



## P.E. Knowledge Sequencing

	<b>NATIONAL CURRICULM / EARLY LEARNING GOALS</b>	<b>Attainment Target</b>	<b>YEAR GROUP</b>	<b>WHAT IS LEARNED</b>	<b>HOW WILL THEY LEARN THIS?</b>	<b>HOW DO WE KNOW IT HAS STUCK?</b>
FS	Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	Pupils are expected to know the matters, skills and processes specified in subject content for each key stage.	FS	To know some simple running, jumping, dancing, hopping, skipping and climbing techniques.	All PE lessons have a Learning Objective and an academic input. This is where children will learn the theory and gain the knowledge then need in order to improve.	Children will be able to retain and recall knowledge evidenced in learning walks by SLT and PE Lead.
KS1	Pupils should be taught about: Running, jumping, throwing and catching Developing simple tactics for attacking and defending. Simple movement patterns in dance.		1	To know techniques in running, jumping, throwing and catching. To know some simple tactics for attacking and defending To know some simple movement in dance.		
			2	To know more techniques in running, jumping, throwing and catching. To know more tactics for attacking and defending To know more simple movements in dance.		
KS2	Pupils should be taught about: Running, jumping, throwing and catching in isolation and in combination. Apply basic principles suitable for attacking and defending. Dances		3	To know some complex techniques in running, jumping, throwing, catching in isolation. To know some complex tactics for attacking and defending. To know a range of movements in dance.		
			4	To know more complex techniques in running, jumping, throwing, catching in isolation and in combination. To know more complex tactics for attacking and defending. To know a greater range of movements in dance		



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	using a range of movement patterns		5	To begin to master techniques in running, jumping, throwing, catching in isolation and in combination. To begin to master tactics for attacking and defending To have a secure knowledge of a range of movements in dance		
			6	To master techniques in running, jumping, throwing, catching in isolation and in combination. To master techniques when developing simple tactics for attacking and defending To have a broad and deep knowledge of a range of movements in dance.		



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## ASSOCIATED CONTENT

### APPENDIX I

Scaffolded Concept Sequencer of Words and Phrases – what the children and staff need to know NOT LIMITED TO BUT ESSENTIAL IN ORDER TO COVER ELGS & NC. Knowledge and understanding of these terms will enable children to articulate and answer questions based on 'What Is Learned above'.

	EYFS	Y1	Y2	Y3	Y4	Y5	Y6
Climbing							
Running							
Throwing							
Catching							
Jumping							
invasion							
Combination							
Isolation							

#### KEY

First Introduced
Concept yet to be introduced
Continually revisited and revised



# P.E. Knowledge Sequencing

## APPENDIX II

	EYFS	Y1/2	Y3/4	Y5/6
Climbing	Travelling with confidence and skills around, over, under and through balancing and climbing equipment.			
Running	Knowing some movement techniques in order to run.	<p>Y1 - Knowing where they are going and running in a straight line to a finish line</p> <p>Y2 - Knowing where they are going and using arm movement to run in a straight line to a finish line</p>	<p>Y3 - Knowing some correct posture from the start in order to run faster to a finish line.</p> <p>Y4 - Knowing the correct posture at the start line in order to set off and run faster to a finish line, whilst starting to calculate their stride to run faster.</p>	<p>Y5 - Positioning their body in order to develop their running technique by calculating stride length in order to achieve optimum speed.</p> <p>Y6 - Positioning their body appropriately in order to master their running technique, whilst using the power from their arms to thrust themselves forwards and calculate their stride length in order to achieve optimum speed.</p>
Throwing	Knowing how to make a simple underarm throw with some control using their hands.	Y1 - A simple underarm throw with some direction.	Y3 - Knowing and developing throwing skills using some underarm and overarm movement and positioning.	Y5 - Propelling a ball or javelin with force through the air by underarm and overarm movements with confidence.



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		Y2 - An underarm throw in the right direction towards another team member.	Y4 - Making underarm and overarm throws whilst standing in the correct position in order to connect a pass.	Y6 - Mastering propelling a ball or javelin with force through the air using underarm and overarm movement at the correct trajectory.
Catching	Knowing how to make a simple catch using some control with their hands.	Y1 - Knowing how to make a simple catch using their hands.  Y2 - Knowing how to catch with their hands and being able to hold on to the ball	Y3 - Having the ability to receive the ball into their own possession via a pass from another teammate.  Y4 - Having the ability to receive the ball into their own possession via a pass from another teammate using some correct positioning.	Y5 - Receiving the ball into their own possession via a pass from another teammate using correct positioning, spacing and movement in many sports.  Y6 - Mastering receiving the ball into their own possession via a pass from another teammate using correct positioning, spacing and movement in most sports.
Jumping	A jump up and down from a short height and landing appropriately	Y1 - Knowing how to run and make a simple jump onto a mat landing safely.  Y2 - Knowing how to run and make a simple jump onto a mat, landing on two feet.	Y3 - Making a run and a jumping onto a mat; or jumping with both feet together, from a short height and landing safely  Y4 - Making a run and jumping onto a mat; or jumping with both feet together, from a higher position on a frame and landing safely in some sports.	Y5 - Being able to propel yourself through the air by running or from a higher position; landing safely into the correct position in many sports  Y6 - Master propelling yourself through the air by running or from a higher position; landing safely into the correct position in most sports.



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invasion		Invasion is running towards their opponent's half in order to gain some advantage, whilst being able to make simple defending actions, such as: tackling.	Running towards their opponent's area in order to gain the advantage within a game, whilst also defending their half by tackling or interception of a ball.	Movements in which the aim is to invade an opponent's territory and score a goal or point, but also knowing how to defend their own area using techniques such as tackling in football and rugby; and confidently knowing how to intercept the play by closing down their opponent's area
Combination			<p>Y3 - Combination is a simple pass whilst attacking a defending, such as: a chest pass</p> <p>Y4 - Combination is making passes whilst attacking and defending in order to gain the advantage. Passes include, chest, bounce and shoulder.</p>	<p>Y5 - Combining a range of passing and movement techniques in order to gain the advantage whilst attacking. Such as: chest, bounce and shoulder passing</p> <p>Y6 - Combination is combining a range of passing and movement techniques in order to gain the advantage whilst attacking and defending.</p>
Isolation			<p>Y3 - Isolation is knowing how to make space within a game by moving away from your opponent</p> <p>Y4 - Isolation is making space within a game in order to create some distance from your</p>	Y5 - Making space within a game in order to create distance from your opponent and receive a pass to counter attacking confidently.



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		opponent in order to gain possession	Y6 - Mastering space within a game in order to create distance from your opponent so that you can receive a pass and execute your next action accurately by countering or passing a ball to a team member.
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