

PE Curriculum Knowledge and Progress 2023-2024

PE							
YEAR GROUP & CLASS	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	ADDITIONAL OPPORTUNITIES
R/Y1 PINE & YEAR 1 CEDAR	Net and Wall <i>Net and wall games 2</i>	Invasion Games <i>Invasion games skills 2</i>	Gymnastics <i>Balancing and spinning on points</i>	Striking <i>Striking and fielding games skills 2</i>	Dance	Athletics <i>Athletics 2</i>	Expert practitioners available across school for additional PE sessions. LFC Foundation providing PE CPD to teachers. Delivery of PE curriculum. Beth Tweddle Gymnastics providing additional gymnastics sessions and necessary CPD for staff across KS1 & 2. St Helens Rugby Foundation providing additional invasion games sessions and
BREADTH OF STUDY	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.	Perform movement patterns.	Participate in team games, developing simple tactics for attacking and defending.	Perform dances using simple movement patterns.	Participate in team games, developing simple tactics for attacking and defending.	
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						
MILESTONES	Develop tactics. Use hitting, running, jumping, catching and kicking skills.	Develop tactics. Use hitting, running, jumping, catching and kicking skills	Hold a position whilst balancing on different points of the body. Move with some control and awareness of space. Copy and remember actions. Link two or more actions to	Develop tactics Use hitting, running, jumping, catching and kicking skills	Copy moves and positions. Move with coordination and control Link two or more actions to perform a sequence	Use hitting, running, jumping, catching and kicking skills	

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			<p>make a sequence Jump in a variety of ways and land with control and balance.</p> <p>Stretch and curl to develop flexibility.</p>				<p>staff CPD across KS1 and 2.</p> <p>Breadth of afterschool sports clubs providing structured sporting opportunities for our children throughout the year.</p> <p>Diddi Dance to work with EYFS and Nursery children in Autumn term.</p>
YEAR 1/2 WILLOW & YEAR 2 CHERRY	Gymnastics <i>Spinning, turning and twisting</i>	Dance	Net and Wall <i>Net and wall games 2</i>	Invasion Games <i>Invasion games skills 2</i>	Striking <i>Striking and fielding games skills 2</i>	Athletics <i>Athletics 2</i>	
BREADTH OF STUDY	Perform movement patterns.	Perform dances using simple movement patterns.	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.	Participate in team games, developing simple tactics for attacking and defending.	
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						
MILESTONES	Hold a position whilst balancing on different points of the body. Move with some control and	Copy and remember moves and positions. Move with coordination and control.	Develop tactics. Use hitting, running, jumping, catching and kicking skills.	Develop tactics. Use hitting, running, jumping, catching and kicking skills.	Develop tactics. Use hitting, running, jumping, catching and kicking skills.	Use hitting, running, jumping, catching and kicking skills.	

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	<p>awareness of space Copy and remember actions.</p> <p>Link two or more actions to make a sequence.</p> <p>Jump in a variety of ways and land with control and balance.</p> <p>Stretch and curl to develop flexibility.</p> <p>Travel by rolling forwards, backwards and sideways.</p> <p>Show contrasts.</p>	<p>Link two or more actions to perform a sequence. Choose movements to show a mood, feeling or idea.</p>	<p>Use the term opponent and teammate Lead others when appropriate.</p>	<p>Use the term opponent and teammate Lead others when appropriate.</p>	<p>Use the term opponent and teammate. Lead others when appropriate.</p>		
YEAR 3 MAPLE	Gymnastics <i>Symmetry</i>	Dance	Net & Wall <i>Dodgeball</i>	Invasion Game <i>Hockey</i>	Striking <i>Rounders</i>	Athletics <i>Athletics</i>	
BREADTH OF STUDY	Take part in gymnastics activities	Perform dances	Play competitive games and apply basic principles suitable for	Play competitive games and apply basic principles suitable for	Play competitive games and apply basic principles suitable for	Take part in athletics activities	

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			attacking and defending	attacking and defending	attacking and defending		
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						
MILESTONES	<p>Plan, perform, refine and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner</p> <p>Swing and hang from equipment safely (using hands).</p> <p>Show changes of direction, speed and level.</p> <p>Travel in a variety of ways.</p> <p>Improve the placement and alignment of body parts.</p>	<p>Plan, perform and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner.</p> <p>Refine movements into sequences.</p> <p>Create dances and movements that convey a definite idea.</p> <p>Change speed and levels within a performance.</p> <p>Develop physical strength and suppleness by practising moves and stretching.</p>	<p>Throw and catch with control and accuracy.</p>	<p>Maintain possession of a ball.</p> <p>Follow rules and play fairly as part of a team, winning and losing together.</p>	<p>Strike a ball and field with control.</p> <p>Follow rules and play fairly as part of a team, winning and losing together.</p>	<p>Sprint over a short distance.</p> <p>Run over a longer distance conserving energy.</p> <p>Use a range of throwing techniques.</p> <p>Jump in a number of ways, using a run where appropriate.</p> <p>Throw with accuracy.</p> <p>Aim to improve personal best.</p>	
YEAR 4 HOLLY	Gymnastics <i>Arching and bridges</i>	Dance	Net & Wall <i>Tennis</i>	Invasion Games <i>Basketball</i>	Striking <i>Cricket</i>	Athletics <i>Athletics</i>	

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BREADTH OF STUDY	Take part in gymnastics activities	Perform dances	Play competitive games and apply basic principles suitable for attacking and defending	Play competitive games and apply basic principles suitable for attacking and defending	Play competitive games and apply basic principles suitable for attacking and defending	Take part in athletics activities	
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						
MILESTONES	<p>Plan, perform, refine and repeat sequences. Move in a clear, fluent and expressive manner.</p> <p>Swing and hang from equipment safely (using hands).</p> <p>Show changes of direction, speed and level.</p> <p>Travel in a variety of ways.</p> <p>Improve the placement and alignment of body parts.</p>	<p>Plan, perform and repeat sequences. Move in a clear, fluent and expressive manner. Refine movements into sequences.</p> <p>Create dances and movements that convey a definite idea.</p> <p>Change speed and levels within a performance.</p> <p>Develop physical strength and suppleness by practising moves and stretching.</p>	<p>Throw and catch with control and accuracy.</p>	<p>Maintain possession of a ball.</p> <p>Follow rules and play fairly as part of a team, winning and losing together.</p>	<p>Strike a ball and field with control.</p> <p>Follow rules and play fairly as part of a team, winning and losing together.</p>	<p>Sprint over a short distance. Run over a longer distance conserving energy.</p> <p>Use a range of throwing techniques. Jump in a number of ways, using a run where appropriate.</p> <p>Throw with accuracy. Aim to improve personal best.</p>	
YEAR 4/5 HAZEL	Gymnastics	Dance	Net & Wall	Invasion Games	Striking	Athletics	

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	<i>Arching and bridges</i>		<i>Dodgeball</i>	<i>Hockey</i>	<i>Rounders</i>		
BREADTH OF STUDY	Take part in gymnastics activities	Perform dances	Play competitive games and tennis and apply basic principles suitable for attacking and defending	Play competitive games and tennis and apply basic principles suitable for attacking and defending	Play competitive games and tennis and apply basic principles suitable for attacking and defending	Take part in athletics activities	
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						
MILESTONES	<p>Plan, perform and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner.</p> <p>Refine movements into sequences.</p> <p>Show changes of direction, speed and level during a performance.</p> <p>Travel in a variety of ways, including flight, by transferring</p>	<p>Plan, perform and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner.</p> <p>Refine movements into sequences.</p> <p>Create dances and movements that convey a definite idea.</p> <p>Change speed and levels within a performance.</p> <p>Develop physical strength and suppleness by</p>	<p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as</p>	<p>Strike a bowled or volleyed ball with accuracy</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>Strike a bowled or volleyed ball with accuracy</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<ul style="list-style-type: none"> Combine sprinting with low hurdles over 60 metres. <p>Choose the best place for running over a variety of distances.</p> <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Show control in take-off and</p>	

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	<p>weight to generate power in movements.</p> <p>Show a kinaesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p> <p>Swing and hang from equipment safely (using hands).</p>	<p>practising moves and stretching.</p>	<p>a good role model within a team.</p>	<p>Lead others when called upon and act as a good role model within a team.</p>	<p>Lead others when called upon and act as a good role model within a team.</p>	<p>landings when jumping.</p> <p>Compete with others and keep track of personal best performances.</p>	
<p>YEAR 5/6 CHESTNUT</p>	<p>Gymnastics <i>Matching, mirroring & contrasting</i></p>	<p>Dance</p>	<p>Net & Wall <i>Tennis</i></p>	<p>Invasion Games <i>Football</i></p>	<p>Striking <i>Cricket</i></p>	<p>Athletics</p>	

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BREADTH OF STUDY	Take part in gymnastics activities.	Perform dances.	Play competitive games and apply basic principles suitable for attacking and defending.	Play competitive games and apply basic principles suitable for attacking and defending.	Play competitive games and tennis and apply basic principles suitable for attacking and defending.	Take part in athletics activities		
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.							
MILESTONES	<p>Create complex and well-executed sequences that include a full range of movements including: Travelling, balances, swinging, springing, flight, vaults, inversions, rotations bending, stretching and twisting</p> <p>Hold shapes that are strong, fluent and expressive.</p>	<p>Compose creative and imaginative dance sequences.</p> <p>Perform expressively and hold a precise and strong body posture.</p> <p>Perform and create complex sequences.</p> <p>Express an idea in original and imaginative ways.</p> <p>Plan to perform with high energy, slow grace or other themes and maintain this</p>	<p>Use forehand and backhand when playing racket games.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a good role</p>	<p>Strike a bowled or volleyed ball with accuracy.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as a</p>	<p>Combine sprinting with low hurdles over 60 metres.</p> <p>Choose the best place for running over a variety of distances.</p> <p>Throw accurately and refine performance by analysing technique and body shape.</p> <p>Show control in take-off and landings when jumping.</p>		

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	<p>Include in a sequence set pieces, choosing the most appropriate linking elements.</p> <p>Vary speed, direction, level and body rotation during floor performances.</p> <p>Practise and refine the gymnastic techniques used in performances.</p> <p>Demonstrate good kinaesthetic awareness.</p> <p>Use equipment to vault.</p>	<p>throughout a piece.</p> <p>Perform complex moves that combine strength and stamina gained through gymnastics activities.</p>		<p>model within a team</p>	<p>good role model within a team</p>	<p>Compete with others and keep track of personal best performances.</p>	
<p>YEAR 6 SYCAMORE</p>	<p>Gymnastics <i>Counter balance & counter tension</i></p>	<p>Dance</p>	<p>Net & Wall <i>Badminton</i></p>	<p>Invasion Games <i>Tag rugby</i></p>	<p>Striking <i>Rounders</i></p>	<p>OAA <i>OAA</i></p>	

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BREADTH OF STUDY	Take part in gymnastics activities	Perform dances	Play competitive games and tennis and apply basic principles suitable for attacking and defending	Play competitive games and tennis and apply basic principles suitable for attacking and defending	Play competitive games and tennis and apply basic principles suitable for attacking and defending	Take part in outdoor and adventurous activity challenges both individually and within a team	
THRESHOLD CONCEPTS	Develop practical skills in order to participate, compete and lead a healthy lifestyle. This concept involves learning a range of physical movements and sporting techniques.						
MILESTONES	<p>Create complex and well-executed sequences that include a full range of movements including: Travelling, balances, swinging, springing, flight, vaults, inversions, rotations bending, stretching and twisting</p> <p>Hold shapes that are strong, fluent and expressive.</p>	<p>Compose creative and imaginative dance sequences.</p> <p>Perform expressively and hold a precise and strong body posture.</p> <p>Perform and create complex sequences.</p> <p>Express an idea in original and imaginative ways.</p> <p>Plan to perform with high energy, slow grace or other themes and</p>	<p>Use forehand and backhand when playing racket games.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p> <p>Lead others when called upon and act as</p>	<p>Strike a bowled or volleyed ball with accuracy.</p> <p>Field, defend and attack tactically by anticipating the direction of play.</p> <p>Choose the most appropriate tactics for a game.</p> <p>Uphold the spirit of fair play and respect in all competitive situations.</p>	<p>Select appropriate equipment for outdoor and adventurous activity.</p> <p>Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</p> <p>Embrace both leadership and team roles and gain the commitment</p>	

	<p>Include in a sequence set pieces, choosing the most appropriate linking elements.</p> <p>Vary speed, direction, level and body rotation during floor performances.</p> <p>Practise and refine the gymnastic techniques used in performances.</p> <p>Demonstrate good kinaesthetic awareness.</p> <p>Use equipment to vault.</p>	<p>maintain this throughout a piece.</p> <p>Perform complex moves that combine strength and stamina gained through gymnastics activities (such as cartwheels or handstands).</p>		<p>a good role model within a team</p>	<p>Lead others when called upon and act as a good role model within a team</p>	<p>and respect of a team.</p> <p>Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</p> <p>Remain positive even in the most challenging circumstances, rallying others if need be.</p> <p>Use a range of devices in order to orientate themselves.</p> <p>Quickly assess changing conditions and adapt plans to</p>	
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