



Year Group	Topic	Fundamental knowledge	Vocabulary
<b>Nursery</b>	Coordination Balance Dance Gymnastics Orienteering	Ball skills: start to learn to kick, throw and catch balls and beanbags with a partner Coordination: Learn to run, walk, climb, fit into spaces and match their physical skills to tasks Balance: balancing on scooters trikes and standing on one leg Dance: Move and dance remembering sequences and patterns of movements as a whole group Gym: Using the large apparatus and trestles	Run Hop Skip Balance Follow Next
<b>Reception</b>	Coordination Balance Dance Gymnastics Orienteering	Balance: Exploring the hall without bumping into one another, spatial awareness and the understanding of why we teach people, children use bean bags to balance on their body and use this skill to thrown to another partner. Dance: Children to coming up with a repeated pattern to a sequence of music. Children to work in pairs to create patterns. Gym: Using mats to move around safety and performing jumps and rolls. Children to use benches to walk across in a straight line.	Jump Throw Catch Direction Kick
<b>Year 1</b>	Coordination Balance Dance Gymnastics Orienteering	<ul style="list-style-type: none"> <li>Balance: Jump from 2 feet to 2 feet forwards, backwards and side to side, including moving along a line keeping balance on both legs.</li> <li>Coordination: Side step, gallop hop and skip with fluency and control, roll a ball along floor and around and up and down body (1 and 2 handed), roll a large and small ball and collect rebound with 2 hands.</li> <li>Dance: Create shapes using body, move to a beat, create shapes with partner, create circles with parts of body, move body to beat, turns between shapes and floor beginning.</li> <li>Gymnastics: Know tuck, star, straddle, straight and pike and use these on floor and low apparatus</li> </ul>	Travel Stillness Body parts Own space Team Passing Forwards Backwards Sideways Roll Slow
<b>Year 2</b>	Coordination Balance Dance Gymnastics Orienteering	<ul style="list-style-type: none"> <li>Coordination: Throw tennis ball and catch rebound with both hands after 1 or no bounce. Strike ball with hand along ground in rally.</li> <li>Balance: Jump from 2 feet to 2 feet with quarter turn, including moving along a line. Keeping balance on both legs whilst lifting knees to 90° and heel to bottom. Be able to move cone from one side of body to other while maintain balance.</li> </ul>	Controlling Shape Stretch Wide Narrow Striking Levels Overarm throw

## FUNDAMENTAL KNOWLEDGE OBJECTIVES - PE



Pinner Wood School



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|  |  | <ul style="list-style-type: none"><li>• <i>Dance:</i> Standing and floor shapes and moving between, applying this to partner work, circles with body and circle jumps including with partner, turn between shapes.</li><li>• <i>Gymnastics:</i> make connections through points or patches of body applying to low and large apparatus and partner work. Use feet and different body parts to travel over floor, low and large apparatus. Learn named jumps and use of apparatus.</li></ul> |  |
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# FUNDAMENTAL KNOWLEDGE OBJECTIVES - PE



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Year Group	Topic	Objectives	Vocabulary
<b>Year 3</b>	Coordination Balance Dance Gymnastics Orienteering	<ul style="list-style-type: none"> <li>• Coordination: Strike a ball with alternative hands in a rally. Hopscotch forwards, backwards, alternating hopping leg each time. Chase large ball and let through legs to collect. Kick a ball with same foot.</li> <li>• Balance: Pick up and place cone from one side to other with same hand. Jump from 2 feet to 2 feet with a 180°. Complete a tuck jump. March lifting knees and elbows to 90°.</li> <li>• Dance: sideways leg high, face up, hand off floor, turn body, leg across body, high leg, leg circle through step, jump turn in air all with partner work as well, learn others sequences.</li> <li>• Gymnastics: Use of different body parts while using hand apparatus, rolling with partner support, perform named jumps on floor and low apparatus, do one foot balances using floor, low and large apparatus.</li> </ul>	Repetition Action and reaction Pattern High Low
<b>Year 4</b>	Coordination Balance Dance Gymnastics Orienteering	<ul style="list-style-type: none"> <li>• Coordination: Move in a 3-step zig zag pattern forwards and backwards. Chase a large bouncing ball and let through legs to collect and complete also with tennis ball. Kick a ball with alternate feet and roll 2 balls using alternate hands.</li> <li>• Balance: Complete a tucked jump with 180° turn. Walk fluidly lifting knees and using heel to toe landing. Lean back and forward holding with 1 or 2 hand and hold balance.</li> <li>• Dance: Big shape, backwards step, big jump and go to floor, big floor circles, Big jump and turn through air with arms up, floor flat and long and step and jump together (partner), support jump and starfish jump (partner), arm, leg and big floor circles (partner).</li> <li>• Gymnastics: perform different balances with partner both linked and supported, rotate and roll on different body parts and incorporate hand apparatus.</li> </ul>	Rules Roll Copy Land Chest pass
<b>Year 5</b>	Net Games Dance Gymnastics Orienteering Striking and Fielding Athletics	<ul style="list-style-type: none"> <li>• Net Games: Start to use forehand, backhand and overhead shots and start to use a volley with growing confidence.</li> <li>• Striking and Fielding: Strike a ball with growing confidence, retrieve and intercept a ball when fielding, bowl a ball over and underarm.</li> <li>• Invasion Games: Start to pass, receive and shoot with some control, develop a chest, bounce and overhead pass and start to understand tactics and how to attack and defend.</li> </ul>	Keeping score Making space Pass/send/receive Travel with a ball Tactics Dribble Competition



	<p>Invasion Games</p>	<ul style="list-style-type: none"> <li>• Athletics: choose a suitable pace for an event, perform jumps with some technique and start to show accuracy and good technique throwing for distance.</li> <li>• Dance: Turn the body, leg across body and high leg; using body on floor to twist and shape; Big shape into step, turn, spiral and big floor shape; big floor circles with turn and circle jumps arms in air; moving body like silk from standing to floor, express sounds through shape, support starfish jumps (partner).</li> <li>• Gymnastics: use a wide range of hand apparatus to perform different techniques, be able to do a series of different flight and rotation using low apparatus and start to perform a routine with partners.</li> </ul>	
<p><b>Year 6</b></p>	<p>Net Games Dance Gymnastic Orienteering Athletics Invasion Games</p>	<ul style="list-style-type: none"> <li>• Net Games: Use forehand, backhand and overhead shot confidently and use a volley. Start to use a drop shot.</li> <li>• Invasion Games: Understand the different positions in Netball and pass, receive and shoot in different situations. Be able to use movement to lose defenders. Develop dribbling skills in Hockey and how to hold properly.</li> <li>• Athletics: Be able to keep pace over a longer distance, throw with greater control and perform a range of jumps and understand why exercise is important.</li> <li>• Dance: Be able to incorporate multiple turns, circles and movements into a performance with a set theme. Be able to create a group routine and perform in front of other. Be able to improve and evaluate their performance and that of others.</li> <li>• Gymnastics: use a wide range of hand, low and large apparatus to put together a sequence and routine. Able to evaluate their own sequence and improve upon it and that of others.</li> </ul>	<p>Keeping possession Attackers/defenders Batting Fielding Bowler Performance/evaluation Marking</p>