

|                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                          |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                   |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p><u>Nursery</u></p> <p>Understanding control and keeping the ball close to them.</p> <p>Explore rolling the ball.</p> <p>Explore bouncing the ball.</p> <p>Explore bouncing the ball into a space.</p> <p>Exploring pushing, rolling and bouncing with a partner.</p> <p>Learn the meaning of a defender and what it means in games.</p> <p>Know that we can move our body using different speeds and movements.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                        | <p><u>Reception</u></p> <p>Understanding control and keeping the ball close to them.</p> <p>Explore rolling the ball.</p> <p>Explore bouncing the ball.</p> <p>Explore bouncing the ball into a space.</p> <p>Exploring pushing, rolling and bouncing with a partner.</p> <p>Learn the meaning of a defender and what it means in games.</p> <p>We can move our body in different ways to create a pattern</p> <p>Basic rules for staying safe when using equipment</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                  | <p><u>Year 1</u></p> <p><i>Hands and ball skills</i></p> <p>Developing bouncing a ball (dribbling) pupils will understand why we need to keep the ball away from the defender.</p> <p>Pupils will explore different ways of passing to their partner.</p> <p>Pupils will understand the importance of accuracy when passing.</p> <p>Pupils will learn why and how we aim when passing.</p> <p>Pupils will learn why we need to send a ball using different force speeds.</p> <p>Different ways of stopping the ball with our hands.</p> <p>Combine passing and receiving skills.</p> <p><i>Rackets, Bats and Balls</i></p> <p>Understand the importance of moving a ball into space.</p> <p>Develop understanding of why space is important to invade defenders.</p> <p>Pupils will begin to understand why we need to aim at a target when hitting (pushing) the ball.</p> <p>Hitting the ball accurately.</p> <p>Develop their understanding of being accurate.</p> <p>Understanding accuracy in a game situation.</p> <p><i>Running</i></p> <p>How to run efficiently using different body parts.</p> <p>Pupils will develop their running technique applying it into a game.</p> <p>Pupils will develop their understanding of where we need to run and why.</p> <p>Exploring running at different speeds and when we might need to change speed.</p> <p>Know when to apply the correct technique of running as fast as we can in a racing context.</p> <p>Understanding and application of running over a longer duration and as part of a team.</p> <p>Gym</p> <p>The names of different rolls (barrel, straight and forward)</p> <p>How to work safely when using apparatus</p> <p>That actions can be repeated to create a sequence</p> <p><i>Dance</i></p> <p>Counts help us to stay on beats</p> <p>Dancing can be a form of expression.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                            |
| <p><u>Year 2</u></p> <p><i>Hands and ball skills</i></p> <p>Know how dribbling helps to keep control and possession of the ball.</p> <p>Know how to pass and receive in order to keep possession of the ball.</p> <p><i>Rackets, bats and balls</i></p> <p>Consider the application of power as they attempt to hit targets that are of varying distances away.</p> <p>Consider the application of power and their developing tactical thinking skills to eventually beat an opponent.</p> <p>Understand why in certain games, hitting into space is essential in order to score points against the opposing team.</p> <p>Develop the understanding of why, in certain games, hitting into space is essential in order to score points against the opposing team.</p> <p><i>Health and fitness</i></p> <p>Why it is important to warm up before playing sport.</p> <p>Why we need to have good hand/feet eye coordination when playing sport.</p> <p>How motivation can help enhance our performance.</p> <p>What happens to our heart and muscles when we perform an activity or play a sport.</p> <p>Why we need to keep fit and healthy.</p> <p>Gym</p> <p>We can travel in different ways depending on what we want to achieve</p> <p>Directions and levels can enhance our work</p> <p><i>Dance</i></p> <p>Space is a key element when creating a dance</p> <p>Observations can help to improve movements</p> <p>Unison means completing something at the same time</p> <p>Dance can be used to tell a story</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                         |  <p><b>Westglade Primary School</b><br/>Grow, discover &amp; blossom</p> <p><b><u>PE Knowledge Path</u></b></p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <p><u>Year 3</u></p> <p><i>Games sense invasion</i></p> <p>When, where and why we should pass.</p> <p>How to pass the ball keeping possession to beat an opponent.</p> <p>How we can combine passing, moving and shooting to score points.</p> <p>Why we need to have our hands ready to receive a pass.</p> <p>Why we do not stand directly behind a defender when finding a position to receive the ball.</p> <p>What we mean by, the principles of attack vs defence.</p> <p>When we are attacking, our team are in possession of the ball. The aim of the game for the attackers keep possession and score.</p> <p>When we are defending, we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring.</p> <p><i>Cricket</i></p> <p>Where to stand when we are fielding and have a clear understanding why we have chosen that particular position.</p> <p>How and why to throw a ball overarm with power and distance.</p> <p>How to catch a ball, adjusting the body and hand position when catching a high ball compared to a low ball.</p> <p>How to throw a ball overarm using the correct technique. Side on, opposite arm to opposite foot, arm up, elbow bent above the shoulder.</p> <p>How to outwit the fielding team by varying the speed and direction we strike the ball.</p> <p><i>Athletics</i></p> <p>How to run when running for speed, creating a pumping action with our arms and elbows bent, springing off the balls of our feet.</p> <p>Why we have to accelerate at the start of a race.</p> <p>How to run for speed in a team, using a relay baton, holding our hands ready, palms upwards when waiting for the baton.</p> <p>How to throw for distance and why the correct technique is essential to send the object further.</p> <p>We throw and object sideways on, with our arm up and elbow bent above our shoulder.</p> <p>We release the object when it is just past our head.</p> <p>Gym</p> <p>Know how to create a point and patch balance</p> <p>Sequences can be adapted depending on apparatus</p> <p>Actions should 'flow' between each other</p> <p>The difference between a matching and a contrasting action</p> <p><i>Dance</i></p> <p>Dynamics describes how bodies move</p> <p>Collaboration means working with another or a group</p> |
| <p><u>Year 4</u></p> <p><i>Basketball</i></p> <p>How to effectively apply passing and moving skills to keep possession.</p> <p>When to pass, when to dribble or when to shoot and be able to explain why we have choose to made that decision.</p> <p>When to shoot, where to shoot from and why.</p> <p>What 'triple threat' means and when this is applied during a game. The triple threat involves asking ourselves; can I shoot, if not can I pass, if not can I dribble before making and applying a skill.</p> <p>How to apply the correct technique when shooting.</p> <p>When shooting we need to keep the ball under control, with the palm of one of our hands under the ball with our fingers pointing upwards. Our other hand supports the side of the ball.</p> <p>We need to have a balanced stance, bending our knees and straighten them as we shot.</p> <p><i>Cricket</i></p> <p>How to bowl underarm, varying the speed at which we bowl depending on who is batting.</p> <p>Why we need to return the ball to the bowler or wicketkeeper quickly and accurately to prevent the batters from scoring runs.</p> <p>How to outwit the fielding team when batting by varying the speed and direction we strike the ball.</p> <p>How and when to use different ways of retrieving and returning the ball to prevent the batters from scoring runs.</p> <p><i>Athletics</i></p> <p>Why we need to pace ourselves when running for distance.</p> <p>How to use our bodies to throw with greater distance.</p> <p>Why we need to increase our stride pattern to enable us to maintain our speed during the middle third of a race.</p> <p>How we can use our bodies to jump as far as possible, using a combination of jumps.</p> <p>Know how to analyse personal performance to improve running time.</p> <p>Gym</p> <p>How to perform a rotation jump</p> <p>The names of different rolls (introducing straddle)</p> <p>How to create a bridge with their body</p> <p>How to perform a should stand safely</p> <p><i>Dance</i></p> <p>The importance of counts to stay in time with others.</p> | <p><u>Year 5</u></p> <p><i>Basketball</i></p> <p>How 'marking,' is used during a game and when this is applied.</p> <p>How to move the ball up the court, creating an attack that results in a successful shooting opportunity.</p> <p>Who we are marking during a game and why.</p> <p>When, where and why we apply different methods of defending in order to prevent the attackers from scoring. Including: marking, intercepting a pass and applying pressure.</p> <p>What the terms, 'double dribble', and 'travelling' means and the consequences if this happens.</p> <p>Double dribble refers to when an attacker who is in possession of the ball dribbles it with two hands simultaneously or dribbles, stops then re-dribbles.</p> <p>Travelling refers to an attacker who moves with the ball without dribbling.</p> <p><i>Rounders</i></p> <p>Where to strike the ball when we are batting depending on where the fielders are standing in order to score rounders.</p> <p>How to create and apply simple fielding and batting tactics in order for our team to be successful.</p> <p>How the fielding team can stop the batter scoring if they hit or miss the ball.</p> <p>Why we need to double up on fielding positions, to maximise our efficiency when we are fielding.</p> <p><i>Athletics</i></p> <p>Why we need to maintain our speed until we cross the finish line.</p> <p>When and where the changeovers take place on a curved track.</p> <p>How to hurdle safely, applying the correct technique.</p> <p>How to evaluate our own and others sprinting technique making suggestions on how we can improve our own and others performance.</p> <p>Gym</p> <p>The difference between symmetrical and asymmetrical</p> <p>How to create a rotation jump</p> <p>The names of rolls (introducing straddle and backward)</p> <p>What a cartwheel is and how to perform one</p> <p>The canon means in succession (one after the other)</p> <p><i>Dance</i></p> <p>The term choreography means a set dance routine</p> | <p><u>Year 6</u></p> <p><i>Cricket</i></p> <p>Understand how to effectively apply a range of fielding skills and tactics into mini games.</p> <p>Understand how to effectively apply a range of bowling skills and tactics into mini games.</p> <p>Know how to create, understand and apply attacking tactics to the mini games.</p> <p><i>Rounders</i></p> <p>How to create and apply simple fielding and batting tactics in a full game of Rounders, in order for our team to be successful.</p> <p>The difference between racing rounders and the full game, applying this understanding into mini games.</p> <p>How to umpire and score in a game.</p> <p><i>Athletics</i></p> <p>Why we need to apply accurate head, arm and foot technique to make ourselves run quicker.</p> <p>How to transfer their body weight to push (put) the shot put and throw the javelin further.</p> <p>Why we need to select certain pupils for certain events in order for our team to be successful.</p> <p>Gym</p> <p>That actions, shapes and balances can be combined to create performance</p> <p><i>Dance</i></p> <p>That dynamics, actions and relationships can represent emotions, feelings and characters.</p>                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                      |