

PE Curriculum and Assessment Map

	0-3 Preschool	3-4 EYFS 1	Reception EYFS 2	Links to KS1 Curriculum
EYFS area of Learning	Physical			
Fundamental Knowledge: Fine Motor	<p>Learn to know when they want to use the toilet with help, eat finger food and develop likes and dislikes. Understand the importance of teeth cleaning.</p> <p>Try a wider range of foods with different tastes and textures.</p> <p>Build independently with a range of appropriate resources.</p> <p>Use large and small motor skills to do things independently, for example manage buttons and zips, pour drinks and show an increasing desire to be independent, such as wanting to feed themselves and dress or undress.</p>	<p>Be increasingly independent in meeting their own care needs, e.g. eating using cutlery, brushing teeth, using the toilet, washing and drying their hands thoroughly.</p> <p>Start to eat independently and learning how to use a knife and fork.</p> <p>Use one-handed tools and equipment, for example, making snips in paper with scissors.</p> <p>Show a preference for a dominant hand.</p> <p>Use a comfortable grip with good control when holding pens and pencils.</p>	<p>Independently meet their own needs to eat using appropriate cutlery, use the toilet, wash and dry hands thoroughly, brush teeth</p> <p>Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons.</p> <p>Develop the foundations of a handwriting style which is fast, accurate and efficient.</p>	<p>Pupils should be taught to:</p> <p>master basic movements including running, jumping, throwing and catching, as well as developing balance agility and co-ordination, and begin to apply these in a range of activities</p> <p>participate in team games, developing simple tactics for attacking and defending</p> <p>perform dances using simple movement patterns.</p>
Fundamental Knowledge: Gross Motor	<p>Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.</p> <p>Clap and stamp to music</p> <p>Enjoy starting to kick, throw and catch balls.</p> <p>Spin, roll and independently use ropes and swings (for example, tyre swings).</p>	<p>Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues and are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency</p>	

	<p>Walk, run, jump and climb – and start to use the stairs independently</p> <p>Sit on a push-along wheeled toy, use a scooter or ride a tricycle</p>	<p>Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p>	<p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group</p> <p>Further develop and refine a range of ball skills (including: throwing, catching, kicking, passing, batting, and aiming) developing confidence, competence, precision and accuracy.</p>	
<p>Early Learning Goal</p>	<p><u>Gross Motor</u></p> <ul style="list-style-type: none"> -Negotiate space and obstacles safely, with consideration for themselves and others. -Demonstrate strength, balance and coordination when playing. -Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p><u>Fine Motor</u></p> <ul style="list-style-type: none"> -Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. -Use a range of small tools, including scissors, paintbrushes and cutlery. -Begin to show accuracy and care when drawing. 			

	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
EYFS	Fundamental movement	Fundamental movement	Health-related fitness	Gymnastics	Athletics/Invasion games	Striking and fielding
Fundamental Knowledge	<ul style="list-style-type: none"> -Know how to walk from one point to another. -Know how to run. -Know how to Jump from one foot and two feet. -Know how to throw underarm. -Know how to catch. -Know how to kick a football. -Know how to skip forwards and backwards. -Know how to climb over, under and through a variety of equipment. 	<ul style="list-style-type: none"> Know how to balance and different types of balances. -Know how to hop forwards and backwards. -Know how move and coordinate their body around objects. -Know how to complete basic activity circuits. -Know how to roll in different directions (forward, back and side). -Know how to work in a small group. 	<ul style="list-style-type: none"> -Know how to do basic stretches. -Know the basic muscles. -Know at least 1 effect of exercise. -Know how to do a range of exercises. -know how to copy a teacher led fitness session. -Know how to do a basic warm down. 	<ul style="list-style-type: none"> -Know how to hold a balance. -Know how to form basic shapes. -Know how to do a range of jumps. -Know how to do tension/extension -Know how to link movements. -Know how to perform different rolls. -Know how to perform a Handstand and cartwheel. -Know how to perform a headstand. -Know how to copy basic routine. 	<p>Athletics:</p> <ul style="list-style-type: none"> -Know how to jump and land safely. -Know how to do an overarm and underarm throw. -Know how to jog and sprint. -Know the correct technique for running, jumping and throwing. -Know how to do a relay changeover. <p>Invasion games:</p> <ul style="list-style-type: none"> -Know how to communicate with their team-mates. -Know how to work in a team. -Know the importance of fair play. 	<p>Rounders/Cricket:</p> <ul style="list-style-type: none"> -Know how to throw a ball underarm. -Know how to catch a ball. -Know how to strike a ball (variety of balls and bats) - Know how to stop the ball. -Know how to play a basic game. -Know basic rules. -Know how to work as a team.

					Know how to pass a ball. -Know how to receive the ball. -know how to move into space. -Know basic attacking tactics/strategies. -Know basic defensive tactics/strategies. -Know how to play competitive games. -Know basic rules.	
Learning Checkpoint Tasks	Basic skills tests, teacher feedback and ongoing observations					
Interleaved knowledge		Knowledge gained from HT1	Knowledge gained from fundamental movement	Knowledge gained from fundamental movement	Knowledge from fundamental movement and health related exercise.	Knowledge from fundamental movement.

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	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 1	Fundamental movement/fundamental games	Fundamental games/Tag rugby	Health-related fitness/cross country	Gymnastics/Judo?	Swimming (as well as athletics and striking and fielding)	
Fundamental Knowledge	<ul style="list-style-type: none"> -Know how to walk in a straight line. -Know how to run at different speeds. -Know how to Jump from one foot and two feet. -Know how to throw underarm and over arm. -Know how to catch with one and two hands. -Know how to kick a football. -Know how to skip forwards and backwards. Know how to balance and different types of balances. -Know how to hop forwards and backwards. 	<ul style="list-style-type: none"> - Know how to throw in a game situation. -Know how to catch in game situation. -Know how to kick in a game situation. -Know how to dribble using your hands and feet in a game situation. -Know how to change direction quickly to beat an opponent. -Know how to work in a team. -Know how to play basic team games (football, end ball etc). Tag rugby: 	<ul style="list-style-type: none"> -Know at least 2 effects of exercise. -Know how to do some basic static stretches. -know how to do some basic dynamic stretches. -Know why it is important to do a warm-up. -Know the basic muscles. -Know how to do a range of exercises to raise your heart rate. -know how to follow a teacher led fitness session. 	<ul style="list-style-type: none"> -Know how to hold a balance. -Know how to form basic shapes. -Know how to do a range of jumps. -Know how to do tension/extension -Know how to link movements. -Know how to perform different rolls. -Know how to perform a Handstand and cartwheel. -Know how to perform a headstand. 	<ul style="list-style-type: none"> -Know the rules of the pool. -Know how to safely enter and exit the pool. -Know how to move in different ways in the water. -Know how to kick their legs. -Know how to put their head under the water and hold their breath. -Know basic stroke technique (digger hands). -Know how to use a noodle. -Know how to play games to build water confidence. -Know how to use a float. 	

	<ul style="list-style-type: none"> -Know how move and coordinate their body around objects. -Know how to complete basic activity circuits. <p>Team games:</p> <ul style="list-style-type: none"> Know how to throw in a game situation. -Know how to catch in game situation. -Know how to kick in a game situation. -Know how to dribble using your hands and feet in a game situation. -Know how to change direction quickly to beat an opponent. -Know how to work in a team. 	<ul style="list-style-type: none"> -Know how throw/pass the ball. -Know how to receive the ball. -Know how to move with ball. -Know how to score. -know how to play in a team. -Know how to attack and defend. -Know how to space out to keep the ball away from the other team. -Know how to play a basic game of tag. -Know the basic rules. 	<ul style="list-style-type: none"> -Know how to check your pulse rate. -Know how to do a fitness circuit. -Know how to do a basic warm down. 	<ul style="list-style-type: none"> -Know how to copy basic routine. 	
<p>Learning Checkpoint Tasks</p>	<p>Basic skills tests, teacher feedback and ongoing observations</p>				

<p>Interleaved Knowledge</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Fundamental movement knowledge from EYFS (walking, running, jumping, coordination)</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Invasion game knowledge from EYFS (teamwork, movement, throwing, catching)</p>	<p>Health and fitness knowledge from EYFS (warm ups, effects of exercise, basic fitness sessions)</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Fundamental movement knowledge from EYFS.</p>	
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	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 2	Fundamental games (tag rugby) and (net/racket sports)	Invasion games (football and bench ball)	Health-related fitness and uni-hoc	Gymnastics and Judo	Athletics	Striking and fielding
Fundamental Knowledge	<p>Fundamental games:</p> <ul style="list-style-type: none"> -Know how to throw in a game situation. -Know how to catch in game situation. -Know how to kick in a game situation. -Know how to dribble using your hands and feet in a game situation. -Know how to change direction quickly to beat an opponent. -Know how to work in a team. <p>Tag rugby:</p>	<p>Football:</p> <ul style="list-style-type: none"> -Know how to pass. -Know how to stop the ball. -Know how to dribble in a straight line. -know how to dribble around obstacles. -Know how to keep possession in small sided games. -Know some of the basic rules. <p>Bench ball:</p> <ul style="list-style-type: none"> -Know how to throw and receive the ball. -Know different passes. 	<p>Health-related fitness:</p> <ul style="list-style-type: none"> Know at least 1 short term and 1 long term effect of exercise. -Know how to do some basic static stretches. -know how to do some basic dynamic stretches. -Know why it is important to do a warm-up. -Know the different parts of a warm-up. -Know the basic muscles. 	<p>Gymnastics:</p> <ul style="list-style-type: none"> -Know how to hold a balance. -Know how to form basic shapes. -Know how to do a range of jumps. -Know how to do tension/extension -Know how to link movements. -Know how to perform different rolls. -Know how to perform a Handstand and cartwheel. -Know how to perform a headstand. 	<ul style="list-style-type: none"> -Know how to jump and land safely. -Know how to do an overarm and underarm throw with different equipment (tennis balls, howlers). -Know how to run at different speeds. -Know the correct technique for running, jumping and throwing. -know how to pace themselves for running events. -Know how to do a relay changeover. 	<ul style="list-style-type: none"> - Know the correct technique for throwing and catching (underarm and overarm) -Know how to strike a ball (variety of balls and bats) - Know basic fielding techniques. -Know the correct underarm bowling technique. -Know how to play a basic game. -Know basic rules.

	<ul style="list-style-type: none"> -Know how pass the ball with the correct technique. -Know how to catch the ball. -Know how to move with ball. -Know how to score. -know how to play in a team. -Know how to attack and defend. -Know how to space out to keep the ball away from the other team. -Know how to play a basic game of tag. -Know the basic rules. <p>Net/racket sports:</p> <ul style="list-style-type: none"> - Know how to hold the racket. -Know how to serve. -Know how to return the shuttle cock/ball. -Know the basic rules. 	<ul style="list-style-type: none"> -Know different movement techniques. -Know how to get into space. -Know how to pass under pressure. -Know basic defending and attacking. -Know how to score. 	<ul style="list-style-type: none"> -Know how to do a range of exercises to raise your heart rate. -know how to follow a teacher led fitness session. -Know how to check your pulse rate. -Know how to do a fitness circuit. -Know how to do a basic warm down. <p>Uni-hockey:</p> <ul style="list-style-type: none"> -Know the correct grip. -Know how to pass (short range). -Know how to move with the puck/ball. -Know how to score. -Know how to tackle. -Know the aim of the game. -Know how to work in a team. 	<ul style="list-style-type: none"> -Know how to copy basic routine. <p>Judo:</p> <ul style="list-style-type: none"> -Introduction to judo including rules - Understand respect to each other - Know breakfalls - Know ground holds - Know gripping (Katame-Waza) - know footwork - know standing techniques -Know the basic safety procedures. -Know how to submit -Know how to holding down opponent 		
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	-Know how to do a cooperative rally. -Know how to play a basic game.					
Learning Checkpoint Tasks	Basic skills tests, teacher feedback and ongoing observations					
Interleaved Knowledge	TEAMWORK, COOPERATION, FAIRPLAY Fundamental games and Invasion games from Y1 (attacking/defending tactics and strategies)	TEAMWORK, COOPERATION, FAIRPLAY Invasion games from Y1 (throwing, catching, passing)	Health and fitness knowledge from Y1 (warm ups, effects of exercise, basic fitness sessions)	TEAMWORK, COOPERATION, FAIRPLAY Gymnastics knowledge from Y1	TEAMWORK, COOPERATION, FAIRPLAY Athletics knowledge from Y1 (running, throwing and jumping)	TEAMWORK, COOPERATION, FAIRPLAY Striking and fielding knowledge from Y1

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	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 3	Tag rugby/net and racket sports	Football and bench ball	Swimming (as well as HRF and gymnastics)		Athletics	Striking and fielding
Fundamental Knowledge	<p>Tag rugby:</p> <ul style="list-style-type: none"> -Know how pass the ball with the correct technique. -Know how to catch the ball. -Know how to move with ball. -Know how to score. -know how to play in a team. -Know how to attack and defend. -Know how to space out to keep the ball. <p>Net/racket sports:</p> <ul style="list-style-type: none"> - Know the correct grip. -Know how to serve. 	<p>- Football:</p> <ul style="list-style-type: none"> -Know how to pass short and long range. -Know how to stop the ball using different parts of the foot. -Know how to dribble in a straight line. -know how to dribble around obstacles and defenders. -Know how to beat defenders. -Know how to keep possession in small sided games. -Know the correct shooting technique. -Know basic defending and 	<ul style="list-style-type: none"> Know the rules of the pool. -Know how to safely enter and exit the pool. -Know how to move in different ways in the water. -Know how to kick their legs. -Know how to put their head under the water and hold their breath. -Know basic stroke technique (digger hands). -Know how to use a noodle. -Know how to play games to build water confidence. -Know how to use a float. -Know how to turning/rolling. -Know how to push and glide. -Know the different stroke techniques. -Know the different strokes. -Know how rescue themselves and others. 		<ul style="list-style-type: none"> -Know how to do an overarm and underarm throw with different equipment (tennis balls, howlers). -Know how to throw a howler with the correct over arm technique. -Know the correct javelin technique (using plastic javelins). -Know the correct discus technique (use rubber discus') -Know the correct shot putt technique (using the indoor shot putt's). 	<ul style="list-style-type: none"> Know the correct technique for throwing and catching (underarm and overarm) -Know to different positions when fielding. -Know the role of a back stop/wicket keeper. -Know how to strike a ball (variety of balls and bats). -Know basic batting tactics. -know the different types of shots to play in cricket. - Know basic fielding techniques.

	<ul style="list-style-type: none"> -Know how to return the shuttle cock/ball. -Know the basic rules. -Know how to do a cooperative rally. -Know how to play a basic game. -Know the basic scoring system. 	<p>attacking tactics and strategies.</p> <ul style="list-style-type: none"> -Know some of the basic rules. <p>Bench ball:</p> <ul style="list-style-type: none"> -Know how to throw and receive the ball. -Know how to signal for the ball. -Know different passes. -Know different movement techniques. -Know how to get into space. -Know how to pass under pressure. -Know basic defending and attacking. -Know how to score. -Know the basic rules. 	<ul style="list-style-type: none"> -Know how to swim 25 meters. -Know how to dive. -Know how to retrieve from the bottom of the pool. 	<ul style="list-style-type: none"> -Know how to run at different speeds. -Know the correct technique for running, jumping and throwing. -know how to pace themselves for running events. -Know how to do a relay changeover. 	<ul style="list-style-type: none"> -Know the correct underarm bowling technique. -Know how to play a basic game. -Know basic rules.
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Learning Checkpoint Tasks	Basic skills tests, teacher feedback and ongoing observations				
Interleaved Knowledge	TEAMWORK, COOPERATION, FAIRPLAY Invasion games from Y2 (attacking/defending tactics and strategies)	TEAMWORK, COOPERATION, FAIRPLAY Netball and endball knowledge from Y2 (types of passes, moving into space)	Swimming knowledge from Y1	Athletics knowledge from Y2	Striking and fielding knowledge from Y2

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	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 4	Tag rugby and net/racket sports	Football and bench ball	Health-related fitness and uni-hockey	Gymnastics and judo	Athletics	Striking and fielding
Fundamental Knowledge	<p>Tag rugby:</p> <ul style="list-style-type: none"> -Know how to pass the ball with the correct technique. -Know how to catch the ball. -Know how to move with ball. -Know how to side step defenders. -Know how to score. -know how to play in a team. -Know how to attack and defend. <p>Net/racket sports:</p> <ul style="list-style-type: none"> - Know the correct grip. 	<p>Football:</p> <ul style="list-style-type: none"> -Know how to pass short and long range. -Know how to stop the ball with different parts of the foot. -Know how to dribble in a straight line. -know how to dribble around obstacles and defenders. -Know how to beat defenders. -Know how to keep possession in small sided games. -Know the correct shooting technique. -Know basic defending and 	<p>HRF:</p> <ul style="list-style-type: none"> -Know the short and long term effects of exercise. -Know the difference between short term and long term effects of exercise. -Know how to do basic static stretches for the legs and arms. -know how to do some basic dynamic stretches. -know the difference between static and dynamic stretches. -Know why it is important to do a warm-up. 	<ul style="list-style-type: none"> -Know how to hold a balance. -Know how to form basic shapes. -Know how to do a range of jumps. -Know how to do tension/extension -Know how to link movements. -Know how to perform different rolls. -Know how to perform a Handstand and cartwheel. -Know how to perform a headstand. 	<ul style="list-style-type: none"> -Know how to jump and land safely. -Know how to do an overarm and underarm throw with different equipment (tennis balls, howlers). -Know the correct technique for the throwing events (javelin, discus and shot putt). -Know the correct technique for running, jumping and throwing. -know how to pace themselves for running events. 	<ul style="list-style-type: none"> -Know the correct technique for throwing and catching (underarm and overarm) -Know to different positions when fielding. -Know the role of a back stop/wicket keeper. -Know how to strike a ball (variety of balls and bats). -Know basic batting tactics. -know the different types of shots to play in cricket.

	<ul style="list-style-type: none"> -Know how to serve. -Know how to return the shuttle cock/ball. -Know how to play different types of shots (forehand, backhand, drop shot etc). -Know the basic rules. -Know how to do a cooperative rally. -Know how to play a basic game. -Know the basic scoring system. 	<ul style="list-style-type: none"> attacking tactics and strategies. -Know some of the basic rules. Bench ball: -Know how to throw and receive the ball. -Know how to signal for the ball. -Know different passes. -Know different movement techniques. -Know how to get into space. -Know how to pass under pressure. -Know basic defending and attacking. -Know how to score. -Know the correct shooting technique. -Know the basic rules. 	<ul style="list-style-type: none"> -Know the different parts of a warm-up. -Know the basic muscles (hamstrings, quadriceps, bicep and tricep). -Know how to do a range of exercises to raise your heart rate. -know how to follow a teacher led fitness session. -Know how to check your pulse rate. -Know how to do a fitness circuit. -Know the meaning of a HIT session. -Know how to complete a HIT session. -Know how to do a basic warm down. Uni-hockey: -Know the correct grip. 	<ul style="list-style-type: none"> -Know how to copy basic routine. -Know how to perform a basic routine. -Know how to transfer skills to low level equipment. Judo: -Introduction to judo including rules - Understand respect to each other - Know breakfalls - Know ground holds - Know gripping (Katame-Waza) - Know footwork - know standing techniques -Know the basic safety procedures. -Know how to submit -Know how to holding down opponent -Know basic Randori 	<ul style="list-style-type: none"> -know the correct starting technique for sprinting. -Know how to do a relay changeover. 	<ul style="list-style-type: none"> - Know basic fielding techniques. -Know the correct underarm bowling technique. -Know how to play a basic game. -Know basic rules.
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			<ul style="list-style-type: none"> -Know how to pass (short and long range). -Know how to move with the puck/ball. -Know how to shoot with the correct technique. -Know how to score. -Know how to tackle. -Know the aim of the game. -Know how to work in a team. 	-Know Japanese terms		
Learning Checkpoint Tasks	Basic skills tests, teacher feedback and ongoing observations					
Interleaved Knowledge	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Football knowledge from Y3. Net/racket knowledge from Y3.</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Netball and bench ball knowledge from Y3 (types of passes, moving into space)</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Health related fitness and uni-hockey knowledge from previous years.</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Gymnastics knowledge from previous years.</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Athletics knowledge from previous years (running, throwing and jumping).</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Striking and fielding knowledge from previous years.</p>

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	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 5	Swimming (HT1-tag and net/racket – HT2 football and bench ball)		Health-related fitness and uni-hockey	Gymnastics and Judo	Athletics	Striking and fielding
Fundamental Knowledge	<ul style="list-style-type: none"> -Know the rules of the pool. -Know how to safely enter and exit the pool. -Know how to move in different ways in the water. -Know how to kick their legs. -Know how to put their head under the water and hold their breath. -Know basic stroke technique (digger hands). -Know how to use a noodle. -Know how to play games to build water confidence. -Know how to use a float. -Know how to turning/rolling. -Know how to push and glide. -Know the different stroke techniques. -Know the different strokes. -Know how rescue themselves and others. 		<ul style="list-style-type: none"> -Know the importance of an active and healthy lifestyle. -Know the short and long term effects of exercise. -Know the difference between short term and long term effects of exercise. -Know how to do basic static stretches for the whole body. -know how to do a range of dynamic stretches. 	<ul style="list-style-type: none"> -Know how to hold a variety of balances. -Know how to form basic shapes. -Know how to do a range of jumps. -Know how to do tension/extension -Know how to link movements. -Know how to perform different rolls. -Know how to perform a Handstand and cartwheel. 	<ul style="list-style-type: none"> -Know the correct sprinting technique. -Know how to pace themselves. -Know how to complete the 75 meters, 400 m and 800 meters. -Know how to jump and land safely. -Know the correct throwing technique for the howler. -Know the correct technique for the throwing events (javelin, discus and shot putt). -Know the correct technique for 	<ul style="list-style-type: none"> Know how to over arm bowl in cricket. -Know how bowl different types of balls in rounders (fast, slow, donkey drop). Know the correct technique for throwing and catching (underarm and overarm) -Know to different positions when fielding. -Know the role of a back stop/wicket keeper. -Know how to strike a ball (variety of balls and bats).

	<ul style="list-style-type: none"> -Know how to swim 25 meters. -Know how to dive. -Know how to retrieve from the bottom of the pool. 	<ul style="list-style-type: none"> -know the difference between static and dynamic stretches. -Know why it is important to do a warm-up. -Know the different parts of a warm-up. -Know the main muscles of the body (hamstrings, quadriceps, calfs, gluteals, bicep and tricep). -Know how to do a range of exercises to raise your heart rate. -know how to follow a teacher led fitness session. -Know how to check your pulse rate. -Know how to do a fitness circuit. 	<ul style="list-style-type: none"> -Know how to perform a headstand. -Know how to copy basic routine. -Know how to perform a basic routine. -Know how to transfer skills to low level equipment. Judo: -Know how to link skills and techniques together to show how to break partners balance to perform a set routine. -Know O Goshi into kesa Gatame then escape. -Know the grading system in Judo. 	<ul style="list-style-type: none"> running, jumping and throwing. -know the correct starting technique for sprinting. -Know how to do a relay changeover. -Know how to use a stop watch. 	<ul style="list-style-type: none"> -Know basic batting tactics. -Know basic fielding tactics. -know the different types of shots to play in cricket. - Know basic fielding techniques. -Know the correct underarm bowling technique. -Know how to play a basic game. -Know basic rules.
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		<ul style="list-style-type: none">-Know the meaning of a HIT session.-Know how to complete a HIT session.-Know how to lead a 10 minute HIT session.-Know some of the methods of training (continuous, circuit, weight, HIT).-Know some of the components of fitness (cardio-vascular endurance, muscular endurance and muscular strength).-Know how to do a basic warm down.-Know how to lead a basic			
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			<p>warm-up and warm-down</p> <p>Uni-hockey:</p> <ul style="list-style-type: none"> -Know how to use the reverse stick for passing, shooting and dribbling. -Know how to use their body to shield the ball/puck. -Know how to beat a defender. 			
Learning Checkpoint Tasks	Basic skills tests, teacher feedback and ongoing observations					
Interleaved Knowledge	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Football knowledge from Y4 (passing, shooting, dribbling, defending, attacking).</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Netball and endball knowledge from Y4 (types of passes, moving into space)</p>	<p>Health related fitness knowledge from previous years and other units (warm-up's, warm down's, muscles, healthy lifestyles).</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Gymnastics knowledge from previous years.</p>	<p>Athletics knowledge from previous years.</p>	<p>Striking and fielding knowledge from previous years.</p>

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Curriculum and Assessment Map

	Half Term 1	Half-Term 2	Half Term 3	Half Term 4	Half Term 5	Half Term 6
Year 6	Tag rugby and net/racket sports	Football and bench ball/basketball	Health-related fitness and uni-hockey	Gymnastics and judo	Athletics/Net and racket sports	Striking and fielding
Fundamental Knowledge	<p>Tag rugby:</p> <ul style="list-style-type: none"> -Know how to pass the ball with the correct technique. -Know how to do a pop pass. -Know how to do a spin pass. -Know how to catch the ball on the move -Know how to move with ball. -Know how to side step defenders. -Know how to support the player on the ball. -Know how to score. 	<p>Football:</p> <ul style="list-style-type: none"> -Know how to pass short and long range. -Know how to chip the ball. -Know how to stop the ball with different parts of the foot, knee and chest. -know how to dribble around obstacles and defenders. -Know how to beat defenders. -Know how to use different types of turns. -Know how to keep possession in small sided games. 	<ul style="list-style-type: none"> -Know the short and long term effects of exercise. -Know the difference between short term and long term effects of exercise. -Know how to do basic static stretches for the legs and arms. -know how to do some basic dynamic stretches. -know the difference between static and dynamic stretches. -Know why it is important to do a warm-up. -Know the different parts of a warm-up. 	<ul style="list-style-type: none"> -Know how to hold a variety of balances. -Know how to form basic shapes. -Know how to do a range of jumps. -Know how to do tension/extension -Know how to link movements. -Know how to perform different rolls. -Know how to perform a Handstand and cartwheel. -Know how to perform a headstand. 	<ul style="list-style-type: none"> -Know how to jump and land safely. -Know how to do an overarm and underarm throw with different equipment (tennis balls, howlers). -Know the correct technique for the throwing events (javelin, discus and shot putt). -Know the correct technique for running, jumping and throwing. -know how to pace themselves for running events. 	<ul style="list-style-type: none"> -Know how to over arm bowl in cricket. -Know how bowl different types of balls in rounders (fast, slow, donkey drop). Know the correct technique for throwing and catching (underarm and overarm) -Know to different positions when fielding. -Know the role of a back stop/wicket keeper. -Know how to strike a ball (variety of balls and bats).

	<p>-know how to play in a team.</p> <p>-Know the different tactics in tag rugby.</p> <p>-Know how to attack and defend.</p> <p>-PROGRESS TO TOUCH RUGBY WHEN THE GROUP ARE READY.</p> <p>Net/racket sports:</p> <p>-Know how to serve in a variety of different ways.</p> <p>-Know how to return the shuttle cock/ball.</p> <p>-Know how to play different types of shots (forehand, backhand, drop shot etc).</p> <p>-Know how to apply spin to the ball (tennis).</p> <p>-Know the basic rules.</p> <p>-Know how to do a cooperative rally.</p>	<p>-Know the correct shooting technique.</p> <p>-Know defending and attacking tactics and strategies.</p> <p>-Know the different positions in 7 a side football.</p> <p>-Know the main rules and can referee games.</p> <p>Bench ball/basketball:</p> <p>-Know how to throw and receive the ball.</p> <p>-Know how to signal for the ball.</p> <p>-Know different passes.</p> <p>-Know different movement techniques.</p> <p>-Know how to get into space.</p> <p>-Know how to pass under pressure.</p>	<p>-Know the basic muscles (hamstrings, quadriceps, bicep and tricep).</p> <p>-Know how to do a range of exercises to raise your heart rate.</p> <p>-know how to follow a teacher led fitness session.</p> <p>-Know how to check your pulse rate.</p> <p>-Know how to do a fitness circuit.</p> <p>-Know the meaning of a HIT session.</p> <p>-Know how to complete a HIT session.</p> <p>-Know how to do a basic warm down.</p> <p>Uni-hockey:</p> <p>-Know how to use the reverse stick for passing, shooting and dribbling.</p>	<p>-Know how to copy basic routine.</p> <p>-Know how to perform a basic routine.</p> <p>-Know how to transfer skills to low level equipment.</p> <p>Judo:</p> <p>-Know how to link skills and techniques together.</p> <p>-Know the grading system in Judo.</p> <p>-Know more challenging routines.</p> <p>-Know how compete in 1 on 1 battles.</p>	<p>-know the correct starting technique for sprinting.</p> <p>-Know how to do a relay changeover.</p> <p>-Know how to use a stop-watch.</p> <p>-Know how to measure distances using tape measures.</p> <p>Net and racket sports:</p> <p>-Know how to grip the racket correctly.</p> <p>-Know how to serve correctly.</p> <p>-Know how to do basic forehand and backhand shots.</p> <p>-Know the correct volleying technique.</p> <p>-Know the basic rules.</p> <p>-Know how to do a cooperative rally.</p> <p>-Know how to play a basic game.</p>	<p>-Know basic batting tactics.</p> <p>-Know basic fielding tactics.</p> <p>-know the different types of shots to play in cricket.</p> <p>- Know basic fielding techniques.</p> <p>-Know the correct underarm bowling technique.</p> <p>-Know how to play a basic game.</p> <p>-Know basic rules.</p>
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Learning Checkpoint Tasks	Basic skills tests, teacher feedback and ongoing observations					
Interleaved Knowledge	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Tag rugby and net/racket knowledge from previous years.</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Football and bench ball/basketball knowledge from previous years.</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Health related fitness and uni-hockey knowledge from previous years.</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Knowledge from gymnastics and judo in previous years.</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Athletics knowledge from previous years (running, throwing and jumping).</p>	<p>TEAMWORK, COOPERATION, FAIRPLAY</p> <p>Striking and fielding knowledge from previous years.</p>