PE										
YEAR GROUP &	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2	ADDITIONAL			
CLASS							OPPORTUNITIES			
R/Y1 PINE	Net and Wall	Invasion Games	Gymnastics	Striking	Dance	Athletics	Expert			
&	Net and wall	Invasion games	Balancing and	Striking and		Athletics 2	practitioners			
YEAR 1	games 2	skills 2	spinning on	fielding games			available across			
CEDAR			points	skills 2			school for			
BREADTH OF	Participate in	Participate in team	Perform	Participate in	Perform dances	Participate in	additional PE			
STUDY	team games,	games, developing	movement	team games,	using simple	team games,	sessions.			
	developing	simple tactics for	patterns.	developing	movement	developing				
	simple tactics for	attacking and		simple tactics	patterns.	simple tactics	LFC Foundation			
	attacking and	defending.		for attacking		for attacking	providing PE			
	defending.			and defending.		and	CPD to teachers.			
		defending. Delivery of F revelop practical skills in order to participate, compete and lead a healthy lifestyle. curriculum.								
THRESHOLD	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.									
CONCEPTS	•		· · ·			I	Dath Torradalla			
MILESTONES	Develop tactics.	Develop tactics.	Hold a position	Develop tactics	Copy moves and	Use hitting,	Beth Tweddle			
			whilst balancing	Use hitting,	positions.	running,	Gymnastics			
	Use hitting,	Use hitting,	on different	running,	N.A	jumping,	providing additional			
	running,	running, jumping,	points of the	jumping,	Move with	catching and	gymnastics			
	jumping,	catching and	body.	catching and	coordination and	kicking skills	sessions and			
	catching and kicking skills.	kicking skills	Move with some	kicking skills	control Link two or more		necessary CPD			
	KICKING SKIIIS.		control and		actions to		for staff across			
			awareness of		perform a		KS1 & 2.			
			space.		sequence		N31 & 2.			
			Copy and		Sequence		St Helens Rugby			
			remember				Foundation			
			actions.				providing			
			actions.				additional			
			Link two or				invasion games			
			more actions to				sessions and			

			make a sequence Jump in a variety of ways and land with control and balance. Stretch and curl to develop flexibility.				staff CPD across KS1 and 2. Breadth of afterschool sports clubs providing structured sporting opportunities for our children throughout the
YEAR 1/2 WILLOW	Gymnastics <i>Spinning, turning</i>	Dance	Net and Wall Net and wall	Invasion Games Invasion games	Striking Striking and	Athletics Athletics 2	year.
&	and twisting		games 2	skills 2	fielding games	Atmetics 2	Diddi Dance to
YEAR 2 CHERRY	and emiseing		games 2	Skiii 2	skills 2		work with EYFS
BREADTH OF	Perform	Perform dances	Participate in	Participate in	Participate in	Participate in	and Nursery
STUDY	movement	using simple	team games,	team games,	team games,	team games,	children in
	patterns.	movement	developing	developing	developing	developing	Autumn term.
		patterns.	simple tactics	simple tactics	simple tactics for	simple tactics	
			for attacking	for attacking	attacking and	for attacking	
			and defending.	and defending.	defending.	and	
TURECUOLR	Davidas sussitiants	Lilla in andanta nantisi		laada baalkku lifaa	to dia	defending.	
THRESHOLD CONCEPTS		kills in order to partici es learning a range of					
MILESTONES	Hold a position	Copy and	Develop tactics.	Develop tactics.	Develop tactics.	Use hitting,	
	whilst balancing	remember moves	zarelop tactics.	Zereiep tactics:	2 STOLOP COCKOS.	running,	
	on different	and positions.	Use hitting,	Use hitting,	Use hitting,	jumping,	
	points of the		running,	running,	running,	catching and	
	body.	Move with	jumping,	jumping,	jumping,	kicking skills.	
		coordination and	catching and	catching and	catching and		
	Move with some	control.	kicking skills.	kicking skills.	kicking skills.		
	control and						

	awareness of space Copy and remember actions. Link two or more actions to make a sequence. Jump in a variety of ways and land with control and balance. Stretch and curl to develop flexibility. Travel by rolling forwards, backwards and sideways. Show contrasts.	Link two or more actions to perform a sequence. Choose movements to show a mood, feeling or idea.	Use the term opponent and teammate Lead others when appropriate.	Use the term opponent and teammate Lead others when appropriate.	Use the term opponent and teammate. Lead others when appropriate.		
	Show contrasts.						
YEAR 3 MAPLE	Gymnastics Symmetry	Dance	Net & Wall Dodgeball	Invasion Game Hockey	Striking Rounders	Athletics Athletics	
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	

			attacking and	attacking and	attacking and	
			defending	defending	defending	
THRESHOLD	Develop practical s	kills in order to partic				1
CONCEPTS		es learning a range of	•	· ·	· ·	
MILESTONES	Plan, perform,	Plan, perform and	Throw and catch	Maintain	Strike a ball and	Sprint over a
	refine and repeat	repeat sequences.	with control and	possession of a	field with	short distance.
	sequences.		accuracy.	ball.	control.	Run over a
		Move in a clear,		Follow rules and	Follow rules and	longer
	Move in a clear,	fluent and		play fairly as	play fairly as part	distance
	fluent and	expressive manner.		part of a team,	of a team,	conserving
	expressive			winning and	winning and	energy.
	manner	Refine movements		losing together.	losing together.	
	Swing and hang	into sequences.				Use a range of
	from equipment	Create dances and				throwing
	safely (using	movements that				techniques.
	hands).	convey a definite				
		idea.				Jump in a
	Show changes of					number of
	direction, speed	Change speed and				ways, using a
	and level.	levels within				run where
		a performance.				appropriate.
	Travel in a					
	variety of ways.	Develop physical				Throw with
		strength and				accuracy.
	Improve the	suppleness				
	placement and	by practising				Aim to
	alignment of	moves and				improve
	body parts.	stretching.				personal best.
YEAR 4 HOLLY	Gymnastics	Dance	Net & Wall	Invasion Games	Striking	Athletics
	Arching and		Tennis	Basketball	Cricket	Athletics
	bridges					

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

	Arching and		Dodgeball	Hockey	Rounders	
	bridges	- C - I	51		51	
BREADTH OF	Take part in	Perform dances	Play competitive	Play competitive	Play competitive	Take part in
STUDY	gymnastics		games and	games and	games and tennis	athletics
	activities		tennis and apply	tennis and apply	and apply basic	activities
			basic principles	basic principles	principles	
			suitable for	suitable for	suitable for	
			attacking and	attacking and	attacking and	
			defending	defending	defending	
THRESHOLD		kills in order to partici	•	· ·	•	
CONCEPTS		es learning a range of				
MILESTONES	Plan, perform	Plan, perform and	Field, defend	Strike a bowled	Strike a bowled	Combine
	and repeat	repeat sequences.	and attack	or volleyed ball	or volleyed ball	sprinting with
	sequences.		tactically by	with accuracy	with accuracy	low hurdles
		Move in a clear,	anticipating the			over 60
	Move in a clear,	fluent and	direction of	Field, defend	Field, defend and	metres.
	fluent and	expressive manner.	play.	and attack	attack tactically	
	expressive			tactically by	by anticipating	Choose the
	manner.	Refine movements	Choose the	anticipating the	the direction of	best place for
		into sequences.	most	direction of	play.	running over a
	Refine		appropriate	play.		variety of
	movements into	Create dances and	tactics for a		Choose the most	distances.
	sequences.	movements that	game.	Choose the	appropriate	
		convey a definite		most	tactics for a	Throw
	Show changes of	idea.	Uphold the	appropriate	game.	accurately and
	direction, speed		spirit of fair play	tactics for a		refine
	and level during	Change speed and	and respect in	game.	Uphold the spirit	performance
	a performance.	levels within a	all competitive		of fair play and	by analysing
		performance.	situations.	Uphold the	respect in all	technique and
	Travel in a			spirit of fair play	competitive	body shape.
	variety of ways,	Develop physical	Lead others	and respect in	situations.	
	including flight,	strength and	when called	all competitive		Show control
	by transferring	suppleness by	upon and act as	situations.		in take-off and

	weight to	practising moves	a good role		Lead others	landings when	
	generate power	and stretching.	model within a	Lead others	when called	jumping.	
	in movements.		team.	when called	upon and act as a	J	
				upon and act as	good role model	Compete with	
	Show a			a good role	within a team.	others and	
	kinaesthetic			model within a		keep track of	
	sense in order to			team.		personal best	
	improve the					performances.	
	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).						
	6 1						
	Swing and hang						
	from equipment						
	safely (using						
YEAR 5/6	hands). Gymnastics	Dance	Net & Wall	Invasion Games	Striking	Athletics	
CHESTNUT	Matching,	Dance	Tennis	Football	Cricket	Atmetics	
CHESTINOT	mirroring &		Tellilis	Toolban	CHEREL		
	contrasting						
	contrasting						

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	
CONCEPTS		es learning a range of		· ·	•		
MILESTONES	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 Hold shapes that are strong, fluent and expressive.	Compose creative and imaginative dance sequences. Perform expressively and hold a precise and strong body posture. Perform and create complex sequences. Express an idea in original and imaginative ways. Plan to perform with high energy, slow grace or other themes and maintain this	Use forehand and backhand when playing racket games. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations.	Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a good role	Strike a bowled or volleyed ball with accuracy. Field, defend and attack tactically by anticipating the direction of play. Choose the most appropriate tactics for a game. Uphold the spirit of fair play and respect in all competitive situations. Lead others when called upon and act as a	Combine sprinting with low hurdles over 60 metres. Choose the best place for running over a variety of distances. Throw accurately and refine performance by analysing technique and body shape. Show control in take-off and landings when jumping.	

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

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	• •	kills in order to partici	•	· ·			
CONCEPTS MILESTONES		ves learning a range of	Use forehand		Strike a bowled	Select	
IVIILESTONES	Create complex and well-	Compose creative and imaginative	and backhand	Field, defend and attack	or volleyed ball	appropriate	
	executed	dance sequences.	when playing	tactically by	with accuracy.	equipment for	
	sequences that	dance sequences.	racket games.	anticipating the	with accuracy.	outdoor and	
	include a full	Perform	rucket garries.	direction of	Field, defend and	adventurous	
	range of	expressively and	Choose the	play.	attack tactically	activity.	
	movements	hold a precise and	most	17	by anticipating	,	
	including:	strong body	appropriate	Choose the	the direction of	Identify	
	Travelling,	posture.	tactics for a	most	play.	possible risks	
	balances,		game.	appropriate		and ways to	
	swinging,	Perform and create		tactics for a	Choose the most	manage them,	
	springing, flight,	complex	Uphold the	game.	appropriate	asking for and	
	vaults,	sequences.	spirit of fair play		tactics for a	listening	
	inversions,		and respect in	Uphold the	game.	carefully to	
	rotations	Express an idea in	all competitive	spirit of fair play		expert advice.	
	bending,	original and	situations.	and respect in	Uphold the spirit		
	stretching and	imaginative ways.		all competitive	of fair play and	Embrace both	
	twisting	District Control		situations.	respect in all	leadership and	
	Hald shapes that	Plan to perform		Load athons	competitive	team roles	
	Hold shapes that	with high energy,		Lead others when called	situations.	and gain the commitment	
	are strong, fluent and expressive.	slow grace or other themes and				commitment	
	and expressive.	thernes and		upon and act as			

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

PE Curriculum Knowledge and Progress 2023-2024

	ensure safety	
	comes first.	