



## Physical Education Class Curriculum Plan Whole School 2021-2022

<b>Intent</b>	PE at Castle View intends to develop a child’s knowledge, skill and understanding, so that they can perform a range of physical activities which, in time, increases competence and confidence. PE lessons involve thinking, selecting and applying skills, and promote positive attitudes towards a healthy lifestyle. Pupils of all ages and abilities will benefit from a broad, creative and balanced physical education programme that will be stimulating, challenging and progressive in a safe and supportive environment. All children, including EYFS, will partake in whole school events and competitions providing children with a range of experiences that attract the children’s interest and curiosity.				
<b>EYFS</b>	<p><b>Ball skills (hands)</b></p> <ul style="list-style-type: none"> <li>To roll equipment in different ways.</li> <li>To throw underarm.</li> <li>To throw an object at a target.</li> <li>To catch equipment using two hands.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To create a short sequence of movements.</li> <li>To roll in different ways with control e.g. egg, pencil and teddy bear rolls</li> <li>To travel in different ways e.g. tiptoe, stepping, jumping and hopping</li> <li>To jump in different ways e.g. straight, tuck, jumping jack, half turn jumps.</li> <li>To begin to balance with control e.g. standing balances.</li> <li>To move around, under, over and through different objects and equipment.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To run in different ways for a variety of purposes.</li> <li>To jump in a range of ways, landing safely.</li> <li>To roll equipment in different ways.</li> <li>To control body when performing a sequence of movements.</li> <li>To talk about own and other’s performance.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>Move safely with confidence and imagination.</li> <li>Show awareness of space, of themselves and of others.</li> <li>Recognise the changes that happen to their bodies when they are active</li> </ul>	<p><b>Ball skills (feet) and Games for understanding</b></p> <ul style="list-style-type: none"> <li>To know how and be able to hit a ball with a bat or racquet.</li> <li>To kick an object at a target.</li> <li>To move a ball in different ways, including bouncing and kicking.</li> <li>To move safely around a space/equipment.</li> <li>To play a range of chasing games.</li> <li>To follow simple rules.</li> <li>To participate in simple games.</li> </ul>
	Key vocabulary - Roll, underarm, throw, movements, travel, jump, balance, run, racquet, kick, rules, games.				
	<p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>To describe how the body feels when still and when exercising.</li> </ul>				



	<ul style="list-style-type: none"> <li>• To recognise that we all need to eat to grow and be healthy.</li> <li>• To recognise the importance of drinking water.</li> <li>• To be aware that we need to eat more of some foods and less of others.</li> </ul>				
<b>Sticky knowledge</b>	<p><b>Sticky Knowledge</b></p> <ul style="list-style-type: none"> <li>• Straight and tuck jumps are different jump types.</li> <li>• A ball can be thrown high/ low, forwards or backwards.</li> <li>• Equipment can be rolled forwards, backwards and sideways.</li> <li>• Rules need to be followed to make games fair and keep us safe.</li> <li>• The heart beats faster when exercising.</li> <li>• A bat is used to hit a ball.</li> <li>• Water help us to keep healthy and gives us energy.</li> <li>• Eating food helps us to grow and become strong .</li> </ul>				
<b>Character and Values</b>	<p><b>Chivalry</b> – celebrating progress throughout PE lessons/topics.  <b>Willingness to try</b> – giving new sports a go.  <b>Acceptance</b> – knowing that it is ok to lose.</p>				
<b>Year 1</b>	<p><b>Throwing and catching</b></p> <ul style="list-style-type: none"> <li>• To throw different types of equipment in different ways, for accuracy and distance.</li> <li>• To throw underarm and overarm.</li> <li>• To catch and bounce a ball.</li> <li>• To use rolling skills in a game.</li> <li>• To practise accurate throwing and consistent catching.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>• To create and perform a movement sequence.</li> <li>• To copy actions and movement sequences with a beginning, middle and end.</li> <li>• To link two actions to make a sequence.</li> <li>• To recognise and copy contrasting actions e.g. small/tall, narrow/wide.</li> <li>• To develop balances e.g. kneeling balances, pike, straddle, tuck.</li> <li>• To travel in different ways, changing directions and speed e.g. skipping and galloping.</li> <li>• To carry out a range of simple jumps and land safely e.g. cat spring, half turn jumps.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• To vary pace and speed when running.</li> <li>• To run with basic techniques over different distances.</li> <li>• To jog and sprint in a straight line.</li> <li>• To change direction when running or jogging.</li> <li>• To perform different types of jumps e.g. two feet to two feet, one foot to opposite foot.</li> <li>• To jump as high as possible.</li> <li>• To jump as far as possible.</li> <li>• To improve throwing distance by using more power.</li> </ul>	<p><b>Ball skills (Feet)</b></p> <ul style="list-style-type: none"> <li>• To throw different types of equipment in different ways, for accuracy and distance.</li> <li>• To throw underarm and overarm.</li> <li>• To catch and bounce a ball.</li> <li>• To use rolling skills in a game.</li> <li>• To practise accurate throwing and consistent catching.</li> </ul>	<p><b>Games for Understanding</b></p> <ul style="list-style-type: none"> <li>• To use hitting skills in a game.</li> <li>• To practise striking, sending and receiving.</li> <li>• To travel with a ball in different ways and directions e.g. side to side, forwards and backwards.</li> <li>• To pass the ball to another player in a game.</li> <li>• To begin to use space in a game.</li> <li>• To begin to understand attacking and defending.</li> <li>• To know the importance and be able to follow simple rules to play games.</li> </ul>



		<ul style="list-style-type: none"> <li>To move around, under, over and through different objects and equipment with control and care.</li> </ul>	<ul style="list-style-type: none"> <li>To begin to perform learnt skills with some control.</li> <li>To watch and describe performances.</li> </ul> <p>To begin to say how they could improve.</p>		<ul style="list-style-type: none"> <li>To engage in competitive activities and team games.</li> </ul>	
	<p>Key vocabulary - roll, underarm, overarm, throw, catch, bounce, movements, travel, jump, balance, perform, accuracy, distance, run, racquet, kick, rules, games, hitting, striking, sending, receiving, competition</p>					
	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To copy and repeat actions.</li> <li>To use simple choreographic devices e.g. unison, canon and mirroring.</li> <li>To vary speed in actions.</li> <li>To perform using a range of actions and body parts with some coordination.</li> <li>To watch and describe performances.</li> </ul> <p>To begin to say how others could improve.</p>					
	<p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>To describe how the body feels before, during and after exercise.</li> <li>To carry equipment safely.</li> <li>To name basic body parts.</li> </ul> <p>To understand the importance of drinking water regularly.</p>					
<b>Sticky Knowledge</b>	<p><b>Sticky Knowledge</b></p> <ul style="list-style-type: none"> <li>A ball can be thrown overarm and underarm.</li> <li>A pike, straddle and tuck jump are different jump types. Pace is a way of measuring different speeds.</li> <li>It is important to be mindful of space and objects in order to keep me safe.</li> <li>Equipment should be carried slowly, carefully and safely.</li> <li>The head, neck, arms and legs are the basic parts of the human body.</li> <li>Water is needed to keep the body hydrated.</li> </ul>					
<b>Character and Values</b>	<p><b>Curiosity</b> – opportunities to explore new equipment and skills.  <b>Chivalry</b> – celebrating progress throughout PE lessons/topics.  <b>Acceptance</b> – knowing that it is ok to lose.  <b>Respect</b> – following rules respectfully and showing good sportsmanship.</p>					
<b>Year 2</b>	<p><b>Ball skills (hands)</b></p> <ul style="list-style-type: none"> <li>To throw, catch and bounce a ball with a partner.</li> <li>To throw a ball for distance.</li> </ul>	<p><b>Ball skills (feet)</b></p> <ul style="list-style-type: none"> <li>To use hand-eye coordination to control a ball.</li> <li>To bounce and kick a ball whilst moving.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To copy, explore and remember actions and movements to create own sequence.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To run at different paces and describe the paces.</li> <li>To use a variety of stride lengths.</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>To orientate with increasing confidence and accuracy around a short trail.</li> </ul>	<p><b>Games for Understanding</b></p> <ul style="list-style-type: none"> <li>To strike or hit a ball with increasing control</li> </ul>



<ul style="list-style-type: none"> <li>To use hand-eye coordination to control a ball.</li> <li>To throw overarm and underarm.</li> <li>To use throwing and catching skills in a game.</li> </ul>	<ul style="list-style-type: none"> <li>To know how to pass the ball in different ways.</li> </ul> <p>To use dribbling skills in a game.</p>	<ul style="list-style-type: none"> <li>To travel in a variety of ways, including rolling.</li> <li>To hold a still shape whilst balancing on different parts of the body.</li> <li>To jump in a variety of ways and land with increasing control and balance and begin to use a range of these in a sequence.</li> <li>To climb onto and jump off equipment safely.</li> <li>To begin to use equipment to vault.</li> <li>To begin to show flexibility in movements.</li> </ul>	<ul style="list-style-type: none"> <li>To complete an obstacle course.</li> <li>To maintain and control a run over different distances.</li> <li>To combine different jumps together with some fluency and control.</li> <li>To jump for a distance from standing position with accuracy and control.</li> <li>To throw with accuracy at targets of different heights.</li> <li>Compete against self and others.</li> <li>Talk about differences between own work and that of others.</li> </ul>	<ul style="list-style-type: none"> <li>To begin to use effective communication.</li> <li>To begin to understand what makes a good team.</li> <li>To work as part of a team.</li> </ul>	<p>and correct body positioning.</p> <ul style="list-style-type: none"> <li>To learn skills for playing striking and fielding games.</li> <li>To understand the importance of rules in games.</li> <li>To use at least one technique to attack or defend to play a game successfully.</li> <li>To compete against self and others.</li> <li>To begin to choose and use the best space in a game.</li> <li>To change speed and direction whilst running.</li> </ul>
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Key vocabulary - roll, underarm, overarm, throw, catch, bounce, movements, travel, jump, balance, perform, accuracy, distance, run, racquet, kick, rules, games, hitting, striking, sending, receiving, competition

**Dance**

- To copy, remember and repeat actions.
- To change speed and level of actions.
- To use transitions within a dance motif.
- To move in time to music.
- To compete against self and others.

To talk about the differences between their work and that of others.

**Health and Fitness**

- To recognise and describe how the body feel during and after different physical activities.
- To explain why it is important to stay healthy.
- To use the eatwell plate and begin to understand appropriate sizes for regular meals and healthy snacks.



### Sticky Knowledge

#### Sticky Knowledge

- An underarm throw is used to throw an object over a short distance.
- An overarm throw is used to throw an object over a long distance.
- Dribbling is a skill of moving a ball along the ground with repeated small kicks or hits.
- The ability to stay in control of your body is called balancing.
- Talking to your team and working together shows good teamwork.
- Rules define what is and isn't allowed to happen within a game situation.
- Scoring more goals or points than the opposing team means winning.
- Exercising regularly keeps your heart, lungs and muscles strong and healthy.
- A balanced diet means choosing the right amounts of food from each food group.
- There are 5 main food groups.
- The 5 main food groups are fruits and vegetables, carbohydrates, proteins, dairy and oil/spreads.

### Character and Values

- Curiosity** – opportunities to explore new equipment and skills.  
**Chivalry** – celebrating progress throughout PE lessons/topics.  
**Acceptance** – knowing that it is ok to lose.  
**Respect** – following rules respectfully and showing good sportsmanship.  
**Teamwork** – communicating successfully in a team to achieve a goal.

## Year 3/4

#### Gymnastics

- To choose ideas to compose a movement sequence independently and with others that may fit a theme.
- To link combinations of actions with increasing confidence, including changes of directions, speed or travel.
- To use turns whilst travelling in a variety of ways.
- To develop good technique when travelling,

#### Athletics

- To identify and demonstrate how different techniques can affect performances.
- To begin to combine running with jumping over hurdles.
- To focus on trail leg and lead leg action when running over hurdles.
- To use one and two feet to take off and land with when jumping.

#### Striking and fielding

- To demonstrate successful hitting and striking skills.
- To strike the ball for distance.
- To use fielding skills to stop a ball from travelling past.
- To accurately serve underarm.
- To develop a safe and effective overarm bowl.
- To pass the ball with increasing speed and accuracy and success in a game situation.

#### OAA

- To orientate with increasing confidence and accuracy around a short trail.
- To identify and use effective communication to begin to work as a team.
- To identify symbols used on a key.
- To begin to choose equipment that is appropriate for an activity.
- To begin to complete activities in a set period of time.

#### Net/wall

- To develop the forehand technique.
- To begin to use the backhand technique.
- To throw and catch with greater control and accuracy.
- To practise the correct technique for catching a ball and use it in a game.
- To perform a range of catching and gathering skills with control.
- To throw a ball in different ways (e.g.

#### Games and team skills

- To use two different ways of moving with the ball in a game.
- To pass the ball in two different ways in a game situation with some success.
- To use simple attacking and defending skills in a game.
- To apply and follow rules fairly.
- To know how to keep and win back possession of the ball in a team game.



	<ul style="list-style-type: none"> <li>balancing and using equipment.</li> <li>To carry out balances, recognising the position of the centre of gravity and how this affects the balance.</li> <li>To perform and create sequences with fluency and expression.</li> </ul>	<ul style="list-style-type: none"> <li>To show increasing control in overarm throw.</li> <li>To perform a push throw.</li> <li>To compete against self and others in controlled manner.</li> <li>To describe how performances have improved over time.</li> </ul>		<ul style="list-style-type: none"> <li>To work as part of a team.</li> <li>To begin to use a map to complete an orienteering course.</li> </ul>	<ul style="list-style-type: none"> <li>high, low, fast or slow)</li> </ul>	<ul style="list-style-type: none"> <li>To find a useful space and get into it to support teammates.</li> <li>To vary the tactics used in a game.</li> </ul>
<p>Key vocabulary - roll, underarm, overarm, throw, catch, bounce, movements, travel, jump, balance, perform, hurdles, accuracy, distance, run, racquet, kick, rules, games, hitting, striking, sending, receiving, competition.</p>						
<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To begin to improvise with a partner to create a simple dance.</li> <li>To create motifs from different stimuli.</li> <li>To perform with some awareness of rhythm and expression.</li> <li>To compose longer dance sequences in a small group.</li> <li>To develop the quality of the actions in performances.</li> </ul> <p>To watch, describe and evaluate the effectiveness of a performance.</p>						
<p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>To recognise and describe the effects of exercise on the body.</li> <li>To know the importance of strength and flexibility for physical activity.</li> <li>To explain why it is important to warm-up and cool-down.</li> <li>To describe how the body reacts at different times and how this affects performance.</li> <li>To understand what makes a healthy, balanced diet and that different foods and drinks provide different substances that the body needs to be healthy and active.</li> </ul>						
<p><b>Sticky Knowledge</b></p>	<p><b>Sticky Knowledge</b></p> <ul style="list-style-type: none"> <li>The centre of gravity is the point where the weight is even on all sides.</li> <li>The lower the centre of gravity, the more stable the object and the higher it is, the more likely the object is to lose balance.</li> <li>A push throw is a type of throw used in shotput.</li> <li>A symbol is a mark, sign or word that represents an idea or object.</li> <li>A key on a map is a code to help understand what the parts of a map mean.</li> <li>Hitting, pushing and flicking are three different ways of passing a ball.</li> <li>Attacking means to move the object forward towards the opponents' goal.</li> </ul>					



	<ul style="list-style-type: none"> <li>Defending means to stop the opponent from shooting or scoring a goal.</li> <li>Warming up increases your body temperature and blood flow to the muscles.</li> <li>Cooling down slowly brings down your heart rate and relaxes muscles.</li> </ul>					
<b>Character and Values</b>	<p><b>Chivalry</b> – learning to be gracious in defeat.  <b>Respect</b> – following rules respectfully and showing good sportsmanship.  <b>Teamwork</b> – communicating successfully in a team to achieve a goal.  <b>Creativity</b> – creating new dance patterns and sequences.</p>					
<b>Year 4/5</b>	<p><b>Ball skills</b></p> <ul style="list-style-type: none"> <li>To develop different ways of throwing and catching e.g. one handed.</li> <li>To know when each throw or catch is appropriate in a game.</li> <li>To demonstrate the difference with attacking and defending skills.</li> <li>To shoot in a game.</li> <li>To know when to pass and to dribble in a game.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To carry out an effective sprint finish.</li> <li>To perform a relay, focusing on the baton changeover technique.</li> <li>To learn how to combine a hop, step and jump to perform the standing triple jump.</li> <li>To begin to measure distance jumped.</li> <li>To perform a pull throw.</li> <li>To perform a fling throw.</li> <li>To take part in a range of competitive games and activities.</li> <li>To watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To select ideas to compose specific sequences of movements, shapes and balances.</li> <li>To use an increasing range of actions, directions and levels in sequences.</li> <li>To show changes of directions, speed and level during a performance.</li> <li>To begin to confidently use equipment to vault in a variety of ways.</li> <li>To develop strength, technique and flexibility throughout performances.</li> <li>To perform jumps, shapes and balances fluently and with control.</li> <li>To apply skills and techniques consistently.</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>To create a short trail for others with a physical challenge.</li> <li>To communicate clearly and effectively with others.</li> <li>To make an informed decision on the best equipment to use for an activity.</li> <li>To complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</li> <li>To begin to use a compass for navigation.</li> </ul>	<p><b>Net/wall</b></p> <ul style="list-style-type: none"> <li>To use a bat, racquet or stick to hit a ball or shuttlecock with accuracy and control.</li> <li>To play a tennis game using an overhead serve.</li> <li>To begin to use the volley.</li> <li>To practise techniques for all strokes.</li> <li>To build a rally with a partner.</li> <li>To explain why they have used particular skills or techniques and the effect on performance.</li> </ul>	<p><b>Striking and fielding/team skills</b></p> <ul style="list-style-type: none"> <li>To use a bat, racquet or stick to hit a ball or shuttlecock with accuracy and control.</li> <li>To pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>To demonstrate an increasing awareness of space.</li> <li>To choose the best tactics for attacking and defending.</li> <li>To take part in competitive games with a strong understanding of tactics and composition.</li> <li>To explain why they have used particular skills or techniques and the</li> </ul>



			<ul style="list-style-type: none"> <li>To perform own longer, more complex sequences in time to music.</li> </ul>			effect on performance.
	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To identify and repeat the movement patterns and actions of a chosen dance style.</li> <li>To compose a dance that reflects the chosen dance style.</li> <li>To confidently improvise with a partner or on their own.</li> <li>To develop rhythm and spatial awareness.</li> <li>To change parts of a dance as a result of self-evaluation.</li> <li>To perform and create sequences with fluency and expression.</li> <li>To use simple dance vocabulary when comparing and improving work.</li> </ul>					
	<p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>To know and understand the reasons for warming up and cooling down.</li> <li>To explain some safety principles when preparing for and during exercise.</li> <li>To understand the importance of breakfast.</li> <li>To have a good understanding of meal sizes and know more about suitable, healthy snacks.</li> </ul>					
	<p><b>Swimming and water safety</b></p> <ul style="list-style-type: none"> <li>To safely enter and exit the water.</li> <li>To use floatation aids to float.</li> <li>To swim freestyle and breath correctly for at least 25 metres confidently.</li> <li>To identify safety procedures and know when to seek help.</li> </ul>					
	<p>Key vocabulary - roll, underarm, overarm, throw, catch, bounce, movements, travel, jump, levels, balance, perform, hurdles, accuracy, distance, run, racquet, kick, rules, games, hitting, striking, sending, receiving, competition, attacking, defending, tactics, sprint, baton, pull throw, fling throw, trail, orienteering, communication, teamwork, racquet, shuttlecock, overhead serve, volley, rhythm, sequences.</p>					
<p><b>Sticky Knowledge</b></p>	<p><b>Sticky Knowledge</b></p> <ul style="list-style-type: none"> <li>Balls can be thrown and caught using overarm, underarm, one-handed, two handed or chest pass techniques.</li> <li>A relay race is a racing competition where members of a team take turns in completing parts of a racecourse or performing a certain action.</li> <li>A fling throw is a throwing technique using a discus.</li> <li>The aim of orienteering is to navigate between control points marked on a map.</li> <li>A way to gain an advantage on an opponent refers to a tactic.</li> <li>Warming up reduces the risk of any injuries and enables preparation for sports performance.</li> <li>Cooling down after workouts allows the heart and blood pressure to gradually recover.</li> <li>Breakfast gives you energy and provides you with the nutrients needed to stay healthy.</li> <li>Wearing appropriate clothing and shoes is important when exercising to prevent injury to ourselves and others.</li> <li>Don't run around the poolside as the floor is wet and slippery and you may fall and hurt yourself.</li> </ul>					





**Chivalry** – learning to be gracious in defeat.  
**Respect** – following rules respectfully and showing good sportsmanship.  
**Teamwork** – communicating successfully in a team to achieve a goal.  
**Creativity** – creating new dance patterns and sequences.  
**Adaptability** – knowing when to adapt in a game e.g. changing formation.

## Year 5/6

### Athletics

- To accelerate from a variety of starting positions and select preferred position.
- To identify reaction times when performing a sprint start.
- To identify and demonstrate stamina, explaining its importance to runners.
- To perform an effective standing long jump.
- To develop the technique for a standing vertical jump.
- To perform a standing triple jump with increased confidence.
- To measure distance and height jumped with accuracy.
- To perform a heave throw.

### Throwing and Catching

- To consolidate different ways of throwing and catching.
- To throw and catch accurately and successfully under pressure in a game.
- To field a moving ball consistently.
- To throw different implements; light, heavy, long, short, round.
- To select the best technique for height and length when throwing and receiving the ball.

### Gymnastics

- To create own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.
- To adapt sequences to fit new criteria or suggestions.
- To demonstrate precise and controlled placement of body parts in actions, shapes and balances.
- To confidently use equipment to vault and incorporate into sequences.
- To apply skills and techniques consistently, showing precision and control.
- To develop strength, technique and flexibility

### OAA

- To orientate with confidence and accuracy around an orienteering course when under pressure.
- To design an orienteering course that is clear to follow and offers challenge to others.
- To use navigation equipment e.g. maps and compasses.
- To use clear communication to effectively complete a particular role in a team and when under pressure.
- To identify the quickest route.
- To successfully use a map and a compass.
- To organise an event for others.

### Net/wall

- To develop a backhand technique and use in a game.
  - To play a tennis game using an overhead serve.
  - To develop techniques for all strokes.
  - To understand how to service in order to start a game.
- To explore different forehand and backhand shots during a game to win a point.

### Striking and Fielding Team/game skills

- To choose and make the best pass in a game situation and link skills together.
- To hit a bowled ball over longer distances.
- To demonstrate good awareness of space.
- To think ahead to create a plan of attack or defence.
- To follow and create complicated rules to play a game successfully.
- To lead others during a game.
- To work as a team to develop to prevent the opposition from scoring.
- To thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.



- To measure and record the distance of throws.
- To take part in competitive games with a strong understanding of tactics and composition.
- To thoroughly evaluate own and others' work, suggesting thoughtful and appropriate improvements.

- throughout performances.
- To begin to record their peers' performances and evaluate these.

**Dance**

- To compose individual, partner and group dances that reflect the chosen dance style.
- To use dramatic expression in dance movements and motifs.
- To perform with confidence, using a range of movement patterns.
- To move rhythmically and accurately in dance sequences.
- To dance with fluency and control, linking all movements and ensuring that transitions flow.
- To perform a sequence in time to music.

To thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate comments.

**Health and Fitness**

- To understand the importance of warming up and cooling down.
- To carry out warm-ups and cool-downs safely and effectively.
- To understand why exercise is good for health, fitness and wellbeing.
- To know ways that they can become healthier.
- To make food choices, taking into consideration the eatwell plate.
- To understand the main food groups and the different nutrients that are important for health.
- To know appropriate portion sizes and the importance of not skipping meals, including breakfast.

**Swimming and water safety**

- To safely enter and exit the water.
- To float unaided.
- To swim freestyle and breath correctly for more than 25m confidently.
- To demonstrate survival techniques.
- To show confidence in the water.



	Key vocabulary - roll, underarm, overarm, throw, catch, bounce, movements, travel, jump, levels, balance, perform, hurdles, accuracy, distance, run, racquet, kick, rules, games, hitting, striking, sending, receiving, competition, attacking, defending, tactics, sprint, baton, pull throw, fling throw, heave throw, trail, orienteering, communication, teamwork, racquet, shuttlecock, overhead serve, volley, rhythm, sequences.
<b>Sticky Knowledge</b>	<b>Sticky Knowledge</b> <ul style="list-style-type: none"><li>• Stamina is your ability to maintain a pace for a long time.</li><li>• Different amounts of force are needed depending on the object being thrown.</li><li>• Flexibility strengthens muscles and can prevent injuries and balance problems.</li><li>• Effective communication with a team is the key to successful orienteering.</li><li>• The tennis backhand technique allows a player to improve their power and accuracy to generate a topspin.</li><li>• Putting pressure on the opposition during a game is a tactic as this can lead them to make mistakes.</li><li>• Fair play helps individuals to develop and work as a team.</li><li>• Dance expression shows our emotions or thoughts to our audience through movements and body language.</li><li>• A good warm up includes activities to raise the heart rate and to stretch the muscles, that will be used during the sport, to prevent injury.</li><li>• Treading water, floating and resting in the water are examples of survival techniques in water.</li></ul>
<b>Character and Values</b>	<b>Chivalry</b> – learning to be gracious in defeat. <b>Teamwork</b> – communicating successfully in a team to achieve a goal. <b>Creativity</b> – creating new dance patterns and sequences. <b>Adaptability</b> – knowing when to adapt in a game e.g. changing formation. <b>Resilience</b> – regardless of the result, always trying your hardest.