

P.E.-Y3-Swimming-Autumn Term

Key Vocabulary	Definition
Float	Rest on or near the surface of the water without sinking.
Glide	Move easily without stopping and without effort.
Current	A body of water moving in a definite direction.
Polluted	Unclean with harmful or poisonous substances.
Submerge	Go fully below the surface of the water.
Streamlined	Having a body shape that presents very little resistance to the flow of water.

What I need to know?

Know the four water safety rules:

Always swim in a safe place

Always swim with an adult

If you fall in, float, breathe, relax

If someone else is in trouble, phone 999/112.

Adam Peaty is a famous swimmer.

Ellie Simmonds is a famous Paralympic swimmer.

Links to prior learning:
Swimming Spring Term Y1

By the end of this unit, I will be able to:

Jump in safely from the poolside and submerge.

Sink, push away from the wall and maintain a streamlined position.

Push and glide on the front or back with arms extended and log roll.

Travel 5m on the front, perform a tuck to rotate onto the back and return on the back.

Travel on the front and log roll in one continuous movement onto the back.

Travel on the back and log roll in one continuous movement onto the front.

Fully submerge to pick up an object.

Push and glide and travel 10m on the front and on the back.

Perform a tuck float and hold for 3 seconds.

Kick 10m backstroke, front crawl and breast stroke.

Exit the water without using steps.

P.E.-Y3-Hockey-Autumn Term

Key Vocabulary	Definition
Slap pass	A low back swing with the stick brought through along the surface.
Open Side	The stronger side without the need to adjust hand positioning.
Reverse Side	The weaker side with the need to adjust hand positioning.
Cushioning	Bringing the stick back when the ball touches it in order to keep the ball in contact with the stick throughout.

What I need to know?

The stick must be kept below waist height.
Players can only use the flat side of the stick.
Know and describe some different activities needed for different warm ups.
Can describe what happens to their heart, breathing and temperature during different types of activity.
Understand the importance of different types of food and how these foods help the body when exercising.
Understand the importance of wearing the appropriate clothing for different types of exercise.
Know different positions in a team and the role of the players in these position.
Giselle Ansley is a famous hockey player.
Dhyan Chand was a famous hockey player.

By the end of this unit, I will be able to:

Slap pass accurately over a short and longer distance using the open side of the stick.
Receive a pass on the open and reverse side with stick flat to the ground, cushioning the ball to keep it close and avoiding it contacting with feet.
Block tackle on the open side with a flat stick.
Dribble on the open and reverse side, keeping the ball in contact with the stick/head up/walking to jogging pace.
Defend a goal by channelling and intercepting from 1:1 marking.
When attacking, ensure availability to receive a safe pass.
Know when to pass or shoot over short or longer distances.
Take responsibility for their own and others warm up.
Know their role and show understanding of what is needed in that role in games.
Can lead a warm up in pairs and small groups, make up a small game and lead a small group to play this game.

Links to prior learning:
Uni-Hoc Spring Y2

P.E.-Y3-Netball-Autumn Term

Key Vocabulary	Definition
Shoulder Pass	Taken from shoulder height and used to project the ball accurately across a longer distance.
Pivot	Rotating yourself on the ball of your landing foot and stepping with the other foot.
Deflect	Move the ball away from the receiving player.
Footwork	Moving both feet when in possession of the ball or moving the pivot foot.
Commonwealth Games	An international sport event involving athletes from the Commonwealth of Nations, held every 4 years.

What I need to know?

Players need to try to keep at least one foot still when they have the ball. Players need to pass or shoot within three seconds of receiving the ball. Players are not allowed to snatch or hit the ball out of a player's hands. The seven netball positions and what they are allowed to do and where they are allowed to go on the court.

Serena Guthrie is a famous netball player.

The England Netball Team are known as the Vitality Roses.

Netball is contested in the Commonwealth Games, but not the Olympic Games.

The next Commonwealth Games will be held in Birmingham in 2022.

The England Netball Team won Commonwealth gold for the first time in 2018.

By the end of this unit, I will be able to:

Pass over short and medium distances accurately using chest pass and shoulder pass.

Pass to a player and into space for a player to move onto.

Pivot on one foot.

Receive with two hands positioned at chest height.

Receive above the head and draw ball into chest.

Receive when stationary and when moving, stepping/jumping to receive earlier.

Defend through 1:1 marking, deflecting the ball away from an opponent.

When attacking, ensure availability to receive a safe pass.

Know when to pass over short or longer distances.

Shoot with increasing accuracy and follow shot.

Links to prior learning:
Benchball Autumn Term Y2

P.E.-Y3-Tag Rugby-Spring Term

Key Vocabulary	Definition
Cradle Pass	Pass made by swinging the rugby ball in two hands from one side of the chest to the other before passing.
Try	Touching the ball down behind the other team's goal line.
Tag	The removal by a defender of one of the two ribbons.
Off Side	Being ahead of the ball when a player is tagged and stopping the pass.
Arrow Head Formation	Arrangement of players when attacking.
Flat Line Formation	Arrangement of players when defending.

What I need to know?

The ball can only be passed backwards.

When a player has been tagged, the attacker is only allowed to take a maximum of 3 strides and must pass the ball to another player on their team.

The tagger must pass the tag back once the player has passed the ball and the player must re-attach their tag.

The ball must be passed within 3 seconds of the player being tagged.

All players must be onside when the ball is passed after tagging.

If a team makes six tags, the other team gains possession.

A try is scored when the ball is placed on the ground over the goal line with two hands in contact with the ball and the player remaining on their feet.

Jonah Lomu was a famous rugby player.

Portia Woodman is a famous rugby player.

Rugby Sevens is an Olympic event.

By the end of this unit, I will be able to:

Pass accurately over a short and medium distance from left to right and right to left using cradle pass to a stationary/jogging player.

Receive whilst stationary/jogging with two hands at chest height and draw ball into chest once received.

Defend by remaining onside and holding position within team formation in order to limit large gaps in defensive line.

When attacking, ensure availability to receive a safe backward pass.

Accelerate forward with two hands on the ball.

Know when to pass over short distances and how to score by placing the ball on the ground whilst staying on feet.

Links to prior learning:
Tag Rugby Autumn Term Y2

P.E.-Y3-Football-Spring Term

Key Vocabulary	Definition
Tackle	Try to take the ball from an opponent.
Throw-in	Taken when the ball has been kicked off the side of the pitch.
Corner	Taken when the ball has gone off the goal line from a defending player.
Goalkeeper	A player whose special job is to stop the ball going in the goal.
Forward	An attacking player who tries to score a goal.
Defender	A player who tries to stop the opponent scoring.
Midfielder	A player in the middle of the pitch who helps the defenders and forwards.
Channel	Use your body position to encourage an opponent to take the ball the way you want them to.
Intercept	Stop a pass being successfully completed.
Euros	Football competition for Europe's top national teams.

What I need to know?

Only the goalkeeper is allowed to handle the ball.

A throw-in is taken with two hands behind the head.

The game re-starts with a centre pass and all players on their own side if a goal is scored.

Heading the ball can be dangerous.

Bobby Moore was a famous footballer and captain of England's World Cup winning team in 1966.

Know the names of some of the other players in England's World Cup winning team.

Megan Rapinoe is a famous American footballer.

The European Championships are held every four years.

England's men finished in second place in 2021.

England's women have finished second twice.

England will host the women's euros in 2022.

By the end of this unit, I will be able to:

Pass accurately on the ground/ball slightly lifted over a short and longer distance using the inside of their strong and weak foot.

Receive a pass whilst stationary with strong or weak foot flat on the ground or raised.

Tackle with strong or weak foot and take possession of the ball.

Dribble with strong or weak foot, keeping it close/head up/walking to jogging pace, zig zag and sharp change of direction.

Place foot on top of ball and drag back.

Defend a goal by channelling and intercepting from 1:1 marking.

When attacking, ensure availability to receive a safe pass.

Know when to pass or shoot over short or longer distances.

Links to prior learning:
Football Spring Term Y2

P.E.-Y3-Gymnastics-Spring Term

Key Vocabulary	Definition
Straddle	To sit, stand or move with the legs spread apart.
Log Roll	A sideways roll with the hands next to the waist.
Pencil Roll	A sideways roll with the hands stretched above the head.
Tuck Jump	A vertical jump in which you raise your knees to your chest as you rise into the air.
Bridge	A backbend in which the body forms an arch, supported by the hands and feet.
Forward Roll	When a person tucks their head down and rolls their body in a forward circle on the floor.
Backward Roll	When a person tucks their head down and rolls their body in a backward circle on the floor.

What I need to know?

Nadia Comaneci was a famous gymnast.

She was the first gymnast to gain a perfect score in elite gymnastics.

Kohei Uchimura is a famous gymnast.

By the end of this unit, I will be able to:

Use a greater number of their own ideas for movements in response to a task.

Choose and plan sequences of contrasting actions showing a clear beginning, middle and end including different levels, speed and directions.

Can describe and demonstrate transfer of weight and show control, accuracy and fluency in their work on their own, with a partner or small group.

Adapt sequences to suit different types of apparatus and their partner's ability.

Links to prior learning:

Functional Movement/Gymnastics in Y2

P.E.-Y3-Basketball-Summer Term

Key Vocabulary	Definition
Basket	Making the ball pass through the net scores a basket.
Backboard	The upright board behind the basket, off which the ball may rebound.
Double Dribble	When a player continues to dribble after allowing the ball to come to rest in one or both hands.
Travelling	The action of taking more than two steps while holding the ball without dribbling it.

What I need to know?

A player can only take one turn at dribbling.

A player cannot run with the ball.

Striking the ball with the fist is a foul.

The ball can be thrown in any direction with one or both hands.

No shouldering, holding, pushing, striking or tripping an opponent is allowed.

Michael Jordan is a famous basketball player.

The Plymouth Raiders are a famous local basketball team.

By the end of this unit, I will be able to:

Pass over short and medium distances accurately using chest pass.

Pass to a player and into space for a player to move onto.

Receive with two hands positioned at chest height.

Receive above the head and draw ball into chest.

Receive when stationary and when moving, stepping/jumping to receive earlier.

Dribble with one hand walking/jogging, taking the ball into space.

Defend through 1:1 marking, deflecting the ball away from an opponent.

When attacking, ensure availability to receive a safe pass.

Know when to pass over short or longer distances.

Shoot with increasing accuracy and follow shot.

Links to prior learning:
Netball Autumn Term Y3

P.E.-Y3-Athletics-Summer Term

Key Vocabulary	Definition
Triple Jump	A hop, a step, and a jump.
Scissor Technique	Involves the athlete jumping over the bar upright, while lifting both of their legs up over the bar in order to clear higher heights.
Shot Put	A heavy spherical ball.

What I need to know?

Usain Bolt was a famous athlete.

Dina Asher-Smith is a famous athlete.

What happened on 'Super Saturday' in London in 2012.

By the end of this unit, I will be able to:

Sprint a distance of 60m using appropriate arm movement and stride length.

Pass a baton using correct technique in 4 x 60m sprint.

Sprint hurdle over medium height hurdles maintaining balance/stride pattern/momentum.

Jog/run a distance of 800m with appropriate pace/stride length/breathing technique/head position in order to avoid stopping.

Use arm swing/knees bent for standing triple jump with two footed landing/feet together/falling forward.

Use bent knees and vertical upthrust for two footed standing high jump using scissor technique over bar.

Throw a cricket ball underarm at stumps for accuracy.

Throw a cricket ball overarm for distance.

Throw a vortex howler overarm for distance.

Throw a foam javelin/shot put overarm for distance.

Links to prior learning:

Athletics Summer Term Y2

P.E.-Y3-Cricket-Summer Term

Key Vocabulary	Definition
Crease	A line from which the bowler bowls and the batsman needs to reach when running.
Leg Side/On Side	The left hand side of the cricket field from the point of view of a right handed batsman facing the bowler.
Off Side	The right hand side of the cricket field from the point of view of a right handed batsman facing the bowler.
Over	When a bowler delivers the ball from his end of the pitch six times to the batsman.
Maiden Over	When no runs are scored in an over.
LBW	Leg before wicket.

What I need to know?

An over lasts for six legal balls.

Illegal balls include no balls and wide balls.

A batsman can be out bowled, caught, hit wicket, run out, stumped.

Teams start with 200 runs.

Runs scored are added on to the 200 started with.

Five runs are deducted from the team's score each time a batsman is out.

LBW is not out in kwik cricket but is in adult cricket.

Players do not have to run if they hit the ball but can run if they haven't hit the ball.

The wicket keeper stands behind the wicket and catches the ball if the batsman misses it.

Joe Root is a famous cricketer.

Mithali Dorai Raj is a famous cricketer.

The cricket World Cup is held every 4 years. England won the last one in 2019.

The Ashes is a Test cricket series played between England and Australia.

By the end of this unit, I will be able to:

Bowl underarm with appropriate direction/height/distance with one bounce before reaching the crease.

Bat with body side on to the bowler.

Bat leg side bowls to the on side.

Block straight balls.

Bat bat side balls to the off side.

Move feet to allow space to play shot.

Choose when it's safe to go for a run with bat in front/low to the ground and ground bat over crease.

Field with hands cupped, bringing hands into chest once catch is made.

Field low shots with hands cupped low to the ground, kneeling in side on position.

Throw accurately underarm to the wicket from a short distance.

Throw accurately overarm to the wicket from a longer distance.

P.E.-Y3-Dance-Summer Term

Key Vocabulary	Definition
Improvisation	A spontaneous movement exploration.
Stimulus	Something that arouses the mind, or spirits, or encourages activity.
Dance Phrase	A brief sequence of related movements that have a sense of continuity.
Motif	A repeated idea or movement.

What I need to know?

A dance has a clear beginning, middle and end.

Dance can communicate different moods, ideas and feelings.

Performance includes the ability to sequence and perform planned movements.

There are many different types of dance including ballet, tap, ballroom, Latin, hip hop.

Ysabelle Capitule is a famous dancer.

Diversity are a famous dance group.

Links to prior learning:
Aesthetic Movement/Dance-
Spring/Summer Term Y2

By the end of this unit, I will be able to:

Improvise freely, translating ideas from a stimulus into movement.

Create dance phrases that communicate ideas and know how to create a motif.

Share and create dance phrases with a partner and in small groups.

Use dance vocabulary to compare and improve own and others' work.

Repeat, remember and perform these phrases in a dance, using dynamic, rhythmic and expressive qualities clearly and with control.

Recognise and talk about movements used and the expressive qualities of dance.

Suggest improvements to their own and other people's dances.

P.E.-Y4-Hockey-Autumn Term

Key Vocabulary	Definition
Slap pass	A low back swing with the stick brought through along the surface.
Open Side	The stronger side without the need to adjust hand positioning.
Reverse Side	The weaker side with the need to adjust hand positioning.
Cushioning	Bringing the stick back when the ball touches it in order to keep the ball in contact with the stick throughout.

What I need to know?

The stick must be kept below waist height.

Players can only use the flat side of the stick.

Know and describe some different activities needed for different warm ups.

Can describe what happens to their heart, breathing and temperature during different types of activity.

Understand the importance of different types of food and how these foods help the body when exercising.

Understand the importance of wearing the appropriate clothing for different types of exercise.

Know different positions in a team and the role of the players in these position.

Giselle Ansley is a famous hockey player.

Dhyan Chand was a famous hockey player.

Links to prior learning:
Hockey Autumn Y3

By the end of this unit, I will be able to:

Slap pass accurately over a short and longer distance using the open side of the stick.

Receive a pass on the open and reverse side with stick flat to the ground, cushioning the ball to keep it close and avoiding it contacting with feet.

Block tackle on the open side with a flat stick.

Dribble on the open and reverse side, keeping the ball in contact with the stick/head up/walking to jogging pace.

Defend a goal by channelling and intercepting from 1:1 marking.

When attacking, ensure availability to receive a safe pass.

Know when to pass or shoot over short or longer distances.

Take responsibility for their own and others warm up.

Know their role and show understanding of what is needed in that role in games.

Can lead a warm up in pairs and small groups, make up a small game and lead a small group to play this game.

P.E.-Y4-Netball-Autumn Term

Key Vocabulary	Definition
Shoulder Pass	Taken from shoulder height and used to project the ball accurately across a longer distance.
Pivot	Rotating yourself on the ball of your landing foot and stepping with the other foot.
Deflect	Move the ball away from the receiving player.
Footwork	Moving both feet when in possession of the ball or moving the pivot foot.
Commonwealth Games	An international sport event involving athletes from the Commonwealth of Nations, held every 4 years.

What I need to know?

Players need to try to keep at least one foot still when they have the ball. Players need to pass or shoot within three seconds of receiving the ball. Players are not allowed to snatch or hit the ball out of a player's hands. The seven netball positions and what they are allowed to do and where they are allowed to go on the court.

Serena Guthrie is a famous netball player.

The England Netball Team are known as the Vitality Roses.

Netball is contested in the Commonwealth Games, but not the Olympic Games.

The next Commonwealth Games will be held in Birmingham in 2022.

The England Netball Team won Commonwealth gold for the first time in 2018.

By the end of this unit, I will be able to:

Pass over short and medium distances accurately using chest pass and shoulder pass.

Pass to a player and into space for a player to move onto.

Pivot on one foot.

Receive with two hands positioned at chest height.

Receive above the head and draw ball into chest.

Receive when stationary and when moving, stepping/jumping to receive earlier.

Defend through 1:1 marking, deflecting the ball away from an opponent.

When attacking, ensure availability to receive a safe pass.

Know when to pass over short or longer distances.

Shoot with increasing accuracy and follow shot.

Links to prior learning:
Netball Autumn Term Y3

P.E.-Y4-Basketball-Autumn Term

Key Vocabulary	Definition
Basket	Making the ball pass through the net scores a basket.
Backboard	The upright board behind the basket, off which the ball may rebound.
Double Dribble	When a player continues to dribble after allowing the ball to come to rest in one or both hands.
Travelling	The action of taking more than two steps while holding the ball without dribbling it.

What I need to know?

A player can only take one turn at dribbling.

A player cannot run with the ball.

Striking the ball with the fist is a foul.

The ball can be thrown in any direction with one or both hands.

No shouldering, holding, pushing, striking or tripping an opponent is allowed.

Michael Jordan is a famous basketball player.

The Plymouth Raiders are a famous local basketball team.

Links to prior learning:
Basketball Spring Term Y3

By the end of this unit, I will be able to:

Pass over short and medium distances accurately using chest pass.

Pass to a player and into space for a player to move onto.

Receive with two hands positioned at chest height.

Receive above the head and draw ball into chest.

Receive when stationary and when moving, stepping/jumping to receive earlier.

Dribble with one hand walking/jogging, taking the ball into space.

Defend through 1:1 marking, deflecting the ball away from an opponent.

When attacking, ensure availability to receive a safe pass.

Know when to pass over short or longer distances.

Shoot with increasing accuracy and follow shot.

P.E.-Y4-Dance-Autumn Term

Key Vocabulary	Definition
Improvisation	A spontaneous movement exploration.
Stimulus	Something that arouses the mind, or spirits, or encourages activity.
Dance Phrase	A brief sequence of related movements that have a sense of continuity.
Motif	A repeated idea or movement.

What I need to know?

A dance has a clear beginning, middle and end.

Dance can communicate different moods, ideas and feelings.

Performance includes the ability to sequence and perform planned movements.

There are many different types of dance including ballet, tap, ballroom, Latin, hip hop.

Ysabelle Capitule is a famous dancer.

Diversity are a famous dance group.

By the end of this unit, I will be able to:

Translate ideas from a variety of stimuli into movement and being able to remember, repeat and perform phrases in sequence.

Freely improvise on their own or with a partner.

Compare, develop and adapt movements and motifs to create longer sequences creatively using the space.

Use dance vocabulary to compare and improve own and others' work.

Develop confidence to perform in a small group.

Compose motifs and structure simple dances.

Communicate the intention of the sequence clearly, fluently and with control, refining sequences of movement through practice.

Links to prior learning:

Dance-Summer Term Y3

P.E.-Y4-Tag Rugby-Spring Term

Key Vocabulary	Definition
Cradle Pass	Pass made by swinging the rugby ball in two hands from one side of the chest to the other before passing.
Try	Touching the ball down behind the other team's goal line.
Tag	The removal by a defender of one of the two ribbons.
Off Side	Being ahead of the ball when a player is tagged and stopping the pass.
Arrow Head Formation	Arrangement of players when attacking.
Flat Line Formation	Arrangement of players when defending.

What I need to know?

The ball can only be passed backwards.
 When a player has been tagged, the attacker is only allowed to take a maximum of 3 strides and must pass the ball to another player on their team.
 The tagger must pass the tag back once the player has passed the ball and the player must re-attach their tag.
 The ball must be passed within 3 seconds of the player being tagged.
 All players must be onside when the ball is passed after tagging.
 If a team makes six tags, the other team gains possession.
 A try is scored when the ball is placed on the ground over the goal line with two hands in contact with the ball and the player remaining on their feet.
 Jonah Lomu was a famous rugby player.
 Portia Woodman is a famous rugby player.
 Rugby Sevens is an Olympic event.

By the end of this unit, I will be able to:

Pass accurately over a short and medium distance from left to right and right to left using cradle pass to a stationary/jogging player.
 Receive whilst stationary/jogging with two hands at chest height and draw ball into chest once received.
 Defend by remaining onside and holding position within team formation in order to limit large gaps in defensive line.
 When attacking, ensure availability to receive a safe backward pass.
 Accelerate forward with two hands on the ball.
 Know when to pass over short distances and how to score by placing the ball on the ground whilst staying on feet.

Links to prior learning:
 Tag Rugby Spring Term Y3

Key Vocabulary	Definition
Tackle	Try to take the ball from an opponent.
Throw-in	Taken when the ball has been kicked off the side of the pitch.
Corner	Taken when the ball has gone off the goal line from a defending player.
Goalkeeper	A player whose special job is to stop the ball going in the goal.
Forward	An attacking player who tries to score a goal.
Defender	A player who tries to stop the opponent scoring.
Midfielder	A player in the middle of the pitch who helps the defenders and forwards.
Channel	Use your body position to encourage an opponent to take the ball the way you want them to.
Intercept	Stop a pass being successfully completed.
Euros	Football competition for Europe's top national teams.

What I need to know?

Only the goalkeeper is allowed to handle the ball.
 A throw-in is taken with two hands behind the head.
 The game re-starts with a centre pass and all players on their own side if a goal is scored.
 Heading the ball can be dangerous.
 Bobby Moore was a famous footballer and captain of England's World Cup winning team in 1966.
 Know the names of some of the other players in England's World Cup winning team.
 Megan Rapinoe is a famous American footballer.
 The European Championships are held every four years.
 England's men finished in second place in 2021.
 England's women have finished second twice.
 England will host the women's euros in 2022.

By the end of this unit, I will be able to:

Pass accurately on the ground/ball slightly lifted over a short and longer distance using the inside of their strong and weak foot.
 Receive a pass whilst stationary with strong or weak foot flat on the ground or raised.
 Tackle with strong or weak foot and take possession of the ball.
 Dribble with strong or weak foot, keeping it close/head up/walking to jogging pace, zig zag and sharp change of direction.
 Place foot on top of ball and drag back.
 Defend a goal by channelling and intercepting from 1:1 marking.
 When attacking, ensure availability to receive a safe pass.
 Know when to pass or shoot over short or longer distances.

Links to prior learning:
 Football Spring Term Y3

Key Vocabulary	Definition
Straddle	To sit, stand or move with the legs spread apart.
Log Roll	A sideways roll with the hands next to the waist.
Pencil Roll	A sideways roll with the hands stretched above the head.
Tuck Jump	A vertical jump in which you raise your knees to your chest as you rise into the air.
Bridge	A backbend in which the body forms an arch, supported by the hands and feet.
Forward Roll	When a person tucks their head down and rolls their body in a forward circle on the floor.
Backward Roll	When a person tucks their head down and rolls their body in a backward circle on the floor.
Counter Balance	A balance where both you and your partner are doing an equal amount of work to hold each other up.

What I need to know?

Nadia Comaneci was a famous gymnast.
 She was the first gymnast to gain a perfect score in elite gymnastics.
 Kohei Uchimura is a famous gymnast.

By the end of this unit, I will be able to:

Transfer weight smoothly from one body part to another and be able to identify the body parts.

Move from one position of stillness to another through balances showing control, accuracy and fluency both on the floor and on the apparatus.

Link and perform all basic gymnastic actions with control, accuracy and fluency and with a partner or small group.

Know and perform Counter Balance and Counter Tension being able to move into and out of these balances as part of a sequence.

Links to prior learning:
 Gymnastics Spring Term Y3

Key Vocabulary	Definition
Crease	A line from which the bowler bowls and the batsman needs to reach when running.
Leg Side/On Side	The left hand side of the cricket field from the point of view of a right handed batsman facing the bowler.
Off Side	The right hand side of the cricket field from the point of view of a right handed batsman facing the bowler.
Over	When a bowler delivers the ball from his end of the pitch six times to the batsman.
Maiden Over	When no runs are scored in an over.
LBW	Leg before wicket.

What I need to know?

An over lasts for six legal balls.

Illegal balls include no balls and wide balls.

A batsman can be out bowled, caught, hit wicket, run out, stumped.

Teams start with 200 runs.

Runs scored are added on to the 200 started with.

Five runs are deducted from the team's score each time a batsman is out.

LBW is not out in kwik cricket but is in adult cricket.

Players do not have to run if they hit the ball but can run if they haven't hit the ball.

The wicket keeper stands behind the wicket and catches the ball if the batsman misses it.

Joe Root is a famous cricketer.

Mithali Dorai Raj is a famous cricketer.

The cricket World Cup is held every 4 years. England won the last one in 2019.

The Ashes is a Test cricket series played between England and Australia.

By the end of this unit, I will be able to:

Bowl underarm with appropriate direction/height/distance with one bounce before reaching the crease.

Bat with body side on to the bowler.

Bat leg side bowls to the on side.

Block straight balls.

Bat bat side balls to the off side.

Move feet to allow space to play shot.

Choose when it's safe to go for a run with bat in front/low to the ground and ground bat over crease.

Field with hands cupped, bringing hands into chest once catch is made.

Field low shots with hands cupped low to the ground, kneeling in side on position.

Throw accurately underarm to the wicket from a short distance.

Throw accurately overarm to the wicket from a longer distance.

Links to prior learning:
Cricket Y3 Summer Term

P.E.-Y4-Athletics-Summer Term

Key Vocabulary	Definition
Triple Jump	A hop, a step, and a jump.
Scissor Technique	Involves the athlete jumping over the bar upright, while lifting both of their legs up over the bar in order to clear higher heights.
Shot Put	A heavy spherical ball.

What I need to know?

Usain Bolt was a famous athlete.

Dina Asher-Smith is a famous athlete.

What happened on 'Super Saturday' in London in 2012.

Links to prior learning:
Athletics Summer Term Y3

By the end of this unit, I will be able to:

Sprint a distance of 60m using appropriate arm movement and stride length.

Pass a baton using correct technique in 4 x 60m sprint.

Sprint hurdle over medium height hurdles maintaining balance/stride pattern/momentum.

Jog/run a distance of 800m with appropriate pace/stride length/breathing technique/head position in order to avoid stopping.

Use arm swing/knees bent for standing triple jump with two footed landing/feet together/falling forward.

Use bent knees and vertical upthrust for two footed standing high jump using scissor technique over bar.

Throw a cricket ball underarm at stumps for accuracy.

Throw a cricket ball overarm for distance.

Throw a vortex howler overarm for distance.

Throw a foam javelin/shot put overarm for distance.

P.E.-Y4-Tennis-Summer Term

Key Vocabulary	Definition
Forehand	A stroke played with the palm of the hand facing in the direction of the stroke.
Backhand	A stroke played with the back of the hand facing in the direction of the stroke.
Rally	A sequence of back and forth shots between players, within a point.
Serve	A shot to start a point.
Volley	A shot played before the ball bounces.

What I need to know?

How to score a game in tennis.

The ball can be played without bouncing or after one bounce.

When serving, the ball has to land in a set part of the court.

The server has two attempts to serve the ball in the correct part of the court.

Tennis is contested on hard courts, clay or grass courts.

There are four tennis grand slam tournaments: Australian Open, US Open, French Open and Wimbledon.

Roger Federer is a famous tennis player.

Serena Williams is a famous tennis player.

Links to prior learning:
Tennis Summer term Y2

By the end of this unit, I will be able to:

Use forehand/backhand to play shots over net after a single bounce.

Use forehand to volley.

Control foot movement forwards and backwards in order to play ball in front of body wherever possible.

Serve increasingly flat underarm after a single bounce.

Serve overarm with no bounce.

P.E.-Y4-Badminton-Summer Term

Key Vocabulary	Definition
Forehand	A stroke played with the palm of the hand facing in the direction of the stroke.
Backhand	A stroke played with the back of the hand facing in the direction of the stroke.
Rally	A sequence of back and forth shots between players, within a point.
Serve	A shot to start a point.
Shuttlecock	A small, light object with a rounded end to which real or artificial feathers are fixed.

What I need to know?

How to score a game in badminton.

When serving, the shuttlecock has to land in a set part of the court.

There are different line markings for whether you are playing singles or doubles.

Badminton is the fastest racquet sport in the world-the shuttlecock can reach over 200 mph.

Badminton is the second most popular sport in the world, behind football.

Badminton is included in the Olympic Games.

China is the most successful country at badminton.

Gail Emms and Nathan Robertson were links to prior learning:

Volleyball Spring Term Y4

By the end of this unit, I will be able to:

Use forehand/backhand to play shots below the height of the net.

Use forehand to play shots over head height.

Control foot movement forwards and backwards in order to play shuttlecock at the highest point possible.

Serve underarm short and low/long and high.

Know and use rules fairly to keep games going.

P.E.-Y5-Netball-Autumn Term

Key Vocabulary	Definition
Bounce Pass	A pass to a teammate that is made by bouncing the ball once.
Intercept	Stop a pass being successfully completed.
Stamina	The ability to sustain prolonged physical or mental effort.

What I need to know?

The seven netball positions and what they are allowed to do and where they are allowed to go on the court.
 The height of the ball when making a bounce pass makes it difficult for the opposition to reach and intercept.
 Understand and describe how stamina and strength and flexibility help people perform better.
 Understand and can explain the short and long-term benefits of exercise.
 Can describe and demonstrate knowledge that different foods can have on our health and identify foods that help the body when exercising.
 Serena Guthrie is a famous netball player.
 The England Netball Team are known as the Vitality Roses.
 Netball is contested in the Commonwealth Games, but not the Olympic Games.
 The next Commonwealth Games will be held in Birmingham in 2022.
 The England Netball Team won Commonwealth gold for the first time in 2018.

By the end of this unit, I will be able to:

- Pass over short distance accurately to player and into space using bounce pass.
- Pass to a player and into space for a player to move onto.
- Use appropriate footwork on landing.
- Receive with two hands positioned at chest height whilst stationary and whilst moving.
- Receive when stationary and when moving, stepping/jumping to receive earlier.
- Defend by intercepting the ball through anticipation and stepping.
- When attacking, know how to create space for other players on your team.
- Know when to pass to a player or into space.
- Shoot with increasing accuracy and follow shot.
- Choose a warm up appropriate to activity taking place and explain choices.
- Show good awareness of what is going on around them and communicate to team members appropriately.
- Know the role they play in a team and be an effective part of the team working in different positions to achieve the best outcome.
- Support and inspire others to be the best they can be.
- Lead large group and whole class warm ups and small games as part of class or a festival.

Links to prior learning:
 Netball Autumn Term Y4

Key Vocabulary	Definition
Improvisation	A spontaneous movement exploration.
Stimulus	Something that arouses the mind, or spirits, or encourages activity.
Dance Phrase	A brief sequence of related movements that have a sense of continuity.
Motif	A repeated idea or movement.

What I need to know?

A dance has a clear beginning, middle and end.
Dance can communicate different moods, ideas and feelings.
Performance includes the ability to sequence and perform planned movements.
There are many different types of dance including ballet, tap, ballroom, Latin, hip hop.
Ysabelle Capitule is a famous dancer.
Diversity are a famous dance group.

Links to prior learning:
Dance-Autumn Term Y4

By the end of this unit, I will be able to:

Compose motifs and plan dances creatively and collaboratively in groups.
Adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of the dance they use.
Explore and improvise ideas for dances in different styles, working on their own, with a partner and with a group.
Can vary dynamics and develop actions with a partner, or as part of a group.
Describe, analyse, interpret and evaluate dances, showing an understanding of some aspects of style and context.
Suggest ways to develop their technique and composition.
Develop confidence to perform to a wider audience.

P.E.-Y5-Swimming-Autumn Term

Key Vocabulary	Definition
Float	Rest on or near the surface of the water without sinking.
Glide	Move easily without stopping and without effort.
Current	A body of water moving in a definite direction.
Polluted	Unclean with harmful or poisonous substances.
Submerge	Go fully below the surface of the water.
Streamlined	Having a body shape that presents very little resistance to the flow of water.
Scull	Quick horizontal movements of the hands in the water to maintain your head above the water surface.

What I need to know?

Know the four water safety rules:

Always swim in a safe place

Always swim with an adult

If you fall in, float, breathe, relax

If someone else is in trouble, phone 999/112.

Know how to perform a 'shout and signal' rescue.

How to use quick horizontal movements of the hands in the water to maintain your head above the water surface.

Adam Peaty is a famous swimmer.

Rebecca Adlington was a famous swimmer.

Michael Phelps was a famous swimmer.

Ellie Simmonds is a famous Paralympic swimmer.

By the end of this unit, I will be able to:

Perform a flat stationary scull on the back.

Tread water for 30 seconds.

Perform a forward somersault.

Push and glide and swim at least 25m (front crawl, breaststroke and/or backstroke).

Perform a surface dive.

Perform a 'shout and signal' rescue.

Links to prior learning:
Swimming Autumn Term Y3

P.E.-Y5-Football-Spring Term

Key Vocabulary	Definition
Channel	Use your body position to encourage an opponent to take the ball the way you want them to.
Intercept	Stop a pass being successfully completed.
Step Over	A dribbling move, or feint, used to fool a player into thinking that a player is going to move in a direction they do not intend to move in.
Euros	Football competition for Europe's top national teams.

What I need to know?

Heading the ball can be dangerous.

Bobby Moore was a famous footballer and captain of England's World Cup winning team in 1966.

Know the names of some of the other players in England's World Cup winning team.

Megan Rapinoe is a famous American footballer.

The European Championships are held every four years.

England's men finished in second place in 2021.

England's women have finished second twice.

England will host the women's Euros in 2022.

By the end of this unit, I will be able to:

Pass accurately on the ground/ball lifted over a short and longer distance using laces/toe for greater pace.

Receive a pass whilst moving with strong or weak foot flat on the ground or raised.

Receive a ball under control on the chest.

Know how and when to slide tackle safely.

Dribble alternating between strong and weak foot, keeping it close/head up.

Step over the ball in order to create space to move into.

When defending, know when to leave a player in order to intercept/pressurise.

When attacking, know how to create space for other players on your team.

Know when to pass a player and when to pass into space.

Links to prior learning:

Football Spring Term Y4

P.E.-Y5-Hockey-Spring Term

Key Vocabulary	Definition
Hit Pass	A powerful hit with a good backswing, with both hands together at the top of the stick.
Jab Tackle	A jab towards the ball when the ball carrier takes their stick off the ball leaving it unprotected.
Indian Dribble	Pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick.
V Drag	Drag the ball from either right to left or from left to right to eliminate a member of the opposition, creating a 'V' shape in doing so.

What I need to know?

The stick must be kept below waist height.
 Know different positions in a team and the role of the players in these position.
 A penalty (short) corner is awarded for a foul in the 'D'.
 Giselle Ansley is a famous hockey player.
 Dhyan Chand was a famous hockey player.
 England's women's hockey team won Olympic gold in 2016.

By the end of this unit, I will be able to:

- Slap pass accurately over a short and longer distance using the open and reverse side of the stick.
- Hit pass over a longer distance with some accuracy on the open side.
- Receive a pass on the open and reverse side whilst moving with stick flat to the ground, cushioning the ball to keep it close and avoiding it contacting with feet.
- Block tackle on the reverse side with a flat stick.
- Jab tackle, releasing one hand from the stick.
- Indian dribble and V drag using the open and reverse side with head up/walking to jogging pace.
- Defend by anticipating pass and intercepting.
- When attacking, know how to create space for other players on your team.
- Know when to pass a player and when to pass into space.

Links to prior learning:
 Hockey Autumn Y4

P.E.-Y5-Tag Rugby-Spring Term

Key Vocabulary	Definition
Cradle Pass	Pass made by swinging the rugby ball in two hands from one side of the chest to the other before passing.
Off Side	Being ahead of the ball when a player is tagged and stopping the pass.
Arrow Head Formation	Arrangement of players when attacking.
Flat Line Formation	Arrangement of players when defending.
Dummy Pass	A movement designed to make an opponent think you are passing the ball in one direction when in fact you are not.
Decelerate	Slow down.

What I need to know?

Jonah Lomu was a famous rugby player.
Portia Woodman is a famous rugby player.
Rugby Sevens is an Olympic event.
The 6 nations is an annual rugby tournament competed for by England, Scotland, Ireland, Wales, France and Italy.
There are two codes of Rugby (League and Union) and know some of the key differences between the two.

By the end of this unit, I will be able to:

Pass accurately over a short/medium/longer distance from left to right and right to left using cradle pass to a player to run onto at increasing pace.

Receive at increasing pace whilst running with two hands at chest height and draw ball into chest once received.

Defend by anticipating pass and intercepting from an onside position.

Dummy pass when attacking in order to create space to accelerate into.

Zig zag/accelerate and decelerate when running with the ball in order to evade defender/score.

Switch the play/miss out a player when passing in order to exploit space effectively on the pitch.

Links to prior learning:
Tag Rugby Spring Term Y4

P.E.-Y5-Gymnastics-Summer Term

Key Vocabulary	Definition
Straddle	To sit, stand or move with the legs spread apart.
Log Roll	A sideways roll with the hands next to the waist.
Pencil Roll	A sideways roll with the hands stretched above the head.
Tuck Jump	A vertical jump in which you raise your knees to your chest as you rise into the air.
Bridge	A backbend in which the body forms an arch, supported by the hands and feet.
Forward Roll	When a person tucks their head down and rolls their body in a forward circle on the floor.
Backward Roll	When a person tucks their head down and rolls their body in a backward circle on the floor.
Counter Balance	A balance where both you and your partner are doing an equal amount of work to hold each other up.

What I need to know?

Nadia Comaneci was a famous gymnast.
 She was the first gymnast to gain a perfect score in elite gymnastics.
 Kohei Uchimura is a famous gymnast.

By the end of this unit, I will be able to:

Can create, practise and refine longer, more complex sequences for a performance that includes changes in level, direction and speed.

Can choose actions, body shapes and balances from a wider range of themes and ideas, adapting their performance to the demands of the task.

Can compose sequences in groups and can transfer sequences from the floor to the apparatus.

Perform actions, shapes and balances consistently and fluently demonstrating clear extension and tension.

Adapt sequences to include a partner or small group and perform to an audience.

Show an awareness of factors that influence the quality of performance and suggest aspects that need improving and use this information to improve performance.

Repeat accurately a longer sequence with more difficult actions.

Links to prior learning:
 Gymnastics Spring Term Y4

Key Vocabulary	Definition
Crease	A line from which the bowler bowls and the batsman needs to reach when running.
Leg Side/On Side	The left hand side of the cricket field from the point of view of a right handed batsman facing the bowler.
Off Side	The right hand side of the cricket field from the point of view of a right handed batsman facing the bowler.
Over	When a bowler delivers the ball from his end of the pitch six times to the batsman.
Maiden Over	When no runs are scored in an over.
LBW	Leg before wicket.

What I need to know?

An over lasts for six legal balls.

Illegal balls include no balls and wide balls.

A batsman can be out bowled, caught, hit wicket, run out, stumped.

Teams start with 200 runs.

Runs scored are added on to the 200 started with.

Five runs are deducted from the team's score each time a batsman is out.

LBW is not out in kwik cricket but is in adult cricket.

Players do not have to run if they hit the ball but can run if they haven't hit the ball.

The wicket keeper stands behind the wicket and catches the ball if the batsman misses it.

Joe Root is a famous cricketer.

Mithali Dorai Raj is a famous cricketer.

The cricket World Cup is held every 4 years. England won the last one in 2019.

The Ashes is a Test cricket series played between England and Australia.

By the end of this unit, I will be able to:

Bowl overarm with appropriate direction/height/distance with one bounce before reaching the crease.

Step forward to the ball when appropriate to bat the ball on the volley.

Assess field and move feet to place shots into weaker areas/gaps.

Choose when it's safe to go for a run, making appropriate calls with partner dependent on whose call it is.

Walk from the bowler's end as the bowler releases the ball.

Throw accurately underarm to the wicket from a short distance.

Throw accurately overarm from increasingly longer distances to the wicket from a longer distance.

Support fellow fielders if too distant to throw in in one throw/back up the wicket keeper.

Adjust fielding positions to respond to batsman's strengths.

Links to prior learning:
Cricket Y4 Summer Term

P.E.-Y5-Athletics-Summer Term

Key Vocabulary	Definition
Triple Jump	A hop, a step, and a jump.
Scissor Technique	Involves the athlete jumping over the bar upright, while lifting both of their legs up over the bar in order to clear higher heights.
Fosbury Flop	A curved running approach, a modified scissor jump; the jumper lands on their lower neck and shoulders.
Shot Put	A heavy spherical ball.

What I need to know?

Usain Bolt was a famous athlete.
Dina Asher-Smith is a famous athlete.
What happened on 'Super Saturday' in London in 2012.
Dick Fosbury changed the way high jumpers jump.

Links to prior learning:
Athletics Summer Term Y4

By the end of this unit, I will be able to:

Sprint a distance of 70m using appropriate arm movement and stride length.
Pass a baton using correct technique in 4 x 70m sprint.
Sprint hurdle over higher hurdles maintaining balance/stride pattern/momentum.
Jog/run a distance of 1500m with appropriate pace/stride length/breathing technique/head position in order to avoid stopping.
Use run up for long and triple jump with two footed landing/feet together/falling forward.
Use bent knees and vertical upthrust for two footed standing high jump using scissor technique/Fosbury flop over bar.
Throw a vortex howler overarm for distance.
Throw a medicine ball with chest push for distance.
Throw a foam javelin/shot put/discus overarm/side arm for distance.

P.E.-Y5-Tennis-Summer Term

Key Vocabulary	Definition
Dropshot	A softly hit shot, usually with backspin, which drops abruptly to the ground.
Lob	A shot hit high and deep into the opponent's court.
Volley	A shot played before the ball bounces.

What I need to know?

How to score a game in tennis.

The ball can be played without bouncing or after one bounce.

When serving, the ball has to land in a set part of the court.

The server has two attempts to serve the ball in the correct part of the court.

Tennis is contested on hard courts, clay or grass courts.

There are four tennis grand slam tournaments: Australian Open, US Open, French Open and Wimbledon.

Roger Federer is a famous tennis player.

Serena Williams is a famous tennis player.

Andy Murray, Fred Perry and Virginia Wade are British winners of Wimbledon.

Links to prior learning:
Tennis Summer Term Y4

By the end of this unit, I will be able to:

Use forehand/backhand to play shots over net after a single bounce with more controlled placement to exploit opponents' weaknesses.

Use forehand and backhand to volley with more controlled placement to exploit opponents' weaknesses.

Use dropshots/lobs when appropriate.

Control foot movement forwards and backwards and sideways in order to play ball most effectively and in order to anticipate next shot.

Serve increasingly flat underarm after a single bounce and with greater pace.

Serve overarm flatter and with greater pace.

P.E.-Y5-Badminton-Summer Term

Key Vocabulary	Definition
Dropshot	A softly hit shot, usually with backspin, which drops abruptly to the ground.
Lob	A shot hit high and deep into the opponent's court.

What I need to know?

How to score a game in badminton.

When serving, the shuttlecock has to land in a set part of the court.

There are different line markings for whether you are playing singles or doubles.

Badminton is the fastest racquet sport in the world-the shuttlecock can reach over 200 mph.

Badminton is the second most popular sport in the world, behind football.

Badminton is included in the Olympic Games.

China is the most successful country at badminton.

Gail Emms and Nathan Robertson were links to prior learning:

Badminton Summer Term Y4

By the end of this unit, I will be able to:

Use forehand/backhand to play shots below the height of the net with more controlled placement to exploit opponents' weaknesses.

Use forehand/backhand to play shots over head height with more controlled placement to exploit opponents' weaknesses.

Use dropshots/lobs when appropriate.

Control foot movement forwards and backwards and sideways in order to play shuttlecock most effectively and in order to anticipate next shot.

Serve underarm short and low/long and high with greater control over height and placement.

Recognise their own and other's strengths and weaknesses and suggest ideas that will improve performance.

Vary tactics and adapt skills in response to the situation faces in the game and explain your choices.

P.E.-Y6-Basketball-Autumn Term

Key Vocabulary	Definition
Basket	Making the ball pass through the net scores a basket.
Backboard	The upright board behind the basket, off which the ball may rebound.
Double Dribble	When a player continues to dribble after allowing the ball to come to rest in one or both hands.
Travelling	The action of taking more than two steps while holding the ball without dribbling it.

What I need to know?

A player can only take one turn at dribbling.

A player cannot run with the ball.

Striking the ball with the fist is a foul.

The ball can be thrown in any direction with one or both hands.

No shouldering, holding, pushing, striking or tripping an opponent is allowed.

Michael Jordan is a famous basketball player.

The Plymouth Raiders are a famous local basketball team.

Links to prior learning:
Basketball Autumn Term Y4

By the end of this unit, I will be able to:

Pass over short/medium/longer distances accurately using chest pass/bounce pass/overhead pass.

Pass to a player and into space for a player to move onto.

Receive with two hands positioned at chest height.

Receive with two hands above the head and pass on from above the head.

Receive when stationary and when moving, stepping/jumping to receive earlier.

Dribble with either hand/alternating hands/jogging, incorporating a sharp change of pace/direction.

Defend by intercepting the ball through anticipation and stepping.

When attacking, know how to create space for other players on your team.

Know when to pass to a player or into space.

Shoot with increasing accuracy and follow shot.

P.E.-Y6-Hockey-Autumn Term

Key Vocabulary	Definition
Hit Pass	A powerful hit with a good backswing, with both hands together at the top of the stick.
Jab Tackle	A jab towards the ball when the ball carrier takes their stick off the ball leaving it unprotected.
Indian Dribble	Pushing the ball rapidly from right to left and then from left to right repeatedly by turning the hockey stick.
V Drag	Drag the ball from either right to left or from left to right to eliminate a member of the opposition, creating a 'V' shape in doing so.

What I need to know?

The stick must be kept below waist height.
Know different positions in a team and the role of the players in these position.
A penalty (short) corner is awarded for a foul in the 'D'.
Giselle Ansley is a famous hockey player.
Dhyan Chand was a famous hockey player.
England's women's hockey team won Olympic gold in 2016.

By the end of this unit, I will be able to:

Slap pass accurately over a short and longer distance using the open and reverse side of the stick.
Hit pass over a longer distance with some accuracy on the open side.
Receive a pass on the open and reverse side whilst moving with stick flat to the ground, cushioning the ball to keep it close and avoiding it contacting with feet.
Block tackle on the reverse side with a flat stick.
Jab tackle, releasing one hand from the stick.
Indian dribble and V drag using the open and reverse side with head up/walking to jogging pace.
Defend by anticipating pass and intercepting.
When attacking, know how to create space for other players on your team.
Know when to pass a player and when to pass into space.

Links to prior learning:
Hockey Spring Y5

P.E.-Y6-Netball-Autumn Term

Key Vocabulary	Definition
Bounce Pass	A pass to a teammate that is made by bouncing the ball once.
Intercept	Stop a pass being successfully completed.
Stamina	The ability to sustain prolonged physical or mental effort.

What I need to know?

The seven netball positions and what they are allowed to do and where they are allowed to go on the court.
The height of the ball when making a bounce pass makes it difficult for the opposition to reach and intercept.
Understand and describe how stamina and strength and flexibility help people perform better.
Understand and can explain the short and long-term benefits of exercise.
Can describe and demonstrate knowledge that different foods can have on our health and identify foods that help the body when exercising.
Serena Guthrie is a famous netball player.
The England Netball Team are known as the Vitality Roses.
Netball is contested in the Commonwealth Games, but not the Olympic Games.
The next Commonwealth Games will be held in Birmingham in 2022.
The England Netball Team won Commonwealth gold for the first time in 2018.

Links to prior learning:
Netball Autumn Term Y5

By the end of this unit, I will be able to:

Pass over short distance accurately to player and into space using bounce pass.

Pass to a player and into space for a player to move onto.

Use appropriate footwork on landing.

Receive with two hands positioned at chest height whilst stationary and whilst moving.

Receive when stationary and when moving, stepping/jumping to receive earlier.

Defend by intercepting the ball through anticipation and stepping.

When attacking, know how to create space for other players on your team.

Know when to pass to a player or into space.

Shoot with increasing accuracy and follow shot.

P.E.-Y6-Gymnastics-Autumn Term

Key Vocabulary	Definition
Straddle	To sit, stand or move with the legs spread apart.
Log Roll	A sideways roll with the hands next to the waist.
Pencil Roll	A sideways roll with the hands stretched above the head.
Tuck Jump	A vertical jump in which you raise your knees to your chest as you rise into the air.
Bridge	A backbend in which the body forms an arch, supported by the hands and feet.
Forward Roll	When a person tucks their head down and rolls their body in a forward circle on the floor.
Backward Roll	When a person tucks their head down and rolls their body in a backward circle on the floor.

What I need to know?

Nadia Comaneci was a famous gymnast.

She was the first gymnast to gain a perfect score in elite gymnastics.

Kohei Uchimura is a famous gymnast.

Counter Balance	A balance where both you and your partner are doing an equal amount of work to hold each other up.
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By the end of this unit, I will be able to:

Can link ideas, skills and techniques with control, precision and fluency when performing gymnastic skills.
Can perform partner balances with control and accuracy and can move into and out balances as part of a sequence.

Can compose sequences in groups and can transfer sequences from the floor to the apparatus.

Make up longer, more complex sequences, including changes of level, direction, speed .

Develop their own solutions to a task by choosing a range of compositional principles.

Show an awareness of factors that influence the quality of performance and suggest aspects that need improving and use this information to improve performance.

In groups prepare and perform a sequence to an audience.

Links to prior learning:
Gymnastics Spring Term Y5

P.E.-Y6-Residential-Autumn Term

Key Vocabulary	Definition
Archery	The skill of using a bow to shoot arrows.
Abseil	Descend a near-vertical surface by using a doubled rope coiled round the body and fixed at a higher point.
Surf	Stand or lie on a surfboard and ride on a wave towards the shore.
Trapeze	A horizontal bar hanging by two ropes and free to swing.
Quad Bike	A kind of motorbike with four large wheels.
Zip Line	A cable or rope stretched between two points of different heights, down which a person slides.

What I need to know?

Surfing was included in the Olympic Games for the first time in 2021.
Carissa Moore won the first Olympic surfing competition for women in 2021.
Italo Ferreira won the first Olympic surfing competition for men in 2021.
Archery is an Olympic sport.
The standard distance in archery is 70m.
South Korea have been the dominant nation in archery in recent years.

Links to prior learning:
Outdoor Adventurous Activity Autumn
Term Y5

By the end of this unit, I will be able to:

Develop a range of skills in outdoor/adventurous activities -paddle boarding/surfing/mud run/climbing/trapeze/abseiling/quad biking/zip line/archery/rifle shooting/high ropes/team challenges.

Attempt new challenges and develop confidence and resilience within new challenges.

P.E.-Y6-Tag Rugby- Spring Term

Key Vocabulary	Definition
Cradle Pass	Pass made by swinging the rugby ball in two hands from one side of the chest to the other before passing.
Off Side	Being ahead of the ball when a player is tagged and stopping the pass.
Arrow Head Formation	Arrangement of players when attacking.
Flat Line Formation	Arrangement of players when defending.
Dummy Pass	A movement designed to make an opponent think you are passing the ball in one direction when in fact you are not.
Decelerate	Slow down.

What I need to know?

Understand and describe how stamina and strength and flexibility help people perform better.

Understand and can explain the short and long-term benefits of exercise.

Can describe and demonstrate knowledge that different foods can have on our health and identify foods that help the body when exercising.

Jonah Lomu was a famous rugby player.

Portia Woodman is a famous rugby player.

Rugby Sevens is an Olympic event.

The 6 nations is an annual rugby tournament competed for by England, Scotland, Ireland, Wales, France and Italy.

There are two codes of Rugby (League and Union) and know some of the key differences between the two.

By the end of this unit, I will be able to:

Pass accurately over a short/medium/longer distance from left to right and right to left using cradle pass to a player to run onto at increasing pace.

Receive at increasing pace whilst running with two hands at chest height and draw ball into chest once received.

Defend by anticipating pass and intercepting from an onside position.

Dummy pass when attacking in order to create space to accelerate into.

Zig zag/accelerate and decelerate when running with the ball in order to evade defender/score.

Switch the play/miss out a player when passing in order to exploit space effectively on the pitch.

Choose a warm up appropriate to activity taking place and explain choices.

Show good awareness of what is going on around them and communicate to team members appropriately.

Know the role they play in a team and be an effective part of the team working in different positions to achieve the best outcome.

Support and inspire others to be the best they can be.

Lead large group and whole class warm ups and small games as part of class or a festival.

Links to prior learning:
Tag Rugby Spring Term Y5

P.E.-Y6-Football-Spring Term

Key Vocabulary	Definition
Channel	Use your body position to encourage an opponent to take the ball the way you want them to.
Intercept	Stop a pass being successfully completed.
Step Over	A dribbling move, or feint, used to fool a player into thinking that a player is going to move in a direction they do not intend to move in.
Euros	Football competition for Europe's top national teams.

What I need to know?

Heading the ball can be dangerous.

Bobby Moore was a famous footballer and captain of England's World Cup winning team in 1966.

Know the names of some of the other players in England's World Cup winning team.

Megan Rapinoe is a famous American footballer.

The European Championships are held every four years.

England's men finished in second place in 2021.

England's women have finished second twice.

England will host the women's Euros in 2022.

By the end of this unit, I will be able to:

Pass accurately on the ground/ball lifted over a short and longer distance using laces/toe for greater pace.

Receive a pass whilst moving with strong or weak foot flat on the ground or raised.

Receive a ball under control on the chest.

Know how and when to slide tackle safely.

Dribble alternating between strong and weak foot, keeping it close/head up.

Step over the ball in order to create space to move into.

When defending, know when to leave a player in order to intercept/pressurise.

When attacking, know how to create space for other players on your team.

Know when to pass to a player and when to pass into space.

Links to prior learning:

Football Spring Term Y5

P.E.-Y6-Dance-Spring Term

Key Vocabulary	Definition
Improvisation	A spontaneous movement exploration.
Stimulus	Something that arouses the mind, or spirits, or encourages activity.
Dance Phrase	A brief sequence of related movements that have a sense of continuity.
Motif	A repeated idea or movement.

What I need to know?

A dance has a clear beginning, middle and end.

Dance can communicate different moods, ideas and feelings.

Performance includes the ability to sequence and perform planned movements.

There are many different types of dance including ballet, tap, ballroom, Latin, hip hop.

Ysabelle Capitule is a famous dancer.

Diversity are a famous dance group.

By the end of this unit, I will be able to:

Perform to an accompaniment expressively and sensitively and communicate the intention of the sequence clearly, fluently and with control.

Can demonstrate precision and control and fluency in response to a variety of stimuli.

Can vary dynamics and develop actions with a partner, or as part of a group.

Continually demonstrate rhythm and spatial awareness.

Use appropriate criteria to evaluate and refine own and others work, talking about dance with understanding, using appropriate language and terminology.

Gain confidence to perform to a wider audience.

Links to prior learning:
Dance-Autumn Term Y5

P.E.-Y6-Cricket-Summer Term

Key Vocabulary	Definition
Crease	A line from which the bowler bowls and the batsman needs to reach when running.
Leg Side/On Side	The left hand side of the cricket field from the point of view of a right handed batsman facing the bowler.
Off Side	The right hand side of the cricket field from the point of view of a right handed batsman facing the bowler.
Over	When a bowler delivers the ball from his end of the pitch six times to the batsman.
Maiden Over	When no runs are scored in an over.
LBW	Leg before wicket.

What I need to know?

An over lasts for six legal balls.

Illegal balls include no balls and wide balls.

A batsman can be out bowled, caught, hit wicket, run out, stumped.

Teams start with 200 runs.

Runs scored are added on to the 200 started with.

Five runs are deducted from the team's score each time a batsman is out.

LBW is not out in kwik cricket but is in adult cricket.

Players do not have to run if they hit the ball but can run if they haven't hit the ball.

The wicket keeper stands behind the wicket and catches the ball if the batsman misses it.

Joe Root is a famous cricketer.

Mithali Dorai Raj is a famous cricketer.

The cricket World Cup is held every 4 years. England won the last one in 2019.

The Ashes is a Test cricket series played between England and Australia.

By the end of this unit, I will be able to:

Bowl overarm with appropriate direction/height/distance with one bounce before reaching the crease.

Step forward to the ball when appropriate to bat the ball on the volley.

Assess field and move feet to place shots into weaker areas/gaps.

Choose when it's safe to go for a run, making appropriate calls with partner dependent on whose call it is.

Walk from the bowler's end as the bowler releases the ball.

Throw accurately underarm to the wicket from a short distance.

Throw accurately overarm from increasingly longer distances to the wicket from a longer distance.

Support fellow fielders if too distant to throw in in one throw/back up the wicket keeper.

Adjust fielding positions to respond to batsman's strengths.

Links to prior learning:

Cricket Y5 Summer Term

P.E.-Y6-Athletics-Summer Term

Key Vocabulary	Definition
Triple Jump	A hop, a step, and a jump.
Scissor Technique	Involves the athlete jumping over the bar upright, while lifting both of their legs up over the bar in order to clear higher heights.
Fosbury Flop	A curved running approach, a modified scissor jump; the jumper lands on their lower neck and shoulders.
Shot Put	A heavy spherical ball.

What I need to know?

Usain Bolt was a famous athlete.
Dina Asher-Smith is a famous athlete.
What happened on 'Super Saturday' in London in 2012.
Dick Fosbury changed the way high jumpers jump.

Links to prior learning:
Athletics Summer Term Y5

By the end of this unit, I will be able to:

- Sprint a distance of 70m using appropriate arm movement and stride length.
- Pass a baton using correct technique in 4 x 70m sprint.
- Sprint hurdle over higher hurdles maintaining balance/stride pattern/momentum.
- Jog/run a distance of 1500m with appropriate pace/stride length/breathing technique/head position in order to avoid stopping.
- Use run up for long and triple jump with two footed landing/feet together/falling forward.
- Use bent knees and vertical upthrust for two footed standing high jump using scissor technique/Fosbury flop over bar.
- Throw a vortex howler overarm for distance.
- Throw a medicine ball with chest push for distance.
- Throw a foam javelin/shot put/discus overarm/side arm for distance.

P.E.-Y6-Tennis-Summer Term

Key Vocabulary	Definition
Dropshot	A softly hit shot, usually with backspin, which drops abruptly to the ground.
Lob	A shot hit high and deep into the opponent's court.
Volley	A shot played before the ball bounces.

What I need to know?

How to score a game in tennis.

The ball can be played without bouncing or after one bounce.

When serving, the ball has to land in a set part of the court.

The server has two attempts to serve the ball in the correct part of the court.

Tennis is contested on hard courts, clay or grass courts.

There are four tennis grand slam tournaments: Australian Open, US Open, French Open and Wimbledon.

Roger Federer is a famous tennis player.

Serena Williams is a famous tennis player.

Andy Murray, Fred Perry and Virginia Wade are British winners of Wimbledon.

Links to prior learning:
Tennis Summer Term Y5

By the end of this unit, I will be able to:

Use forehand/backhand to play shots over net after a single bounce with more controlled placement to exploit opponents' weaknesses.

Use forehand and backhand to volley with more controlled placement to exploit opponents' weaknesses.

Use dropshots/lobs when appropriate.

Control foot movement forwards and backwards and sideways in order to play ball most effectively and in order to anticipate next shot.

Serve increasingly flat underarm after a single bounce and with greater pace.

Serve overarm flatter and with greater pace.

P.E.-Y6-Badminton-Summer Term

Key Vocabulary	Definition
Dropshot	A softly hit shot, usually with backspin, which drops abruptly to the ground.
Lob	A shot hit high and deep into the opponent's court.

What I need to know?

How to score a game in badminton.

When serving, the shuttlecock has to land in a set part of the court.

There are different line markings for whether you are playing singles or doubles.

Badminton is the fastest racquet sport in the world-the shuttlecock can reach over 200 mph.

Badminton is the second most popular sport in the world, behind football.

Badminton is included in the Olympic Games.

China is the most successful country at badminton.

Gail Emms and Nathan Robertson were links to prior learning:

Badminton Summer Term Y5

By the end of this unit, I will be able to:

Use forehand/backhand to play shots below the height of the net with more controlled placement to exploit opponents' weaknesses.

Use forehand/backhand to play shots over head height with more controlled placement to exploit opponents' weaknesses.

Use dropshots/lobs when appropriate.

Control foot movement forwards and backwards and sideways in order to play shuttlecock most effectively and in order to anticipate next shot.

Serve underarm short and low/long and high with greater control over height and placement.

Recognise their own and other's strengths and weaknesses and suggest ideas that will improve performance.

Vary tactics and adapt skills in response to the situation faces in the game and explain your choices.