

P.E. Overview of Knowledge and Skills

<u>Year Group</u>	<u>Autumn</u>	<u>Spring</u>	<u>Summer</u>
3	Handball: - Develop the core skills of: - Running & dodging - Passing - Shooting - Testing these skills in adapted games Indoor Athletics: - Develop the core skills of: - Body control - agility - Jumping - Throwing - Strength/ flexibility - Evaluate their performance	Gymnastics: - Develop the core skills of: - Balance/flexibility - Body control - Jumping - Begin to evaluate their own & others performance - Begin to develop movement sequences Hockey: - Develop the core skills of: - Controlling the ball/stick - Running with the ball - Passing - Shooting - Dribbling - Testing these skills in adapted games	Rounders: Develop the core skills of: - Striking - Fielding - Catching - Bowling - Develop & apply these skills in adapted games Tennis: Develop the core skills of: - Forehand - Backhand - Developing rallies OAA: Work collaboratively in a rural environment to meet a challenge
4	Rugby: - Develop the core skills of: - Running (evasion) - Passing - Tackling (tagging) - Scoring tries	Netball: - Develop the core skills of: - Passing - Catching - Pivoting - Shooting	Athletics - Develop the core skills of: - Body control - Jumping - Jumping - Throwing - Running at various distances

	○ Develop these skills in small sided games Indoor Athletics: ● Develop the core skills of: ○ Body control ○ agility ○ Jumping ○ Throwing ○ Strength/ flexibility ○ Evaluate their performance	○ Apply and develop these skills in adapted games. Gymnastics ● Develop the core skills of: ○ Balance/flexibility ○ Body control ○ Jumping ○ Begin to evaluate their own & others performance ○ Begin to develop movement sequences	○ Strength/ flexibility ○ Evaluate their performance Cricket Develop the core skills of: Refine the core skills of: ● Striking ● Fielding ● Catching ● Bowling ● Use these skills in adapted games OAA Develop map reading skills to solve problems individually and within a team on the school site.
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5	Handball: ● Refine the core skills of: ○ Running & dodging ○ Passing ○ Shooting ○ Develop understanding of tactics and teamwork ○ Practice these skills in adapted small sided games Indoor Athletics: ● Develop the core skills of: ○ Body control ○ agility ○ Jumping ○ Throwing ○ Strength/ flexibility ○ Evaluate their performance Swimming: ● swim competently, confidently and proficiently over a distance of at least 25 metres ● use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ● perform safe self-rescue in different water-based situations	Flexibility & Strength: ● Refine the core skills of: ○ Balance/flexibility ○ Body control Gymnastics: Refine the core skills of: ○ Balance/flexibility ○ Body control ○ Jumping ○ Evaluate their own & others performance ○ Develop longer movement sequences involving a greater range of movements & actions Hockey: ● Refine the core skills of: ○ Controlling the ball/stick ○ Running with the ball ○ Passing ○ Shooting ○ Dribbling ○ Attacking & Defending ○ Utilising these skills in adapted games	Rounders: Refine the core skills of: ● Striking ● Fielding ● Catching ● Bowling ● Apply tactics of field placing & bowling to a field ● Apply these skills in adapted games Tennis: Develop the core skills of: ● Forehand ● Backhand ● Developing rallies. ● Moving your opponent around the court OAA (orienteering) Develop and refine the skills of: ● Map reading ● Problem solving ● Route planning
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		Swimming: • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations	
6	Rugby • Refine the core skills of: ○ Running (evasion) ○ Passing ○ Tackling (tagging) ○ Scoring tries ○ Attacking / defending as individuals & as a team ○ Develop these skills in small sided games Gymnastics Refine the core skills of: ○ Balance/flexibility ○ Body control ○ Jumping	Netball • Develop the core skills of: ○ Passing ○ Catching ○ Pivoting ○ Shooting ○ Attacking & defending ○ Apply and develop these skills in adapted games. Gymnastics Refine the core skills of: ○ Balance/flexibility ○ Body control ○ Jumping ○ Evaluate their own & others performance	Athletics • Refine the performance of core skills of: ○ Body control ○ Jumping ○ Jumping ○ Throwing ○ Running at various distances ○ Strength/ flexibility ○ Evaluate their performance Cricket Refine the core skills of: • Striking • Fielding • Catching • Bowling

	○ Evaluate their own & others performance ○ Develop longer movement sequences involving a greater range of movements & actions Indoor Athletics ● Refine the core skills of: ○ Body control ○ Jumping ○ Agility ○ Throwing ○ Strength/ flexibility ○ Evaluate their performance in order to improve	○ Develop longer movement sequences involving a greater range of movements & actions	● Apply tactics of field placing & bowling to a field ● Apply these skills in adapted games OAA (orienteering) Further develop and refine the skills of: ● Map reading ● Problem solving ● Route planning
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