

Knowledge in PE

	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics		Understand that you can jump in different ways that can link to form a routine.	Understanding points of contact and how it can affect movement and balance Understand rotation can be used as a form of travel actions Know how to safely use small apparatus (benches, tables, bar box, balance beam)	Understand safe use of larger apparatus (wall bars, A frames, higher tables)	Understand and explain the principles of balance (contact points, surface area & center of gravity). Understand how to develop advanced rotation, rolling and jumping actions. Cartwheel, full turn, backward roll.	Understand how to develop skills to complete a headstand and handstand	Continue to improve understanding of how to complete a headstand and handstand.
Dance		Understand how to perform simple dance steps and perform them in a controlled manner. Know how to safely perform teacher-led warm ups and describe and discuss others work. Understand how to use facial expressions effectively(mime) when moving to music.	Understand how to perform with control and co-ordination Know how to vary the dynamics, levels, speed and direction of my phrase/motif Understand the need for warm up and cool down Know the difference between flexed and pointed feet	Know how to improvise freely on my own and with a partner Understand how to compare, develop and adapt movement motifs together to create longer dances. Understand how to use dance vocabulary to compare and improve my work Understand how to work safely. Give reasons why PE is good for my health	Know how to improvise freely on my own and with a partner Understand how to compare, develop and adapt movement motifs together to create longer dances. Know dance vocabulary and how to use it to compare and improve my work Understand how to work safely. Give reasons why PE is good for my health	Know how to demonstrate precision, control and fluency in response to stimuli Know how to link phrases and motifs to create a wide performance continually demonstrating rhythm and spatial awareness. Organise myself to warm up safely. Understand how to perform a wider variety of kick movements with increasing height. Understand how to perform an increasing range of jumping movements showing control. Know how to perform basic turning movements from two feet showing awareness of eye-line. Know how to perform taught motifs which include a range of arm lines.	Understand how to demonstrate precision, control and fluency in response to stimuli Know how to vary dynamics and develop actions with a partner or as part of a group. Understand how to link phrases and motifs to create a wide performance continually demonstrating rhythm and spatial awareness. Know how to modify my performance and that of others. Organise myself to warm up safely. Understand how to create own movement phrases which include a wide variety of kicks performed with control, good height and which reflect the mood of the stimuli. Understand how to create own movement phrases which include a variety of jumps from one and two feet, and which show control, extension and elevation. Understand how to create own movement phrases which include a variety of arm lines which show extension, control and which complement the other movements with which they are performed. Understand how to perform movements in canon and unison.

Multi Skills		<p>Know how to run a slalom starting to use both feet to push in the direction needed when changing angles.</p> <p>Understand how to complete a shuttle run without continued help throughout.</p> <p>Know how to throw a beanbag underarm with one hand towards a target with some consistency.</p> <p>Know how to throw a tennis ball underarm with one hand towards a target with some consistency.</p> <p>Know how to complete a standing long jump with control.</p> <p>Know how to throw, clap, catch with success.</p>	<p>Know how to run a slalom using explosive movements to get through quickly.</p> <p>Understand how to complete shuttle run without any help.</p> <p>Understand how to throw a beanbag underarm with one hand consistently.</p> <p>Understand how to throw a tennis ball underarm with one hand towards a target consistently.</p> <p>Know how to complete a standing long jump with the understanding on how to get further.</p> <p>Know how to throw, clap, catch successfully and consistently.</p>				
Ball Skills		<p>Know that throwing one handed and catching two handed consistently.</p> <p>Know how to throw to a partner underarm and catching two handed.</p> <p>Know how to throw over arm – action only (beanbag or tennis ball)</p> <p>Understand how to roll a ball to different sized targets at different distances.</p> <p>Know how to dribble a ball with both feet at a steady speed.</p> <p>Know how to throw a larger ball in different ways and catch with two hands</p>	<p>Know how to throw one handed and catching one handed</p> <p>Understand how to consistently throw and catch underarm accurately to a partner at least 3m away.</p> <p>Know how to overarm throw towards a target(partner) 4-5m away.</p> <p>Know how to roll consistently through different width cones at different distances.</p> <p>Understand how to dribble a ball with both feet at different speeds with good control.</p>				

Football		<p>Know how to dribble with both feet Know how to dribble at a reasonably comfortable pace Passing (good strength starting to be accurate) Understand the no hands rule</p>	<p>Know how to dribble with both feet Know how to dribble at a reasonable pace with control Passing (consistently and accurately) Start to understand who can use handle the ball and when/what position on the pitch or off it. Know how to throw in and when we do it (overhead throw) Understand how to Tackle Start to learn basic goalkeeper stance (on your toes, hands up and strong wrists)</p>	<p>Know how to dribble with both feet whilst jogging Understand how to pass whilst moving Understand how to use basic attacking skills (the idea is to keep possession and score) Understand to be confident when tackling Understand basic defending skills (marking other players) Understanding of corners, throw ins, restarts, goal kicks. Understand how to overhead throws Understanding rules as a goalkeeper</p>	<p>Know how to accurately pass while stationary Understand how to confidently tackle Increased knowledge of attacking skills Increased knowledge of defending skills Understanding of free kicks and penalties Know how to work shoot while moving Know how to shoot from free kicks and penalties Understand the need to build confidence as a goalkeeper</p>	<p>Know how to accurately passing while stationary and developing the pass whilst moving Building of tactical attacking Building of tactical defending Know how to tackle strongly Understand to put pressure on attackers as a goalie Know to increase distance and angles of shooting from free kicks Shooting while beating a defender with goalkeeper pressure</p>	<p>Know how to accurately pass while stationary and moving Know how to use tactics to your advantage in both defense and attack Know how to tackle with a high % of success Building awareness of game play and positioning as a goalkeeper</p>
Rugby		<p>Know how to run with the ball. Understand how to pass whilst standing still. Know how to catch whilst standing still. Know how to pass and catch along a line whilst walking. Start to understand the rule of passing backwards. Understand how to tackle in tag rugby</p>	<p>Know how to run with the ball confidently against others to beat the tackler. Know how to pass and catch whilst moving Understand in a game you can only tackle the ball carrier. Understand attacking and defensive line structure.</p>	<p>Understand how to start a rugby game and set up from free passes or restarts. Know how to run through play from various points to see how they get on then increase to playing a game Know how to pass and catch whilst moving.</p>	<p>Understanding of resetting the line if there is a change of possession Understanding more rules of the game. Introduce offside as soon as possible. Know how to consistently pass and catch whilst moving.</p>	<p>Understand how to confidently in run with the ball under pressure. Know how to avoid the tackle using side steps and change of speed. Understand how to organise yourself into attacking lines and defensive lines without help.</p>	<p>Know how to run support lines to help break up the defense. Understand how to play good flowing rugby with organised lines. Know how to play without too much explanation. Know how to play a good tactical game play.</p>
Hockey				<p>Know how to hold the stick correctly Know how to dribble with good control Understand how to pass from a static position Understand basic attacking skills (the idea is to keep possession and score) Building confidence to tackle Understand basic defending skills (marking other players) Understanding of rules</p>	<p>Know how to hold the stick correctly Know how to dribble with confidence and consistency Accurate stationary passing Know how to pass from a moving position Understand basic attacking skills (the idea is to keep possession and score) Know how to tackle with confidence Understand basic defending skills (marking other players) Understanding of rules Building better connection with hitting the ball Know how to stationary shooting</p>	<p>Know how to dribble naturally and with flow Know how to pass accurately from stationary passing Understand how to pass while moving Understand how to receive a pass whilst moving Understand how to build tactical attacking play Understand how to build tactical defending play Know how to tackle strongly Understand how to have good connection while hitting the ball Know how to shooting while moving</p>	<p>Know how to dribble Understand how to accurately pass whilst stationary and moving Know how to receive a pass whilst moving Know how to tactically play to attack Know how to tactically defend play Understand how to tackle with a high % of success</p>

Netball				<p>Know how to pass in three different ways. Understanding they can only pivot when in possession of the ball and not walk (be lenient). Understand basic attacking and defending within Netball. Basic understanding of rules. No contact, 1 m away, hands up once.</p>	<p>Know how to pass accurately whilst stationary. Understand how to play with good flow and understanding how to use the pivot to their advantage. Understand the positions and where they can and cannot go within the court. Know the rules of a game of high fives</p>	<p>Understand the game play with positions Increased flow with stronger tactical play. Understanding all positions and the rules of the high fives game.</p>	<p>Understand a full game play Understand how to competitively attacking and defending throughout Understand good tactical play</p>
Rounders				<p>Know how to catch overarm throws Understand the pitch and positions Start to understand how to bowl Start to understand how bat</p>	<p>Understand the rules of how to score and get people out Know how to consistently catch all types of throws or hits Know how to connect with the ball when batting</p>	<p>Know how to accurately throw a ball under and overarm Understand how to confidently make decisions when fielding Understand how to connect with the ball when batting the majority of the time</p>	<p>Know how to use tactics to improve fielding – change fielding set up, try to get more than one person out where possible Know how to use tactics to improve batting – move off the bases quickly, hit the ball towards space Know how to consistently hit the ball and accurately throwing</p>
Cricket				<p>Know how to underarm bowl Understand what a wicket keeper does Understand how to hold the bat and stand Understand how to do long barrier</p>	<p>Start to understand how to bowl overarm Understand how to bat defensively Understand how to bat to attack for runs</p>	<p>Successfully hit the ball when batting more Start to learn the rules of kwik cricket</p>	<p>Show a good understanding of a range of rules Communicate effectively to gain advantage Hit the ball consistently when batting Catch and stop all different types of ball (roll, bounce and air)</p>
Athletics		<p>Understand the difference between sprinting, jogging and walking. Know how to perform a sprint staying in the allocated lane. Know how to perform a standing long jump with control Understand the process of throwing a javelin Understand how to perform a relay Know how to complete a shuttle run with minimal help Know how to perform multiple jumps to get a good rhythm in a sack Know how to keep the spoon level to keep the egg on the spoon to increase speed in the race</p>	<p>Understand the power needed in a sprint start. Know how to perform a standing long jump with good technique to improve distance Know how to perform an overarm throw with a javelin Know how to perform a relay and start to understand technique to help the transition Know how to perform a shuttle run without help Know how to perform the sack race with good rhythm Understand how to compete in an egg and spoon race, holding the spoon level to not ensure the egg does not fall off.</p>	<p>Understanding power needed in a sprint start Understand the skills learnt from sprinting and use them in the relay Understand a good standing long jump technique Know how to improve Javelin distance Start to understand how to throw a shot put using a beanbag Know how to perform a shuttle run how they feel is the quickest order Know how to travel forward while skipping</p>	<p>Understand how to extend your sprint stride Know how to improve relay transition whilst using sprint technique Know how to perform controlled standing long jump with improvements Know how to show good push technique with the shot put Know how to improve shuttle run, running efficiency</p>	<p>Know how to perform a good sprint start and extended stride consistently and understand the importance of not slowing down at the finish line. Show understanding of the ability to run over a longer distance for a longer period of time Understand how to hold a discus and how to throw it Know how to transfer throwing skills to learn how to throw a vortex Know how to show good shot put technique to see distance improvements Know how to improve shuttle run efficiency</p>	<p>Know how to consistent sprint technique to improve speed Know how to improve distance over a timed period Understand how to push to jump further Know how to throw a discus correctly and show correct throwing technique Know how to improve in distance of vortex throw and shot put Understand how to show good efficiency when performing a shuttle run Understand how to perform a skipping race confidently</p>

