



**Brookland Federation - Brookland Junior School**  
**Progression of knowledge and skills - PE (based on Complete PE scheme of work)**

**Tag Rugby**

Year 3	Year 4	Year 5	Year 6
<p align="center"><b>Knowledge</b></p> <p><b>Possession:</b></p> <ul style="list-style-type: none"> <li>- How to pass the ball using a 'swing' pass technique.</li> <li>- Hold the ball in two hands when moving.</li> </ul> <p><b>Try and Tag:</b></p> <ul style="list-style-type: none"> <li>- Where to stand when receiving the ball from a pass from our team mate.</li> <li>- To tag by taking the tag from the attacker carrying the ball, stopping and holding the tag in the air then giving the tag back before returning to the game.</li> <li>- That the ball carrier needs to run forward in order to create space and attacking opportunities.</li> </ul>	<p align="center"><b>Knowledge</b></p> <p><b>Forward Pass:</b></p> <ul style="list-style-type: none"> <li>- Where to stand after the ball carrier has been tagged so that we are ready to receive a pass.</li> <li>- Where to stand when we are defending to prevent the attackers from scoring a try.</li> </ul> <p><b>Support:</b></p> <ul style="list-style-type: none"> <li>- How and why we need to support the ball carrier when we are attacking. - The attackers without the ball need to remain behind the ball carrier.</li> <li>- The consequence in a game of an inaccurate pass, dropping the ball or running off the pitch.</li> </ul>	<p align="center"><b>Knowledge</b></p> <p><b>Offside:</b></p> <ul style="list-style-type: none"> <li>- What it means and where they need to stand depending on whether they are attacking (behind the ball) or defending (at least 1m in front of the class carrier once they are tagged)</li> </ul> <p><b>Miss Pass and Loop Pass:</b></p> <ul style="list-style-type: none"> <li>- When, where and why we apply a loop pass in a game situation.</li> <li>- When, where and why we apply a miss pass in a game situation.</li> <li>- Why we should release the ball quickly once we have been tagged.</li> </ul>	<p align="center"><b>Knowledge</b></p> <p><b>Tactics:</b></p> <ul style="list-style-type: none"> <li>- When and why to apply different tactics in game situations</li> </ul> <p><b>Formations:</b></p> <ul style="list-style-type: none"> <li>- Why we need to reduce the space when we are defending and to apply pressure to the attackers to prevent them from scoring.</li> <li>- How to position ourselves as a team defensively to prevent an attack.</li> </ul>
<p align="center"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Moving with the ball - passing and receiving.</li> <li>- Tagging</li> <li>- Creating space when attacking</li> <li>- Developing passing and moving</li> <li>- Combine passing and moving to create attacking opportunities.</li> </ul>	<p align="center"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Develop passing, moving and creating shape.</li> <li>- Apply learning to 3v3 mini games</li> <li>- Develop defending in game situations.</li> <li>- Combine passing and moving to create an attack and score.</li> </ul>	<p align="center"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Refine passing and moving to create attacking opportunities.</li> <li>- Explore different passes that can be use to outwit defenders.</li> <li>- Refine defending as a team.</li> <li>- Create and apply defending tactics.</li> <li>- Develop officiating.</li> </ul>	<p align="center"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Consolidate passing and moving.</li> <li>- Consolidate defending.</li> <li>- Create, understand and apply attacking /defending tactics in game situations.</li> <li>- Consolidate attacking and defending in mini games.</li> </ul>



**Dance**

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Excellent Dancers</b></p> <ul style="list-style-type: none"> <li>- How to create and develop a character in order to tell a story through movement.</li> <li>- Why it is important to perform like an 'excellent dancer' who can interpret the music, perform with good timing and musicality and creativity.</li> <li>- Begin to choreograph.</li> <li>- How to develop characterisation, exploring characters that are opposites.</li> <li>- Why it is essential to explore a variety of movements to ascertain the best moves to tell the story and improve the performance.</li> </ul> <p><b>Peer and self assess</b></p> <ul style="list-style-type: none"> <li>- How to peer and self assess, identifying strengths and weaknesses in our own and others performances.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Emotion:</b></p> <ul style="list-style-type: none"> <li>- What emotion means and how to include this choreographic element in performances.</li> <li>- That emotion refers to the feelings a dancer's character is feeling depending on their circumstances, mood or relationships with others.</li> </ul> <p><b>Relationships</b></p> <ul style="list-style-type: none"> <li>- How to develop sequences with a partner in character and show relationships and interlinking dance movements.</li> <li>- How to create sequences in pairs, applying flow and challenging their creativity.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>- How to perform accurately and convincingly in character with big, bold actions.</li> <li>- How to include a change of speed in our movements.</li> <li>- How to create a sequence by accurately combining movements with flow and accurate timings.</li> </ul> <p><b>Unison and Cannon: (link to Gymnastics)</b></p> <ul style="list-style-type: none"> <li>- What cannon and unison are and be able to include these choreographic elements in our performances.</li> <li>- Know that cannon is where pupils perform, taking it in turns one after the other.</li> <li>- Know that unison is where pupils perform the same movement at exactly the same time as each other.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Choreography:</b></p> <ul style="list-style-type: none"> <li>- How to make effective evaluations of an individual's or pairs' strengths and weaknesses.</li> <li>- Know that choreography is a set of sequence steps and movements that have been specifically designed for a dance or group of dancers to perform.</li> </ul> <p><b>Fluidity:</b></p> <ul style="list-style-type: none"> <li>- How to include a change of speed and dynamic in our movements.</li> <li>- That performing at an 'excellent' standard with accurate timings and fluidity is important.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Responding to stimuli</li> <li>- Developing a character dance into a motif</li> <li>- Developing sequences (<b>link to gymnastics</b>) with a partner in character that shows relationships</li> <li>- Extending sequences with a partner in character</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Extending sequences with a partner in character.</li> <li>- Developing sequences with a partner that show relationships and interlinking dance moves.</li> <li>- Sequences, relationships, choreography and performance</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Using movements to create Street Artist's 'tags'</li> <li>- Using a variety of concepts/relationships to change and develop the Street Art movements</li> <li>- Combining Breakdance with Street Art.</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Creating rhythmic patterns using bodies.</li> <li>- Extending choreography through controlled movements, character emotion and expression.</li> <li>- Exploring the relationships between characters and applying character emotion and expression</li> </ul>



## Netball

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Possession</b></p> <ul style="list-style-type: none"> <li>- How to pass the ball, keeping possession to beat an opponent.</li> <li>- When, where and why we should pass.</li> <li>- How we can combine passing and moving to create space and keep possession.</li> <li>- How to use a chest pass by stepping into the pass, pushing the ball away with two hands towards a team member's hands.</li> </ul> <p><b>Attack v Defence</b></p> <ul style="list-style-type: none"> <li>- How to combine passing and moving to score points against another team.</li> <li>- Why we do not stand directly behind a defender when finding a position to receive the ball.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Positions</b></p> <ul style="list-style-type: none"> <li>- Understand what the four positions in 'Flier' netball are and understand each role.</li> </ul> <p><b>Footwork</b></p> <ul style="list-style-type: none"> <li>- How to effectively apply passing and moving skills to keep possession.</li> <li>- What 'footwork' means and be able to apply this understanding in a game.</li> </ul> <p><b>Shooting</b></p> <ul style="list-style-type: none"> <li>- When to shoot, where to shoot from and why.</li> <li>- How to apply the correct technique when shooting</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Marking</b></p> <ul style="list-style-type: none"> <li>- How marking is used during a game and when it is applied.</li> <li>- Who we are marking during a game and why.</li> <li>- When, where and why we use different passes in a game in order to keep possession</li> </ul> <p><b>Positions</b></p> <ul style="list-style-type: none"> <li>- What the five positions in 'Stinger' netball are and understand each role.</li> <li>- How to move the ball up the court, creating an attack that results in a successful shooting opportunity.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Officiate</b></p> <ul style="list-style-type: none"> <li>- How to organise our team, selecting who to play in each position and understanding why</li> <li>- How to apply the basic rules of netball and will be able to take responsibility for officiating and managing our own games.</li> </ul> <p><b>Tactics</b></p> <ul style="list-style-type: none"> <li>- How to regain possession if we lose possession of the ball.</li> <li>- How to create and apply defensive tactics during a game to prevent attacking opportunities.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduce passing and receiving</li> <li>- Introduce passing and creating space</li> <li>- Introduce scoring and the concept of shooting</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Develop passing and receiving</li> <li>- Develop passing, moving and shooting</li> <li>- Develop Footwork</li> <li>- Introduce defending and the concept of marking</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Refine passing and receiving - Explore the function of other passes</li> <li>- Develop defending and marking the player with the ball</li> <li>- Tactical Play</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Consolidate attacking</li> <li>- Consolidate defending</li> <li>- Understand and apply attacking tactics to game scenarios</li> <li>- Understand and apply defending tactics in game situations</li> </ul>



## Gymnastics

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Symmetry and Asymmetry</b></p> <ul style="list-style-type: none"> <li>- What symmetry and asymmetry mean</li> <li>- Why it is essential to explore a variety of movements to ascertain the best moves to allow for flow and interesting gymnastics for the sequence.</li> <li>- How to execute balances and movements in both symmetrical and asymmetrical ways.</li> </ul> <p><b>Peer and Self assessment</b></p> <ul style="list-style-type: none"> <li>- How to peer and self assess, identifying strengths and weaknesses in our own and others' performances.</li> </ul> <p><b>Sequences</b></p> <ul style="list-style-type: none"> <li>- Why it is so important to create 'excellent' movements and balances.</li> <li>- Pupils will understand that 'excellent' refers to when we control our bodies so they are silent, extending our fingers and toes and are able to hold our balances still for at least 4 seconds.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Bridges</b></p> <ul style="list-style-type: none"> <li>- How to create a 'bridge balance' with a partner using different levels and different connection points.</li> <li>- Why it is important to explore bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus</li> </ul> <p><b>Sequences</b></p> <ul style="list-style-type: none"> <li>- How to reflect and evaluate using their observations to make accurate improvements to our own and others performances.</li> <li>- How to create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Counter Balance and Counter Tension</b></p> <ul style="list-style-type: none"> <li>- What 'Counterbalance' and 'Counter Tension' means, understanding the difference between them.</li> <li>- How to include a change of speed in our movements.</li> <li>- How to create and execute 'Counter Balances' and 'Counter Tension Balances' with a partner using a variety of levels and connection points</li> <li>- Create a sequence by accurately combining movements and balances, with flow and accurate t timings within the Counter Balance and Counter Tension theme.</li> <li>- Why performing at and 'excellent' standard, with accurate timings and fluidity is so important.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Matching and Mirroring</b></p> <ul style="list-style-type: none"> <li>- What 'Matching' movements mean; Matching is where pupils perform exactly the same movements at the same time.</li> <li>- What 'Mirroring' means; Mirroring is where pupils perform their movements creating a mirror image of each other.</li> <li>- How to create a sequence of movements, bringing together a combination of both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduction to symmetry</li> <li>- Introduction to asymmetry</li> <li>- Application of learning on apparatus</li> <li>- Sequence formation</li> <li>- Sequence completion</li> <li>- Introduction to Unison</li> <li>- Introduction to Canon</li> <li>- Application of sequences in 'Unison' and 'Canon' onto apparatus</li> <li>- Combining Canon and Unison in groups</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduction to bridges</li> <li>- Application of bridges to apparatus</li> <li>- Develop sequences with bridges</li> <li>- Sequence formation and completion</li> <li>- Exploring changes in 'Level' and direction</li> <li>- Application of learning onto apparatus to include changes in 'Level' and 'Direction'</li> <li>- Sequence completion and performance</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduction to Counter Balance</li> <li>- Application of Counter Balance learning onto apparatus</li> <li>- Sequence formation and completion</li> <li>- Counter Tension</li> <li>- Introduction and developing flight:</li> <li>- Jumping and Turning</li> <li>- Application of 'Jumping,' learning, onto apparatus</li> <li>- Combining jumping on apparatus with Canon and Unison</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduction to matching /mirroring</li> <li>- Application of matching mirroring learning onto apparatus</li> <li>- Sequence development</li> <li>- Challenging creativity</li> <li>- Sequence development</li> <li>- Sequence performance</li> </ul>



## Hockey

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Possession</b></p> <ul style="list-style-type: none"> <li>- How to hold a hockey stick safely.*</li> <li>In Year 3 pupils will know: *Our left hand is at the top of the stick, our right hand is lower down, knees bent and back straight.</li> </ul> <p><b>Passing and Dribbling</b></p> <ul style="list-style-type: none"> <li>- Why we need to keep the ball under control when we are dribbling</li> <li>- How to pass the ball adopting the correct technique. We hold the stick with our left hand at the top and our right hand lower down, our knees should be bent and back straight, pushing/hitting the ball towards our target.</li> <li>- How to receive (control) the ball adopting the correct technique. We hold the stick with our left hand at the top and our right hand lower down, keeping our back straight. We need to lower the stick parallel to the ground to create a barrier to control the ball.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Shooting</b></p> <ul style="list-style-type: none"> <li>- Where is a good place to shoot from and why.</li> <li>- When, where and why we shoot from in order to increase their chances of scoring.</li> </ul> <p><b>Blocking and Tackling</b></p> <ul style="list-style-type: none"> <li>- Why (and how) we need to tackle safely.</li> <li>- When to pass the ball to a team member who is close to us (short pass) or when to pass the ball to a team member who is further away (long pass).</li> <li>- What the differences are between, intercepting, blocking and tackling and when, where and why these are used in a game.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Marking</b></p> <ul style="list-style-type: none"> <li>- How "man-to-man marking," is used during a game and when this is applied.</li> <li>- When and why to apply different methods of defending; tackling, marking, blocking or intercepting in order to prevent the attackers from scoring.</li> <li>- Our role in team when we are defending and when we are attacking.</li> </ul> <p><b>Goal-side</b></p> <ul style="list-style-type: none"> <li>- What the term "goal-side" means?</li> <li>- This is were a defender positions themselves between the attacker and the goal.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Counter Attack/Transition</b></p> <ul style="list-style-type: none"> <li>- That once we regain possession of the ball we become attackers.</li> <li>- How to officiate our games fairly applying the rules correctly.</li> </ul> <p><b>Attacking and defending tactics</b></p> <ul style="list-style-type: none"> <li>- How different attacking tactics can be applied during a game to create shooting opportunities.</li> <li>- How different defending tactics can be applied during a game to prevent attacking opportunities</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduce dribbling</li> <li>- Introduce passing and receiving</li> <li>- Combine dribbling and passing to create space</li> <li>- Develop passing, receiving and dribbling</li> <li>- Introduce shooting</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Refine dribbling and passing</li> <li>- Combine passing and dribbling to create shooting opportunities</li> <li>- Develop passing and dribbling creating space for attacking opportunities</li> <li>- Introduce defending; blocking and tackling</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Develop defending; blocking and tackling.</li> <li>- Refine dribbling/passing to create attacking opportunities</li> <li>- Refine attacking skills, passing dribbling and shooting</li> <li>- Refine defending skills developing transition from defence to attack</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Consolidate keeping possession, develop officiating</li> <li>- Consolidate defending</li> <li>- Create, understand and apply attacking/defending tactics in game situations</li> </ul>



## Basketball

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Possession</b></p> <ul style="list-style-type: none"> <li>- How to dribble the ball keeping possession to beat an opponent</li> <li>- When, where and why we should pass/dribble</li> <li>- How to apply the correct technique when dribbling.</li> <li>- How to apply the correct technique when passing (chest pass)</li> <li>- How to apply the correct technique when dribbling.</li> </ul> <p><b>Attack v Defence</b></p> <ul style="list-style-type: none"> <li>- How to change direction keeping control of the ball</li> <li>- How we can combine passing and dribbling to create space.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Triple Threat</b></p> <ul style="list-style-type: none"> <li>- When to pass, when to dribble or when to shoot and be able to explain why we have chosen to make that decision</li> <li>- What triple threat means and when this is applied during a game.</li> <li>- How to effectively apply passing and moving skills to keep possession</li> </ul> <p><b>Shooting</b></p> <ul style="list-style-type: none"> <li>- When to shoot, where to shoot from and why</li> <li>- How to apply the correct technique when shooting</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Marking</b></p> <ul style="list-style-type: none"> <li>- How 'marking,' is used during a game and when this is applied.</li> <li>- Who we are marking during a game and why.</li> <li>- When, where and why we apply different methods of defending in order to prevent the attackers from scoring. Including: marking, intercepting a pass and applying pressure.</li> </ul> <p><b>Double Dribble and Travelling</b></p> <ul style="list-style-type: none"> <li>- What the terms, 'double dribble', and 'travelling' means and the consequences if this happens.</li> <li>- How to move the ball up the court, creating an attack that results in a successful shooting opportunity.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Transition</b></p> <ul style="list-style-type: none"> <li>- How we can regain possession if we miss a shot (rebound)</li> <li>- How to regain possession if we lose possession of the ball.</li> <li>- How different attacking tactics can be applied during a game to create shooting opportunities.</li> </ul> <p><b>High Press and Pressure</b></p> <ul style="list-style-type: none"> <li>- How and when different defensive tactics (high press or retreating back) can be applied during a game to prevent attacking opportunities.</li> <li>- How and when different defensive tactics (high press or retreating back) can be applied during a game to prevent attacking opportunities.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduce dribbling</li> <li>- Introduce passing and receiving</li> <li>- Combine dribbling and passing to create space</li> <li>- Introduce shooting</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Refine dribbling</li> <li>- Refine passing and receiving</li> <li>- Refine passing and dribbling creating space passing and dribbling creating shooting opportunities</li> <li>- Introduce marking</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Refine passing and receiving</li> <li>- Apply passing, footwork and shooting into mini games, introduce officiating</li> <li>- Introduce defending</li> <li>- Explore the function of other passing styles</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Consolidate keeping possession and officiating</li> <li>- Consolidate defending.</li> <li>- Create, understand and apply attacking tactics in game situations.</li> <li>- Create, understand and apply defending tactics in game situations.</li> </ul>



OAA

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Tactics</b></p> <ul style="list-style-type: none"> <li>- How to create and apply simple tactics for completing challenges quickly</li> <li>- Why our role is important if our team is going to be successful.</li> <li>- What makes an effective leader</li> </ul> <p><b>Collaborate</b></p> <ul style="list-style-type: none"> <li>- How to communicate effectively, listening when others are speaking and using a clear voice when communicating our own ideas.</li> <li>- How to collaborate with our own team members, applying the rules of the game.</li> <li>- How to collaborate with the opposing team(s), applying the rules of the game.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Create and Apply</b></p> <ul style="list-style-type: none"> <li>- What the attributes of an effective team are. For example integrity, communication, co-operation, and collaboration</li> <li>- Why it is so important to be positive and approach the challenge positively.</li> </ul> <p><b>Verbal/Non-verbal</b></p> <ul style="list-style-type: none"> <li>- How and why we need to be able to communicate how we feel when working as part of a team.</li> <li>- What verbal and non verbal communication means.</li> <li>- Verbal communication is a method of communicating using our voice. When communicating verbally it is important that our message is clear and precise so that our team members can understand. - -</li> <li>- Non-verbal communication is a method of sending messages or signals without speaking. This includes actions such as making eye contact, using hand gestures or changing a body language or posture to communicate.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Responsibility</b></p> <ul style="list-style-type: none"> <li>- How to take responsibility for others and lead others in an effective way.</li> <li>- How to manage time and avoid being late back and understand why this is important.</li> </ul> <p><b>Orientate</b></p> <ul style="list-style-type: none"> <li>- Why we have to orientate a map in order to locate points on the map</li> <li>- How to plan a route effectively in order to locate as many points as possible</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Leadership</b></p> <ul style="list-style-type: none"> <li>- What makes an effective leader and why this is so important for the success of a team.</li> </ul> <p><b>S(space)T(task)E(equipment)P(people)</b></p> <ul style="list-style-type: none"> <li>- How to use the ‘STEP’ principle when leading an activity.</li> <li>- What the ‘STEP’ principle is: Space, Task, Equipment. People.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Creating and applying simple tactics</li> <li>- Developing leadership</li> <li>- Develop communication as a team</li> <li>- Create defending and attacking tactics as a team</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Benches and mats challenge</li> <li>- Round the clock card challenge</li> <li>- The pen challenge</li> <li>- The river rope challenge</li> <li>- Caving challenges</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Face orienteering</li> <li>- Cone orienteering</li> <li>- Point and return</li> <li>- Point to point</li> <li>- Timed course</li> <li>- Orienteering competition</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Understanding what makes an effective leader</li> <li>- Communicating as a leader</li> <li>- Introducing the STEP principle: - Space , Task, Equipment and People</li> </ul>



## Tennis

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Rally</b></p> <ul style="list-style-type: none"> <li>- Where to throw (hit) the ball on the court.</li> <li>- Why we need to throw (hit) the ball into space on the court</li> <li>- How and why we execute a basic forehand shot in a mini game. A forehand is a shot in which the palm of your hand faces the direction in which we are hitting the ball. We swing the racket low to high.</li> <li>- The consequences of throwing (hitting) the ball out of the court or letting it bounce more than once on our side of the court. *Our opponent wins a point</li> </ul> <p><b>Ready and Recover</b></p> <ul style="list-style-type: none"> <li>- Why we need to return (recover) to the middle of the court (baseline) once we have thrown (hit) the ball.</li> <li>- Why we need to control the ball when playing a shot.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Forehand and Backhand</b></p> <ul style="list-style-type: none"> <li>- What the ready position looks like.</li> <li>- How to use their racket to direct the ball towards a space to win a point.</li> <li>- How and why we execute a basic backhand shot in a mini game. A backhand is a shot in which we hit the ball with our arm across our body with the back of our hand facing the ball. We swing the racket low to high.</li> <li>- When to apply either a forehand or backhand shot in a game situation.</li> </ul> <p><b>Outwit</b></p> <ul style="list-style-type: none"> <li>- How we can outwit our opponent during a mini game.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Volley</b></p> <ul style="list-style-type: none"> <li>- When and where to play a volley shot in a mini game.</li> </ul> <p><b>Serve</b></p> <ul style="list-style-type: none"> <li>- Where we stand on the court when applying a volley shot in a mini game.</li> <li>- When and where we serve in a mini game</li> <li>- Where to serve to make it harder for our opponent to return the ball. We aim for the outside corner, forcing our opponent wide. This opens up lots of space on the court for our next shot.</li> <li>- How to apply our prior learning of how we can win a point whilst playing with a partner (doubles).</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Tactics</b></p> <ul style="list-style-type: none"> <li>- How to use the correct scoring system during a mini game.</li> <li>- How to organise, umpire and manage round robin games.</li> </ul> <p><b>Doubles</b></p> <ul style="list-style-type: none"> <li>- When, where and why we are selecting to play a shot (forehand, back or volley) to win a point.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduction to tennis</li> <li>- Outwitting an opponent</li> <li>- Creating space to win a point</li> <li>- Consolidate how to win a game</li> <li>- Introduce rackets</li> <li>- Introduce the forehand</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Developing the forehand</li> <li>- Creating space to win a point using a racket</li> <li>- Introduce the backhand</li> <li>- Applying the forehand and backhand in game situations</li> <li>- Applying the forehand and backhand creating space to win a point</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduce/develop the volley</li> <li>- Controlling the game from the serve</li> <li>- Doubles, understanding and applying tactics to win a point</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Game application, mixed ability doubles, round robin games</li> </ul>



**Athletics**

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Distance</b></p> <ul style="list-style-type: none"> <li>- How to throw for distance and why the correct technique is essential to send the object further. We throw and object sideways on, with our arm up and elbow bent above our shoulder. We release the object when it is just past our head.</li> </ul> <p><b>Acceleration</b></p> <ul style="list-style-type: none"> <li>- Why we have to accelerate at the start of a race.</li> <li>- How to run when running for speed, creating a pumping action with our arms and elbows bent, springing off the balls of our feet.</li> <li>- How to run for speed in a team, using a relay baton, holding our hands ready, palms upwards when waiting for the baton.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Pace</b></p> <ul style="list-style-type: none"> <li>- Why we need to pace ourselves when running for distance.</li> </ul> <p><b>Power</b></p> <ul style="list-style-type: none"> <li>- How to use our bodies to throw with greater distance.</li> <li>- How we can use our bodies to jump as far as possible, using a combination of jumps.</li> </ul> <p><b>Speed</b></p> <ul style="list-style-type: none"> <li>- Why we need to increase our stride pattern to enable us to maintain our speed during the middle third of a race.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Change Over</b></p> <ul style="list-style-type: none"> <li>- Why we need to maintain our speed until we cross the finish line.</li> <li>- When and where the changeovers take place on a curved track.</li> </ul> <p><b>Personal Best</b></p> <ul style="list-style-type: none"> <li>- How to hurdle safely, applying the correct technique.</li> <li>- How to evaluate our own and others sprinting technique making suggestions on how we can improve our own and others' performance.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Evaluation</b></p> <ul style="list-style-type: none"> <li>- Why we need to apply accurate head, arm and foot technique to make ourselves run quicker.</li> <li>- How to transfer their body weight to push (put) the shot put and throw the javelin further.</li> </ul> <p><b>Competition</b></p> <ul style="list-style-type: none"> <li>- Why we need to select certain pupils for certain events in order for our team to be successful.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Explore running for speed</li> <li>- Explore acceleration</li> <li>- Introduce /develop relay</li> <li>- Running for speed in a team</li> <li>- Throwing: Accuracy vs distance</li> <li>- Standing Long Jump</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Develop running at speed</li> <li>- Exploring our stride pattern</li> <li>- Exploring running at pace</li> <li>- Understand and apply tactics when running for distance</li> <li>- Javelin</li> <li>- Standing Triple Jump</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Finishing a race</li> <li>- Evaluating our performance</li> <li>- Sprinting</li> <li>- My personal best</li> <li>- Relay changeovers</li> <li>- Shot Put</li> <li>- Introducing the Hurdles</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Running for speed competition</li> <li>- Running for distance competition</li> <li>- Throwing competition</li> <li>- Jumping competition</li> </ul>



## Quidditch

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Chasers (attack)</b></p> <ul style="list-style-type: none"> <li>- How to pass the Quaffle keeping possession to score a point.</li> <li>- Understand what the role of the Chaser is. A Chaser is an 'attacker' in Quidditch. The aim of the game for the Chaser is to keep possession of the Quaffle and score a goal.</li> </ul> <p><b>Beaters (defense)</b></p> <ul style="list-style-type: none"> <li>- Why we do not stand near a Beater or directly behind a Chaser on the opposition team when finding a position to receive the Quaffle.</li> <li>- Understand what the role of the Beater is. A Beater is a 'defender' in Quidditch. The aim of the game for the Beater is to prevent the opposition (Chaser) from scoring by hitting them with their Bludger.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Quaffle/Bludger</b></p> <ul style="list-style-type: none"> <li>- How to effectively apply passing and moving skills to keep possession.</li> </ul> <p><b>Keeper</b></p> <ul style="list-style-type: none"> <li>- Why we must win the ball back when we lose possession.</li> <li>- How to apply the correct technique when shooting. When shooting we throw the ball with our arm high above our shoulder, stepping forwards to generate power and aiming for the corner of the goal.</li> <li>- Understand what the role of a Keeper is. The role of the Keeper is to guard the Quidditch hoops and to try and prevent the Chasers on the opposition from scoring.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Seeker and Snitch</b></p> <ul style="list-style-type: none"> <li>- When and where to shoot from to increase our chances of scoring.</li> <li>- Understand what the role of the Snitch is. The Snitch is a ball (which is represented by a player wearing a Snitch tag) that enters the playing area one minute before the end of the game. Once the Snitch is caught the game ends.</li> <li>- Understand what the role of the Seeker is. The Seeker's role is to try and catch the Snitch. The Seeker is the only player who is allowed to catch the Snitch.</li> </ul> <p><b>Defensive and Attacking Tactics</b></p> <ul style="list-style-type: none"> <li>- Where the best places are to stand when throwing the Bludger to increase our chances of hitting the Chasers.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Transition</b></p> <ul style="list-style-type: none"> <li>- How and when different defensive tactics can be applied during a game to prevent attacking opportunities.</li> <li>- Why we need to quickly transition from attack to defence quickly and effectively in a game.</li> </ul> <p><b>Officiating</b></p> <ul style="list-style-type: none"> <li>- How different attacking tactics can be applied during a game to create shooting opportunities.</li> <li>- How to apply the basic rules of Quidditch and will be able to take responsibility for officiating and managing our own games.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduce throwing with accuracy</li> <li>- Develop passing and receiving</li> <li>- Combine passing and moving to keep possession</li> <li>- Introduce shooting</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Develop the role of the Beater (defender)</li> <li>- Develop the role of the Chaser (attacker)</li> <li>- Refine dodging • Introduce the role of the Keeper</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Refine the role of the Chaser</li> <li>- Refine the role of the Beater</li> <li>- Refine shooting</li> <li>- Refine the role of the Keeper</li> <li>- Introduce the Snitch and the Seekers</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Consolidate attacking</li> <li>- Consolidate defending</li> <li>- Application of 'powers' into game play to challenge tactical thinking</li> </ul>



**Cricket**

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Batting and fielding</b></p> <ul style="list-style-type: none"> <li>- How and why to throw a ball overarm with power and distance.</li> <li>- Where to stand when we are fielding and have a clear understanding why we have chosen that particular position.</li> <li>- How to catch a ball, adjusting the body and hand position when catching a high ball compared to a low ball</li> <li>- How to throw a ball overarm using the correct technique. Side on, opposite arm to opposite foot, arm up, elbow bent above the shoulder.</li> </ul> <p><b>Striking</b></p> <ul style="list-style-type: none"> <li>- How to outwit the fielding team by varying the speed and direction we strike the ball.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Bowling</b></p> <ul style="list-style-type: none"> <li>- How to bowl underarm, varying the speed at which we bowl depending on who is batting.</li> <li>- How to outwit the fielding team when batting by varying the speed and direction we strike the ball.</li> </ul> <p><b>Retrieving</b></p> <ul style="list-style-type: none"> <li>- How and when to use different ways of retrieving and returning the ball to prevent the batters from scoring runs.</li> <li>- Why we need to return the ball to the bowler or wicket keeper quickly and accurately to prevent the batters from scoring runs.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Fielding Tactics</b></p> <ul style="list-style-type: none"> <li>- Where to strike the ball when we are batting depending on where the fielders are standing in order to score runs.</li> <li>- Where and how to bowl in order to prevent the batters from scoring runs.</li> <li>- Stepping forwards with one foot, releasing the ball from low to high using their opposite hand towards the wicket (stumps).</li> </ul> <p><b>Batting Tactics</b></p> <ul style="list-style-type: none"> <li>- How and why the role as a batter may change depending on the situation of the game.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Umpire and Scorer</b></p> <ul style="list-style-type: none"> <li>- How to umpire and score in a mini game of cricket, applying the correct signals when umpiring.</li> </ul> <p><b>Adapting Tactics</b></p> <ul style="list-style-type: none"> <li>- Why we need to attack the ball when we are fielding and why when need to apply pressure to the batters.</li> <li>- How and when to apply a range of fielding skills into mini games.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Understand the concept of batting and fielding</li> <li>- Introduce throwing overarm</li> <li>- Introduce throwing underarm</li> <li>- Introduce catching</li> <li>- Striking with intent</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Develop an understanding of batting and fielding</li> <li>- Introduce bowling underarm</li> <li>- Develop stopping and returning the ball</li> <li>- Develop retrieving and returning the ball</li> <li>- Striking the ball at different angles and speeds</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Refine batting, batting and bowling tactics</li> <li>- Refine fielding stopping, catching and throwing</li> <li>- Combine bowling and fielding creating and applying tactics</li> <li>• Introduce umpiring and scoring</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Consolidate batting, fielding and bowling</li> <li>- Create, understand and apply attacking and defensive tactics in game</li> </ul>



## Rounders

Year 3	Year 4	Year 5	Year 6
<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>- How, when and why to use overarm and underarm throws.</li> <li>- The difference between batting and fielding and understand what our roles are when we are playing a small sided game.</li> </ul> <p><b>Over arm and under arm</b></p> <ul style="list-style-type: none"> <li>- How to catch a ball, adjusting the body and hand position when catching a high ball compared to a low ball.</li> <li>- How to throw a ball over arm using the correct technique. Side on, opposite arm to opposite foot, arm up, elbow bent above the shoulder.</li> <li>- How and why to throw a ball over arm with power and distance.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Bowling</b></p> <ul style="list-style-type: none"> <li>- How to bowl underarm, ensuring the bowl is a 'good' bowl.</li> <li>- Why we need to return the ball quickly and accurately to the player on base 1.</li> </ul> <p><b>Batting</b></p> <ul style="list-style-type: none"> <li>- How to outwit the fielding team when batting by varying the direction we strike the ball.</li> <li>- What the back stop should do if a batter misses the ball, to try and prevent that batter from scoring.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <ul style="list-style-type: none"> <li>- How to create and apply simple fielding and batting tactics in order for our team to be successful.</li> </ul> <p><b>Fielding Tactics</b></p> <ul style="list-style-type: none"> <li>- How the fielding team can stop the batter scoring if they hit or miss the ball.</li> <li>- Why we need to double up on fielding positions, to maximise our efficiency when we are fielding.</li> </ul> <p><b>Batting Tactic</b></p> <ul style="list-style-type: none"> <li>- Where to strike the ball when we are batting depending on where the fielders are standing in order to score rounders.</li> </ul>	<p style="text-align: center;"><b>Knowledge</b></p> <p><b>Umpire</b></p> <ul style="list-style-type: none"> <li>- How to umpire and score in a game.</li> </ul> <p><b>Adapt Tactics</b></p> <ul style="list-style-type: none"> <li>- The difference between racing rounders and the full game, applying this understanding into mini games.</li> <li>- How to create and apply simple fielding and batting tactics in a full game of Rounders, in order for our team to be successful.</li> </ul>
<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduce overarm throwing</li> <li>- Apply overarm and underarm throwing</li> <li>- Application of stopping the ball in a game</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Develop fielding bowling with a backstop</li> <li>- Introduce batting - how</li> <li>- Introduce batting - where and why</li> <li>- Introduce and apply fielding tactics</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Develop fielding tactics</li> <li>- Understand what happens if the batter misses the ball</li> <li>- Refine fielding tactics and what players to put where?</li> <li>- Applying tactics in mini games</li> </ul>	<p style="text-align: center;"><b>Skills</b></p> <ul style="list-style-type: none"> <li>- Introduce full rounders</li> <li>- Consolidate fielding tactics</li> <li>- Refine understanding of what happens if the batter misses or hits the ball backwards</li> <li>- Batting considerations</li> </ul>