Sustain activity for a period of time and work at their maximum to improve fitness. Suggest stretches to target specific muscles Plan a full body exercise sequence Lead their own warm up using dynamic stretches in small groups, ensuring the necessary muscles are targeted Test their fitness through different ways – pulse, number of reps, timings	