Kenyngton Manor Primary School

Subject Profile: Physical Education

At Kenyngton Manor we know that curriculum is the key vehicle for 'Bringing out the Best' in all of our children, ensuring that all of our children are well prepared for the next stage of their learning and for life.

At Kenyngton Manor Primary School we are ***'bringing out the best'*** in all our pupils by giving them access to a broad and rich curriculum, enabling our children to **'stretch and reach':**

UP – to achieve academically
IN – to have a strong sense of who they are and be able to express it
OUT – to relate well with, and share responsibility for, others
FORWARDS – to be equipped with a 'spirit of adventure'

This is reflected in our curriculum approach to learning Physical Education, using the aims set out in Development Matters (EYFS) and the National Curriculum as a framework for how we map content, ensure progression in knowledge and sequence our units of work.

Intent

At Kenyngton Manor, our Physical Education Curriculum aims to provide children with continuous opportunities that prepare them with the necessary knowledge and skills to develop and enhance their ability within PE. In addition to this, we aspire to provide children with a positive and active learning approach that will fulfil both their mental, social, and physical needs as well as the key attributes of good sportsmanship.

Our approach to Physical Education will therefore ensure that children experience a high-quality education, whereby children:

- improve and develop their skills in a range of physical and sporting activities.
- are able to engage in physical activity for sustained periods of time
- participate competitively: celebrating success (their own and others'), overcome challenge and recognise the value of teamwork.
- understand and advocate the importance of pursuing a healthy and active life.

Implementation

At Kenyngton Manor,

- in the EYFS pupils have continuous access to a rich continuous provision that supports their physical development – developing a broad range of gross and fine motor skills.
- Continuous provision allows repeated rehearsal of a range of movement so that children also develop their strength, agility, coordination, balance, precision, ball skills and physical health (Development Matters, 2020). Children in Reception have the opportunity for a weekly PE lesson which provides opportunities to participate in a range of specific disciplines (gym, dance, athletics, games, for example)
- In Years 1 to 6 children build on the skills and learning in the EYFS by engaging in two weekly sessions of PE, one of which is led by a sports coach.
- In Years 1 to 6, teachers and sports coaches follow the "Get Set for PE" scheme of work. The scheme provides a carefully planned sequence of lessons for developing important knowledge and skills, whilst also ensuring a widening experience of sporting and physical activity.
- Playtimes are opportunities to increase pupils' physical activity and rehearse the skills learnt in PE – staff and pupils lead a range of physical activities for pupil's participation. OPAL play ensures that pupils have access to a range of equipment for independent use that encourages physical and sporting activity.
- The upper key stage 2 residential trip encourages pupils to take physical risks, participate in physical activity that is outside of their experience and comfort, and develop trust in team-mates and fellow participants *(reaching forwards with the spirit of adventure).*

Our approach to Physical Education therefore ensures:

- Pupils are supported in the acquisition of substantive knowledge (connected to substantive strands), key vocabulary and skills.
- Pupils engage in a range of individual physical activities and team sports.
- All children will participate in competition and performance (within their class during lessons, in school half termly competitions, and inter school competitions).

This approach ensures that children 'know more, remember more, and do more' building on and connecting what they have learned across lessons, between units within a subject and then across the curriculum between subjects.

Impact

The experience of learning PE at Kenyngton Manor ensures that children gain continuously improving skills and a deep subject knowledge which is applied with enthusiasm.

We know we are successful when our children:

- talk accurately and positively about health, fitness and wellbeing.
- can demonstrate their skills in a range of physical and sporting activities.
- are keen to continue exploring physical skills with increasing control, coordination, flexibility, technique, agility and balance.
- approach physical and sporting activity with endurance, resilience and perseverance.
- demonstrate excellent social skills and communicate honestly and empathetically.
- children **know more, remember more, and do more**: connecting what they have learned across lessons, between units within a subject and then across the curriculum

between subjects. This will be evident in contributions made by children in lessons, conversations with children and work produced by children.

- children have the knowledge and skills they need, to continue to be successful in their next P.E. lesson, unit, year group, Key Stage and school.

	End Points (unit outcomes)	**Substantive Strands (facts/ideas/themes/schema)** Motor Competence: Throwing and Catching Ball Control Body Control Travelling Performing Swimming Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	**Disciplinary Knowledge (walk in the experts' shoes)** Scientific Enquiry Experimentation Observation Purposeful play
EYFS			
	To know how to skip, **dance**, **climb,** gallop, turn, balance, sew, model, pedal on a tricycle. **To know how to move with control, negotiating space and obstacles,** changing speed and direction. To know how to use range of small and large apparatus, on their own and in a group. To know how to use core muscle strength to achieve a good posture when sitting at a table or on the floor **To know how to hold a pencil effectively (with tripod grip in most cases).** **To know how to use scissors, paintbrushes, cutlery** and a range of tools **with increasing accuracy.** **To know know how to show accuracy and care when drawing.** To know how to imitate, copy, follow, lead, demonstrate, practise physical movement. Key vocabulary: near, far, over, between, through, beside Directions: Around, backwards, forwards, sideways Jogging, galloping, slithering, faster, slower, change, speed, direction (left, right), balance, balancing, strength/strong. Control, accurate, rhythm, imitate, copy, follow, lead, demonstrate, practise.		
Year 1			
Fundamentals	To know how to change directions and run at different speeds. To know and recognise changes in my body when I exercise. To know how to hop, jump and balance.	Motor competence: Travelling Body control Healthy participation	Purposeful play Experimentation
Dance	To know how to respond to a range of stimuli and types of music. To know how space, direction, levels, and speed can change depending on the music.	Motor Competence: Body Control Travelling Performing	Experimentation Observation Purposeful play

	To know how to use actions, shapes, and movement with different body parts. To know that dances count to keep in time with music and each other.	Healthy participation Co-Operation – Teamwork	
Sending and receiving	To know how to send an object with increased confidence using their hands. To know how to track and catch a variety balls. To develop sending a variety of balls in a variety of ways. To know how to talk to partner to ensure a high success of the send and throw.	Motor Competence: Throwing and Catching Ball Control Body Control Co-Operation – Teamwork Rules, strategies, tactics	Observation Experimentation Purposeful play
Gymnastics	To know how to perform a variety of rolls, jumps, balances and traveling actions. To know how to respond respectfully to another person's performance. To know how to use apparatus safely.	Motor Competence: Body Control Performing Healthy participation	Experimentation Observation
Target games	To know how to perform an overarm and underarm throw. To know what aiming is and begin to explore hitting a target. To know what good technique looks like.	Motor Competence: Throwing and Catching Ball Control Rules, strategies, tactics	Experimentation Purposeful play
Invasion	To know changing directions and moving into space can help move away from a defender. To know how to defend effectively by staying with my attacker. To know when I am attacking and when I am defending. To know how to dribble, send and receive a ball with my hands and feet.	Motor Competence: Throwing and Catching Ball Control Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Purposeful play
Team building	To know how to communicate and follow simple instructions. To know how to listen to other people's idea and suggest some of my own. To know how to work with a partner and a small group.	Healthy participation Co-Operation – Teamwork	Scientific Enquiry Purposeful play
Net and wall	To know how to track a ball and hit it with a racket. To know how to use the ready position to move to a ball. To know how to show honesty and fair play when playing against an opponent. To know how to score points.	Motor Competence: Ball Control Body Control Healthy participation Rules, strategies, tactics	Experimentation Purposeful play
Athletics	To know the difference between a jump, a leap and a hop and can choose which allows me to jump the furthest. To know how to throw overarm at a target. To know that we need balance and co-ordination when changing direction. To know how to run at different speeds.	Motor Competence: Throwing and Catching Body Control Travelling Rules, strategies, tactics	Scientific Enquiry Experimentation

Ball skills	To know how to catch a ball with two hands. To know how to dribble a large ball with hands or feet. To know how to track a ball that is coming towards me To know and understand some simple tactics.	Motor Competence: Throwing and Catching Ball Control Rules, strategies, tactics	Experimentation Purposeful play
Striking and fielding	To know how to catch a beanbag and a medium-sized ball. To know how to track a ball that is coming towards me and hit it back with my hand. To know and understand tactics and when you are successful.	Motor Competence: Throwing and Catching Ball Control Rules, strategies, tactics	Experimentation
Fitness	To know how exercise effects my body. To know why it is so important to warm up. To know how exercise can affect your mood and how you feel.	Motor Competence: Body Control Travelling Healthy participation	Experimentation Purposeful play
YEAR 2			
Fundamentals	To know how to turn and jump in an individual skipping rope. To know and recognise changes to my heart rate when I exercise. To know how to balance effectively using arms to support. To know how to hop, skip and jump with some balance and control.	Motor competence: Travelling Body control Healthy participation	Purposeful play Experimentation
Gymnastics	To know how to use rhythm while performing a sequence. To know how core strength and flexibility support gymnastic elements. To know how to use feedback from peers to improve a sequence.	Motor Competence: Body Control Performing Healthy participation	Experimentation Observation
Sending and receiving	To know how trapping and cushioning can help control a ball. To know how to throw and kick a ball to a partner with increasing accuracy. To know how to change your catching technique based on if a ball is bouncing or not.	Motor Competence: Throwing and Catching Ball Control Body Control Co-Operation – Teamwork Rules, strategies, tactics	Observation Experimentation Purposeful play
Dance	To know how to show a character or idea though your choice of actions and dynamics. To copy, remember, repeat and create a dance sequence 1 count of 8 long. To know how to work with a partner using mirroring and unison.	Motor Competence: Body Control Travelling Performing Healthy participation Co-Operation – Teamwork	Experimentation Observation Purposeful play
Team building	To know how to use, follow and create a simple diagram/map. To know how to work honestly and fairly. To know how to rate the successfulness of a challenge.	Healthy participation Co-Operation – Teamwork	Scientific Enquiry Purposeful play

Net and wall	To know how to use the ready position to defend a space. To know how to hit a ball over a net. To know how to use tactics to make it difficult for an opponent. To remember the score of a game.	Motor Competence: Ball Control Body Control Healthy participation Rules, strategies, tactics	Experimentation Purposeful play
Target games	To know when to use an overarm or underarm throw. To know how to throw, roll kick or strike a ball to a target with some success. To know what good technique looks like and use key words in the feedback I provide.	Motor Competence: Throwing and Catching Ball Control Rules, strategies, tactics	Experimentation Purposeful play
Invasion	To know how to win the ball from another player. To know how to move a ball towards a goal. To know how to mark a player to win the ball. To know how to send the ball to players on my team.	Motor Competence: Throwing and Catching Ball Control Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Purposeful play
Athletics	To know that an overarm throw is used for distance. To know how to jump and land with control. To know how to use balance and co-ordination when running at different speeds. To know what good technique looks like.	Motor Competence: Throwing and Catching Body Control Travelling Rules, strategies, tactics	Scientific Enquiry Experimentation
Fitness	To know why determination is needed when working over a longer period of time. To know that running at a slower speed will allow me to run for a longer period of time. To know how to persevere with a new challenge.	Motor Competence: Body Control Travelling Healthy participation	Experimentation Purposeful play
Striking and fielding	To know how to hit a ball using equipment with some consistency. To know how to provide feedback using key words. To know how to vary the distance of a throw.	Motor Competence: Throwing and Catching Ball Control Rules, strategies, tactics	Experimentation
Ball skills	To know how to change your catching technique depending on ball size. To know how to change your dribbling technique depending on ball size. To know why tracking a ball is important and the most effective way to do it.	Motor Competence: Throwing and Catching Ball Control Rules, strategies, tactics	Experimentation Purposeful play

YEAR 3			
Fundamentals	To know how to link hopping and jumping actions. To know how to spot to balance effectively. To know how the body moves differently at different speeds. To know the importance of warming up.	Motor competence: Travelling Body control Healthy participation	Purposeful play Experimentation
Dance	To copy, remember, repeat and create a dance sequence 2 counts of 8 long. To know how to create your own dance phrase of 1 count of 8. To know how confidence can impact on a dance performance.	Motor Competence: Body Control Travelling Performing Healthy participation Co-Operation – Teamwork	Experimentation Observation Purposeful play
Handball	To know how defending an opponent will slow them down. To know how to work co-operatively with my group to self-manage games. To know and understand how to defend and attack in a game of handball.	Motor Competence: Throwing and Catching Ball Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Purposeful play
Fitness	To know how to complete exercises with control. To know how to show balance when changing direction quickly. To know how to use key points to help me to improve my sprinting technique. To know how to collect and record scores and recognise individual strengths.	Motor Competence: Body Control Travelling Healthy participation	Experimentation Purposeful play
OAA	To know how to read a simple map. To know how to plan and attempt to apply strategies to solve problems. To know how to reflect on when solving a challenge was successful and begin to understand why.	Motor Competence: Body Control Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Observation Purposeful play
Gymnastics	To know how to adapt sequences to suit different types of apparatus. To know how to choose actions that flow well into one another. To know what a contrasting action is and begin to plan a sequence with some. To know how to use greater number of my own ideas for movements in response to a task.	Motor Competence: Body Control Performing Healthy participation	Experimentation Observation
Netball	To know some simple Netball rules and tactics. To know how to complete a chest, shoulder and bounce pass in netball. To begin to know how to attack and defend in a game of netball.	Motor Competence: Throwing and Catching Body Control Travelling	Experimentation Purposeful play

		Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	
Hockey	To know some simple hockey tactics and rules To begin to know how to dribble, pass and shoot using a hockey stick. To begin to know how to attack and defend in a game of hockey.	Motor Competence: Ball Control Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Purposeful play
Athletics	To know how to throw a variety of objects and change my action for accuracy and distance. To begin to develop jumping technique for distance. To know how to take off and land when jumping. To begin to know how a relay race works.	Motor Competence: Throwing and Catching Body Control Travelling Rules, strategies, tactics	Scientific Enquiry Experimentation
Cricket	To begin to know how to bowl a ball in cricket. To begin to strike a bowled ball after a bounce. To know some simple cricket tactics and rules.	Motor Competence: Throwing and Catching Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Rounders	To begin to strike a bowled ball without a bounce. To know some simple rounders tactics and rules. To begin to know how to bowl a ball in rounders.	Motor Competence: Throwing and Catching Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Purposeful play
Basketball	To know some simple basketball tactics and rules. To know the best hight to bounce a basketball at. To begin to know how to attack and defend in basketball.	Motor Competence: Throwing and Catching Ball Control Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play

YEAR 4			
Ball skills	To know how to throw a ball with accuracy and with the correct technique. To know how to catch a ball increasingly consistently with one hand. To know how to track the path of a ball that is not sent directly to me.	Motor Competence: Throwing and Catching Ball Control Healthy participation	Scientific Enquiry Experimentation
Football	To know simple football tactics and rules. To begin to know how to defend and attack in football. To know how to keep possession of a ball and score goals.	Motor Competence: Ball Control Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Dodgeball	To know how to throw and catch in relation to dodgeball. To know simple dodgeball tactics and rules. To know how to use the ready position in dodgeball to defend myself.	Motor Competence: Throwing and Catching Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Yoga	To know how to link poses together to create a yoga flow. To know how to demonstrate yoga poses which show clear shapes. To begin to understand how to use breath in yoga. To know how to show increasing control and balance when moving from one pose to another.	Motor Competence: Body Control Performing Healthy participation	Scientific Enquiry Experimentation Observation
Tag rugby	To begin to know how to throw and catch a rugby ball. To know simple rules and tactics relating to tag-rugby. To understand to how keep possession of a rugby ball.	Motor Competence: Throwing and Catching Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Gymnastics	To know some muscle groups used in gymnastic activities. To know how to plan and perform sequences with a partner that include a change of level and shape. To know how to safely perform balances individually and with a partner. To know how body tension can improve the control and quality of my movements.	Motor Competence: Body Control Performing Healthy participation	Experimentation Observation

Dance	To know how to use counts to keep in time with music. To know how to use changes in timing and spacing to develop a dance. To know how to use simple movement patterns to structure dance phrases on my own, with a partner and in a group. To copy, remember, repeat and create a dance sequence 4 counts of 8 long.	Motor Competence: Body Control Travelling Performing Healthy participation Co-Operation – Teamwork	Experimentation Observation Purposeful play
Tennis	To know some simple rules and tactics relating to tennis. To know how to return to the ready position to defend my own court. To begin to play a continuous game of tennis. To know some basic racket skills relating to tennis.	Motor Competence: Ball Control Body Control Travelling Healthy participation Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Swimming	To know how to swim competently, confidently, and proficiently over a distance of at least 25 metres. To know how to use a range of strokes effectively [for example, front crawl, backstroke, and breaststroke] To know how to perform safe self-rescue in different water-based situations	Motor Competence: Swimming Healthy participation	Experimentation Observation
Athletics	To know the difference between sprinting and jogging techniques. To know how to jump for distance with balance and control. To know how throw with some accuracy and power to a target area.	Motor Competence: Throwing and Catching Body Control Travelling Rules, strategies, tactics	Scientific Enquiry Experimentation
Golf	To know how to correctly hold a golf club. To know how to aim using a putting club. To know how strike a ball with increasing consistence with a golf club. To know how to use different actions for different shots in golf.	Motor Competence: Ball Control Body Control Healthy participation Rules, strategies, tactics	Scientific Enquiry Experimentation
YEAR 5			
Gymnastics	To know how to lead a partner through short warm-up routines. To know how to use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance. To know how to use set criteria to make simple judgments about performances and suggest ways they could be improved.	Motor Competence: Body Control Performing Healthy participation	Experimentation Observation
Handball	To know and understand how to defend and attack in a game of handball and be able to implement this is a game of handball.	Motor Competence: Throwing and Catching Ball Control	Experimentation Purposeful play

	To know the handball rules and tactics and be able to implement them in a game situation. To know how to dribble, pass, receive and shoot the ball with some control under pressure.	Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	
Volleyball	To know some simple volleyball rules and tactics. To know how to serve in a game of volleyball. To know the different passing motions in volleyball.	Motor Competence: Throwing and Catching Ball Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Purposeful play
Yoga	To know how to lead others through poses and flows. To know how to use breath in yoga. To know how to show control and balance when moving from one pose to another. To know how strength and flexibility relate to yoga.	Motor Competence: Body Control Performing Healthy participation	Scientific Enquiry Experimentation Observation
Dance	To know how to refine the way I use actions, dynamics, relationships and space in my dance in response to a stimulus. To know how to confidently perform different styles of dance, clearly and fluently, showing a good sense of timing. To know how to choreograph phrases individually and with others considering actions and dynamics.	Motor Competence: Body Control Travelling Performing Healthy participation Co-Operation – Teamwork	Experimentation Observation Purposeful play
Fitness	To know how to analyse my fitness scores to identify areas for improvement. To know how to encourage and motivate others to work to their personal best. To know how to identify how different activities can benefit my physical health. To know and understand the different components of fitness and how to test them.	Motor Competence: Body Control Travelling Healthy participation	Experimentation Purposeful play
Tag rugby	To know and understand how to defend and attack in a game of tag-rugby and be able to implement this is a game of handball. To know the tag rugby rules and tactics and be able to implement them in a game situation.	Motor Competence: Throwing and Catching Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Football	To know football tactics and rules and begin to implement them in a game situation.	Motor Competence: Ball Control	Scientific Enquiry Experimentation

	To begin to know how to defend and attack in football and begin to implement them in a game situation. To know what intercepting is and begin to use it in a game situation.	Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Purposeful play
Athletics	To know how to choose the best pace for a running event. To know how to identify good athletic performance and explain why it is good. To know how to take on the role of coach, official and timer when working in a group.	Motor Competence: Throwing and Catching Body Control Travelling Rules, strategies, tactics	Scientific Enquiry Experimentation
Tennis	To know rules and tactics relating to tennis and begin to implement them in a game situation. To know how to return to the ready position to defend my own court and begin to show this movement in a game situation. To be able to play a continuous game of tennis. To know how to serve in tennis.	Motor Competence: Ball Control Body Control Travelling Healthy participation Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
OAA	To know how to orientate a map confidently. To know how to navigate a course using a map. To know how to reflect on when I was successful at solving challenges and alter my methods to improve. To know how to use critical thinking to approach a task.	Motor Competence: Body Control Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Observation Purposeful play
Cricket	To know how to bowl a ball in cricket. To strike a bowled ball. To know cricket tactics and rules and begin to implement them in a game.	Motor Competence: Throwing and Catching Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
YEAR 6			
Dance	To know how to choreograph a dance and work safely using a prop. To know how to lead a small group through a short warm-up routine. To know how to refine the way actions, dynamics and relationships can be used to represent ideas, emotions, feelings and characters.	Motor Competence: Body Control Travelling Performing Healthy participation Co-Operation – Teamwork	Experimentation Observation Purposeful play
Football	To know how to create and use space in football to help my team. To know how to dribble, pass, receive and shoot the ball with increasing control under pressure in a game of football.	Motor Competence: Ball Control Body Control	Scientific Enquiry Experimentation Purposeful play

	To know how to use marking, tackling and/or interception to improve my defence in a game of football.	Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	
Badminton	To know the appropriate action for the situation and make a decision quickly. To know how to use a wider range of skills with increasing control under pressure. To know the rules of badminton consistently.	Motor Competence: Ball Control Body Control Travelling Healthy participation Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Netball	To know how to use marking, and/or interception to improve my defence. To know how to attack and defend in a game of netball and begin to use this knowledge in a game situation. To know how to create and use space to help my team.	Motor Competence: Throwing and Catching Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Gymnastics	To know how to combine and perform gymnastic actions, shapes and balances with control and fluency. To know how to create and perform sequences using compositional devices to improve the quality. To know what counterbalance and counter tension is and can show examples with a partner.	Motor Competence: Body Control Performing Healthy participation	Experimentation Observation
Dodgeball	To know how to officiate and help to manage a game by refereeing. To know dodgeball tactics and rules and consistently show these in a game situation.	Motor Competence: Throwing and Catching Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Basketball	To know basketball tactics and rules and use them in a game situation. To know how to attack and defend in basketball and use this knowledge in a game situation. To know how to dribble, pass, receive and shoot the ball with increasing control under pressure. To know when to use different styles of defence in game situations.	Motor Competence: Throwing and Catching Body Control Travelling Healthy participation Co-Operation – Teamwork	Scientific Enquiry Experimentation Purposeful play

		Rules, strategies, tactics	
Tennis	To know how to select the appropriate tennis shot for the situation and make this decision quickly. To know how to return to the ready position to defend my own court and consistently show this movement in a game situation.	Motor Competence: Ball Control Body Control Travelling Healthy participation Rules, strategies, tactics	Scientific Enquiry Experimentation Purposeful play
Athletics	To know how to use good technique to perform jumps for distance. To know how to use good technique and accuracy when throwing for distance. To know how to help others to improve their technique using key teaching points.	Motor Competence: Throwing and Catching Body Control Travelling Rules, strategies, tactics	Scientific Enquiry Experimentation
Golf	To know and identify different areas of the golf course. To know how to and show control of distance when chipping and putting.	Motor Competence: Ball Control Body Control Healthy participation Rules, strategies, tactics	Scientific Enquiry Experimentation
Rounders	To begin to strike a bowled ball without a bounce consistently. To be able to work collaboratively with others to get batters out. To be able to understand and apply some tactics in the game as a batter, bowler and fielder.	Motor Competence: Throwing and Catching Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Purposeful play
Hockey	To begin to know how to dribble, pass and shoot using a hockey stick with increasing control. under pressure. To know how to attack and defend in a game of hockey and use these in a game situation. To know how to create and use space to help my team in a game of hockey.	Motor Competence: Ball Control Body Control Travelling Healthy participation Co-Operation – Teamwork Rules, strategies, tactics	Experimentation Purposeful play