



PE and Swimming Long Term Disciplinary Knowledge Map



National Curriculum - PE Aims

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

	EYES	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Basic movements and skills <i>[this can include: gymnastics, fitness, yoga, athletics to name a few]</i>	Physical Development Early Learning Goal (Gross Motor Skills): Demonstrate strength, balance and coordination when playing Move energetically, such as running, jumping, dancing, hopping, skipping and climbing Negotiate space and obstacles safely, with consideration for themselves and others	NC: to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities <i>(NB: some of this objective is also covered through the skills in 'Team and competitive games')</i>		NC: to develop flexibility, strength, technique, control and balance <i>(NB: some of this objective is also covered through the skills in 'Team and competitive games')</i>			
	Gymnastics To develop the ability to move in a range of ways To increase the ability to move around, onto, through, under and over equipment To combine movements together while negotiating	Gymnastics To recognise and perform contrasting movements and balances To travel in different ways, changing speed and direction To control my body	Gymnastics To move and balance with agility and coordination To roll with coordination and control To make long thin shapes with my body To take my weight on	Gymnastics To perform a range of jumps To accurately perform a forward roll from standing and a tucked backward roll To perform a squat on vault accurately	Gymnastics To perform a range of jumps and leaps accurately To perform a straddle forward roll and a backward roll to straddle correctly To perform a straddle	Gymnastics To perform a stag jump and split leap To perform pike rolls To perform a squat through vault To perform a round-off To independently plan a	Gymnastics To accurately perform a cat leap full turn and a stag leap To accurately perform a dive forward roll and a pike backward roll To accurately perform

	different equipment To develop the ability to jump in a range of ways from one space to another To control my body when jumping and balancing To create a sequence using a jump and a balance To develop the ability to roll in a range of ways To control my body when rolling in a range of ways To perform a sequence with confidence and control	when jumping and rolling in different ways To link movements to create a sequence To cooperate effectively with a partner To create and perform a sequence with a clear beginning, middle and ending To carry and place apparatus To travel safely in different ways To travel at different speeds and levels To make and hold different shapes To link two actions to make a sequence To link two actions with a movement	my hands and feet To take my weight on my hands To perform and compete To perform and improve upon balances on different parts of the body To create matching balances with a partner To roll in different ways while showing control To jump safely in a variety of ways, including on and off apparatus To combine a selection of movements to create a gymnastic sequence To work with a partner to create a matching sequence	To perform a lunge into handstand and a cartwheel with increasing accuracy To link movements together by performing a chassis step, straight jump half-turn and cat leap To create and perform a gymnastics sequence with a partner	on vault correctly To perform a lunge into cartwheel correctly To link movements together by performing a straight jump full turn, a cat leap half turn and a pivot To work in a small group to create and perform a gymnastics sequence with a theme	sequence of gymnastics movements that are creatively linked together To perform a gymnastics sequence in a pair or group in time to music To link shapes and movement using rhythmic gymnastics to represent ideas about the Earth, Sun and Moon To create two, three and four-point balances and movements to represent the discovery and exploration of a new planet To create part-weight balances with a partner to resemble an alien To create and perform a gymnastics routine that includes shapes on apparatus To plan a space-themed gymnastics routine that includes a range of shapes, balances and movements To perform a space-themed gymnastics routine that includes a range of shapes, balances and movements	a straddle over vault To perform a hurdle step into a cartwheel and a round-off To perform a series of similar movements in quick succession, linked together to form a sequence To work in a large group to choreograph and perform a gymnastics routine in time to music To link shapes and movement using rhythmic gymnastics to represent the course of a river To create one, two, three and four-point balances to represent mountains To combine a range of body shapes and balances with a partner to represent different features of a mountain To combine shapes and balances to make a group formation that represents different mountain ranges To link shape, movement and balance to plan and perform a group sequence that communicates information about rivers and mountains
			Athletics To show the Olympic values of friendship	Athletics To practise and refine existing running,	Athletics To use and apply existing running, jumping and	Athletics To practise and refine existing running, jumping	Athletics To practise and refine fundamental

			and respect in a jumping for height activity To show the Olympic value of excellence in a throwing for accuracy activity To show the Olympic value of determination in a running activity To show the Olympic value of courage in a running activity To show the Olympic value of equality in a jumping for distance activity To show the Olympic value of inspiration in athletics activities	jumping and throwing skills To sprint effectively To run over hurdles To jump for distance To develop and refine different throwing techniques To learn different push throw techniques	throwing skills To improve running technique for sprinting To practise relay running To jump for distance using the standing triple jump To learn the pull throw technique To compete in a combined athletics event, aiming to achieve a personal best	and throwing skills To use an effective technique for sprinting including the sprint start To sustain my running pace over longer distances To practise jumping for height To learn the fling throw technique To use a variety of throwing techniques	movement skills needed for athletics To work as a team to competitively perform a sprint relay To control running pace over a range of distances To refine my hurdling technique To practise and refine jumping techniques To throw for distance using a heave throw technique
		Circuit Training To move over or round an obstacle with control To jump in different ways with control To show control and balance when travelling along a pathway To show control when rolling and bouncing a ball To combine skills to complete circuit activities independently To watch and evaluate the performance of a partner To complete activities independently and to try to improve my own performance	Circuit Training To change the direction of movements with control To use and combine different types of jumps To perform movements with control and accuracy To combine more than one skill to complete an activity To complete activities independently and try to improve own performance	Circuit Training To travel in a variety of ways To change the direction, level or speed of travel To use a range of ball control skills To control movements using balance and co-ordination To use a range of movement skills in a range of activities	Circuit Training To understand the effects of aerobic and anaerobic exercise on the body To recognise the benefits of exercise on the upper body To recognise the benefits of exercise on the lower body To recognise the benefits of exercise on the core muscles To set personal targets for exercise To improve performance in order to reach personal targets	Circuit Training To understand the effects of aerobic and anaerobic exercise on the body To recognise the benefits of exercise on the upper body To recognise the benefits of exercise on the lower body To recognise the benefits of exercise on the core muscles To set personal targets for exercise To improve performance in order to reach personal targets	Circuit Training To understand ways to exercise safely To understand and recognise exercising at different levels of intensity To understand how exercise can boost mental wellbeing To understand how exercise can improve physical strength To lead another individual in a circuit of exercises To work as a group to lead a training session
		Throwing and Catching To learn how to track	Throwing and Catching To learn the difference between throwing				

		and receive a ball To throw underarm To throw and catch an object with a partner To bounce a ball on the spot To throw, catch and bounce an object <u>Bat and Ball</u> To hold a racket correctly and use it to control a beanbag in a variety of ways To use a racket to hit a ball or beanbag with control To apply my racket skills to play a target game To use a cricket bat to control a ball along the ground To use a cricket bat to hit a ball with control To apply my bat and ball skills to play a small-sided game <u>Attacking and Defending</u> To use space to try to score points in a team game To mark another player To defend the space between players To pass a ball to another player To get past a defender To use attacking and defending skills in a team game	underarm and overarm To practise the catching skill To practise the skill of bouncing a ball and catching a bounced ball To use and practise throwing and catching skills <u>Bat and Ball</u> To hold a racket correctly to hit a ball To hit a ball that has been thrown underarm To practise and use a simple tactic To practise a range of cricket skills To combine my skills to play a competitive team game <u>Attacking and Defending</u> To use space well in a team game To understand how to mark players To defend in a game by intercepting To use a range of tactics to get past a defender To pass the ball to another player To use attacking and defending skills in a game				
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		Running and Jumping To move at different speeds To move along different pathways To jump for height and distance To jump in different ways To perform a jumping sequence Yoga To develop coordination while in basic yoga poses and moving between them To increase coordination while on all fours To develop agility by correctly coming into and out of the dog pose To develop agility by varying the speed of movements and poses To develop balance in standing positions To develop balance when moving between yoga positions					
<u>Team and competitive games</u> <i>[this can include: football, hockey, netball, tag rugby, tennis, cricket, rounders, handball, multisport games to</i>	Physical Development – ELC: Negotiate space and obstacles safely, with consideration for themselves and others	NC: to participate in team games, developing simple tactics for attacking and defending		NC: to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending			
	Games To develop the ability to throw an object To develop the ability to move at speed and adapt the body when moving at speed To develop the ability to	Invasion Games To travel in different ways with control To travel with a ball in different ways To travel with a ball in different directions To pass the ball to	Invasion Games To move with the ball in a game To use space when passing and receiving in a game	Net and Wall Games To use effective footwork, movement and positioning in the context of net and wall games To roll and throw a ball accurately To develop ball control	Invasion Games Football To practise common skills needed for invasion games To use a range of techniques to move with the ball	Invasion Games To use a range of skills to move with the ball To use the correct technique to pass the ball To keep possession of the ball To use different tactics	Invasion Games To apply skills and knowledge to be able to move with the ball To apply skills and knowledge to be able to pass and move with the ball

<i>name a few</i>	jump safely in different ways To develop the ability to control a ball in a range of ways (including throwing, catching, bouncing and kicking) To use throwing skills in a small sided game To be able to use a bat or racket to move and control an object To develop the ability to throw accurately at a target	another player To use all the travelling and passing skills I have learnt in a game Multi-skills - Sports Day To use appropriate skills and technique to sprint in a race To be able to balance an egg on a spoon while racing against others To jump in a sack while racing against others To throw overarm and underarm to reach a target To travel in different directions while pushing a football with the feet To travel using a range of movements across obstacles in a race	To use throwing and catching to pass and receive the ball in a game To know how to make or deny space when attacking and defending in a game To use attacking and defending skills in a game To apply specific skills to an invasion game To follow rules to play a game Target Games To use a range of ball rolling skills To aim for a stationary target using an underarm throw To play a game that involves aiming at moving targets To use different types of throws in a target throwing game To kick a ball accurately To use my skills in different target games	when using a racket To hit a ball accurately using the forehand technique To use the backhand technique in different ways To understand and demonstrate the basic principles of attacking and defending in net and wall games To play competitive net and wall-based games Netball To learn about the basics of netball To learn how to throw a ball in netball To learn different techniques to dodge the ball in netball To learn different techniques to dodge the ball in netball To learn how to defend in netball by catching and blocking To know about the different parts of a netball court and simple tactics for effective positioning on it To work as part of a team To participate in a class netball tournament Football To develop dribbling and ball control skills in football To develop passing and receiving skills in football	To pass and receive a football with increasing accuracy and success To use and understand attacking skills and strategies To use and understand defending skills and strategies To use goalkeeping skills and strategies to protect a goal To use attacking and defending skills in a game Tennis To use a tennis racket to control an object To use a tennis racket to strike a tennis ball with accuracy and control To use different football to move across a space To use a tennis racket to control a tennis ball in order to score points To defend against an opponent scoring a point To compete in a full tennis match Tag Rugby/netball To throw and catch a rugby ball To execute a successful pass of a rugby ball while on the move To move with the ball into space To know, understand and apply the rules of tagging in tag rugby To gain possession by	for attacking in invasion games To win back possession of the ball To adapt my movements for attacking and defending Netball To practise ball control, agility and quickness To develop and refine throwing and catching skills To combine the skills of moving and passing in netball To use the defensive skills of marking and intercepting in a game To aim for a target To protect a target To work as part of a team To participate in a class netball tournament Basketball/netball To dribble with a basketball/netball To use a range of techniques to pass a basketball/netball successfully To know how to pivot To move effectively around a court To use strategies to keep possession of the ball To know how to mark a player effectively To get free from a defender To apply our basketball/netball skills	To apply a variety of attacking skills and techniques in a game To apply a variety of defending skills and techniques in a game To invent a new game that requires attacking and defending skills To apply the skills and techniques I have learnt to play an invasion game and evaluate its success Striking and Fielding Games cricket/rounders To react quickly and catch balls thrown at different heights and angles To attack the ball using effective fielding techniques To throw the ball accurately over a large distance To strike a bowled ball over a large distance into space To bowl a ball overarm at a target To apply striking and fielding skills to complete a circuit of activities Netball To improve and refine catching and throwing in netball To use a range of netball passes To know how to catch a netball in different
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				To know how to find and use space effectively To learn the defensive skills of marking and tackling To learn how to shoot in football To understand the importance of fitness in football To use the skills I have learnt and apply them in a game To work as part of a team <u>Striking and Fielding Games – cricket / rounders</u> To catch with accuracy To use an overarm throw to hit a target with accuracy To strike a ball in an intended direction To work cooperatively to field a ball To use striking and fielding skills in a game To design and play games that use striking and fielding skills <u>Net and Wall Games: Fundamentals tennis</u> I can give examples of net and wall games and know what these types of sports involve, including some of the skills needed to play them. I can demonstrate a range of effective footwork skills during footwork drills, such as	intercepting a pass To use my attacking and defending skills and knowledge to make tactical decisions To apply attacking and defending skills in a game of tag rugby To watch and evaluate the performance of others <u>Cricket</u> To use correct techniques for catching a ball when fielding in cricket To use an overarm throw to hit a target with accuracy To use the long barrier technique to stop a rolling ball To learn defensive hitting techniques for batting in cricket To learn attacking hitting techniques for batting in cricket To learn the correct technique for bowling overarm in cricket from a standing position To know and apply the rules of Kwik Cricket during a game To use a range of fielding, batting and bowling skills in a Kwik Cricket match	when playing as part of a team in a game To evaluate my performance <u>Rounders/cricket</u> To learn the correct techniques for batting and bowling in rounders To use the correct techniques for throwing and catching when fielding in rounders To know the roles and responsibilities of the backstop and base fielders in rounders To field effectively in these positions and demonstrate good skill and technique To know the roles and responsibilities of the deep fielders in rounders To field effectively in these positions and demonstrate good skill and technique To be able to 'read' the game and apply tactics to outwit opponents To know and apply the rules of rounders during a game To use a range of throwing, catching, fielding and batting strategies <u>Invasion Games: Hockey</u> I can hold the hockey stick correctly for pushing and stopping the ball.	ways To know how to pivot To understand the footwork rule in netball To know how to outwit a defender to receive a pass To know how to one-on-one mark an opposition player To aim for a target To play in a netball tournament To evaluate my own and others' performance <u>Invasion game Hockey</u> I can hold the hockey stick correctly for pushing and stopping the ball and demonstrate these skills well and consistently. I can consistently push the ball with excellent accuracy and control, using the correct technique. I can consistently stop and control the ball using 'soft hands' and the correct technique. I can use the correct body position for fast and efficient forehand dribbling. I can consistently keep control of the ball while dribbling at a
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				moving in different directions and changing direction whilst maintaining balance. I can understand the importance of good footwork, movement and positioning in net and wall games, including the ready position and demonstrate this throughout the lesson. I can roll and throw a ball with good control and accuracy at a target. I can confidently use throwing and catching skills in games involving precision and accuracy with success. I can control the ball in a range of ways, including bouncing the ball up and down, using good hand-eye coordination and racket skills. I can hit a ball along the ground with accuracy using a tennis racket and use this skill to have a co-operative rally as well as to outwit an opponent. I can effectively hit a ball using a forehand technique and demonstrate this in a game, including using the correct grip. I can hit a ball to land close to or in a target area. I can throw a ball using		I usually push the ball with accuracy, using the correct technique. Usually stop and control the ball effectively, using the correct technique. I can use the correct body position for forehand dribbling with efficiency. I can usually keep control of the ball while dribbling. I can change direction with the ball with good control at a walking pace. I can generally use the correct technique for the Indian dribble while stationary and on the move, with some efficiency and success. I can change direction with the ball with good control at a walking pace. I can dribble past a passive defender or opponent with increasing speed and efficiency. I can pass, dribble and shoot with control, I can identify and use tactics to help themselves and their team keep possession of the ball. I can tackle opponents	range of different speeds and when changing direction of travel. I can change direction with the ball with good control at a jogging pace. I can use the correct technique for the Indian dribble and begin to do this with increasing speed, efficiency and success. I can change direction with the ball with good control at a jogging pace. I can dribble past a defender or opponent with increasing speed and efficiency. I can consistently and effectively use the correct technique for tackling safely. I know and carry out all the rules for tackling safely. I can use a range of different hockey skills in a game with great efficiency and success. I can consistently demonstrate accuracy when aiming for a target a longer distance away. I know how to take a penalty shuffle and sometimes can do this
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				a double-handed backhand throw with good accuracy and technique. I can effectively hit a ball using a backhand technique and demonstrate this in a game, including using the correct grip. I can work co-operatively in a team to keep a rally going, using both the forehand and backhand hit. I can explain what to do in different attacking and defending scenarios and why. I can understand the importance of positioning to be able to return the ball and consistently apply this in a game. I can use a range of net and wall fundamentals to play a competitive net and wall-based game.		with success and intercept the ball to win back possession. I can use space well to pass and receive a ball. I can identify areas and suggest ways that performances and games could be improved.	successfully. I can perform and apply a variety of attacking and defending skills competently and confidently, to contribute towards the success of their team. I know and follow all of the basic rules for playing hockey. I can evaluate their own performance, suggesting thoughtful and appropriate ways to improve
Dance	Physical Development – Early Learning Goal: Move energetically, such as running, jumping, dancing, hopping, skipping and climbing	NC: to perform dances using simple movement patterns		NC: to perform dances using a range of movement patterns			
	To develop the ability to adapt a known dance To develop the ability to change movements and adapt a simple dance To share opinions and give my own ideas about how to	To dance with an object To use my body and an object to express an idea To move in different ways To make different	To change the speed, weight and size of my movements To dance in different formations To move in response to a stimuli To move to a rhythm	To improvise and create movements with a partner To create and perform imaginative movements to fit with different stimuli To develop new actions	To combine and perform movement phrases to represent facts about the Roman Empire To compose and perform movement sequences with expression To link and combine	To use transitions to link movements together smoothly To use spatial awareness and demonstrate this skill effectively in a dance To demonstrate an	To respond to stimuli, improvising freely using a range of controlled movements To perform a variety of dance techniques with accuracy and consistency

	adapt and alter a simple dance To develop the ability to create movements to music To practise movements and join them together to create a motif To practise and improve a dance motif To work as a team to create a short dance To remember and perform a short dance To evaluate and improve a short dance	shapes with my body To make different shapes with others To dance in different formations	To dance in a duet To synchronise movement in different formations To create and perform a dance motif inspired by a stimulus To use different movements and body shapes to represent a plant growing To create movements to represent different types of seeds To work with a partner to create a dance based on plants To create movements to represent the different parts of a story To work with a partner to create movements to represent the parts of a story To understand how dance can be used to communicate To use different dance movements to communicate an idea To dance in different formations to communicate different ideas To refine and improve my movements To change the rhythm of my movement to communicate different ideas	whilst working in a small group To show awareness of others when moving To work with a partner to create and perform a dance to show feelings and emotions To work in a group to link actions to create a dance montage	movement phrases To work as part of a group to develop a longer dance that tells the story of Pompeii To perform a dance with precision and control To compose longer dance sequences for a performance and use a range of dance vocabulary to describe and improve work	ongoing motif throughout a dance To demonstrate variations in timing throughout a dance To demonstrate strong, expressive movements throughout a dance To combine movements to create a fluent sequence To learn about and perform the Charleston, Lambeth Walk and Lindy Hop dance styles To plan and perform an interpretive dance which tells the story of a wartime event To plan and perform in a WWII style dance party	To work with a group to create appropriate dance movements to fit with different music stimuli To represent objects and actions through a dance phrase To select and use a range of movements to create a dance phrase that demonstrates my ideas To suggest and make improvements to my group's dance phrase based on peer feedback. To perform a dance in a 1960s style To perform a dance in a 1970s disco style To perform a dance in a 1980s hip-hop style To perform a group dance in a 1990s pop group style To perform a group dance in a 2000s dance craze style To perform a dance in a 2010s style
<u>Outdoor</u> <u>and</u> <u>adventurous</u>				NC: to take part in outdoor and adventurous activity challenges both individually and within a team			
				OAA To work effectively with others to complete a task To communicate effectively	OAA To work together with others on different scavenger hunt activities To work with others,	OAA To work as part of a team to complete a range of challenges	OAA To work systematically and as part of a team to solve a range of problems

activity

[this can be linked to residential trips or other foundation subjects eg: geography, science etc]

To follow multi-step instructions
To solve a range of problems when working with others
To follow a set of directions correctly
To give clear and precise directions for someone else to follow
To follow simple maps
To know what orienteering is
To know and understand a range of map symbols

developing problem-solving skills
To communicate effectively with others to complete blindfolded challenges
To read, follow and understand maps
To take part in an orienteering exercise
To demonstrate different sporting values and qualities
To set up a simple orienteering course for others to follow
To navigate around space with growing confidence

To demonstrate agility and endurance in a range of situations
To know what a compass is and how to use it
To know the eight directions on a compass
To read, follow and understand maps
To take part in an orienteering exercise
To work collaboratively to plan and prepare an orienteering course
To work collaboratively to complete a timed orienteering course

To demonstrate positivity, perseverance and effective teamwork when completing a range of challenges
To use a range of communication methods effectively during problem solving activities and challenges
To demonstrate effective leadership skills
To work together effectively to achieve a common goal
To work effectively with others to complete a range of challenges
To work effectively with others to plan and carry out a game plan (strategy)
To compete in a timed orienteering team relay event
To work as part of a team to design a themed orienteering course

Leadership in PE

To lead others during the PE lesson, demonstrating different leadership skills including:

- respect and giving clear instructions
- confidence, positivity and directing others
- adaptability,

					safety and good communication • emotional intelligence, resilience and motivating others • empowering others and listening To recognise and demonstrate a range of leadership skills during problem-solving activities To learn about different leadership skills including encouragement, decision making and evaluating To plan and lead a physical activity for a selected group of children
Swimming		NC: • to swim competently, confidently and proficiently over a distance of at least 25 metres • to use a range of strokes effectively • to perform safe self-rescue in different water-based situations <i>Swimming is taught in Year 3 and 4. Top up sessions for individuals are identified from the end of Year 4 assessments in Year 5 and 6.</i> <i>The end of KS2 expectation is NCC Swimming Learner's Journey Stage 4 and the Water Safety Award.</i> <i>Learner's Journey 4 and water safety are detailed below – there are 6 levels in the learner's journey.</i>			

Schools' Swimming Service
Scheme of Work Assessment Criteria
Learners Journey Stage 4



Entries and Exits

Enter water in a safe manner (Wall)
 Exit water in a safe manner (Wall)
 Pencil jump in

Surface Support

Complete star, mushroom and pencil float (5 seconds each)
 Perform head-first sculling action 5m
 Perform feet-first sculling action 5m

Survival Skills (No goggles)

Movement Skills

Schools' Swimming Service
Scheme of Work Assessment Criteria
Water Safety Award



To be completed by all pupils regardless of stage

All outcomes to be completed whilst wearing clothes**

Perform a (Swivel/Steps/Straddle/Fall in) entry into the water
 Enter the water (of at least shoulder depth) travel to a floating object and return retaining the ob
 Float on back for (upto) 2 minutes
 Perform a shout and signal for rescue
 Perform and understand the H.E.L.P position
 Perform and understand when to use HUDDLE position
 Swim (upto) 25m in clothes
 Tread water for 30 seconds