

Outdoor Physical Education Knowledge and Skills Overview

Outdoor PE area	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Ball skills	<p>Knowledge and skills</p> <p>Ball Skills:</p> <p>Begin to develop ball handling skills.</p> <p>Begin to develop kicking.</p>	<p>Knowledge and skills</p> <p>Ball Skills:</p> <p>Show control and accuracy with the basic actions for underarm throwing and kicking.</p> <p>Begin to develop ball handling skills.</p> <p>Rolling and ball to a partner or target.</p> <p>Throwing a ball/ beanbag underarm at a target.</p> <p>Begin to develop kicking.</p> <p>Kicking ball using instep of foot.</p> <p>Controlling the ball with foot by trapping or stopping it when receiving or dribbling with ball.</p>	<p>Knowledge and skills</p> <p>Ball Skills:</p> <p>Develop and practice a range of ball skills.</p> <p>Throwing and catching a large round or oval ball. (year3 progression whilst moving)</p> <p>Perform a range of kicking and gathering skills with control.</p> <p>Continue to master skills from year 1 and use them in team games.</p> <p>Show control and accuracy</p>	<p>Knowledge and skills</p> <p>Ball Skills:</p> <p>Consolidate ball skills covered in KS1 and apply skills covered in invasion games</p> <p>Throwing and catching a large round or oval ball whilst moving.</p>	<p>Knowledge and skills</p> <p>Ball Skills:</p> <p>Develop some stopping techniques.</p> <p>Understand importance of keeping possession of the ball.</p> <p>Start to develop attacking and defending skills</p> <p>Show consistency and control in games.</p>	<p>Knowledge and skills</p> <p>Ball Skills:</p> <p>Developing ball skills in invasion games.</p> <p>Develop some stopping techniques, showing some control.</p> <p>Learn some tactics to keep possession of the ball.</p> <p>Understand the importance of creating space and communicating with each other.</p> <p>Use some learned techniques when attacking and defending.</p> <p>Choose appropriate techniques and</p>	<p>Knowledge and skills</p> <p>Ball Skills:</p> <p>Developing ball skills in invasion games.</p> <p>Learn travelling and stopping techniques, showing consistency and control.</p> <p>Use tactics to keep possession of the ball.</p> <p>Change direction and speed when travelling with the ball.</p> <p>Understand the importance of creating space and communicating with each other.</p> <p>Start to anticipate the direction of play both when</p>

						<p>execute with control and accuracy</p> <p>Show consistency and control in games.</p>	<p>defending and attacking.</p> <p>Use a range of techniques when attacking and defending.</p> <p>Show consistency and control in games, playing with greater speed and flow.</p>
Striking and fielding	Knowledge and skills	<p>Striking and fielding:</p> <p>Learn skills for striking and fielding games.</p> <p>Practise basic striking, sending and receiving.</p> <p>Use throwing and catching skills in a game.</p> <p>To practise accuracy of</p>	<p>Striking and fielding:</p> <p>Learn skills for playing striking and fielding games.</p> <p>Position the body to strike a ball.</p> <p>Develop catching skills.</p> <p>Throw a ball for distance.</p>	<p>Striking and fielding:</p> <p>To consolidate and develop a range of skills in striking and fielding.</p> <p>To develop and investigate different ways of throwing and to know when it is appropriate to use them.</p>	<p>Striking and fielding:</p> <p>Continue to develop and investigate different ways of throwing, and to know when each is appropriate.</p> <p>Use ABC (agility, balance, coordination) to field a ball well.</p>	<p>Striking and fielding:</p> <p>Develop skills in batting and fielding.</p> <p>Choose fielding techniques.</p> <p>Run between the wickets.</p> <p>Run, throw and catch.</p>	<p>Striking and fielding:</p> <p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Anticipate the direction of play when fielding.</p>

		<p>throwing and consistent catching.</p> <p>To strike with a racket or bat.</p>	<p>Practice throwing skills in a circuit.</p> <p>Follow rules and play game fairly.</p> <p>To use fielding skills to play a game.</p>	<p>To practise the correct technique for catching a ball and use it in a game.</p>	<p>Use ABC (agility, balance, co-ordination) to move into good positions and apply it in a game situation.</p> <p>Use hand-eye coordination to strike a moving and a stationary ball.</p> <p>Develop fielding skills and understand their importance when playing a game.</p> <p>Play in a competitive situation, and to demonstrate sporting behaviour.</p>	<p>Develop a safe and effective overarm throw</p> <p>Learn batting control and handling.</p> <p>Strike a ball with intent and throw it with accuracy when fielding,</p> <p>Intercept and stop the ball and return the ball quickly.</p> <p>Choose where to stand as a fielder, working well as a team.</p> <p>Use all the skills learned by playing in a mini tournament.</p>	<p>Learn batting control, handling and changing grip.</p> <p>Learn the role of backstop.</p> <p>Play in a tournament/ match and work as team, using tactics in order to beat another team.</p>
Target games	<p>Knowledge and skills</p> <p>Target games:</p>	<p>Knowledge and skills</p> <p>Target games:</p>	<p>Knowledge and skills</p> <p>Target Games:</p>	<p>Knowledge and skills</p> <p>Target Games:</p>	<p>Knowledge and skills</p> <p>Perform a range of actions,</p>	<p>Knowledge and skills</p> <p>To use a variety of equipment in</p>	<p>Knowledge and skills</p>

	<p>Show control and accuracy with the basic underarm throwing and hitting.</p> <p>To be aware of others when playing games.</p> <p>Begin to use basic throwing techniques both underarm and overarm.</p>	<p>Choose the correct skills to meet a challenge.</p> <p>Throw and hit with increasing control and accuracy.</p> <p>Develop basic throwing techniques both underarm and overarm.</p> <p>Throw and hit a ball in different ways (e.g. high, low, fast or slow).</p>	<p>Perform a range of catching and gathering skills with control.</p> <p>Perform a range of actions, maintaining control of the ball.</p> <p>Master basic throwing techniques both underarm and overarm with varied equipment.</p>	<p>Choose and use simple tactics to play the game successfully</p> <p>Choose appropriate technique to play the game successfully</p> <p>Stay balanced and focused during action.</p>	<p>maintaining control of the ball with power.</p> <p>Understand weight and touch of action.</p> <p>Move fluently when using techniques and skills previously learned.</p>	<p>target games and recognise the link and difference between different problems and games.</p> <p>Aim for different heights and distances using appropriate power.</p>	<p>Understand and correct own technique and action to be more consistent in control and accuracy.</p> <p>Recognise and start to understand techniques and movements that link between different sports and games.</p> <p>Target games will consolidate skills covered in field athletics, invasion games, ball skills and net and wall games.</p>
Athletics	Knowledge and skills	Knowledge and skills	Knowledge and skills	Knowledge and skills	Knowledge and skills	Knowledge and skills	Knowledge and skills
		Use varied speeds when running.	Apply previously learned skills	Run in different directions and at different speeds,	Select and maintain a running pace for	Use correct technique to run at speed.	Use correct technique to run at speed.

		<p>Explore footwork patterns.</p> <p>Explore arm mobility.</p> <p>To explore different methods of throwing.</p>	<p>Throw with increasing accuracy and coordination into targets set at different distances.</p> <p>Demonstrate a range of throwing actions.</p> <p>Use different techniques and effort to meet challenges set for throwing.</p> <p>Use different techniques, speeds and effort to meet challenges set for running and jumping.</p> <p>Demonstrate the five basic jumps on their own and in combination, showing control at take-off and landing.</p>	<p>using a good technique.</p> <p>Improve throwing technique.</p> <p>Reinforce jumping techniques.</p> <p>Understand the relay and passing the baton.</p> <p>Throw with increasing accuracy and coordination into targets at different distances using a range of throwing actions.</p> <p>Use different techniques, speeds and effort to meet challenges set for running and jumping.</p> <p>Demonstrate 5 basic jumps on their own and in combination, showing consistent control</p>	<p>different distances.</p> <p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Demonstrate good running technique in a competitive situation.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>To utilise all the skills learned in this unit in a competitive situation.</p>	<p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p> <p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw.</p> <p>Demonstrate good techniques in a competitive situation.</p> <p>Apply previously learned skills</p> <p>Adapt and use appropriate running style and</p>	<p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p> <p>Explore different footwork patterns.</p> <p>To understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a push or throw.</p> <p>To demonstrate good techniques in a competitive situation</p>
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				in take-off and landing.		<p>run consistently and smoothly at different speeds.</p> <p>Sustain pace over longer distances.</p> <p>Throw overarm with control, accuracy and efficiency.</p> <p>Throw a range of implements into a target area accurately.</p> <p>Demonstrate a range of jumps showing power, control and consistency at take-off and landing.</p>	
Outdoor adventurous activities	Knowledge and skills	<p>Knowledge and skills</p> <p>Outdoor and Adventure Activities</p> <p>Walking:</p>	<p>Knowledge and skills</p> <p>Outdoor and adventurous activities</p> <p>Walking:</p>	<p>Knowledge and skills</p> <p>Outdoor and adventurous activities</p> <p>Walking:</p>	<p>Knowledge and skills</p> <p>Outdoor and adventurous activities</p> <p>Walking:</p>	<p>Knowledge and skills</p> <p>Outdoor and adventurous activities</p> <p>Walking:</p>	<p>Knowledge and skills</p> <p>Outdoor and adventurous activities</p> <p>Undertake forest walks</p>

		<p>Undertake walks that are off school grounds</p> <p>To find an object on the school site with clues</p> <p>Orienteering:</p> <p>Should be able to identify the hall, playground etc.</p> <p>Find their way using instructions of right, left, back, front, backwards, forwards or pictures maps and symbols.</p> <p>Use imagination to create an adventure walk</p>	<p>Undertake walks that are off school grounds</p> <p>To find an object on the school site with clues</p> <p>Orienteering:</p> <p>Should be able to identify the hall, playground etc.</p> <p>Find their way using instructions of right, left, back, front, backwards, forwards or pictures maps and symbols.</p> <p>Use imagination to create an adventure walk</p> <p>Work with a partner to guide them with instructions</p> <p>Work with a partner in a number of trust activities</p> <p>Begin to understand,</p>	<p>Undertake forest walks</p> <p>Identify symbols and features on a map that lead to them to a specific area</p> <p>Lead group on planned route with map</p> <p>Choosing a route to a destination and drawing it on a plan (draw your own maps to instruct a partner).</p> <p>Positive attitude towards caring for the environment</p>	<p>Undertake forest walks</p> <p>Identify symbols and features on a map that lead to them to a specific area</p> <p>Lead group on planned route with map</p> <p>Choosing a route to a destination and drawing it on a plan (draw your own maps to instruct a partner).</p> <p>Positive attitude towards caring for the environment</p> <p>Understand and apply cycling safety skills</p>	<p>Undertake forest walks</p> <p>Develop a range of cycling skills</p> <p>Understand and apply cycling safety skills</p> <p>Orienteering</p> <p>Complete the following</p> <p>Memory star orienteering course</p> <p>Point to point course</p> <p>Score orienteering course</p>	<p>Develop a range of cycling skills</p> <p>Understand and apply cycling safety skills</p> <p>Undertake a journey by bicycle where appropriate</p> <p>Undertake a camping trip to a suitable location</p> <p>Orienteering</p> <p>Complete the following</p> <p>Memory star orienteering course</p> <p>Point to point course</p> <p>Score orienteering course</p> <p>Undertake an obstacle course or physical challenges</p>
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			appreciate and respect the environment				
Net/ wall	<p>Knowledge and skills</p> <p>Net/Wall:</p> <p>Focus on throwing and catching.</p> <p>Develop hand eye coordination.</p> <p>Understand the basic techniques of throwing and catching.</p> <p>Play games based on net games (like tennis and badminton).</p>	<p>Knowledge and skills</p> <p>Net/Wall:</p> <p>Focus on throwing and catching.</p> <p>Develop hand eye coordination.</p> <p>Understand the basic techniques of throwing and catching.</p> <p>Understand basic hitting skills.</p> <p>Develop fundamental movements to react to flight of ball.</p> <p>Play games based on net games (like</p>	<p>Knowledge and skills</p> <p>Net/Wall:</p> <p>Perform throwing, catching and hitting skills</p> <p>Direct the ball into the spaces</p> <p>Anticipate the direction and flight of ball.</p> <p>Perform shots on both sides of the body</p> <p>Complete a rally. Use and make rules and keep games going without dispute</p>	<p>Knowledge and skills</p> <p>Net/Wall:</p> <p>Perform throwing, catching and hitting skills with control and consistency.</p> <p>Direct the ball into the spaces in their opponent's court.</p> <p>Get into a good position on court to receive the ball and know why this is important.</p> <p>Direct the ball with control, varying the speed and</p>	<p>Knowledge and skills</p> <p>Net/Wall:</p> <p>(Embedding skills from Autumn 1) Perform throwing, catching and hitting skills with control and consistency and be able to evaluate what is working well.</p> <p>Direct the ball into the spaces in their opponent's court, drawing on teamwork strategies.</p> <p>Get into a good position on court to receive the ball and be able</p>	<p>Knowledge and skills</p> <p>Net/Wall:</p> <p>Perform throwing, catching and hitting skills with accuracy, choosing the most appropriate strategies for the scenario.</p> <p>Work as a team to direct the ball into the spaces in their opponent's court, changing tactics when necessary Get into the most appropriate position on court</p>	<p>Knowledge and skills</p> <p>Net/Wall:</p> <p>Perform throwing, catching and hitting skills with control and consistency. Direct the ball into the spaces in their opponent's court. Get into a good position on court to receive the ball and know why this is important. Direct the ball with</p>

		tennis and badminton).		<p>height of the ball in order to hit a target area on the wall.</p> <p>Hit a ball over a net and start a rally with their partner.</p> <p>Learn how to volley and begin to use this shot when the opportunity arises in a game.</p> <p>Perform shots on both sides of the body with control.</p>	<p>to articulate why this is important.</p> <p>Direct the ball with control, varying the speed and height of the ball in order to hit a target area on the wall.</p> <p>Hit a ball over a net and maintain a rally with their partner.</p> <p>Use volleying when the opportunity arises in a game.</p> <p>Perform shots on both sides of the body with control and consistency.</p>	<p>to receive the ball and know why this is important.</p> <p>Direct the ball using most appropriate techniques in order to hit a target area on the wall.</p> <p>Hit a ball over a net and maintain a rally with their partner.</p> <p>Use volleying Perform shots on both sides of the body with control.</p>	<p>control, varying the speed and court to receive the ball and know why this is important.</p> <p>Direct the ball with control, varying the speed and height of the ball in order to hit a target area on the wall.</p> <p>Hit a ball over a net and maintain a rally with their partner.</p> <p>Use volleying when the opportunity arises in a game.</p>
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Indoor Physical Education Knowledge and Skills Overview

Indoor PE area	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Swimming	Knowledge and skills	Knowledge and skills	<p>Swimming:</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>	Knowledge and skills	<p>Swimming:</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>perform safe self-rescue in different water-based situations.</p>	Knowledge and skills

Dance and Gymnastics	National Curriculum	National Curriculum	National Curriculum	National Curriculum	National Curriculum	National Curriculum
	Knowledge and skills	Knowledge and skills	Knowledge and skills	Knowledge and skills	Knowledge and skills	Knowledge and skills
	<p>Gymnastics:</p> <p>Move confidently and safely in their own space; using changes of speed and direction.</p> <p>To explore gymnastic actions and still shapes.</p> <p>To copy or create movement phrases with beginning, middle and ends.</p> <p>Dance:</p> <p>To explore movement ideas and respond imaginatively.</p> <p>To move confidently and safely in their own space, using changes of speed, level and direction.</p> <p>To remember and repeat a range of actions with a partner</p>	<p>Gymnastics:</p> <p>Manage the space safely, showing good awareness of each other, mats and apparatus.</p> <p>To perform movement phrases using a range of body actions and body parts.</p> <p>To perform simple movement phrases, including travelling and jumping, and stay still when required.</p> <p>To explore gymnastic actions and still shapes.</p> <p>Dance:</p> <p>To remember and repeat a range of actions with a partner. Explore ideas, moods and feelings by experimenting with</p>	<p>Gymnastics:</p> <p>Practise partner balances and combine these with other actions to make sequences with changes of level and clarity of shape.</p> <p>Practise and refine forward rolls, teddy rolls and log rolls. Match and mirror a partner when performing sequences on the floor, mats and apparatus.</p> <p>Combine actions to make sequences with different balances and methods of travelling and rolling. Gradually increase the length of a sequence, adapting and refining their actions and agility.</p>	<p>Gymnastics:</p> <p>Practise partner balances and combine these with other actions to make sequences with changes of level and clarity of shape. Practise and refine forward rolls, teddy rolls and log rolls. Match and mirror a partner when performing sequences on the floor, mats and apparatus.</p> <p>Combine actions to make sequences with different balances and methods of travelling and rolling. Gradually increase the length of a sequence, adapting and refining their actions and agility.</p> <p>Dance:</p>	<p>Gymnastics:</p> <p>Perform longer combinations of actions, shapes and balances with consistency, fluency, good body tension in clarity of movement.</p> <p>Combine partner balances with linking movements to create a fluent sequence with a partner.</p> <p>Understand difference between symmetrical and asymmetrical shapes.</p> <p>Incorporate canon and unison into their sequences; using levels speeds and direction</p> <p>Dance:</p> <p>Respond to a range of stimuli, improvising freely using a range of controlled</p>	<p>Gymnastics:</p> <p>Perform partner balances with good body tension and clarity of shape.</p> <p>Work well with a partner to create a sequence of balances.</p> <p>Experiment with methods of jumping and landing. Practise and refine their take-off and landing techniques.</p> <p>Develop flight by adding a shape into the middle of their jump.</p> <p>Perform jumps and shape fluently and with control, when working with apparatus.</p> <p>Vary direction, levels and speed to improve</p>

		<p>actions, directions and levels.</p> <p>Practise and repeat movement phrases and perform them in a controlled way.</p>	<p>Explore different styles of body shape.</p> <p>Create short sequences of shape and balance, moving in and out of positions of stillness and changing levels and travel movement.</p> <p>Explore balances. Show control, accuracy and fluency of movement when performing actions individually or with a partner.</p> <p>Dance:</p> <p>Show imaginative response to different stimuli through their use of language and choice of movement. Use different compositional ideas to create motifs.</p> <p>Perform short dances, showing an awareness of others when moving.</p>	<p>Remember, practise and combine longer, more complex dance phrases. Communicate what they want through their dance and perform with fluency and control, showing sensitivity to the accompaniment</p>	<p>movements and patterns.</p> <p>Explore, improvise and choose appropriate material to create new motifs and develop them into phrases.</p> <p>Select and use a range of</p> <p>compositional ideas to create motifs that demonstrate their dance idea. Improvise and use simple choreography in their partner work, thinking about space, posture, levels and speed.</p> <p>Perform specific skills and movement patterns for the dance style with accuracy.</p>	<p>the look of a sequence.</p> <p>Dance:</p> <p>Respond to a range of stimuli, exploring appropriate material to create motifs and use controlled movements and patterns.</p> <p>Compose, develop and adapt motifs to make dance phrases in the chosen dance style.</p> <p>Explore dance and movement ideas imaginatively, including actions, dynamics, space and relationship.</p> <p>Perform with clarity and sensitivity to an accompaniment, communicating the dance idea on their own, with a partner and in a group.</p> <p>Practise and perform the whole dance with</p>
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