



Y4, 5, 6 PE Curriculum and Knowledge Map

Key Stage 3

- Badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis
- Athletics and gymnastics
 - Dance
 - OAA
- Competitive sports and clubs

Advent 1 Invasion Games

- I can maintain possession of the ball using my body and movement (basic)
- I can pass with precision and accuracy (adv)
- I can run, pass and receive the ball to take it towards an end zone (basic)
- I can think strategically to attack and defend (adv)

Advent 2 Athletics

- I can demonstrate the four parts of the correct sprint technique.
- I can perform a relay change over transition.
- I can describe the effect of exercise and what affect it has on the body.

Pentecost 2

Striking & Fielding (Cricket)

- I can bowl a cricket ball.
- I can strike a ball using a rounders bat. (Carried in the correct way).
- I can explain to my fielding team how to position themselves. (maximum coverage).

Pentecost 1 Tennis

- I can send a ball over a net using a forehand shot.
- I can return a ball using a racket.
- I can explain how to correctly perform a forehand shot.

Lent 2 Gymnastics

- I can select and link actions to create a basic gymnastics sequence, incorporating apparatus and floor.
- I can travel in a variety of ways to fill a performing space.
- I can define what aesthetically pleasing means and use it in context.

Lent 1 Dance

- I can perform in front of others.
- I can create a dynamic dance with tempo, flow, levels, contrast, canon.
- I can make clear decisions towards making a dance with others.
- I can make choices that help convey the story.

Throughout the year Health & Fitness

- I can take part in a training session and understand the value of the type of work out (interval, circuits, continuous, agility).
- I can motivate myself and the people around me to complete the planned work out.
- I can define what it means to be fit.

**Year
6**

Pentecost 2

Striking & Fielding (Cricket)

- I can use over and underarm throwing and catching skills with accuracy.
- I can play in a range of positions in a game.
- I can work effectively in a team supporting others' strengths and weaknesses.

Pentecost 1 Tennis

- I can assess a partner's performance to help them improve their form.
- I can demonstrate good footwork to cover a court space in a game situation.
- I can use the forehand, backhand and volley shots at the correct times.

Lent 2 Gymnastics

- I can confidently use apparatus to vault in a variety of ways.
- I can perform previously learned rolls, positions and balances, on and off apparatus, with finesse and consistency.
- I can work in a small group to move systematically, showing creativity when designing a sequence.

Advent 2 Dance

- I can respond to a variety of stimuli showing a range of actions performed with control, unison, canon and fluency.
- I can demonstrate and give reasons for my use of varied pathways in a sequence.
- I can evaluate my own and others' choreography and performance using complex dance vocabulary.

Advent 1 Invasion Games

- I can run, pass and receive the ball to take it towards an end zone (basic)
- I can play different positions and know how to attack and defend (adv)
- I can use different tactics to my advantage (adv)

Advent 2 Athletics

- I can perform a range of jumps showing some technique.
- I can show control at take-off and landing in jumping activities.
- I can show accuracy and good technique when throwing for distance.

Throughout the year Health & Fitness

- I can adapt an exercise to challenge my peers.
- I can partake in a specific exercise continuously for eight minutes.
- I can assess a partner's form and give them advice to help them improve.

**Year
5**

Pentecost 2

Striking & Fielding (Cricket)

- I can explain the role of the fielding team and the batting team.
- I can use overarm and underarm throwing and catching skills with increasing accuracy.
- I can evaluate strengths and weaknesses when playing as a team.

Pentecost 1 Tennis

- I can explain when to use the volley shot when rallying with a partner.
- I can begin to use simple tactics to attack and defend.
- I can return to the ready position to defend my own court.

Advent 2 Athletics (Running)

- I can explain the correct starting position for a running event.
- I can demonstrate the correct use of my arms to help me move forward when running.
- I can demonstrate the different pace needed for sprinting and running over varying distances.

Advent 1 Invasion Games

- I can run, score and change direction with increased control (adv)
- I can defend and attack 1 on 1 (adv)
- I can understand rules and tactics to use to my advantage (basic)

Throughout the year Health & Fitness

- I can lead a warm-up and cool down for a small group.
- I can explain why keeping fit is good for my health.
- I can explain what effect exercise has on my body.

Lent 1 Dance

- I can perform a dance with three moves and smooth transitions.
- I can dance with rhythm and to the beat.
- I can compose a dance that reflects the chosen dance style using a variety of dynamics, direction, canon parts and actions in response to the stimuli.

Lent 2 Gymnastics

- I can perform a fluent sequence which includes matching and mirroring skills.
- I can perform a five-part sequence using different gymnastic shapes. (Tuck, pike, straddle, star, front support, back support, dish, arch).
- I can identify and explain the differences between my own and others' performance.

**Year
4**