



# PE Curriculum and Knowledge Map

## Year 3/4 and Year 5/6



- Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games
- Develop technique and improve their performance in other competitive sports
- Perform dances using advanced dance techniques within a range of dance styles and forms

- Take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems.
- Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- Take part in competitive sports and activities outside school

KS3

- Pentecost 2**  
**Strike/Field - Rounders**
- I can throw a ball further than 10 metres.
  - I can strike a ball in motion.
  - I understand that in rounders I need to run around the bases.

- Pentecost 2**  
**Strike/Field Cricket**
- I can bowl a cricket ball.
  - I can strike a ball using a rounders bat. (Carried in the correct way).
  - I could explain to my fielding team how to position themselves. (Maximum coverage).

- Lent 2**  
**Invasion Games Netball**
- I can play in the five different roles. (GK, GD, C, GS, GA)
  - Choose and combine techniques in game situations
  - I can describe the rules of the game and how a player's position affects their zonal movement.

- Pentecost 1**  
**Athletics - Running & Hurdles**
- I know 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 1**  
**Athletics Throw & Jump**
- I can perform a javelin throw (Pulling the javelin).
  - I can perform a hop, skip, and jump.
  - I can explain the difference between a push and pull throw.

- Lent 2**  
**Invasion Games Basketball**
- I use a variety of passes to help maintain possession for my team.
  - I can shoot free throws, lay ups and correctly use the back board when shooting.
  - I can correctly position myself in the D when defending another team (5V5).

- Lent 1**  
**OAA**
- I can plan and come up with a strategy to solve problems.
  - I always plan do review the problems I face.
  - I know how to operate a map and plan an orienteering challenge.

- Lent 1**  
**Gymnastics / Apparatus**
- I can select and link actions to create a basic gymnastics sequence, incorporating apparatus and floor.

- Advent 2**  
**Net & wall**
- 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.

- Advent 2**  
**Dance- Musicals**
- 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.

- I can travel in a verity of ways to fill a performing space.
- I can define what aesthetically pleasing means and use it in context.

- Advent 1**  
**Invasion Games Football**
- I can maintain possession of the ball using the positioning of my body and passing.
  - I can strike a ball with power and accuracy.
  - I can think strategically and plan attacking and defending phases.

- Advent 1**  
**Health & Fitness**
- I can take part in a training session and understand the value of the type of work out (interval, fartlek, circuits, continuous, agility).
  - I can motivate myself and the people around me to complete the planned work out.
  - I can explain define what it means to be fit.

YEAR

5/6



# PE Curriculum and Knowledge Map

## Year 3/4 and Year 5/6



### Pentecost 2

#### Push & Glide- Backstroke, Distance

- Year 3: I can perform the bend scissors snap kick with an aid.
- Year 3: I can demonstrate that I know what breaststroke arms should look like.
- Year 3: I can explain to a friend how to bend scissors snap kick.
- Year 4: I can perform the bend scissors snap kick its time with my breathing and arm pulls.
- Year 4: I know that I breath at the top of my stroke and my face should be back in the water from my glide
- Year 4: I can explain to a friend the breaststroke rhythm.

### Pentecost 2

#### Strike/Field

- I can hit a cricket ball that has been bowled
- I can throw an over arm throw
- I can explain the role of the fielding team and the batting team.

### Pentecost 1

#### Swimming- Backstroke

- Year 3: I can float on my back unassisted.
- Year 3: I move ten meters on my back with an aid.
- Year 3: I can explain the key points of a star float on my back.
- Year 4: I can float on my back unassisted for ten seconds and then swim to the side on my back
- Year 4: I can move 25 meters on my back unassisted
- Year 4: I understand the lifeguard whistle system and the importance of following the rules.

### Lent 2

#### Swimming- Breaststroke

- Year 3: I can perform the bend scissors snap kick with an aid.
- Year 3: I can demonstrate that I know what breaststroke arms should look like.
- Year 3: I can explain to a friend how to bend scissors snap kick.
- Year 4: I can perform the bend scissors snap kick its time with my breathing and arm pulls.
- Year 4: I know that I breath at the top of my stroke and my face should be back in the water from my glide
- Year 4: I can explain to a friend the breaststroke rhythm.

### Pentecost 1

#### Athletics Track & Field

- I perform the correct running form and name the four points
- I can skip down a track of 60 meters
- I can explain what the difference is between a long-distance event and sprint event.

### Lent 2

#### OAA

- I know when communicating talking is just as important as listening
- I work through a Plan do review cycle when carrying out problem solving activities.
- I can explain why it is so important to plan before I start a large group task

### Lent 1

#### Swimming- Push & Glide- back

- Year 3: I can push off a wall and float for three seconds.
- Year 3: I can flutter kick my feet while using aid the width of the pool. (Feet off the ground).
- Year 3: I can explain to a friend how to perform a push and glide and why it is so important.
- Year 4: I can push and glide off a wall until I stop moving forward.
- Year 4: I can flutter kick my feet using an aid breathing to the side.
- Year 4: I can explain to a friend what I need to do with my hands and feet to stay balanced.

### Advent 2

#### Swimming- Front Stroke

- Year 3: I can star float on my front face in the water.
- Year 3: I can move forward 10 meters with an aid not touching the floor.
- Year 3: I can explain to a friend what my arms and legs should do when I swim front crawl.
- Year 4: I can move forward not using an aid 20m.
- Year 4: I can star float on my front and stand up unassisted.

### Lent 1

#### Gymnastics- Floor Skills

- I can perform a five-part sequence using different gymnastic shapes. (Tuck, pike, straddle, star, front support, back support, dish, arch).
- I can create a sequence that incorporates smooth transitions that includes changing direction, level and speed.
- I can identify and explain the differences between my own and others' performance.

### Advent 2

#### Dance- Rock n Roll

- I can perform a dance with three moves with smooth transitions.
- I can dance with rhythm and to the beat.
- I can plan a dance with a friend that includes levels, unison, direction, and canon parts.

### Advent 1

#### Swimming- Water Safety & Confidence:

- I can enter the water safely and know the pool rules.
- I can submerge my body in the water and float on my back and front
- I could explain the pool rules to my friends.

### Advent 1

#### Fundamentals- Football

- I can pass the ball with control using the side of my foot.
- I can play a small 3-a side game with my friends.
- I can explain the difference in attacking and defending principles.

