

	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document
	Year R - Physical Education	Year R - Physical Education	Year R - Physical Education	Year R - Physical Education	Year R - Physical Education	Year R - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Body Management 1	Manipulation & Coordination 1	Gymnastics 1	Body Management 2	Cooperate & Solve Problems 1	Speed Agility Travel 1
Knowledge	Body Management 1 Know how to travel and balance whilst balancing a beanbag on the body. Know how to keep the body small when passing through a hoop. Know the importance of stomach muscles when stretching. Know different ways to make a bridge shape with the body. Know safe ways to travel through, over and under apparatus. Know how to hold different shapes with the body.	Manipulation & Coordination 1 Know how to control a balloon when hitting it. Know how to attempt to roll a ball accurately. Know which foot you prefer to kick with. Know how to hop, step, and jump. Know why accuracy is important when sending an object. Know ways to stop a moving object with hands and feet.	Gymnastics 1 Know different ways of travelling in gymnastics. Know how to jump 2 feet to 2 feet. Know how to balance a beanbag when moving. Know different ways to travel when using apparatus. Know ways to send a ball from different positions. Know how to make simple shapes into a balance.	Body Management 2 Know how to twist Know how to turn Know how to show body control Know some different ways of jumping Know how to create power when jumping for height. Know how to complete an obstacle course safely. Know why good teamwork is important.	Cooperate & Solve Problems 1 Know how to match symbols. Know why we need to listen when working with others. Know how to make number shapes using the body. Know how to follow a trail using different methods of travel. Know what it means to use your imagination. Know what cooperation means.	Speed Agility Travel 1 Know how to pump arms to help us run faster. Know how to stay safe when running. Know how to respond and change direction. Know some ways to start moving. Know the difference between moving fast and slow. Know why listening to instructions is important.
Application	Body Management 1 Be able to balance beanbags. Be able to move through hoops in different ways. Be able to reach and stretch to get equipment. Be able to make bridges with our bodies. Be able to travel over and under apparatus. Be able to make shapes with our bodies.	Manipulation & Coordination 1 Be able to handle a balloon. Be able to handle a ball. Be able to kick a ball. Be able to hop, jump and step. Be able to send a ball or beanbag. Be able to send and stop in a game.	Gymnastics 1 Be able to move safely. Be able to take off and on two feet. Be able to balance and move balls and beanbags. Be able to travel on mats and benches. Be able to copy and repeat actions. Be able to perform simple shapes and balances.	Body Management 2 Be able to perform rolls. Be able to show some body control. Be able to perform different jumps. Be able to jump using apparatus. Be able to travel across apparatus. Be able to work as part of a team.	Cooperate & Solve Problems 1 Be able to match colours and symbols. Be able to work as a team to complete a task. Be able to use our bodies to make number shapes. Be able to follow a trail. Be able to work with others to make patterns. Be able to work with a partner to complete challenges.	Speed Agility Travel 1 Be able to move in different directions. Be able to track, stop and return a beanbag or ball. Be able to listen and respond with quick movements. Be able to stop safely. Be able to move our bodies at different speeds, fast and slow, and stay in control. Be able to use and improve all our movement skills.
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	Year 1 - Physical Education	Year 1 - Physical Education	Year 1 - Physical Education	Year 1 - Physical Education	Year 1 - Physical Education	Year 1 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Run Jump Throw 1	Gymnastics 1	Dance 1	Attack Defend Shoot 1	Hit Catch Run 1	Send & Return 1
Knowledge	Run Jump Throw 1 Know the quickest way to move an object from one place to another. Know how to change speed when running. Know how the arms can increase the speed of running. Know how to perform a two-footed jump. Know how to overarm throw for distance. Know the importance of balance, agility and coordination in athletics.	Gymnastics 1 Know some of the fundamental gymnastic shapes. Know the risks of working on low apparatus. Know the difference between large and small body parts. Know how to take off, jump and land with a run-up. Know a variety of ways to travel on their feet. Know actions that can be performed at different levels. Know how to create a short gymnastics sequence.	Dance 1 Know how to travel over, under and around. Know how to create actions to perform as a friendly character. Know what it means to perform in 'mirror'. Know what type of actions are used in a Lindy Hop dance. Know how it feels to dance with a group. Know how to respond to feedback.	Attack Defend Shoot 1 Know different ways to send a ball/object to a target. Know what a defensive stance or position is. Know what it means to send a ball/object accurately. Know the key steps to send a ball accurately. Know what the principle of attacking and defending in a game refers to. Know some of the reasons why games have rules.	Hit Catch Run 1 Know what tracking a ball is and how to stop the ball. Know a range of techniques to negotiate obstacles. Know the principles of catching a ball. Know how to score points in a striking and fielding game. Understand the role of teamwork when fielding.	Send & Return 1 Know how to hit a ball accurately in different ways. Know how to defend a target when batting. Know how to work with a partner to collect a ball. Know techniques to send a ball or object accurately to a partner. Know the names of some net/wall games.
Application	Run Jump Throw 1 Be able to start and stop when moving at speed. Be able to use arms when running at different speeds. Be able to take off on two feet to jump for distance. Be able to use the correct technique to throw different objects for distance. Be able to show improvement in throwing. Be able to take part in a competition using running, jumping and throwing skills.	Gymnastics 1 Be able to perform 'like' actions in a sequence. Be able to carry and set up apparatus safely. Be able to perform shapes on large and small body parts. Be able to take off and land and use shape in our jumps. Be able to travel on our feet, showing good body tension. Be able to create different levels in their performance.	Dance 1 Be able to move as if we were exploring in the jungle. Be able to create and perform movements which show friendship. Be able to perform leading and following movements. Be able to perform a short dance with a clear start, middle and end. Be able to use mirroring in a dance phrase. Be able to give and respond to simple feedback.	Attack Defend Shoot 1 Be able to select a space to throw or roll a ball into. Be able to track and collect a rolling ball. Be able to roll and slide balls and beanbags. Be able to shoot in a game to get points. Be able to work with a partner to score points. Be able to use our attacking and defending skills in a game.	Hit Catch Run 1 Be able to select a space to throw or roll a ball into. Be able to track and collect a rolling ball. Be able to catch a ball to stop an opponent from scoring. Be able to use their hands to hit a ball. Be able to run between bases to score points. Be able to work as a team to score points.	Send & Return 1 Be able to slide a beanbag to a target. Be able to hit a ball in different ways with their hands. Be able to move towards a ball to return it. Be able to work with a partner to stop and return a beanbag. Be able to rally with a partner. Be able to send a ball into space to make it harder for our opponent.
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	Year 2 - Physical Education	Year 2 - Physical Education	Year 2 - Physical Education	Year 2 - Physical Education	Year 2 - Physical Education	Year 2 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Gymnastics 1	Dance 1	Attack Defend Shoot 1	Send & Return 1	Run Jump Throw 1	Hit Run Catch 1
Knowledge	Gymnastics 1 Know and can name several point and patch balances/shapes. Know how to direct power into a range of jumps. Know why taking weight on hands is a fundamental skill for gymnastics. Know that they can do 'coiled' versions of a skill e.g. glute bridge instead of full bridge. Know what to straddle means.	Dance 1 Know how to use expression and actions to show emotion. Know the basic principle of dynamics in dance and show two examples. Know that it means to dribble with control and a range of sports in which dribbling is used. Know what canon is and how to use it in a simple dance phrase. Know how to identify different elements of a dance and offer feedback. Know that to structure a dance, it needs a beginning, middle and end.	Attack Defend Shoot 1 Know how to kick a ball using the inside of the foot. Know sports that use feet to control the ball. Know what it means to drible with control and a range of sports in which dribbling is used. Know how to use a bounce throw to send a ball. Know techniques to dribble the ball with their hands. Know why sending the ball forward to a teammate increases the team's chances of scoring.	Send & Return 1 Know which is their dominant and non-dominant side. Know why and when you would need to change direction quickly in a game. Know the basic principle of court boundaries. Know why improving your agility would improve your game.	Run Jump Throw 1 Know why it is important to be aware of other people when running at speed. Know how to generate power to start a running or jumping action. Know a range of techniques to negotiate obstacles. Know when to use different types of throws. Knowing how quick feet help sprinting speed. Know the difference between static and dynamic balances.	Hit Run Catch 1 Make choices about where to hit the ball to maximise the chances of scoring. Know the reasons for different types of throws. Know how to hit the ball to different areas when batting. Know how to work as a team to score points in a striking and fielding game. Know which bat they would choose when playing.
Application	Gymnastics 1 Be able to combine 4 elements into a floor sequence. Be able to create power in a variety of different jumps. Be able to take weight on our hands and move in different ways. Be able to use our flexibility in a bridge and japana gymnastic shape. Be able to perform the point balance arabesque. Be able to perform a teddy roll.	Dance 1 Be able to show fear, anger and other emotions through facial expressions and actions Be able to copy and repeat a dance phrase with travel, gesture, stillness, turning and elevation. Be able to perform in unison as a whole class. Be able to perform in duet. Be able to show a simple phrase of canon. Be able to create an ending to their dance.	Attack Defend Shoot 1 Be able to kick the ball over long and short distances. Be able to stop a ball with control using the foot. Be able to work as a team to keep the ball. Be able to bounce a ball with a partner. Be able to bounce the ball while moving (dribbling). Be able to pass the ball forward in a game.	Send & Return 1 Be able to stay on their toes to move quickly to the ball. Be able to identify which hand is dominant in a game. Be able to use basic rules of serving to a partner. Be able to develop agility and use it in a game. Be able to use the correct grip to hit a self-fed ball. Be able to use the ready position in a rally.	Run Jump Throw 1 Be able to move quickly whilst being aware of others around. Be able to create power with their legs to turn at speed. Be able to move through an obstacle course with speed and control. Be able to choose the best throw for different situations. Be able to use quick feet whilst sprinting. Be able to perform static and dynamic balances.	Hit Run Catch 1 Be able to hit a ball and score points running to cones. Be able to defend a target by kicking. Be able to bowl underarm with control. Be able to hit a ball using different bats and techniques. Be able to throw accurately to a base. Be able to hit a ball into space, away from fields.
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	Year 3 - Physical Education	Year 3 - Physical Education	Year 3 - Physical Education	Year 3 - Physical Education	Year 3 - Physical Education	Year 3 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Tennis	Gymnastics 1	Dance 1	Netball	Swimming/Cricket	Swimming/Cricket
Knowledge	Tennis Know how to keep score in a game of tennis. Know how to describe different styles of shots in tennis. Know what the Ready Position is in tennis. Know why you move towards the ball to return it. Know how to play with a partner over a net. Know how to start a point in tennis. Know what court boundaries are.	Gymnastics 1 Know what contrast means in a gymnastics context. Know what it means to show extension in a shape. Know ways to move in and out of shapes with fluency. Know how to use rolls effectively in a sequence. Know how to exert power in a jump. Know how to use unison effectively with a partner and group.	Dance 1 Know what a duet is and what it means to perform using action and reaction. Know why unison is essential when performing as a whole class. Know how to demonstrate character through actions and movement. Know how to respond to a range of narratives and appreciate how dance can bring stories to life. Know ways to focus during a performance to connect with the audience. Know how to offer and receive constructive feedback.	Netball Know when to use a chest pass. Know dodging can be used in netball and other invasion games. Know how to show that you are ready to catch the ball. Know when to use a bounce pass. Know the role of the goal shooter. Know when to use a shoulder pass.	Swimming Know how to stay balanced whilst travelling in water. Know how to lift feet off the ground with support. Know how to pull through the water with the hands. Know how to put a face in the water. Know how to move from a prone floating to a standing position. Know how to move from a supine floating to a standing position. Know how to swim using back crawl leg kicks. Know how to push and glide with a float. Know how to use the sculling technique. Know how to swim in the prone position using 'doggy paddle'. Know how to move from gliding to swimming in 'doggy paddle'. Know how to maximise swimming distance. Cricket Know how to hit a straight drive that travels along the floor. Know how to bowl accurately underarm. Know how to move towards a delivered ball to hit it consistently. Know when to use a long barrier to stop a moving ball. Know when to use an overarm throw. Know how the wicketkeeper supports the fielding team.	Swimming Know how to stay balanced whilst travelling in water. Know how to lift feet off the ground with support. Know how to pull through the water with the hands. Know how to put a face in the water. Know how to move from a prone floating to a standing position. Know how to move from a supine floating to a standing position. Know how to swim using back crawl leg kicks. Know how to push and glide with a float. Know how to use the sculling technique. Know how to swim in the prone position using 'doggy paddle'. Know how to move from gliding to swimming in 'doggy paddle'. Know how to maximise swimming distance. Cricket Know how to hit a straight drive that travels along the floor. Know how to bowl accurately underarm. Know how to move towards a delivered ball to hit it consistently. Know when to use a long barrier to stop a moving ball. Know when to use an overarm throw. Know how the wicketkeeper supports the fielding team.
Application	Tennis Be able to use the ready position to return a ball. Be able to hit the ball to different parts of the court using a forehand hit. Be able to perform an underarm serve to start a rally. Be able to move towards a ball to return it over the net. Be able to play cooperatively with a partner to keep the ball moving over the net. Be able to perform forehand hits to score points in a competition.	Gymnastics 1 Be able to show full extension during a balance. Be able to move in and out of contrasting shapes with fluency. Be able to perform a sequence using different types of rolls. Be able to perform powerful jumps from low apparatus. Be able to perform in unison with a partner. Be able to create a group performance using contrasting actions.	Dance 1 Be able to perform a jazz square and use it in our dance Be able to perform a dance showing two contrasting characters Be able to develop movements using improvisation Be able to use props in our dance sequence Be able to use facial expressions to show life and emotion to our dance Be able to take on the role of director to help others improve their dance	Netball Be able to catch a netball. Be able to perform quick, accurate chest passes. Be able to use dodging to get free from our opponent. Be able to use a bounce pass to feed the goal shooter Be able to use facial expressions to show life and emotion to our dance Be able to collect a loose ball.	Swimming Be able to keep their balance by pushing and pulling against the water. Be able to lift our feet off the ground and make shapes in the water. Be able to use our hands to move forward. Be able to put our faces in the water. Be able to stand again after floating on our front. Be able to stand again after floating on our backs. Be able to swim a short distance on our backs with a float. Be able to push and glide from the side of the pool. Be able to use the 'sculling' technique to swim on our backs. Be able to use 'doggy paddle' to swim a short distance on our front. Be able to move from a glide into a doggy paddle. Be able to swim as far as we are able on our front and back. Cricket Be able to hit a stationary ball into space using the straight drive Be able to bowl underarm to a batter with some consistency Be able to use the correct footwork to strike a bowled ball Be able to stop a moving ball using the long barrier technique Be able to throw longer distances overarm Be able to perform as a wicketkeeper	Swimming Be able to keep their balance by pushing and pulling against the water. Be able to lift our feet off the ground and make shapes in the water. Be able to use our hands to move forward. Be able to put our faces in the water. Be able to stand again after floating on our front. Be able to stand again after floating on our backs. Be able to swim a short distance on our backs with a float. Be able to push and glide from the side of the pool. Be able to use the 'sculling' technique to swim on our backs. Be able to use 'doggy paddle' to swim a short distance on our front. Be able to move from a glide into a doggy paddle. Be able to swim as far as we are able on our front and back. Cricket Be able to hit a stationary ball into space using the straight drive Be able to bowl underarm to a batter with some consistency Be able to use the correct footwork to strike a bowled ball Be able to stop a moving ball using the long barrier technique Be able to throw longer distances overarm Be able to perform as a wicketkeeper
	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document
	Year 4 - Physical Education	Year 4 - Physical Education	Year 4 - Physical Education	Year 4 - Physical Education	Year 4 - Physical Education	Year 4 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	OAA	Tag Rugby Hockey	Swimming/Gymnastics 1 Netball	Swimming/Gymnastics 1 Fitness Unit 1	Tennis Dance 1	Cricket Rounders
Knowledge	Tag Rugby Know why consistency in passing is needed to build an attack. Know when you would pick up a ball from the floor. Know why it is important to keep possession as a team. Know how to talk to teammates to help complete a task. Know how to include all teammates to complete a task. Know the cardinal points of a compass. Know what orienteering is. Know how to use a map to plot a route. Recognise and recall common map symbols.	OAA - Year 4 Know how to listen and suggest ideas when working as a team. Know how to talk to teammates to help complete a task. Know how to include all teammates to complete a task. Know the cardinal points of a compass. Know what orienteering is. Know how to use a map to plot a route. Recognise and recall common map symbols.	Swimming Know how to stay balanced whilst travelling in water. Know how to lift feet off the ground with support. Know how to pull through the water with the hands. Know how to put a face in the water. Know how to move from a prone floating to a standing position. Know how to move from a supine floating to a standing position. Know how to swim using back crawl leg kicks. Know how to push and glide with a float. Know how to use the sculling technique. Know how to swim in the prone position using 'doggy paddle'. Know how to move from gliding to swimming in 'doggy paddle'. Know how to maximise swimming distance. Gymnastics 1 Know what the word composition means in relation to gymnastics. Know what the STEP principle is. Know several actions that require gymnasts to take their weight on their hands. Know 5 compositional ideas. Know what cooperation is in a PE context. Know how to judge a basic gymnastic sequence. Netball Know why you bring the ball to your chest to protect it. Know where you are allowed to go on the court. Know the footwork rules. Know some fliers rules. Know why good marking is essential. Know some preliminary moves.	Swimming Know how to stay balanced whilst travelling in water. Know how to lift feet off the ground with support. Know how to pull through the water with the hands. Know how to put a face in the water. Know how to move from a prone floating to a standing position. Know how to move from a supine floating to a standing position. Know how to swim using back crawl leg kicks. Know how to push and glide with a float. Know how to use the sculling technique. Know how to swim in the prone position using 'doggy paddle'. Know how to move from gliding to swimming in 'doggy paddle'. Know how to maximise swimming distance. Gymnastics 1 Know what the word composition means in relation to gymnastics. Know what the STEP principle is. Know several actions that require gymnasts to take their weight on their hands. Know what cooperation is in a PE context. Know how to judge a basic gymnastic sequence. Fitness Unit 1 Know what exercises work best in a Tabata. Know why consistency is important in an EMOM workout. Know the principles of an AMRAP workout. Know how perseverance is used in a ladder workout. Know the benefits of a 'for time' workout. Know why determination and perseverance are important when trying to set a new personal best.	Tennis Know the purpose of the ready position. Know where the middle of the court is. Know why you would play a backhand shot. Know how to force an opponent to make a mistake. Know some differences between singles and doubles court markings. Know what it is called when you play tennis with a teammate. Know two ways of positioning yourself in doubles play. Dance 1 Know how gestures, jumps and turns help convey character. Know how to select and apply some performance skills. Know what formations and canon are and use them in trio. Know how to improvise within a group to build and create a dance phrase. Know how to link sections of dance together and appreciate effective transitions. Know how to communicate their ideas sensitively and effectively.	Cricket Know how to score single runs. Know where the crease is and its purpose in a game. Know how to deliver an overarm bowl. Know how to play a pull shot when batting. Know how to stop a bouncing ball when fielding. Know how to set up a game of French cricket independently. Rounders Know why you hit the ball in different directions. Know and play the role of the backstop. Know what a legal bowl is. Know the running and stumping rules to maximise your runs. Know how to make decisions when running between posts. Know and use a scoring system. Know and describe successful play in a game.

			Swimming Be able to keep their balance by pushing and pulling against the water. Be able to lift our feet off the ground and make shapes in the water. Be able to use our hands to move forward. Be able to put our faces in the water. Be able to stand again after floating on our front. Be able to stand again after floating on our backs. Be able to swim a short distance on our backs with a float. Be able to push and glide from the side of the pool. Be able to use the 'sculling' technique to swim on our backs. Be able to use 'doggy paddle' to swim a short distance on our front. Be able to move from a glide into a doggy paddle. Be able to swim as far as we are able on our front and back. Gymnastics 1 Be able to perform a 6-element sequence that uses changes in speed and direction. Be able to use the STEP principle to create a partner sequence. Be able to take weight on hands, showing control. Be able to develop a sequence using compositional ideas, e.g. changing speed. Be able to cooperate as a group to refine a short sequence. Be able to compare and judge sequences. Netball Be able to protect the ball once we have caught it. Be able to use basic shooting techniques in a game. Be able to perform one-to-one marking. Be able to pivot once we have caught the ball. Be able to use quick feet. Be able to use preliminary moves.	Swimming Be able to keep their balance by pushing and pulling against the water. Be able to lift our feet off the ground and make shapes in the water. Be able to use our hands to move forward. Be able to put our faces in the water. Be able to stand again after floating on our front. Be able to stand again after floating on our backs. Be able to swim a short distance on our backs with a float. Be able to push and glide from the side of the pool. Be able to use the 'sculling' technique to swim on our backs. Be able to use 'doggy paddle' to swim a short distance on our front. Be able to move from a glide into a doggy paddle. Be able to swim as far as we are able on our front and back. Gymnastics 1 Be able to perform a 6-element sequence that uses changes in speed and direction. Be able to use the STEP principle to create a partner sequence. Be able to take weight on hands, showing control. Be able to develop a sequence using compositional ideas, e.g. changing speed. Be able to cooperate as a group to refine a short sequence. Be able to compare and judge sequences. Fitness Unit 1 Be able to use coordination in exercises. Be able to keep moving even when tired. Be able to participate in an AMRAP workout. Be able to identify what they found challenging and why. Be able to work under time pressure. Be able to beat their previous score and work out the difference in scores.	Tennis Be able to return to the middle of the court after playing a shot. Be able to use the forehand in game situations accurately. Be able to play a backhand shot with some control. Be able to combine ready position and court movement to return the serve consistently. Be able to work with a partner to score points in a game. Be able to use forehand and backhand shots to score points in a competitive situation. Dance 1 Be able to create a solo dance using some performance skills. Be able to remember, perform and master a dance phrase. Be able to apply relationship variations to a trio dance phrase. Be able to respond effectively and sensitively to the ideas of others. Be able to use gestures to create a secret mission ending in the dance. Be able to perform a secret agent dance with control, precision and skill.	Cricket Be able to hit the ball in different directions Be able to anticipate when to run to score singles Be able to intercept a moving ball with one hand Be able to attempt to bowl overarm Be able to play a pull shot and attempt it in a game Be able to field a bouncing ball effectively Rounders Be able to hit the ball in different directions. Be able to run between the posts and avoid getting stumped out. Be able to intercept the ball using one hand. Be able to underarm bowl, abiding by the rules of bowling. Be able to play the role of backstop in a small game. Be able to use a rounders scoring system and use it in a game.
Application	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document
	Year 5 - Physical Education	Year 5 - Physical Education	Year 5 - Physical Education	Year 5 - Physical Education	Year 5 - Physical Education	Year 5 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Tag Rugby OAA	Swimming Gymnastics 1	Basketball Netball Dance 1	Netball Tennis Gymnastics 2	Tennis Cricket	Athletics Rounders
Knowledge	Tag Rugby Know what a defensive line is. Know how accurate passing is important in invasion games and give examples. Know when you would use a pop pass. Know what a formation is in invasion games. Know the benefits of the magic diamond formation. Know the purpose of the 3-step rule. OAA Know some different forms of communication. Know how to quickly and safely collect control points. Know the importance of remembering and recalling locations. Know how to communicate with a group when leading them in a task. Know how to think creatively when building marshmallow towers. Know how to decipher simple Morse Code. Know how to justify the method used to complete a task, explaining why certain choices were made and if any changes would be needed next time.	Swimming Know how to jump into the water safely. Know how to sink and roll underwater. Know how to use the correct leg kick action in front crawl. Know how to surface dive. Know how to transition from one floating position to another. Know how to kick using breaststroke leg action. Know how to do a handstand underwater. Know how to somersault underwater. Know how to use sculling technique to swim with face in the water. Know how to smoothly transition from swimming on front to back. Know how to kick underwater using the breaststroke technique. Know how to maximise swimming distance. Know how to select the best stroke to win a race. Gymnastics 1 Know why a round-off is a more complex skill to perform. Know a range of ways to bring symmetry to partner work. Know a range of ways to bring asymmetry to individual work. Know what counterbalance means in the context of gymnastics Know how to use existing knowledge of compositional ideas with balance work. Know how to give thoughtful and constructive feedback.	Basketball Know why blocking is used in a game. Know what the term 'ball carrier' means. Know what the 'wing' refers to in a basketball court. Know what it means to be under pressure in a game. Know the importance of winning the rebounding ball. Know some basic rules of the game. Dance 1 Know how some of the stylistic qualities of Bollywood dance. Know what a transition is and its importance in creating flow in dance. Know what the term aesthetics means in relation to dance. Know the stylistic features of Line Dance. Know what a wall pattern is in Line Dancing Know the cultural origins of both Bollywood and Line Dancing.	Netball Know some recognised netball passes. Know why it is important to find space in a game. Know how to get free of a defender in a game. Know why dodging is a crucial skill in netball. Know why quick turns/pivots help to build an attack. Know why reaction time is important in netball. Gymnastics 2 Know what a pathway is in a gymnastics context. Know what refining a skill means and be able to give examples. Know why progressions are necessary in gymnastics. Know the key steps to link two cartwheels together. Know why strength and flexibility are essential to perform a bridge. Know how to select and apply skills for the best performance.	Tennis Know why you must move to hit the ball before the second bounce. Know when you might play an overhead shot. Know what a volley is and when you would use it. Know different doubles formations and when to use them. Know some of the service rules of tennis. Know how to take turns and play cooperatively to learn new games. Know how to umpire using some basic rules of the game. Cricket Know what a run-out is. Know how to judge and call for a run when batting with a partner. Know which is the off-stump when keeping wicket. Know how to grip the ball correctly to bowl overarm. Know how to play a forward defensive shot when batting. Know what the on and off side of the field refers to.	Athletics Know what a leg of a relay race is. Know how to pace a run over longer distances. Know how to mark out a run-up for the long jump. Know which event(s) a push throw is used in. Know where to perform a baton exchange in a relay race. Know how a positive mindset as a team helps when performing a task. Know how to use the STEP principle to adapt a task. Rounders Know and list the rules of rounders learned so far. Know how to maximise the chance of scoring as a batter. Know what a backward hit is. Know how to follow the path of the bowled ball as the backstop. Know how to be effective as a fielder to reduce scoring opportunities. Know how to work with other fielders to restrict run-scoring. Know what it means to set a field.
Application	Tag Rugby Be able to use defensive positions to mark and tag an attacker. Be able to pass a ball accurately and consistently while on the move. Be able to defend as part of a team to deny space to attackers Be able to use a pop pass over short distances to create an explosive run. Be able to move the ball quickly using the 'magic diamond' formation. Be able to use the 3-step and pass rule with some confidence. OAA Be able to explore different ways of communicating with a blindfolded partner. Be able to follow a designated route at maximum speed safely. Be able to use memory methods to recall different objects whilst navigating. Be able to use clear communication to recreate a shape from memory. Be able to use creative thinking to create the tallest tower. Be able to send and interpret messages using Morse Code.	Swimming Be able to jump in and submerge in deeper water. Be able to sink and then roll under the water. Be able to use front crawl leg action to swim longer distances. Be able to tuck, float and collect objects from the bottom of the pool. Be able to transition from one floating shape to another without putting our feet down. Be able to use breaststroke leg action to swim on my front and back. Be able to handstand on the bottom of the pool. Be able to somersault underwater. Be able to move forward with our faces in the water using the sculling action. Be able to move smoothly through the water, transitioning from front to back. Be able to propel ourselves underwater while using breaststroke. Be able to swim over longer distances without floats or armbands. Gymnastics 1 Be able to perform a version a round-off. Be able to create and perform a partner sequence using symmetry Be able to create and perform a partner sequence using asymmetry Be able to perform a counterbalance with a partner Be able to perform smooth transitions between counterbalances using different levels Be able to evaluate each other's work and suggest improvements	Basketball Be able to use blocking to stop an opponent from shooting. Be able to perform a front pivot and try to use it in a game. Be able to use a forward pass and wing play to build an attack as a team. Be able to perform a one-handed push pass under pressure. Be able to create space using the box-out technique to recover rebounds. Be able to catch the ball under pressure into the triple-threat position. Dance 1 Be able to dance in the Bollywood style. Be able to create a Bollywood duet. Be able to present and appreciate a Bollywood dance. Be able to perform in the Line Dance style. Be able to create a group line dance. Be able to present and appreciate a Line Dance.	Netball Be able to choose the appropriate pass for different scenarios. Be able to find space to receive in a game. Be able to use different dodging techniques to outwit a defender and get free. Be able to practice and perform pivoting and quick turns. Be able to get into closer shooting positions. Be able to react and move quickly in isolation and games. Gymnastics 2 Be able to use space creatively along an L-shaped pathway. Be able to refine round-off technique. Be able to refine over-the-shoulder roll and attempt a handstand finish. Be able to link two cartwheels smoothly. Be able to perform a bridge with accuracy whilst using a run-up Be able to transition into a bridge with control. Be able to develop a 6-element partner sequence incorporating asymmetry.	Tennis Be able to perform a range of different shots with control. Be able to move quickly to the ball to perform a volley. Be able to play an overhead shot. Be able to use different court formations during doubles play. Be able to refine movement to hit the ball before the second bounce. Be able to perform a diagonal serve to begin a game. Cricket Be able to work with a partner to score runs Be able to throw accurately over short distances to get batters out Be able to follow the path of the ball to catch as a wicketkeeper Be able to overarm bowl with accuracy whilst using a run-up Be able to play a forward defensive shot Be able to set a field in a game to limit the runs scored by a batter	Athletics Be able to run for speed & distance individually & as part of a team. Be able to pace a run over longer distances. Be able to perform different jumping styles and explore which ones they can jump further with. Be able to use the push-throw technique. Be able to exchange a baton within a restricted area. Be able to design an activity for others using the STEP principle. Rounders Be able to judge how far to run based on the distance of a hit. Be able to throw over short distances with power and accuracy to get batters out. Be able to follow the ball's path to ensure it is fielded consistently. Be able to use the backwards hit rule tactically as the backstop. Be able to hit the ball into gaps to maximise the chance of scoring. Be able to set a field in a game to limit the scoring of a batter.
	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document	HoH PE Curriculum Document
	Year 6 - Physical Education	Year 6 - Physical Education	Year 6 - Physical Education	Year 6 - Physical Education	Year 6 - Physical Education	Year 6 - Physical Education
	Module 1	Module 2	Module 3	Module 4	Module 5	Module 6
Focus	Swimming OAA	Tag Rugby Basketball	Netball Dance 1	Football Hockey	Athletics Rounders	Cricket Tennis
Knowledge	Swimming Know how to jump into the water safely. Know how to sink and roll underwater. Know how to use the correct leg kick action in front crawl. Know how to surface dive. Know how to transition from one floating position to another. Know how to kick using breaststroke leg action. Know how to do a handstand underwater. Know how to somersault underwater. Know how to use sculling technique to swim with face in the water. Know how to smoothly transition from swimming on front to back. Know how to kick underwater using the breaststroke technique. Know how to maximise swimming distance. Know how to select the best stroke to win a race. OAA Know how to orient a map and the difference between a scavenger hunt and orienteering. Know why group balances are a good way to test your trust in others. Know how to follow written instructions, videos and diagrams to tie a reef knot. Know what the key features of a game are. Know the importance of trial and error when problem-solving. Know how to take part in a group discussion about how a team performed, reflecting on their own performance with honesty.	Tag Rugby Know how to support a ball carrier to create continuity. Know some set plays and how they benefit the attacking team. Explain why taking the distance, not the time, is best once tagged. Know why attacking the space on the field is essential for gaining an advantage. Know why it is necessary to transition quickly from attack to defence when you lose possession. Know what it means to transition from attack to defence and vice versa. Know how to select and apply a range of passes during attacking set plays. Know and consistently play by the set rules, such as offside. Basketball Know what it means to perform a counter-attack. Know the purpose of a retreat dribble. Know how agility skills can be used in basketball. Know the purpose of a v-cut. Know why an attacker would drive to the net. Know why playing basketball is a good way to maintain fitness. Know how different points are awarded	Netball Know why coordination is important in netball. Know how to mark a ball when defending. Know why positioning is important when attacking around the emi-circle. Know how to rebound a missed shot. Know how to be active as a defender to intercept a pass. Know what it means to be onside. Dance 1 Know some of the cultural history of street dance. Know the stylistic features of street dance. Know how to create conflict in a dance. Know what dynamics are and how to use them to enhance a dance. Know what intention means in dance. Know what physical theatre is. Know what contact work is.	Football Know which player is in the best position to shoot. Know what it means to restrict your opponent's space and ways to do this. Know when a penalty kick is awarded. Know how to work with a teammate to create scoring chances. Know when a covering defender is needed. Know how to control the ball under pressure. Hockey Know how to shoot from close range. Know where to play a long corner from. Know what the benefits of goal-side marking are and in what other sports it's used. Know why you would use a banana run to force the attacker wide. Know when a hit-out should be awarded. Know when you would use an Indian dribble.	Athletics Know why a crouch start to a sprint creates power. Know how to combine the phases correctly for a triple jump. Know when you would use a heave throw. Know what a paraffuff is and how it can improve running times over longer distances. Know which throwing event they perform best at. Know how to fairly distribute laps of the paraffuff depending on confidence, fitness, speed and ability. Rounders Know why you would use fast bowling. Know the key steps to track and catch a high ball. Know the difference between defensive and attacking batting. Know when to work as a pair to field a long ball. Know tactics to avoid getting run out by your teammate. Know attacking and defensive fielding tactics. Know and apply modified rules of rounders.	Cricket Know some of the fielding positions in a ring field, e.g. midoff Know when the on and off side of the field changes Know when to bowl a short-pitched ball Know how to work together to field a long ball. Know how to set an attacking field. Know how to consistently apply the rules of cricket as both a player and umpire. Tennis Know what is meant by a powerful shot and what a lob shot is. Know different defensive formations to play collaboratively with a partner. Know what net-play is and what is meant by a doubles tactic. Know how to respond to different paces of serve and that a serve is diagonally across the court. Know what it means to cover space as a doubles partner. Know some of the features of proper tennis scoring.
Application	Swimming Be able to jump in and submerge in deeper water. Be able to sink and then roll under the water. Be able to use front crawl leg action to swim longer distances. Be able to tuck, float and collect objects from the bottom of the pool. Be able to transition from one floating shape to another without putting our feet down. Be able to use breaststroke leg action to swim on my front and back. Be able to handstand on the bottom of the pool. Be able to somersault underwater. Be able to move forward with our faces in the water using the sculling action. Be able to move smoothly through the water, transitioning from front to back. Be able to propel ourselves underwater while using breaststroke. Be able to swim over longer distances without floats or armbands. OAA Be able to work with partner to successfully orient and follow map. Be able to identify objects quickly from a written description. Be able to safely perform a pyramid balance in a small group. Be able to work as part of a team to complete a range of tasks. Be able to create a fun and challenging game for others to complete. Be able to listen to others to refine and adapt ideas to complete a complex task.	Tag Rugby Be able to create attacking continuity by supporting the player with the ball Be able to use set plays in attack to create space for the ball carrier Be able to develop the 3-step rule Be able to attack the space as a ball carrier to create scoring opportunities. Be able to change from an attacking to a defensive formation when your team loses possession. Be able to observe and analyse our classmate's performance. Basketball Be able to counterattack using the fast break. Be able to perform the retreat dribble to maintain possession. Be able to perform a free throw with consistency. Be able to use speed and agility to perform a v-cut to get free from a defender. Be able to drive to the basket using strength and coordination. Be able to attempt a three-point shot.	Netball Be able to improve our coordination. Be able to mark the pass or the shot. Be able to organise themselves in and around the semi-circle. Be able to compete to win the rebounding ball. Be able to stay active to intercept a pass. Be able to stay onside in games depending on the position being played. Dance 1 Be able to perform some Street Dance actions. Be able to build conflict in their dance using choreographic devices. Be able to prepare for and perform a Street Dance. Be able to perform in the style of Physical Theatre. Be able to show intention and tell a story through their Physical Theatre performance. Be able to create and perform a Physical Theatre duet.	Football Be able to set up a shooting opportunity for a teammate. Be able to restrict an opponent's space by defending with a partner. Be able to perform a penalty kick with power and accuracy. Be able to attack and shoot as a pair. Be able to perform the role of a cover defender to stop/slow the opposition's attack. Be able to use close control to keep possession of the ball under pressure. Hockey Be able to shoot under pressure from close range. Be able to perform long corner routines as part of a team. Be able to use goal-side marking to prevent an attacker from getting closer to the goal. Be able to perform in the style of Physical Theatre. Be able to use a hit-out to successfully restart a game. Be able to attempt an Indian dribble and play competitively using new skills.	Athletics Be able to use the sprint start technique to increase running speed. Be able to perform the three phases of the triple jump. Be able to perform the heave throw technique Be able to assess their own ability to play their role in paraffuff. Be able to perform the scissor jump technique Be able to record and relay results over a range of track and field events. Rounders Be able to bowl tactically with an attacking ball to make it more difficult for the batter to hit. Be able to track and catch a high ball. Be able to use fast bowling to deceive your opponent. Be able to work in a pair in the field to restrict scoring. Be able to apply tactics when running around bases to avoid overtakes. Be able to apply attacking and defensive tactics in a competitive situation.	Cricket Be able to create pressure on a batter by using a ring field Be able to track and catch a high ball consistently Be able to perform a short-pitched bowl to get a batter to hit the ball in the air Be able to work in a pair to restrict runs scored when fielding Be able to play an on-drive Be able to set an attacking field Tennis Be able to communicate clearly with a partner to score points. Be able to attempt a two-handed backhand shot with control. Be able to perform a lob shot. Be able to apply the correct rules and scoring system in games. Be able to play in different doubles formations and work with our partner to improve. Be able to successfully apply a range of tactics in doubles play.