



Physical education
National
Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success

Pupils should be taught to:

- ♣ use running, jumping, throwing and catching in isolation and in combination
- ♣ play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- ♣ develop flexibility, strength, technique, control and balance
- ♣ perform dances using a range of movement patterns
- ♣ take part in outdoor and adventurous activity challenges both individually and within a team
- ♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best

Swimming:

- ♣ swim competently, confidently and proficiently over a distance of at least 25 metres
- ♣ use a range of strokes effectively
- ♣ perform safe self-rescue in different water-based

It is hoped that all children will be **physically literate** prior to starting their KS2 programme. If not these skills will be developed to enable them to meet the curriculum demands

Year 3

Declarative knowledge – I know how to and **Procedural knowledge - I can**

Key competencies: **Motor competencies** **Rules/strategies & tactics** **Healthy participation** (linked to PE Ofsted guidance 2022)

HANDY-BALL	DANCE	GYM	NETBALL /HOCKEY	STRIKING/FIELDING GAMES	ATHLETICS / OAA
<ul style="list-style-type: none"> -how to retrieve and carry a ball one handed, --travel in a variety of different ways -the correct technique for catching and a one handed over arm throw -how to pass and move into a space -the 3 step rule - to pass the ball then move into a space to receive the ball - correct shooting technique 	<ul style="list-style-type: none"> -how to move into and out of held positions with control -how to travel using different pathways alone & with partner -each phrase of movement -how to move from individual, to pair to group phrases smoothly -how to move from high to low & turn & travel in various ways -how to show emotion when performing -where other dancers are when performing - how to tell a story through movement -how to perform the dance with strong starting and finishing poses 	<ul style="list-style-type: none"> -how to demonstrate and hold the 10 basic shapes with control -how to perform contrasting balances with a change of speed and level -how to land a variety of jumps with control -how to perform matching actions with a partner using contrasting shapes/rolls -how to transfer weight from hands to feet with rhythm and control -how to perform contrasting shapes and balances on apparatus 	<ul style="list-style-type: none"> -how to dribble, pass, shoot a ball with control over both short & long distances --the correct technique for each pass -how to work with others to pass the ball with increasing speed and accuracy -how to plan simple tactics to play the core task/ game -how to lose an opponent by changing speed and direction - how to mark a player to stop the attacker receiving a pass - how to intercept or tackle a player to win the ball 	<ul style="list-style-type: none"> -how to stop a ball using a long barrier when fielding -how to throw / bowl a ball underarm with increasing accuracy for a partner to catch -how to catch a ball and return to target at speed - how to throw a ball for distance -how to hit a ball from a tee or a self feed & how to improve this skill -how to work as a team when fielding 	<ul style="list-style-type: none"> -how to run at speed over short distances & sustain pace over longer. -how to investigate throwing styles from different start positions & understand how to improve my technique -how to perform a balanced landing on 2 feet when jumping forwards and performing combination jumps - how to work as a team to score points in an athletics circuit -recognise and use NSEW for directions -how to orientate a map, find a starting point & symbols - how to communicate clearly to solve tasks -how to work both independently & as a team to develop an activity

Key skills:

- describe what effects exercise has on our bodies and how it is valuable to our fitness and health .Recognise activities that help fitness. Understand the importance of flexibility and posture for development. Can develop their own conditioning exercises.
- take part in heart rate raising activities within ALL warm ups (aim 6 mins continuous activity)
- see how their work is similar and different to that of others' work, and use this understanding to improve their own performance.
- practice and adapt to improve performance. - discuss with others how to solve problems

Year 4

Declarative knowledge – I know how to and **Procedural knowledge - I can**

Key competencies: **Motor competencies** **Rules/strategies & tactics** **Healthy participation** (linked to PE Ofsted guidance 2022)

BASKETBALL / FITNESS	DANCE	GYM	FOOTBALL SHORT TENNIS	CRICKET	ATHLETICS / OAA
<ul style="list-style-type: none"> -how to pass and receive with increased control and accuracy -how to use a variety of passes to keep possession - understand the travel rule -how to pass and receive the ball on the move -the correct technique for dribbling the ball with either hand -how to use correct shooting technique from close range -how to mark a player using a defensive stance -what a fitness circuit is and how to devise one -what my main muscles are and how to get them stronger -what my breathing rate and heart rate are and how exercise affects them 	<ul style="list-style-type: none"> -how to copy and follow your partner changing dynamics when moving e.g. height and speed -how to create a motif to show the theme of the dance -how to use gesture to express the feelings -how to perform a variety of different shapes in the air and hold a pose on a controlled landing -how to choreograph a short sequence working together in pairs or a small group creating movements based on chosen theme -how to transition smoothly between phrases -how to remember and perform dance 	<ul style="list-style-type: none"> -I know how to perform 3 shapes in unison with a partner to include twisted shape -how to move into a balance from different starting positions -I know how to perform a shoulder roll in opposite directions -I know how to explore ways of turning on the spot and off a bench -I know how to take weight on hands when moving over a bench -I know how to practise and remember the sequence needed for take-off when vaulting -I know how to learn a set sequence and add a change of height -I know how to safely move large apparatus into set positions 	<ul style="list-style-type: none"> -how to dribble and pass the ball towards the basket with control -how to shoot the ball at a target from varying distances to score -how to pass the ball to a partner avoiding a defender -how to make a decision on when to successfully intercept the ball -how to mark a player with the ball -3 basic rules of the game -how to perform a 2 handed throw using forehand and backhand action - how to move to the ball and return to the centre of the court after each throw -how to control and strike a ball and with a racket towards a space/target -how to implement simple tactics to score a point -3 main rules for a mini tennis game 	<ul style="list-style-type: none"> -how to retrieve a ball and return it to a wicket - 3 tips for hitting a cricket ball -how to hit a drop feed ball with a cricket bat -the correct throw for different distances -how to bowl a ball underarm at a wicket -how to demonstrate correct technique for hands when close catching and deep field catching - batting technique to protect the wicket - when to run to the wicket to score a run 	<ul style="list-style-type: none"> - 3 tips for sprinting -how to demonstrate changes in running style between sprinting and distance events - the stance for a one handed push and pull throw -how to throw using a straight arm technique similar to discus - 3 tips when for jumping for distance and height -how to improve technique for race walking -how to pass and receive a baton effectively -how to follow instructions to set up station safely as part of an athletics circuit recognise and use NSEW for directions -how to orientate a map, find a starting point & symbols - how to communicate clearly to solve tasks -how to work both independently & as a team to develop an activity

Key skills:
To understand what makes a healthy lifestyles, including the benefits of exercise and healthy eating and how to make informed choices.
Can take part in heart rate raising activities within ALL warm ups (aim 6 mins continuous activity)
Complete a simple checklist on a partner's performance. Choose and use information to suggest ways to improve for themselves and others
Communicate and collaborate. Can support younger children.

Please note: Where schools have combined KS2 classes & work on a 2 year cycle; both year 3 & 4 LO will be followed every year even though topics/themes may vary. This will ensure consistency and progression.

