PE OVERVIEW CANNON LANE PRIMARY SCHOOL – KEY KNOWLEDGE

Year Group	Autumn		Spring		Summer	
Reception	**Locomotion: Walking** *Develop ability to walk and move in a space, change direction, speed and level and keep away from defenders.*	**Ball Skills:** **Hands 1** *Develop ability to push, roll and bounce a ball with control.* *Move a ball into a space avoiding defenders.*	**Gymnastics:** **High, Low, Over and Under** *Develop ability to move in silence pointing fingers and toes when making a shape or balance (Champion Gymnast)* *Develop the ability to move and balance in high and low ways.*	**Dance:** **Superheroes** *To respond to the stimulus using big and clear movements.*	**Ball Skills:** **Feet** *Explore moving the ball using feet. Start to dribble with control and move the ball into space avoiding defenders.*	**Attack v Defence:** **Games for understanding** *Develop ability to move into spaces avoiding others by adjusting speed and change direction.* *To be able to follow rules and learn simple tactics for defending and attacking.*
Year 1	**Specialist Dance:** *Develop ability to create simple movement sequences, moving in different ways.* **Locomotion: Running** *Develop ability to run using correct techniques to ensure maximum speed.* *Begin to understand the basic principles of attack and defence.*	**Team Building** *Develop an ability to work as part of a team to solve simple problems.* **Ball Skills:** **Feet 1** *Develop ability to dribble with control and moving the ball into space*	**Gymnastics:** **Wide, Narrow, Curled** *Develop the ability to move and balance in wide, narrow and curled ways on the floor and on apparatus like a champion gymnast.* *Develop ability to link movements with transitions to create simple sequences.* **Ball Skills:** **Hands 1** *To be able to send a ball towards and target, apply correct technique and aim carefully.* *To develop ability to receive and stop a ball.*	**Specialist Dance** *Develop an understanding of rhythm and pattern through movement.* *To control and coordinate bodies to perform a motif.* **Ball skills:** **Feet 2** Consolidate their ability to dribble the ball keeping control and moving into spaces. To be able to develop their ability to pass the ball accurately. To develop concentration skills as they focus on the target, their partner and the ball.	**Gymnastics:** **Body Parts** *Develop ability to apply champion gymnast skills.* *To move and balance in wide, narrow and curled ways on the floor and on apparatus.* *Show ability to link movements with transitions to create a simple sequence.* **Locomotion:** **Jumping** Apply the correct techniques for jumping and explore skipping. Jump into spaces to avoid defenders.	**Ball Skills:** **Rackets Bats and Balls** *Pupils will be able to push/hit their balloon/ball with both hands, keeping control.* *They will also be able to balance their object on their racket/bat.* **Attack v Defence:** **Games for Understanding** *Develop ability to apply attacking tactics and avoid defenders by staying in a space, changing speed and direction.* *Develop an understanding of rules.*
Year 2	**Dance:** **Water** *Explore and respond to a stimulus using various dynamics and movement qualities using the whole body to create a sequence of movement.* **Ball Skills:** **Hands 2** *To be able to dribble, pass and move with developing accuracy.* *Combine skills to score points in an adapted game.*	**Health and Wellbeing** *To develop skills of agility, balance and co-ordination, understanding what they mean and why they are important.* *Pupils will perform circuits to develop their application and understanding.* **Locomotion:** **Dodging** *To be able to dodge applying the correct technique ensuring*	**Gymnastics:** **Pathways** *To move like a champion gymnast.* *To perform a sequence which links movements with transitions on apparatus using jumps, rolls and balances.* **Ball Skills:** **Feet** *Apply passing and dribbling skills in order to keep position and score in an adapted game.*	**Ball Skills:** **Rackets Bats and Balls** To be able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders. To understand why it is so important to hit the ball into space and apply this understanding as the outwit their opponents. **Locomotion:** **Jumping** *Accurately apply jumping skills in combination and link*	**Dance:** **Explorers** *To develop expression and emotion in performances.* *Develop and perform a motif with a partner.* **Attack v Defence:** **Games for understanding** *To develop the ability to transition between defender and attacker whilst applying simple tactics as a team.*	**Gymnastics:** **Linking** *To move like a champion gymnast and develop the concept of flow.* *Perform a sequence on apparatus using jumps, rolls and balances.* **Athletics: Running** *To explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams.*

		maximum efficiency. To run, dodge and stay in a space avoiding defenders.		*jumps within an adapted game.*		
Year 3	**Dance:** **Cats** *Choreograph movements to develop a character. Perform movements with expression in canon or unison in a group. To be able to respond to a stimuli and work successfully in groups.* **Game Sense: Transition** *To consolidate fundamental movement skills acquired in KS1 applying skills to mini-games.*	**OAA:** **Problem solving** *To explore what skills makes an effective team through different problem-solving challenges.* **Games: Invasion** **Netball** *To develop passing and moving skills to outwit opponents and keep possession of the ball. To apply an understanding of where, when and why we pass and move, in order to score points against another team.*	**Gymnastics:** **Symmetry and Asymmetry** *Develop movements and balances that are symmetrical and asymmetrical. Apply them with flow in a sequence which includes the use of apparatus.* **Games: Invasion** **Basketball** *To develop passing and moving, dribbling and shooting skills to outwit their opponents and keep possession of the ball and score. To apply an understanding of where, when and why we pass, dribble and shoot in order to score points against another team.*	**Games: Invasion** **Dodgeball** *To develop their dodging, throwing and catching skills to outwit their opponents and win the game. To apply an understanding of where, when and why we dodge, throw and catch, in order to beat an opponent.* **Watford Football** *PLPS uses football as a vehicle for learning, this includes learning teamwork, problem solving and decision making skills that can be transferred into other sports.*	**Dance: Weather** *Respond to a stimuli adding drama and emotion to a story telling performance. Performance skills include stage presence, timing, rhythm and sustained character.* **Games: Net/ Wall** **Tennis** *To throw/hit the ball into space on their opponent's side of the court. After playing a shot pupil will recover to a ready position, ready to return the ball. To develop their understanding of where, when and why we throw/hit the ball into spaces on their opponent's side of the court.*	**Athletics:** **Mixed disciplines** *To apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important.* **Game: Striking and fielding** **Rounders** *To develop their ability to keep the batter's score as low as possible by applying accurate throwing, catching and retrieving skills. To understand the concept of batting and fielding, utilising the correct fielding skills in order to stop the batters.*
Year 4	**Specialist Dance:** *To explore movement through improvisation, unison and matching. To sustain their characters to add drama and emotion to the dance. To begin to evaluate their own and peer's performances.* **Games: Invasion** **Basketball** *To apply a secure understanding of passing, moving, dribbling and shooting in order to score points against another team. To demonstrate a growing*	**OAA:** **Communication and Tactics** *To learn how to solve problems by collaborating within their team, To understand why we need to communicate clearly with other team members to be successful.* **Games: Invasion** **Dodgeball** *To be able to apply a secure understanding of dodging, throwing, jumping, ducking and catching skills to*	**Gymnastics:** **Bridges** *Create sequences in pairs which combine balances and bridges. Pupils explore moving in and out of them with flow on the floor and on apparatus.* **Games: Invasion** **Netball** *To apply a secure understanding of passing, moving and shooting in order to score points against another team. To demonstrate a growing understanding of the difference between*	**Health and Wellbeing** **Mindfulness:** To explore how we feel in our minds and in our bodies, when we experience various emotions. To will learn how to execute balances and use relaxation techniques to help control different feelings. **Games: Invasion** **Football** *To apply a secure understanding of passing, moving and dribbling in order to shoot and score goals against another team. To demonstrate a growing*	**Specialist Dance:** *To develop movements that are big and clear, they will perform with expression and emotion as they tell a story. To understand what makes an 'excellent dancer' by applying creativity as they try a range of movement options and develop sequences.* **Games: Net/ Wall** **Tennis** *To create space to win points and apply the developing racket skills using forehand and backhand techniques.*	**Athletics:** **Throwing and jumping** *To develop throwing for distance with javelins using an accurate stance and well-timed release and explore the triple jump and apply correct arm and leg techniques to jump further consistently.* **Games: Striking and fielding** **Cricket** *To develop bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game. To apply an understanding of*

	understanding of the difference between attack and defence as well as when, where and why we execute certain skills.	*outwit their opponents and win the game. To demonstrate an understanding of the importance of apply skills at the right time (where, when and why) in order to win a game.*	*attack and defence by making effective decisions and creating simple tactics.*	*understanding of the difference between attack and defence as well as when, where and why we execute certain skills. To understand the concept of transition within football.*		*where, when and why we utilise our fielding skills to stop the batters using their batting skills to outwit the fielders.*
Year 5	**Specialist Dance** *To work individually and with a partner to explore speed and dynamic vocabulary in order to create a dance motif. To be able to use their bodies to perform technical movements with control and balance and good dynamics, concluding with a performance that uses expression and an element of improvisation.* **Games: Invasion** **Netball** *To be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes. To begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics.*	**Swimming:** *To develop confidence in the water by moving, gliding and developing buoyance skills. To use a range of strokes effectively [front crawl, backstroke and breaststroke].* *To learn self-rescue skills for different water-based situations.* **Games: Invasion** **Tag rugby** *Challenge pupils to apply their prior learning of passing and moving, learning how to execute different passes and understanding where/when they are used in a game.* *To develop tactics for both attacking and defending and apply these successfully within their team.*	**Gymnastics:** **Counter balances and counter tension.** *Accurately apply flow when they link balances with movement. To challenge their creativity when creating a sequence in a pair by using counter balances and counter tension.* **Games: Invasion** **Basketball** *To be able to pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes.*	**OAA:** **Orienteering** *To consolidate their ability to orientate a map and locate points, returning to base as quickly as possible. Understanding what makes an effective team and understand how important teamwork is when orienteering.* **Games: Invasion** **Football** *To be able to pass, move, dribble and shoot accurately and consistently, switching fluidly between attack and defence as possession changes. To begin to create and apply tactics that they can then adapt depending on the situation.*	**Games: Net/ Wall** **Tennis** *To execute a wide range of shots and play the ball into space. To be able to serve the ball accurately to start the game.* **Games: Striking and fielding** **Cricket** *To refine their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency to outwit their opponents. To be able to create and apply tactics for both batting, and fielding (including bowling) and apply these successfully within their teams.*	**Athletics:** **Running and throwing** *To develop the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put.* **Games: Striking and fielding** **Rounders** *To be able to apply refined fielding skills, (accurate throwing, catching and retrieving skills) will be in order to prevent the batters from scoring.*
Year 6	**Games: Net/Wall** **Tennis** *To learn to consistently apply effective shot techniques, applying decision making as to which shot to make and where to aim in order to score a point. To create, apply and evaluate tactics in singles and doubles games.*	**Games: Invasion** **Football** *To consistently apply effective attacking skills, applying decision making in order to keep possession and score. Apply pressure when defending to regain possession effectively.*	**Gymnastics:** **Matching and Mirroring** *To apply "excellent gymnastics" through matching and mirroring movements. To develop a sequence of movements, bringing together a combination of both matching and mirroring movements, to create a sequence.*	**Dance:** **Carnival** *To experience dances from different cultural traditions. To be able to perform with clarity, fluency, accuracy and consistency as part of a big group, using their bodies to perform technical movements with control and rhythm.*	**OAA:** **Isle of White Activity Centre** **OAA:** **Orienteering** *Refine ability to collaborate with others, orientate a map, locate points in an allocated time.*	**Dance: Choreography and performance** *To choreograph and perform movements and balances that incorporate emotion, expression and characterisation. To perform with flow and include a change of level and dynamic. To consolidate their ability to evaluate their own and others' performances.*

	Games: Invasion **Basketball** *To learn to consistently apply effective attacking skills, applying decision making in order to keep possession and score. Apply pressure when defending to regain possession effectively.*	**Health related exercise** *To consolidate pupils understanding of strength, flexibility and the cardiovascular elements of fitness. Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.*	**Games: Invasion** **Tag rugby** *To consolidate their understanding of attacking and defending. To understand tactics for both attack and defence and apply them into game situations, adapting them when necessary.*	**Games: Invasion** **Cricket** *To consolidate their bowling, throwing, catching, stopping, retrieving and batting skills and apply these with accuracy and consistency into mini games. To demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying them.*	**Games: Striking and fielding** **Rounders** *To apply a refined ability to consistently execute throwing, catching, retrieving and batting skills. To demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to games.*	*Apply effective decision making as they construct their sequences.* **Athletics:** **Competition** *To apply their knowledge, understanding and skills into a series of competitions. To experience competition across all of the different areas of athletics that they have explored applying correct technique as well as collaborating in teams.*