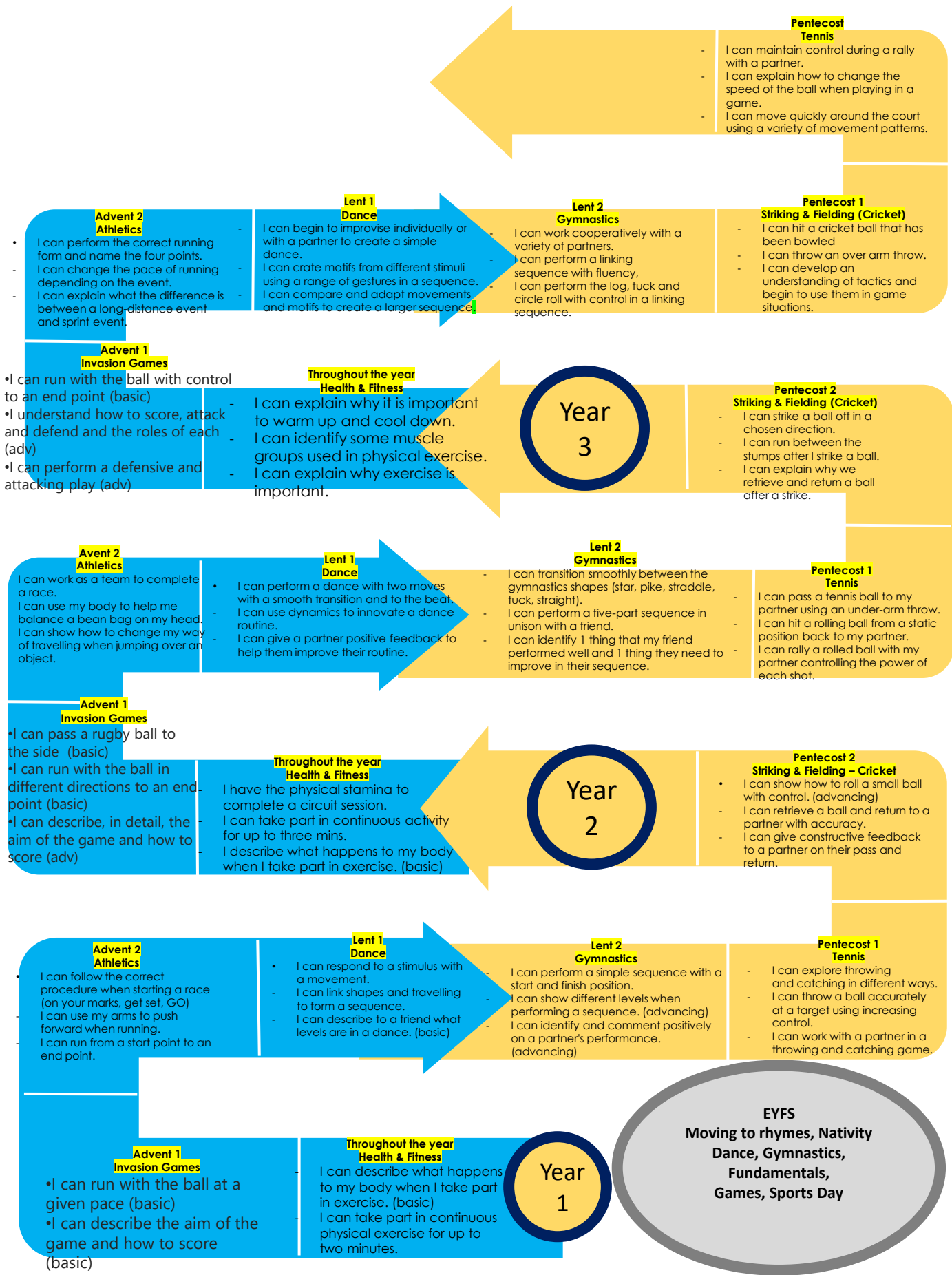




Year 1, 2, 3 PE Curriculum and Knowledge Map



Year 3

Pentecost 1 Tennis

- I can maintain control during a rally with a partner.
- I can explain how to change the speed of the ball when playing in a game.
- I can move quickly around the court using a variety of movement patterns.

Advent 2 Athletics

- I can perform the correct running form and name the four points.
- I can change the pace of running depending on the event.
- I can explain what the difference is between a long distance event and sprint event.

Lent 1 Dance

- I can begin to improvise individually or with a partner to create a simple dance.
- I can create motifs from different stimuli using a range of gestures in a sequence.
- I can compare and adapt movements and motifs to create a larger sequence.

Lent 2 Gymnastics

- I can work cooperatively with a variety of partners.
- I can perform a linking sequence with fluency.
- I can perform the log, tuck and circle roll with control in a linking sequence.

Pentecost 1 Striking & Fielding (Cricket)

- I can hit a cricket ball that has been bowled
- I can throw an over arm throw.
- I can develop an understanding of tactics and begin to use them in game situations.

Advent 1 Invasion Games

- I can run with the ball with control to an end point (basic)
- I understand how to score, attack and defend and the roles of each (adv)
- I can perform a defensive and attacking play (adv)

Throughout the year Health & Fitness

- I can explain why it is important to warm up and cool down.
- I can identify some muscle groups used in physical exercise.
- I can explain why exercise is important.

Pentecost 2 Striking & Fielding (Cricket)

- I can strike a ball off in a chosen direction.
- I can run between the stumps after I strike a ball.
- I can explain why we retrieve and return a ball after a strike.

Year 2

Advent 2 Athletics

- I can work as a team to complete a race.
- I can use my body to help me balance a bean bag on my head.
- I can show how to change my way of travelling when jumping over an object.

Lent 1 Dance

- I can perform a dance with two moves with a smooth transition and to the beat.
- I can use dynamics to innovate a dance routine.
- I can give a partner positive feedback to help them improve their routine.

Lent 2 Gymnastics

- I can transition smoothly between the gymnastics shapes (star, pike, straddle, tuck, straight).
- I can perform a five-part sequence in unison with a friend.
- I can identify 1 thing that my friend performed well and 1 thing they need to improve in their sequence.

Pentecost 1 Tennis

- I can pass a tennis ball to my partner using an under-arm throw.
- I can hit a rolling ball from a static position back to my partner.
- I can rally a rolled ball with my partner controlling the power of each shot.

Advent 1 Invasion Games

- I can pass a rugby ball to the side (basic)
- I can run with the ball in different directions to an end point (basic)
- I can describe, in detail, the aim of the game and how to score (adv)

Throughout the year Health & Fitness

- I have the physical stamina to complete a circuit session.
- I can take part in continuous activity for up to three mins.
- I describe what happens to my body when I take part in exercise. (basic)

Pentecost 2 Striking & Fielding – Cricket

- I can show how to roll a small ball with control. (advancing)
- I can retrieve a ball and return to a partner with accuracy.
- I can give constructive feedback to a partner on their pass and return.

Year 1

Advent 2 Athletics

- I can follow the correct procedure when starting a race (on your marks, get set, GO)
- I can use my arms to push forward when running.
- I can run from a start point to an end point.

Lent 1 Dance

- I can respond to a stimulus with a movement.
- I can link shapes and travelling to form a sequence.
- I can describe to a friend what levels are in a dance. (basic)

Lent 2 Gymnastics

- I can perform a simple sequence with a start and finish position.
- I can show different levels when performing a sequence. (advancing)
- I can identify and comment positively on a partner's performance. (advancing)

Pentecost 1 Tennis

- I can explore throwing and catching in different ways.
- I can throw a ball accurately at a target using increasing control.
- I can work with a partner in a throwing and catching game.

Advent 1 Invasion Games

- I can run with the ball at a given pace (basic)
- I can describe the aim of the game and how to score (basic)

Throughout the year Health & Fitness

- I can describe what happens to my body when I take part in exercise. (basic)
- I can take part in continuous physical exercise for up to two minutes.

EYFS
 Moving to rhymes, Nativity
 Dance, Gymnastics,
 Fundamentals,
 Games, Sports Day