



Knowledge Progression in Physical Education						
	Physical Competence		Confidence	Resilience		
	Autumn term		Spring Term		Summer Term	
	Prior knowledge/retrieval	New Learning	Prior knowledge/retrieval	New Learning	Prior knowledge/retrieval	New Learning
Nursery		<p>Gross motor:</p> <ul style="list-style-type: none"> -Go up steps and stairs, climb apparatus using alternate feet -Use large muscle movement to wave flags, streamers, paint and make marks -Match physical skills to tasks and activities. <p>Steps, stairs, climb, slide, pull</p> <p>Fine motor:</p> <ul style="list-style-type: none"> -Choose the correct tools for an activity -Show a preference for a dominant hand 		<p>Gross motor:</p> <ul style="list-style-type: none"> -Continue to develop movement, balance and riding skills -Skip, hop, stand on one leg and hold in games -Collaborate with others to move large objects <p>Balance, coordination, apparatus</p> <p>Fine motor:</p> <ul style="list-style-type: none"> -Becoming increasingly independent as they get dressed and undressed – putting on coat, doing up zips 		<p>Gross motor:</p> <ul style="list-style-type: none"> -Increasingly use and remember sequences and patterns of movement relating to music and rhythm. -Start to make up games and activities by themselves <p>Pattern, movement, rhythm, sequence</p> <p>Fine motor:</p> <ul style="list-style-type: none"> -Use a comfortable grip with good control when holding pens and pencils -Use one-handed tools – making snips in paper



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						-Start eating independently with cutlery.
FS2	<p>-Go up steps and stairs, climb apparatus using alternate feet</p> <p>-Use large muscle movement to wave flags, streamers, paint and make marks</p>	<p>Gross motor:</p> <p>-Use core muscle strength to achieve good posture when sitting at a table or on the floor.</p> <p>-Refine fundamental movement skills such as rolling, jumping, skipping etc.</p> <p>Strength, posture, space, obstacles</p> <p>Fine motor:</p> <p>Use a range of tools safely – pencils, paintbrushes, scissors and cutlery</p>	<p>Skip, hop, stand on one leg and hold in games.</p>	<p>Gross motor:</p> <p>-Develop and refine ball skills – throwing, catching, kicking, passing, batting and aiming</p> <p>-Combine movements with ease and fluency.</p> <p>-Confidently use a range of large and small apparatus indoors and outdoors, alone and in a group.</p> <p>Throw, catch, kick pass, bat, aim</p> <p>Fine motor:</p> <p>Use a range of tools competently, safely and confidently – pencils, paintbrushes, scissors and cutlery</p>	<p>-Show a preference for a dominant hand.</p> <p>-Use a comfortable grip with good control when holding pens and pencils</p>	<p>Gross motor:</p> <p>-Develop overall body strength, coordination, balance and agility in association with a sport</p> <p>-Move in a more fluent, controlled and graceful style</p> <p>Control, balance, agility, strength</p> <p>Fine motor:</p> <p>Develop the foundations of handwriting style which is fast, accurate and efficient.</p>



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<p>Y1</p>	<p>Use core muscle groups. Refining of fundamental movement skills</p> <p>Use a range of tools competently, safely and confidently</p>	<p>Autumn 1- Tag game fundamentals Know how to change to direction while running. Know how to close someone down. Know where to start when defending. <i>Know how to communicate with your team while playing.</i></p> <p>Autumn 1 – Uni hoc Know how to grip the hockey stick. Know how to push a ball to a target. Know how to receive a ball with some accuracy. <i>Know how to encourage and support my peers.</i></p>	<p>Using range of muscles across the body (fine and gross motor).</p> <p>Use large muscle movement to wave implements. Move with fluency and grace.</p>	<p>Spring 1 – Fitness <i>Know how to recognise changes in my body when I exercise.</i> <i>Know how to warm up and why it is important.</i> <i>Know how to talk about what exercise does to my body.</i> <i>Know how to try my best in the challenged I am set.</i></p> <p>Spring 1 – Dance <i>Know how to use counts.</i> Know how to move confidently and safely. Know how to choose appropriate movements for different dance ideas. <i>Know how to say what I liked about someone else’s performance.</i></p>	<p>Use of large muscles groups. Use of fine motor skills in holding smaller implements (bean bags etc).</p> <p>Development of major muscle groups. Development of coordination, agility and flexibility.</p>	<p>Summer 1- Athletics Jumping, throwing and running are the 3 disciplines of athletics. Jumping- take off on one foot and land on two. Throw with a bent arm and extend. <i>Stay in the same lane when running.</i></p> <p>Summer 1 – Sending and Receiving Know how to send and receive the ball with my feet and hands. <i>Know how to recognise changes in my body when I do exercise.</i> Know how to track a ball that is coming towards me. <i>Know how to work co-operatively with a partner.</i></p>
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	<p>Move in a more fluent, controlled and graceful style. Combine movements and use a range of apparatus.</p> <p>Confidently use a range of large and small apparatus indoors and outdoors, alone and in group settings</p>	<p>Autumn 2 – Gymnastics Know how to make the body tense, relaxed, stretched and curled Know how to link simple actions together to create a sequence Know how to perform with increased confidence in front of my peers. Know how to use apparatus safely and wait for my turn.</p> <p>Autumn 2- Outdoor adventurous activities Plan how to solve a simple problem in small groups. Follow a map using clues. Discuss how to resolve issues within a team.</p>	<p>Use core muscle strength to achieve good posture. Control, balance, agility, strength.</p> <p>Throw, catch, kick pass, bat, aim. Develop and refine ball skills.</p>	<p>Spring 2 – Yoga Know how to recognise how yoga makes me feel both physically and mentally. Know how to link poses together. Know how to have an awareness of space when travelling. Know how to say what I liked about someone else’s flow.</p> <p>Spring 2- Invasion shooting games. Can explain how to aim. Explain what a block is. Explain why shooting in space is better than under pressure. Demonstrate spatial awareness.</p>	<p>Development of major muscle groups. Development of coordination, agility and flexibility.</p> <p>Use a range of equipment safely. Use major muscles to bring about desired movement/actions.</p>	<p>Summer 2- Football You cannot use your hands unless you are the goalie The goalie can only handle the ball in the area. When you pass the ball you should then move into space. Keep the ball close to you when you dribble near defenders.</p> <p>Summer 2- Tennis Know how to grip the racket Can point to the main lines on a court. Can demonstrate the difference between overhand and underhand shots. Explain the role of an umpire.</p>
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		Discuss personal safety within the tasks.				
Y2	<p>Communicate effectively as a team player when moving forward and back How to change direction to avoid being tackled Run towards someone to tackle them.</p> <p>Grip the stick correctly Explain how to push and receive the ball with accuracy. Effectively encourage the team.</p>	<p>Autumn 1- Tag game fundamentals Lose defenders by changing direction. Defend as team using communication skills. Understand the terms speed and agility. Support the players with the ball.</p> <p>Autumn 1 – Uni hoc Know how to move with the ball with some control. Know how to find space to receive a pass. Know how to push a ball towards a target in order to score. Know how to communicate with a partner when pushing and receiving a pass.</p>	<p>The importance of a warm up. How exercise affects the body. Try my hardest in the fitness tasks. Recognise changes while exercising.</p> <p>Know how to use counts. Generate different movement ideas with confidence. Know how to say what I liked about someone else's performance.</p>	<p>Spring 1 – Fitness Know how to hop and jump with some balance and control. Know how to work with others to turn a rope. Know how to persevere with new challenges. Know how to show determination to exercise over a longer period of time.</p> <p>Spring 1 – Dance Know how to copy, remember, repeat and create dance phrases. Know how to show a character and idea through actions and dynamics.</p>	<p>Explain the 3 disciplines. Correct take-off and landing for jumping. Stay in gin lane when running and throwing with basic technique.</p> <p>Track the ball flight accurately. Correct basic throwing and kicking techniques. Know how to work co-operatively with a partner.</p>	<p>Summer 1- Athletics Know how to start a race. Explain the differences between short and long distance races. Explain the correct technique for a ball throw. Know how the arms help when sprinting.</p> <p>Summer 1 – Sending and Receiving Know how to trap and cushion a ball that is coming towards me. Know how to throw and kick a ball to a partner. Know how to catch a ball passed to me, with and without a bounce.</p>



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				Know how to work with a partner using mirroring and unison. Know how to perform with confidence.		Know how to work safely to send a ball towards a partner.
	<p>Different body shapes. Know how to link simple actions together to create a sequence Act confidently and safely.</p> <p>Follow a map using clues with a small group.</p>	<p>Autumn 2 – Gymnastics Know how to use shapes when performing other skills. Know how to perform basic gymnastic actions with some control and balance. Know how to use directions and levels to make my work look interesting. Know how to work safely with others and apparatus.</p> <p>Autumn 2- Outdoor adventurous activities Plan how to solve a simple problem.</p>	<p>Mental and physical benefits. Know how to link poses together. Know how to have an awareness of space when travelling.</p> <p>How to aim and block. Spatial awareness and how to be in space to shoot.</p>	<p>Spring 2 – Yoga Know how to provide feedback using key words. Know how to describe how my body feels during exercise. Know how to move from one pose to another thinking about my breath. Know how to work with others to create simple flows showing some control.</p> <p>Spring 2- Invasion shooting games Discuss how different sized/shaped ball move differently. Discuss how to aim when throwing.</p>	<p>Rules on handling the ball. Move into space once you have passed the ball. Keep the ball close to you when you dribble near defenders.</p> <p>Know how to grip the racket and lines on the court.</p>	<p>Summer 2- Football Know that a short pass should utilise the inside step of the foot. A throw-in is taken when the ball is kicked out. A goal kick is taken when the opposing side kick the ball across the back line. You must first make contact with the ball when tackling. When dribbling in space you can kick the ball further from your feet.</p> <p>Summer 2- Tennis Explain why you should move laterally on a court.</p>



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	<p>Discuss how to resolve issues within a team. Discuss personal safety within the tasks.</p>	<p>Discuss the safety aspects of orienteering. Follow a route using clues within a time limit. Demonstrate good team working skills and what it means to be a good team member.</p>		<p>45 degrees is the optimum angle for a throw. Discuss how to block a shot.</p>	<p>Can demonstrate the difference between overhand and underhand shots. Explain the role of an umpire is similar to a referee.</p>	<p>Can explain why you should use the centre of the racket. Explain if a ball is in or out. Know when to leave a shot if it is going out.</p>
Y3	<p>Able to lose defenders by changing direction and speed. Defend as team/unit using communication skills. Understand the terms speed and agility and how to use in a game. Support the players with the ball.</p> <p>How to aim when passing to a teammate. How to block a shot.</p>	<p>Autumn 1 - Tag rugby Know how to pass using two hands sideways or backwards. Move up in a defensive flat line. Move forward as soon as you catch the ball. Know the rules of the marker.</p> <p>Autumn 1- Basketball Explain the rule of travelling.</p>	<p>Hop and jump with some balance and control. Turn a skipping rope. Persevere with new challenges when exercise is difficult. Show determination to exercise over a longer period of time.</p> <p>Copy, remember, repeat and create dance phrases.</p>	<p>Spring 1 – Fitness Know how to complete a range of exercises with control. Know how to collect and record scores, recognising my strengths. Know how to persevere when I find a challenge hard. Know how to identify different areas of fitness.</p> <p>Spring 1 – Dance</p>	<p>Starting position. Difference between short and long distance races. Correct technique for a ball throw Sprinting technique.</p> <p>Lateral movement on a court.</p>	<p>Summer 1- Athletics Explain the 3 different jump disciplines. Explain how to pace yourself in longer distance races. Explain the difference between speed and stamina. Discuss how speed enables us to jump further and throw further.</p> <p>Summer 1- Tennis</p>



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	<p>Pass a ball safely to a partner</p>	<p>Explain when to use a chest pass and when to use an overhead pass. Explain the 4 key points of dribbling</p> <ul style="list-style-type: none"> • Waist high • Fingertips • Side of the body • Piston action <p>Find space without the ball.</p>	<p>Demonstrate character and ideas. Work with a partner using mirroring and unison. Perform with confidence.</p>	<p>Know how to use counts to keep in time with a partner and a group. <i>Know how to be respectful of others when watching them perform.</i> <i>Know how to create short dance phrases that communicate an idea.</i> <i>Know how to provide feedback using key words.</i></p>	<p>Use the centre of the racket. Explain if a ball is in or out. Leave a shot if it is going out.</p>	<p><i>Explain the difference between a forehand and backhand.</i> <i>Can explain the concept of a serving box.</i> <i>Can explain the arc movement of the racket when performing a forehand.</i> <i>Discuss the differences between a volley and ground shot.</i></p>
	<p>Use of shapes when performing other skills. Basic gymnastic actions with some control and balance. Use change of directions and levels. Work safely with others and apparatus.</p>	<p>Autumn 2 – Gymnastics <i>Know how to adapt sequences to suit difference types of apparatus.</i> <i>Know how to choose actions that flow well together.</i> <i>Know how to work in unison with a partner.</i> <i>Know how to provide feedback and share ideas.</i></p>	<p>Using a short pass with the inside step. Performing throw-ins effectively. Taking goal kicks in the correct situations. First make contact with the ball when tackling. Dribbling by knocking the ball into space when no defenders are around you.</p>	<p>Spring 2 - Football <i>Rules of the corner and where defenders are allowed to stand.</i> <i>Shield the ball by making your body big.</i> <i>When attacking the goal move into the box.</i> <i>A 1-2 move can beat a defender.</i></p>	<p>No prior knowledge</p>	<p>Summer 2 – Cricket Know how to catch a ball with hands in front. Know how to bowl (underarm or overarm) the ball towards a target. Know how to strike a ball after a bounce. Know how to play a game of mini cricket and understand the basic rules.</p>



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	<p>Give feedback using key words. Describe how my body feels during exercise. Transition from one pose to another thinking about my breath. Create simple flows showing some control.</p>	<p>Autumn 2 – Yoga Know how to copy and link yoga poses together to create a short flow. <i>Know how to describe how yoga makes me feel.</i> <i>Know how to show some stability when holding yoga poses.</i> <i>Know how to provide feedback using key words.</i></p>	<p>Move the ball with some control. Find space to receive a pass. Push a ball towards a target in order to score. Communicate when pushing and receiving a pass</p>	<p>Spring 2 – Hockey <i>Know how to use simple tactics.</i> <i>Know how to dribble, pass, receive and shoot the ball with some control.</i> Know how to understand my role as an attacker and as a defender. <i>Know how to work co-operatively with my group.</i></p>	<p>Problem solving. Health and safety aspects. Following a route using instructions. Team working skills and communication.</p>	<p>Summer 2– Outdoor adventurous activities <i>Can orientate a map.</i> <i>Can take the lead in a pair.</i> <i>Can discuss strengths and weaknesses.</i> <i>Identify simple objects on a map.</i></p>
Y4	<p>Catch the ball while moving and pass using 2 hands Know the rules of the marker.</p>	<p>Autumn 1- Tag rugby Catch the ball by moving onto it. Use a side step of fake to trick defenders. The marker is the first defender and should chase the ball. Use a boxer stance when grabbing the tag.</p> <p>Autumn 1- Basketball</p>	<p>Use control when exercising. Discuss the different aspects of fitness including strength, speed and endurance. Track personal fitness scores.</p>	<p>Spring 1 – Fitness Know how to use key points to help me improve my sprinting technique. <i>Know how to share ideas and work with others to manage activities</i> <i>Know how to show determination to continue working over a period of time.</i></p>	<p>Explain, long jump, triple jump and high jump. Pacing in distance races. The difference between speed and stamina.</p> <p>Explain and demonstrate the</p>	<p>Summer 1 - Athletics Know how to use a stop watch accurately. Know to perform a sprint start. <i>Can correct peoples sprint start position.</i> <i>Can work as team to organise an optimum relay by positions.</i></p> <p>Summer 1- Tennis</p>



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	<p>Use a chest pass and overhead pass correctly</p> <p>The rule of travelling.</p> <p>Explain the 4 key points of dribbling</p>	<p>Explain the rule of double dribble.</p> <p>Explain the different scoring zones. 1, 2, and 3 points.</p> <p>Where to stand for a rebound.</p> <p>How to draw defenders out of the key.</p>	<p>Count to the beat of 8.</p> <p>Communicate ideas through body movement.</p> <p>Know how to provide feedback using key vocabulary.</p>	<p>Know how to show balance when changing direction and speed.</p> <p>Spring 1 – Dance</p> <p>Know how to copy and remember set choreography.</p> <p>Know how to respond imaginatively to a range of stimuli relating to character and narrative.</p> <p>Know how to show respect for others when working as a group and watching others perform.</p> <p>Know how to use changes in timing and spacing to develop a dance.</p>	<p>difference between a forehand and backhand.</p> <p>High light the serving box.</p> <p>Use correct arc movement and explain a volley is hitting the ball without it bouncing.</p>	<p>Discuss the scoring system in tennis.</p> <p>Explain when to use a lob shot.</p> <p>Adopt the role of an umpire.</p> <p>Explain how to move your opponent across the court.</p>
	<p>Perform sequences on different apparatus</p> <p>Work in unison</p> <p>Give positive feedback</p>	<p>Autumn 2 – Gymnastics</p> <p>Know how to develop individual and partner balances.</p>	<p>10 yards rule for corners</p> <p>Shield the ball by making your body big.</p> <p>Using 1-2's to get around a defender</p>	<p>Spring 2 - Football</p> <p>Know the rules of a throw in.</p> <p>Knowing how to change the flight of the ball by making</p>	<p>Correct catching and bowling technique.</p> <p>Know how to strike a ball after a bounce.</p> <p>Basic rules of mini/kwik cricket.</p>	<p>Summer 2 – Cricket</p> <p>Know how to catch a ball above the head.</p> <p>Know how to bowl a ball with greater</p>



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	<p>Create short flow Know how to Describe personal feelings during yoga Create stability through core strength Discuss key terminology</p>	<p>Know how to develop a range of rolls, jumps and inverted movements. Know how to provide feedback using appropriate language relating to the lesson. Know how to watch, describe and suggest possible improvements to performances.</p> <p>Autumn 2 – Yoga Know how to describe how yoga makes me feel and talk about the benefits of yoga. Know how to give feedback using key terminology. Know how to demonstrate yoga poses which show clear shapes. Know how to work collaboratively and</p>	<p>Attack the box.</p> <p>Know how to use simple tactics. Discuss how to use control when performing basic skills. Discuss the different roles of attacker and defender.</p>	<p>contact with it at different points. A change of speed can beat a defender. Keep balls in the wide channels to create space in the middle.</p> <p>Spring 2 – Hockey Know how to dribble, pass, receive and shoot the ball with increasing control. Know how to move into space to help my team keep possession. Know how to share my ideas and work with others. Know how to understand the rules of the game and use them honestly.</p>	<p>Can orientate a map. Can take the lead in a pair. Identify simple objects on a map.</p>	<p>accuracy and consistency. Know how to strike a ball towards spaces between fielders. Know how to employ the rules of the game and play fairly and honestly.</p> <p>Summer 2– Outdoor adventurous activities Can use a compass. To use basic grid references. Identify more complex symbols on a map. Know how to lead a small team.</p>
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		effectively with others.				
Y5	<p>How to chip and drive the ball. Keep wide to create space. Keep your feet on the floor for a throwing and two hands with above the head release.</p> <p>Dribble stop dribble rule. How to score 1,2 and 3 points. How to dribble to draw defenders What is a rebound.</p>	<p>Autumn 1- Football To control the ball you must cushion it with your body. <i>Know that handball is when the hand- lower shoulder makes contact with the ball deliberately or when the arm is in an unnatural position.</i> Wide players should look to cross the ball into the box for attackers to shoot. Defenders can man mark in a high line.</p> <p>Autumn 1 – Basketball Demonstrate the half court press. Demonstrate correct pass selection. Demonstrate man marking.</p>	<p>Further sprinting technique. Share ideas and work with others. Show determination to continue working over a period of time. Demonstrate balance when changing direction and speed.</p> <p>Copy and remember set choreography. Respond imaginatively to a range of stimuli. Show respect for others when working as a group and</p>	<p>Spring 1 – Fitness Know how to choose the best pace for a running event and maintain speed. <i>Know how to encourage and motivate others to work to their personal best.</i> <i>Know how to work with maximum effort and be determined to achieve it.</i> <i>Know how to identify different activities and how they can benefit me.</i></p> <p>Spring 1 – Dance Know how to accurately copy and repeat a set choreography. <i>Know how to lead a group through warm-up routines.</i></p>	<p>Catch a ball above the head. Bowl a ball with greater accuracy and consistency. Strike a ball towards spaces between fielders. Employ the rules of the game and play fairly and honestly.</p> <p>Know how to use a stop watch accurately. Perform a sprint start. Correct peoples sprint start position. Working as team to organise optimum relay positions</p>	<p>Summer 1 – Cricket Know a range of fielding skills (underarm and overarm throwing, catching, long barrier) Know batting skills (attacking and defensive shots) Know bowling skills (underarm and overarm). <i>Know the need for tactics and rules and understand how to use them in a game.</i></p> <p>Summer 1- Athletics <i>Know how to measure jumps and throws accurately.</i> <i>How to hand over a baton correctly.</i> <i>How to correct someone's throwing technique.</i></p>



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		Demonstrate a simple set play.	watching others perform. Use changes in timing and spacing to develop a dance.	Know how to suggest ways to improve my own and others work. Know how to use counts when choreographing to stay in time with others and the music.		Make suggestions to improvement when analysing a relay performance.
	How to develop basic gymnastic movement. A range of jumps including tuck and pike. Give one positive and one AFI.	Autumn 2 – Gymnastics Know how to create and perform sequences using apparatus, individually and with a partner. Know how to use strength and flexibility to improve the quality of performance. Know how to lead a partner through warm-up routines. Know how to use feedback to improve my work.	Discuss the benefits of yoga physically and mentally. Key terminology including: Pose, chi, centre and core Work collaboratively and effectively with others. No prior knowledge	Spring 2 – Yoga Know how to lead others through poses and flows. Know how to create a yoga flow working safely with a partner. Know how to use feedback to improve my work. Know how to show strength and flexibility whilst holding yoga poses. Spring 2 – Netball Know how to pass, receive and shoot the ball with some control under pressure.	No prior knowledge	Summer 2 – Volleyball Know how to develop a range of skills (serve, dig, set) to use under some pressure. Know how to identify when I was successful and what I need to do to improve. Know how to understand the need for tactics and identify them in different situations. Know how to use the rules to referee a game. Summer 2 – Rounders
		Autumn 2- Tag rugby			No prior knowledge	



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	<p>Catch the ball by moving onto it. Use a side step or fake to trick defenders. The rules of the marker and chasing the ball.</p>	<p>To explain the offside rule. The rules around playing the ball. Attacking at speed. Move up and back in straight line when defending to reduce gaps.</p>		<p>Know how to use the rules of the game and apply them honestly. Know how to use tactics and identify when to use them. Know how to stay with an opponent and have confidence to attempt to intercept.</p>		<p>Know how to strike a ball with a rounders bat. Know how to develop a range of fielding skills. Know how to work co-operatively with others to manage a game. Know how to use the rules of the game and apply them honestly.</p>
Y6	<p>Ball control with various parts of body. Knowledge of handball rule. Understanding the role of wide players/wingers. Marking tactics.</p>	<p>Autumn 1 – Football Know the different positions in 11 aside football. Know the basics of a passing triangle/creating space by wide players keeping wide and pressing the ball higher up the field. Know the basic concept of offside. Know how to lose a defender by using feints and dummies</p>	<p>Pacing for different running events. Motivating others. Working towards a personal best. Identify different activities and how they can be beneficial.</p>	<p>Spring 1 - Fitness Know how to change my running technique to adapt to different distances. Know how to collect, record and analyse scores to identify areas where I have made improvement. Know how to test and develop the different components of fitness. Know how to work to my maximum</p>	<p>Fielding skills (underarm and overarm throwing, catching, long barrier) Batting skills (attacking and defensive shots) Bowling skills (underarm and overarm). Tactics and rules.</p>	<p>Summer 1 – Cricket Know how to throw and field with greater accuracy. Know how to play different types of bowlers when batting. Know how to outwit a batter by adding variations to bowling. Know how to develop plans and strategies to prevent the batting team from scoring runs / prevent the</p>



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	<p>Knowledge of half court press. Tactical use of passing range. Marking tactics. Simple set plays.</p>	<p>Autumn 1- Basketball Explain the triple threat position. Explain how to perform a lay-up. Demonstrate zonal marking. Analyse and improve a set play.</p>	<p>Copy and repeat a set choreography. Lead a group through warm-up routines. Suggest ways to improve my own and others work. Use counts to stay in time with others and the music.</p>	<p>consistently when presented with challenges.</p> <p>Spring 1 – Dance Know how to choreograph a dance using a prop. Know how to perform dances with confidence and fluency. Know how to use appropriate language to evaluate and refine work. Know how to work creatively and imaginatively.</p>	<p>Measuring jumps and throws accurately. Relay changeovers. Correcting throwing technique. Suggesting ways to improve performance.</p>	<p>bowling team from getting wickets</p> <p>Summer 1- Athletics Explain the drive phase in the sprint. Can explain and demonstrate the techniques for throwing a javelin/ball. Explain why you should receive the baton while moving in a relay race. Explain how to improve the knee lift and arm drive in jumping disciplines.</p>
	<p>Create and perform sequences in a range of contexts. Use strength and flexibility to improve a performance. Lead a partner through warm-up routines.</p>	<p>Autumn 2 – Gymnastics Know how to combine actions, shapes and balances with control and fluency. Know how to work collaboratively to create a sequence.</p>	<p>Lead others through poses and flows. Create a yoga flow working safely with a partner. Use feedback to improve my work. Show strength and flexibility whilst</p>	<p>Spring 2 – Yoga Know how to confidently lead others, demonstrating poses and teaching them my flow. Know how to use my breath to transition</p>	<p>Range of skills (serve, dig, set) to use under some pressure. Identify when I was successful and what I need to do to improve. Tactical understanding.</p>	<p>Summer 2 – Volleyball Know how to confidently make decisions when refereeing. Know how to select the appropriate action and make a decision quickly.</p>



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	<p>Use feedback to improve my work.</p> <p>Offside rule. When to play the ball. Attacking principles. Defending principles.</p>	<p>Know how to work safely when learning a new skill. Know how perform counter balance/tension and show examples with a partner.</p> <p>Autumn 2- Tag rugby Draw defenders before passing. Keep in your channel when waiting to receive the ball. When to use a miss pass. Communication skills as a team.</p>	<p>holding range of poses.</p> <p>Range of passing, receiving and shooting skills. Use the rules of the game and apply them honestly. Use tactics and identify when to use them. Defending principles.</p>	<p>from one pose to another with control. Know how to recognise my own strengths and suggest ways to improve. Know how yoga benefits me in different activities.</p> <p>Spring 2 – Netball Know how to create space to help my team. Know how to use marking/interception to improve my defence. Know how to work with others so games run smoothly. Know how to recognise strengths and weaknesses and suggest ways to improve.</p>	<p>Use of rules to referee a game.</p> <p>Striking a ball with a rounders bat. Range of fielding skills. Work co-operatively with others to manage a game. Use the rules of the game and apply them honestly.</p>	<p>Know how to use a wider range of skills (smash) with increasing control under pressure. Know how to use feedback to improve my own and others performance</p> <p>Summer 2 – Rounders Know how to strike a bowled ball with increasing consistency. Know how to use the rules of the game consistently and play fairly. Know how to work in collaboration with others so games run smoothly. Know how to apply tactics in the game as a batter, bowler and fielder.</p>
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