

Lowe's Wong Infant School
PE Progression Document



Key Area	Foundation 1	Foundation 2	Year 1	Year 2
<p>Health and Wellbeing</p>	<p>Health and Wellbeing</p> <p>Know how to introduce the concept of movement and exercise.</p> <p>Know how to understand what we mean by exercise.</p> <p>Know that our heart beats faster when we exercise.</p> <p>Know that our breathing gets quicker when we exercise.</p> <p>Know how to experience a variety of warm up games and activities.</p> <p>Know how exercise makes them feel.</p> <p>Know that when we exercise not only does this have a positive impact on our bodies, but exercise can also help us to feel happier and better about ourselves.</p>	<p>Health and Wellbeing</p> <p>Know how to introduce the concept of movement and exercise.</p> <p>Know how to understand what we mean by exercise and why it is so important.</p> <p>Know how to identify changes in their heartbeat when they exercise.</p> <p>Know that our heartbeats faster when we exercise and understand why.</p> <p>Know that our breathing gets quicker when we exercise.</p> <p>Know how to experience a variety of warm up games and activities.</p> <p>Know that we need to warm our bodies up before we exercise and understand why.</p> <p>Know how exercise makes them feel both physically (our bodies) and mentally (wellbeing).</p> <p>Know that when we exercise not only does this have a positive</p>	<p>Health and Wellbeing</p> <p>Know how to explore ways of being more 'agile' when moving.</p> <p>Know that we need to be agile when playing sport.</p> <p>Know how to explore ways of being balanced and to understand why we need to be balanced when playing sport.</p> <p>Know how to develop their throwing, bouncing and rolling skills to refining their hand eye coordination skills.</p> <p>Know that we need to have good hand eye coordination when playing sport.</p> <p>Know that it is important to be agile.</p> <p>Know how to perform a circuit to develop their application and understanding of agility.</p> <p>Know that it is important to be balanced.</p>	<p>Health and Wellbeing</p> <p>Know how to move quickly and easily in sport (consolidate agility).</p> <p>Know how to move at speed in different ways and will understand the consequences of not being agile.</p> <p>Know how to develop ways of balancing on apparatus.</p> <p>Know how to explore different ways of balancing with a partner and understand which sports require more than one person to balance together to be successful.</p> <p>Know how to use different parts of the body together efficiently (feet eye coordination).</p> <p>Know how to use kicking and dribbling skills to develop their feet eye coordination skills.</p> <p>Know that we need to have good feet eye coordination when playing sport.</p>

		<p>impact on our bodies, but exercise can also help us to feel happier and better about ourselves.</p> <p>Know how to complete an exercise circuit of activities as a class.</p>	<p>Know how to perform a circuit to develop their application and understanding of balance.</p> <p>Know that it is important to be coordinated.</p> <p>Know how to perform a circuit to develop their application and understanding of coordination.</p>	<p>Know that it is important to be agile to perform a circuit.</p> <p>Know how to perform the circuit with a partner and understand how motivation can help enhance their performance.</p> <p>Know that it is important to be balanced.</p> <p>Know how to perform a circuit to develop their application and understanding of balance.</p>
--	--	--	--	---

<p>Attack v Defence</p>	<p>Games for Understanding</p> <p>Know that it is important to take turns when playing a game.</p> <p>Know that we need to follow the rules during a game.</p> <p>Know that games have rules.</p> <p>Know that there are different ways of avoiding a defender.</p> <p>Know how to explore simple principles (evasive skills) to avoid being tagged.</p>	<p>Games for Understanding</p> <p>Know that it is important to take turns when playing a game.</p> <p>Know that we need to keep the score during a game.</p> <p>Know that we need to follow the rules during a game.</p> <p>Know that games have rules and understand the consequences if the rules of the game are not followed.</p> <p>Know that there are different ways of avoiding a defender.</p> <p>Know how to explore simple principles (evasive skills) to avoid being tagged.</p> <p>Know that there are consequences if they are tagged in a game.</p> <p>Know how to explore different ways of preventing an attacker from scoring a point.</p> <p>Know how to explore simple principles to prevent the attackers from scoring.</p> <p>Know that there are consequences if they do not tag an attacker in a game.</p> <p>Know how to attack and defend, applying it into a competitive game.</p>		
--------------------------------	---	--	--	--

Ball Skills	Feet 1	Feet 1	Feet 1	Feet 1
	<p>Know how to explore different ways of using our feet to move with a ball.</p> <p>Know how to explore what happens when they kick a ball using different parts of their feet.</p> <p>Know how to begin to understand how we control a ball.</p> <p>Know how to develop using our feet to move with a ball.</p> <p>Know how to develop dribbling using our feet to move with a ball.</p> <p>Know how to continue to explore moving with a ball.</p>	<p>Know how to explore different ways of using our feet to move with a ball.</p> <p>Know how to explore what happens when they kick a ball using different parts of their feet.</p> <p>Know how to begin to understand how we control a ball.</p> <p>Know how to develop using our feet to move with a ball.</p> <p>Know that the word control has a meaning and start to understand why it is important to keep the ball close to them.</p> <p>Know how to develop dribbling using our feet to move with a ball.</p> <p>Know that their technique of dribbling the ball is important and understand why this is the most effective way to dribble, keeping control.</p> <p>Know how and where to dribble and why.</p> <p>Know how to develop their technique of dribbling the ball.</p> <p>Know how to continue to explore moving with a ball.</p> <p>Know how to develop dribbling</p>	<p>Know that there are different ways of using our feet to move with a ball.</p> <p>Know that it is important to keep the ball close to them ('Control').</p> <p>Know how to use our feet to move with a ball.</p> <p>Know how to use the inside and outside of their feet to dribble the ball.</p> <p>Know how to apply dribbling with our feet into games.</p> <p>Know how to apply their dribbling technique, keeping the ball away from their opponents. Know that it is important to know where to dribble and why.</p> <p>Know how to develop their dribbling technique keeping the ball away from their opponents.</p> <p>Know that there are consequences if they do not dribble into space, keeping the ball close to them.</p> <p>Know how to kick (pass) a ball.</p> <p>Know how to work with a partner and begin to understand how to kick a ball towards a target.</p>	<p>Know how to dribble using our feet in order to keep control and possession of the ball.</p> <p>Know how to pass and receive using our feet in order to keep possession of the ball.</p> <p>Know how to combine dribbling, passing and receiving using our feet in order to keep possession of the ball.</p> <p>Know how to dribble using our feet in order to keep possession and score a point.</p> <p>Know how to combine dribbling, passing and receiving using our feet, in order to keep possession and score a point.</p> <p>Know how to apply their knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point.</p>

	<p>Hands 1</p> <p>Know how to explore different ways of using our hands to move with a ball.</p> <p>Know how to explore different ways of pushing a ball.</p> <p>Know how to explore different ways of rolling a ball.</p> <p>Know how to explore different ways of bouncing a ball.</p> <p>Know how to explore different ways of rolling, pushing and bouncing a ball with a partner.</p>	<p>skills and their understanding of dribbling a ball.</p> <p>Know how to develop pupils' kicking and dribbling skills during competitions.</p> <p>Know how to collaborate and work together with their partner and in small groups.</p> <p>Hands 1</p> <p>Know how to explore different ways of using our hands to move with a ball.</p> <p>Know how to explore different ways of pushing a ball.</p> <p>Know that it is important to keep the ball close to them and understand why.</p> <p>Know how to explore different ways of rolling a ball.</p> <p>Know how to explore different ways of using our hands to move with a ball.</p> <p>Know how to explore different ways of bouncing a ball.</p> <p>Know how to explore and develop different ways of bouncing a ball whilst moving into space.</p> <p>Know how to explore different ways of rolling and pushing a ball.</p>	<p>Know that we need to be accurate when kicking (passing) a ball.</p> <p>Know how to kick (pass) in a game to score points.</p> <p>Know how to collaborate and work together in a team.</p> <p>Hands 1</p> <p>Know how to develop bouncing (dribbling).</p> <p>Know that we need to keep the ball away from the defender.</p> <p>Know how to explore different ways of sending (passing) the ball to their partner.</p> <p>Know how to explore and develop different ways of sending a ball (passing) using our hands.</p> <p>Know how to be accurate when sending the ball.</p> <p>Know how to aim when sending a ball.</p> <p>Know how to send a ball using different force and speeds.</p> <p>Know how to explore different ways of stopping a ball with our hands.</p> <p>Know that there different ways of stopping a ball with our hands,</p>	<p>Hands 1</p> <p>Know how to dribble in order to keep control and possession of the ball.</p> <p>Know how pass and receive in order to keep possession of the ball.</p> <p>Know how to combine dribbling, passing and receiving in order to keep possession of the ball.</p> <p>Know how to dribble in order to keep possession and score a point.</p> <p>Know how to pass and receive in order to keep possession and score a point.</p> <p>Know how to combine dribbling, passing and receiving in order to keep possession and score a point.</p>
--	---	--	---	--

Know how to work with a partner and begin to understand why it is important to be part of a team.

Know how to explore different ways of rolling, pushing and bouncing a ball with a partner.

Know that the word defender has a meaning and what this means when playing games.

preventing pupils from passing the ball.

Know how to combine their sending and receiving skills, applying their prior knowledge of where we send a ball and why.

Know how to combine their sending and receiving skills to keep possession of the ball.

	<p>Hands 2</p> <p>Know how to explore different ways of throwing a beanbag.</p> <p>Know that we need to aim when we are throwing.</p> <p>Know how to explore throwing (underarm) a beanbag.</p> <p>Know how to develop their understanding of why we need to aim when we are throwing.</p> <p>Know how to explore throwing (overarm) a beanbag.</p> <p>Know how to roll a ball towards a target.</p> <p>Know how to explore different ways of stopping a ball using our hands.</p> <p>Know how to explore catching a beanbag and a large ball.</p>	<p>Hands 2</p> <p>Know how to explore different ways of throwing a beanbag.</p> <p>Know that we need to aim when we are throwing.</p> <p>Know how to explore throwing (underarm) a beanbag.</p> <p>Know how to develop their understanding of why we need to aim when we are throwing.</p> <p>Know how to explore throwing (overarm) a beanbag.</p> <p>Know how they can use their bodies to throw with greater distance.</p> <p>Know how to explore different ways of rolling a ball using our hands.</p> <p>Know that we need to be accurate when we are rolling a ball towards a target.</p> <p>Know how to explore different ways of stopping a ball using our hands.</p> <p>Know how to explore catching a beanbag and a small ball.</p> <p>Know that we need to catch a ball and a beanbag and why.</p>	<p>Hands 2</p> <p>Know how to throw (underarm).</p> <p>Know how we throw a bean bag underarm and why.</p> <p>Know how to throw a bean bag underarm and why, applying this into a game situation.</p> <p>Know how to work in a team and apply the underarm throw in a competitive situation.</p> <p>Know that there are different ways of stopping a ball using our hands.</p> <p>Know how to apply their learning of stopping a ball into a game.</p> <p>Know how to accurately roll a ball towards a target.</p> <p>Know how to send a ball and why, in order to score points to beat an opponent.</p> <p>Know how to combine their sending and stopping skills, applying their prior knowledge of where we send a ball and why to score points to beat an opponent.</p>	<p>Hands 2</p> <p>Know how to execute an underarm throw.</p> <p>Know that we need to be accurate when we throw.</p> <p>Know how to collaborate.</p> <p>Know how to work in a team, applying their understanding of underarm throwing and the basic principles of attack vs defence to win a game.</p> <p>Know how to throw underarm to beat their opponent.</p> <p>Know how to throw overarm, applying their understanding of overarm throwing to win a game.</p> <p>Know how to apply the principles of attack vs defence in a competition.</p>
--	---	--	--	---

			<p>Sticks</p> <p>Know how to explore a variety of simple movement skills that are necessary in a game of Hockey.</p> <p>Know that these movement skills are important.</p> <p>Know how to move with the ball and stick to keep control.</p> <p>Know how and where to move with the ball and why control of the ball is so important.</p> <p>Know how to dribble the ball with control.</p> <p>Know how to dribble to avoid the defenders.</p> <p>Know how to stop the ball, using their stick.</p> <p>Know that it is important to stop the and keep the ball under control.</p> <p>Know how to send a ball towards a target in order to make successful passes with a partner.</p> <p>Know that it is important to pass the ball accurately.</p> <p>Know how to dribble with control.</p> <p>Know how to play a variety of different games to apply dribbling skills, keeping the ball under control.</p>	<p>Sticks</p> <p>Know how to apply dribbling using a range of movements.</p> <p>Know that changing speed and direction helps them to keep close control of the ball and away from defenders.</p> <p>Know how to pass a ball with power and accuracy.</p> <p>Know how to apply passing and dribbling.</p> <p>Know how to aim towards a target to score a point.</p> <p>Know that we need to send a ball accurately towards a target (by shooting) to score a point.</p> <p>Know how to successfully stop the ball by defending and blocking, (intercepting) the ball.</p> <p>Know how to stop the ball from travelling in a direction by blocking the path it is going in.</p> <p>Know how to move (dribble) with the ball, how to pass the ball and how to stop (control) the ball.</p>
--	--	--	---	--

Dance	Ourselves	Ourselves	Heroes	Explorers
	<p>Know how to explore different movements using different parts of the body.</p> <p>Know how to explore larger scale travelling movements.</p> <p>Know how to respond to words and music using their bodies.</p> <p>Know how to copy movement ideas relating to specific words.</p> <p>Know how to explore different movements using qualities of movement.</p> <p>Know how to explore movements such as creeping.</p>	<p>Know how to explore different movements using different parts of the body.</p> <p>Know how to explore larger scale travelling movements.</p> <p>Know how to respond to words and music using their bodies and props.</p> <p>Know how to create their own movement ideas relating to specific words.</p> <p>Know how to explore different movements using qualities of movement.</p> <p>Know that there is a meaning of opposites.</p> <p>Know how to explore movements such as creeping, tiptoeing and hiding.</p>	<p>Know how to create a range of controlled movements.</p> <p>Know how to control and co-ordinate their bodies to perform a sequence of movements, including a balance (freeze position).</p> <p>Know how to extend their sequence whilst performing as their character.</p> <p>Know how to perform a range of controlled movements.</p> <p>Know how to extend their creativity and explore movements.</p> <p>Know how to create a range of controlled movements.</p> <p>Know how to control and co-ordinate their bodies to perform a sequence of movements.</p> <p>Know how to respond to a rhythm performing a range of controlled movements.</p> <p>Know how to explore the relationships between the two characters when performing their movements.</p> <p>Know how to respond to create movements that represent a real life hero.</p>	<p>Know how to respond to the stimulus using a range of different, controlled movements.</p> <p>Know how to control and co-ordinate their bodies to perform movements.</p> <p>Know how to develop our character work, adding movements, expression and emotion to our motif.</p> <p>Know how to create a 'frozen' position showing a reaction creating an emotion.</p> <p>Know how to develop our character work, adding movements, expression and emotion to our motif.</p> <p>Know how to develop motifs with a partner including some different elements of choreography.</p> <p>Know how to explore a variety of movements in a character (explorer and jungle animal) with a partner.</p> <p>Know how to extend their sequences developing their characters to add drama and emotion to their dance performance.</p>

			<p>Know how to explore the problems that day to day heroes might face and create solutions through dance movements.</p>	<p>Know how to extend our sequences as our characters (explorer and jungle animal).</p> <p>Know how to bring together their sequences exploring the relationship between the explorer and wild animal.</p> <p>Know how to develop their characters to add drama and emotion to their dance performance.</p> <p>Know how to perform a sequence with extended movements.</p>
--	--	--	---	--

	<p>Nursery Rhymes</p> <p>Know how to explore different movements using different parts of the body.</p> <p>Know how to create their own movement ideas relating to specific words.</p> <p>Know how to copy movements together to copy a sequence.</p> <p>Know how to explore larger scale travelling movements, responding to words or music.</p> <p>Know how to respond to words and music using their bodies to explore character movements.</p>	<p>Nursery Rhymes</p> <p>Know how to explore different movements using different parts of the body.</p> <p>Know how to create their own movement ideas relating to specific words.</p> <p>Know how to start to add movements together to form a sequence.</p> <p>Know how to create simple movement sequences that relate to specific words.</p> <p>Know how to add their movements together to form a sequence.</p> <p>Know how to explore larger scale travelling movements, responding to words or music.</p> <p>Know how to respond to words and music using their bodies to explore character movements with a partner.</p>	<p>Growing</p> <p>Know how to respond to rhythm and patterns through their movement.</p> <p>Know how to control and co-ordinate their bodies to perform movements.</p> <p>Know how to control and co-ordinate their bodies to perform a motif.</p> <p>Know how to use improvisation to explore various dynamics and movement qualities.</p> <p>Know how to explore the relationship between two living things, creating movement patterns.</p>	<p>Mr. Candys Sweet Factory</p> <p>Know how to respond to the stimulus using a range of different, controlled movements showing expression.</p> <p>Know how to control and co-ordinate their bodies to perform movements that represent being in a sweet shop.</p> <p>Know how to respond to the stimulus (sweets) using a range of different and controlled movements.</p> <p>Know how to control and co-ordinate their bodies adding movements together which flow.</p> <p>Know how to develop our character work, adding movements, expression and emotion to create a motif.</p> <p>Know how to show a change of emotion in their character's expression.</p> <p>Know how to create movements that are telling a story while incorporating emotion and varying dynamics.</p> <p>Know how to create a sequence of movements that flow.</p> <p>Know how to explore a variety of movements in character with a partner.</p>
--	---	---	---	---

				<p>Know how to extend their sequences developing their characters to add drama and emotion to their dance performance.</p> <p>Know how to create different movement combinations.</p>
--	--	--	--	---

<p>Gymnastics</p>	<p>High, Low, Over, Under</p> <p>Know how to move in a high way and explore making high shapes.</p> <p>Know how to move in a low way and explore making low shapes.</p> <p>Know how to move safely using apparatus.</p>	<p>High, Low, Over, Under</p> <p>Know how to move in a high way and explore making high shapes. Introducing 'champion gymnastics'.</p> <p>Know how to apply, 'champion gymnastics' by moving in a low way and explore making low shapes.</p> <p>Know how to apply, 'champion gymnastics' while exploring how to move safely using apparatus.</p> <p>Know how to apply, 'champion gymnastics' to explore movements and shapes in high and low ways on the apparatus.</p> <p>Know how to apply, 'champion gymnastics' to explore movements and shapes in high, low, over and under ways on the apparatus.</p> <p>Know how to self-select where to work, exploring what movements and shapes to make and starting to identify features of other pupils work when questioned.</p>	<p>Wide, Narrow, Curled</p> <p>Know how to apply 'champion gymnastics' to explore movements and balances in a wide way on the floor and on apparatus.</p> <p>Know how to apply 'champion gymnastics' to everything pupils do.</p> <p>Know how to explore movements and balances in a narrow way on the floor and on apparatus.</p> <p>Know how to explore movements and balances in a curled way on the floor and on apparatus.</p> <p>Know how to explore the three theme words: narrow, wide and curled.</p> <p>Know how to explore different ways of transitioning between each shape using apparatus.</p> <p>Know how to explore combining wide, narrow and curled movements together. (Introduce, 'linking.')</p> <p>Know how to link two movements together.</p> <p>Know how to explore the concept of 'linking.</p>	<p>Linking</p> <p>Know how to apply 'champion gymnastics' to explore different movements that pupils can link together.</p> <p>Know how to apply 'champion gymnastics' to develop the different movements that pupils can link together on apparatus.</p> <p>Know how to apply 'champion gymnastics' to explore different ways pupils can perform the sequence. Jump, Roll, Balance.</p> <p>Know how to apply 'champion gymnastics' to develop the different ways pupils can perform a sequence on apparatus, jump, roll and balance.</p> <p>Know how to apply 'champion gymnastics' to create their own sequences.</p> <p>Know how to perform their completed sequences.</p>
--------------------------	--	--	---	--

	Moving	Moving	Body Parts	Pathways
	<p>Know how to move and make shapes using different body parts.</p> <p>Know how to move in different directions.</p> <p>Know how to explore how to move using big and small movements using the apparatus.</p> <p>Know how to explore movements on the floor and on apparatus.</p> <p>Know how to explore shapes on the floor and on apparatus.</p> <p>Know how to explore movements and shapes in different ways and begin to transition between different zones.</p>	<p>Know how to move and make shapes using different body parts. Introduce 'champion gymnastics'.</p> <p>Know how to apply 'champion gymnastics' whilst moving in different directions.</p> <p>Know how to apply 'champion gymnastics' whilst exploring how to move using big and small movements using the apparatus.</p> <p>Know how to apply 'champion gymnastics' whilst exploring movements in a pair on the floor and on apparatus.</p> <p>Know how to apply 'champion gymnastics' whilst exploring shapes in pairs on the floor and on apparatus.</p> <p>Know how to apply 'champion gymnastics,' whilst exploring movements and shapes in different ways, transitioning between different zones.</p>	<p>Know how to apply 'champion gymnastics' to explore movements and balances using the 'big' parts of our bodies on the floor and on apparatus.</p> <p>Know how to apply 'champion gymnastics' to explore movements and balances using the 'small' parts of our bodies on the floor and on apparatus.</p> <p>Know how to apply 'champion gymnastics' to explore movements and balances on the floor and on apparatus, using combinations of the following theme words; 'big' and 'small' with 'narrow,' 'wide' or 'curled.'</p> <p>Know how to explore the different theme words, ('big' and 'small' with 'narrow,' 'wide' or 'curled,') changing the combinations on different apparatus.</p> <p>Know how to explore adding movement combinations together to create mini sequences.</p> <p>Know how to adapt our mini sequences, exploring how we can make them more creative.</p>	<p>Know how to apply 'champion gymnastics' exploring different pathways (zig-zag), creating movements that pupils can link together.</p> <p>Know how to apply 'champion gymnastics' developing different pathways (zig-zag), creating movements that pupils can link together on apparatus.</p> <p>Know how to apply 'champion gymnastics' exploring different pathways (curved), creating movements that pupils can link together.</p> <p>Know how to apply 'champion gymnastics' developing different pathways (curved), creating movements that pupils can link together on apparatus.</p> <p>Know how to apply 'champion gymnastics' to create pupils own sequences.</p> <p>Know how to perform their completed sequences.</p>

Locomotion	Walking	Walking	Running	Dodging
	<p>Know how to explore walking using different body parts in different directions, at different levels and at different speeds.</p> <p>Know how we walk using our head, arms and feet, applying an effective walking technique.</p> <p>Know how to develop walking at different levels and at different speeds.</p> <p>Know how to develop walking into marching.</p>	<p>Know how to explore walking using different body parts in different directions, at different levels and at different speeds.</p> <p>Know how to begin to walk efficiently.</p> <p>Know how we walk using our head, arms and feet, applying an effective walking technique.</p> <p>Know how to explore walking in different pathways and to explore relationships with others.</p> <p>Know how to develop walking at different levels and at different speeds.</p> <p>Know how to experience sustained walking following a route and instructions.</p> <p>Know how to develop walking into marching.</p> <p>Know how to apply their understanding of walking by applying it into a game.</p>	<p>Know how to explore running using different body parts and different techniques and begin to understand how to run efficiently.</p> <p>Know how to develop their running technique applying it into a game.</p> <p>Know how to develop their understanding of where we need to run and why.</p> <p>Know how to run and where to run, while exploring running at different speeds.</p> <p>Know how to apply the correct technique of running as fast as we can in a racing context.</p> <p>Know how to run over a longer duration and as part of a team.</p> <p>Know how to run, applying it into a competitive game.</p> <p>Know that there are consequences in a game if we do not run and avoid the defender.</p>	<p>Know how to explore dodging and learn how to dodge effectively.</p> <p>Know how to develop their dodging technique applying this into games.</p> <p>Know that it is important to dodge in games.</p> <p>Know how, where and why to dodge, into game situations.</p> <p>Know that dodging is important when we are attacking and start to understand when we attack and when we defend.</p> <p>Know how, where and why to dodge in game situations working as a team.</p> <p>Know how, where and why to dodge, into a level 1 competition.</p>

Jumping

Know how to explore jumping in a variety of ways.

Know how to explore jumping, in different directions, at different speeds and different levels.

Know how to begin to jump efficiently.

Know how to explore how and why we jump, using our head, arms and feet, applying the basic jumping technique.

Know how to develop their jumping technique applying it into a game.

Know how to jump for distance.

Know how to jump for height.

Know how to hop in a variety of ways; in different directions, at different speeds and different levels.

Jumping

Know how to jump in different directions, at different speeds and different levels.

Know that there are reasons when, where and why we jump in different ways.

Know how to begin to jump efficiently.

Know how we jump applying the most effective technique using our head, arms and feet.

Know how jumping affects our bodies.

Know how to apply their jumping skills during a circuit.

Know how to explore skipping.

Know how to apply our understanding of jumping and skipping into a game.

Know how to apply their knowledge of jumping into competitions.

Jumping

Know how to apply an effective jumping technique in a variety of games.

Know how to apply the correct technique for jumping, skipping and hopping in games.

Know how, where and why we jump in a game.

Know how to jump and how to jump in combination, into their own ideas for linking jumps.

Know how to explore jumping using different combinations, jumping for distance and speeds.

Know how to link jumps together.

Know how to jump using different combinations, jumping for distance.

Know how to apply their knowledge of jumping into competitions.

<p>Rackets Bats Balls and Balloons</p>	<p>Rackets Bats Balls and Balloons</p> <p>Know how to explore different ways of keeping a balloon up in the air.</p> <p>Know how to explore different ways to use their hands (pushes and hits) and feet (kicks) to keep the balloon up in the air without it touching the floor.</p> <p>Know how to work together with a partner to explore different ways of hitting a balloon into space.</p> <p>Know how to explore different ways of balancing an object (beanbag, balloon and a ball) using a racket/bat.</p> <p>Know how to explore different ways of using their racket/bat to balance an object, preventing it from touching the floor</p>	<p>Rackets Bats Balls and Balloons</p> <p>Know how to explore different ways of keeping a balloon up in the air.</p> <p>Pupils will explore different ways to use their hands (pushes and hits) and feet (kicks) to keep the balloon up in the air without it touching the floor.</p> <p>Know that they need to direct the balloon upwards with control to keep it in the air.</p> <p>Know how to develop their ability to keep a balloon up in the air using their hands.</p> <p>Know that they can work with a partner, taking turns to keep the balloon in the air without it touching the floor.</p> <p>Know that they need to work together with a partner and take turns to keep the balloon up in air.</p> <p>Know how to apply their understanding of why we need to push/hit the balloon with accuracy and control in order to be successful in keeping the balloon up in the air.</p> <p>Know how to work together with a partner to explore different ways of hitting a balloon into space.</p>	<p>Rackets Bats and Balls</p> <p>Know how to explore using a racket and a ball together.</p> <p>Know how to explore moving the ball using the racket, beginning an understanding of how and why we keep the ball close and controlled.</p> <p>Know how to keep a ball controlled using a racket and to apply this understanding.</p> <p>Know that moving a ball into a space is so important.</p> <p>Know how to develop their ability to keep a ball controlled using a racket.</p> <p>Know how to apply their understanding of why moving a ball into a space is so important to evade defenders.</p> <p>Know how to explore hitting (pushing) a ball using a racket accurately.</p> <p>Know that we need to aim at a target when hitting (pushing) the ball.</p> <p>Know that it is important to be accurate, as they apply their skills.</p>	<p>Rackets Bats and Balls</p> <p>Know how to apply their learning and understanding of hitting a ball with a racket from year 1.</p> <p>Know how to work with a partner and then against their partner as they become opponents.</p> <p>Know how to apply their developing accuracy skills when hitting a ball in a variety of competitive situations.</p> <p>Know how to apply power as they attempt to hit targets that are of varying distances away.</p> <p>Know how to apply their hitting (hitting (striking)) skills as they experience a different type of game.</p> <p>Know how to apply power and their developing tactical thinking skills to eventually beat an opponent.</p> <p>Know that they can use their hitting (striking) skills to send the ball to space in order to win a game.</p> <p>Know that hitting into space, in certain games, is essential in order to score points against the opposing team.</p>
---	--	---	---	--

Know that we need to hit the balloon into space with power, (and accuracy) and understand why.

Know how to explore different ways of balancing an object (beanbag, balloon and a ball) using a racket/bat.

Know how to explore different ways of using their racket/bat to balance an object, preventing it from touching the floor.

Know how they need to hold the racket/bat in order to keep the object balanced on it.

Know how to develop different ways of balancing an object (beanbag, balloon and a ball) using a racket/bat.

Know how to develop their balancing skills so that they can try to balance an object on a racket/bat when pressure is applied to them e.g. during a race or a game.

Know that they need to keep an object balanced on the racket/bat and what the consequences are if the object falls off their racket/bat.

Know how to apply their understanding of accuracy in a variety of games.

<p>Key Vocabulary</p> <p>See Knowledge Organisers in Complete PE for definitions.</p>	<p>Exercise, movement, heart, heartbeat, breathing, oxygen,</p> <p>Attacker, defender, space, opponent,</p> <p>Champion dancers, beat, moving, control, rhythm, sequence, sequence, opposite, tempo,</p> <p>Control, bouncing, rolling, pushing, accuracy, aiming, distance, power, throwing, catching, stopping</p> <p>Champion gymnastics, shapes, high, low, over, under, apparatus, transition,</p> <p>Big, small, high, low</p> <p>Rules, tagging, tag, sharing</p> <p>warm up, defender, tagged, kick, dribble, throw, push, bounce, target, sequence, high, low, direction, level, speed, push, hit</p> <p>jumping, distance, height, hopping, speed, landing</p> <p>change of direction, speed, walking, marching,</p> <p>score, hitting, pushing</p>	<p>Exercise, movement, heart, heartbeat, breathing, oxygen,</p> <p>Attacker, defender, space, opponent,</p> <p>Champion dancers, beat, moving, control, rhythm, sequence, sequence, opposite, tempo,</p> <p>Control, bouncing, rolling, pushing, accuracy, aiming, distance, power, throwing, catching, stopping</p> <p>Champion gymnastics, shapes, high, low, over, under, apparatus, transition,</p> <p>Big, small, high, low</p> <p>Rules, tagging, tag, sharing</p> <p>warm up, defender, tagged, kick, dribble, throw, push, bounce, target, sequence, high, low, direction, level, speed, push, hit</p> <p>jumping, distance, height, hopping, speed, landing</p> <p>change of direction, speed, walking, marching,</p> <p>score, hitting, pushing</p>	<p>Attacker, defender, agility, balance, coordination</p> <p>hand-eye coordination, throwing, aiming</p> <p>space, dribbling, passing, control, accuracy, power</p> <p>batter, fielder, opponent, aiming, throwing, catching, rolling,</p> <p>Champion Dancer, beat, moving, rhythm, sequence, motif, expression, timing, sequence, opposite</p> <p>Champion Gymnastics, wide, narrow, curled, big, small</p> <p>transition, interesting, linking,</p> <p>jumping, distance, skipping, landing, speed, acceleration, tagging or tag,</p>	<p>Attacker, defender, agility, balance, coordination, dribbling, passing warm up, possession, space, blocking, batting, fielder, throwing, catching, accuracy, power,</p> <p>Champion Dancers, control, rhythm, expression, emotion, choreography, unison, motif,</p> <p>Champion Gymnastics, linking, flow, transition,</p> <p>jump, roll, sequence,</p> <p>dodge, tagging or tag, jumping, distance, speed, landing</p>
--	---	---	--	--