



# Physical Education Curriculum

Year 3	Year 4	Year 5	Year 6
<p><b>Hockey</b></p> <p>Hold and control a hockey stick</p> <p>Begin to dribble a hockey ball</p> <p>To pass accurately</p> <p>Will be able to use these skills in a small sided game (2v2, 3v3)</p>	<p><b>Netball</b></p> <p>Understand basic rules of High 5's Netball</p> <p>Can pass a ball from a stationary position</p> <p>Can pivot to pass and receive a ball</p> <p>Will be able to show awareness of space and how to find space in a High 5 game.</p>	<p><b>Tennis</b></p> <p>Get into the ready position and move around court judging the bounce.</p> <p>Can hit a controlled forehand shot consistently</p> <p>Volley the ball downwards</p> <p>Will be able to play a short game and use tactics against opponent.</p>	<p><b>Cricket</b></p> <p>Catch well under pressure</p> <p>Can throw consistently accurately using overarm technique</p> <p>Perform a range of fielding techniques</p> <p>Will be able to link these skills learnt in a competitive game.</p>
<p><b>Gymnastics</b></p> <p>Can travel in different ways</p> <p>Can create a variety of movement patterns</p> <p>Can perform different balances</p> <p>Will be able to mirror and match your partners movements in a small sequences.</p>	<p><b>Gymnastics</b></p> <p>Perform different gymnastics shapes</p> <p>Hold positions with stability and control</p> <p>Can perform different balances with stability</p> <p>Will be able to create a 30 second routine and can evaluate others performances.</p>	<p><b>Gymnastics</b></p> <p>Can you use different ways of travelling along the floor.</p> <p>Can perform various counter balances</p> <p>Can make a sequence flow with good transitions</p> <p>Will be able to create a 1 minute routine using these skills and evaluate others performances , giving feedback.</p>	<p><b>Gymnastics</b></p> <p>Can create shapes whilst in flight</p> <p>Can use apparatus to mount and dismount in a controlled way.</p> <p>Can hold different counter balances at different levels.</p> <p>Will be able to create a 1 minute routine linking movements in a sequence and evaluate theirs and others performances giving feedback.</p>
<p><b>Health Related Fitness</b></p> <p>Have basic knowledge of stamina when running at distance</p> <p>Understand what flexibility performing a sit and reach test.</p> <p>Can develop balance (walking along a bench), agility (change direction quickly) and coordination (catch a ball in different ways)</p> <p>Can demonstrate good muscular control when performing a range of skills. (press up, sit ups, balances)</p>	<p><b>Health Related Fitness</b></p> <p>Can maintain physical exertion over sustained periods of time (distance running)</p> <p>Can demonstrate what core muscles do and where they are. (planks, sit ups, press ups.)</p> <p>Understand what plyometrics is and how it is used in sport</p> <p>Can compete against yourself and others to improve scores in a range of fitness tests. (Timed running, planks, sit ups.</p>	<p><b>Health Related Fitness</b></p> <p>Understand benefits of regular exercise</p> <p>Can demonstrate stamina and core strength through determination. (Bleep test, leg raises)</p> <p>Understand different elements to a fitness circuit. (Balance, strength, stamina, speed, flexibility)</p> <p>Can demonstrate motivation to improve your performance in all of these skills.</p>	<p><b>Hockey</b></p> <p>Can control the ball to play under game pressure</p> <p>Can dribble the ball with your head up and at speed.</p> <p>Is aware of space and understands how to create it.</p> <p>Will be able to perform these skills in a competitive game</p>
<p><b>Cricket</b></p> <p>Can hold the bat correctly and with the correct stance to receive a ball bowled.</p> <p>Can throw accurately to a partner 2 metres away</p> <p>Can attempt an overarm bowl to a partner</p> <p>Will be able to show good concentration and correct fielding techniques within a mini game</p>	<p><b>Cricket</b></p> <p>Can show the correct stance with the bat and begin to strike the ball.</p> <p>Can throw accurately and powerfully to a partner 4 metres away</p> <p>Can accurately bowl overarm to a partner</p> <p>Will be able make correct fielding decisions to have effective outcomes within a small sided kwick cricket game.</p>	<p><b>Basketball</b></p> <p>Can dribble and move with the ball into space confidently and with control</p> <p>Can perform a range of passes effectively in a game (Chest, bounce and overhead pass)</p> <p>Can use good footwork to create space to take a good shot.</p> <p>Will be able to use defensive and attacking tactics within a game (5v5).</p>	<p><b>Dodgeball</b></p> <p>Can develop and effective throwing technique within a game aiming low and throwing with others.</p> <p>Can develop dodging techniques within a game showing agility</p> <p>Can develop catching skills within a game showing concentration and correct decision making.</p> <p>Will be able to demonstrate attacking and defending techniques in a full sided game.</p>

<p>Dodgeball</p> <p>Can understand the rules of dodgeball</p> <p>Can throw effectively to a partner 2 metres away</p> <p>Can begin to catch and dodge from a throw 2 metres away</p> <p>Will be able to compete against others effectively showing these skills</p>	<p>Tennis</p> <p>Can get into the ready position with correct grip and knees bent.</p> <p>Can begin to hit forehand shots to a partner to catch 3 metres away.</p> <p>Can attempt to hit a backhand shot to a partner 3 metres away</p> <p>Can hit accurately to move an opponent within a small rally with a partner</p>	<p>Athletics</p> <p>Can sustain pace over long periods and change pace effectively to finish a race.</p> <p>Can throw with power and accuracy (Pull throw)</p> <p>Can develop jumping techniques (Long and High)</p> <p>Will be able to use these skills when competing against others.</p>	<p>Volleyball</p> <p>Can begin to volley a ball effectively to a target moving towards a jump volley</p> <p>Can dig a ball effectively to a target and begin to perform a rolling spike</p> <p>Can you learn the basics of scoring and rotation</p> <p>Will be able to understand different tactics in a small sided game.</p>
<p>Athletics</p> <p>Can use correct technique to start a sprint</p> <p>Can develop coordination to improve speed (run in straight line, move arms, keep head up)</p> <p>Can improve technique of overarm throwing</p> <p>Will be able to how to use these skills to compete against others and use relevant warm ups for the skill..</p>	<p>Athletics</p> <p>Can combine sprinting with low hurdles keeping sprint technique.</p> <p>Can improve your running techniques to gain extra speed.(extend legs, straight upper body, push arms)</p> <p>Can increase the number of techniques used in jumping (bend legs, use arms)</p> <p>Will be able to develop accuracy and consistency of skills against others.</p>	<p>Cricket</p> <p>Can demonstrate a basic overarm bowling technique towards a batter</p> <p>Grip the bat correctly and strike the ball consistently into space.</p> <p>Can throw accurately using overarm technique with power choosing the correct target</p> <p>Will be able to use a range of fielding techniques and these skills in a kwick cricket game.</p>	<p>Athletics</p> <p>Can sustain pace over long distances and explain why endurance is important to other types of activities.</p> <p>Can throw with power, accuracy and efficiency (Pull throw) and say how strength and power can help their performance.</p> <p>Can increase the number of techniques used in jumping. (Long and High)</p> <p>Will be able to develop fluency and efficiency in these skills when competing</p>