



- Accuracy
- Agility
- Aim
- Along
- Balance
- Base
- Bat
- Beat
- Catch
- Co-ordination
- Control
- Direction
- Fielding
- Fluency
- Gesture
- Guide
- Hopping
- Jog
- Level
- Link
- Mobility
- Movement
- Obstacle
- Onto and off
- Over
- Overarm throw
- Perform
- Pike
- Posture
- Push
- Racket
- Rap
- Relay
- Rolling: egg, log, forward, teddy bear rolls
- Rotate
- Rounders
- Scoring
- Sequence
- Speed
- Sprint
- Straddle
- Straight
- Strike
- Take-off and landing
- Target
- Technique
- Tension
- Throw
- Timing
- Transitions
- Travel
- Tuck
- Underarm
- Warm-up

National Curriculum Objective:

Master basic movements and begin to apply these in a range of activities.

Unit 1.1

- Perform Balances
- Run on the balls of feet focusing on co-ordination
- Co-ordinate whole body
- Move with greater control
- Aim a variety of equipment
- Run to stop a ball
- Travel in different ways and directions
- Practise agility, balance and co-ordination
- Experience some changes that happen in exercise
- Complete a circuit

Unit 1.2

- Run at different speeds

Unit 1.5

- Practise throwing a ball with control
- Catch a ball or a bean bag on a bounce and a throw
- Show good core control
- Walk demonstrating good posture and balance

Unit 1.6

- Run with good balance and co-ordination
- Complete an obstacle course
- Throw in a range of ways
- Show correct way of doing activities

National Curriculum Objective:

Participate in team games.

Unit 1.2

- Run a race with a team

Unit 1.5

- Throw and catch a ball to a partner
- Play a game using striking and fielding skills
- Use throwing and catching skills in a game

National Curriculum Objective:

Perform dances using simple movement patterns.

Unit 1.2

- Change direction
- Link movements
- Move in time to music
- Dance to beats of 4 or 8
- Smoothly, perform dance moves
- Perform a dance with fluency

Unit 1.3

- Move with control
- Link movements
- Travel in different directions and levels
- Link isolated moves
- Perform a simple sequence
- Copy and link movement combinations
- Use small equipment to perform a sequence
- Develop foot patterns
- Improve agility balance and co-ordination
- Skip with good balance





Physical Education- Year 2

Key Vocabulary

Apparatus
 Bounce
 Circuit
 Crab
 Cushion
 Direction
 Distance
 Flow
 Hurdle
 Independent
 Kwik Cricket
 Medieval
 Methods
 Movements
 Overarm throw
 Patches
 Pattern
 Points
 Power
 Relaxed
 Rock and roll
 Shapes
 Shoulder stand
 Sideways
 Skittles
 Swing
 Travel
 Travelling
 Tuck
 Twist and turn
 Underarm

National Curriculum Objective:
 Master basic movements and begin to apply these in a range of activities.

- Unit 2.1**
- Move the body in different ways
 - Link some co-ordination drills
 - Aim a variety of balls and equipment accurately
 - Travel in different ways, showing clear changes between movements
 - Keep balance when changing direction
 - Use skills learned in a game

- Unit 2.2**
- Complete running activities with balance co-ordination
 - Use arms whilst running
 - Run for one minute without stopping
 - Complete a running circuit
 - Raise heart rate
 - Develop agility and coordination
 - Perform simple patterns of movement
 - Show the correct way of doing things for activities
 - Improve on scores from lessons prior

- Unit 2.5**
- Practise striking a small ball
 - Throw a ball a distance
 - Use arms whilst running
 - Improve techniques
 - Maintain a wheelbarrow walk for a longer period of time using core strength
 - Perform exercises learnt (e.g squat)
 - Jump with accuracy using core strength to maintain balance

National Curriculum Objective:
 Participate in team games.

- Unit 2.1**
- Use skills learned in a game
 - Play fairly and understand the rules of a game
 - Aim a variety of balls and equipment accurately

- Unit 2.5**
- Perform an activity/game

National Curriculum Objective:
 Perform dances using simple movement patterns.

- Unit 2. 2**
- Show movements clearly with strength
 - Perform simple dance phrases
 - Show differences in simple dances with good body shape and position
 - Link movements to make a short dance sequence
 - Show rhythm and control
 - Work in small groups and develop phases of movement

- Unit 2. 3**
- Link movements
 - Create and perform a sequence
 - Move with control
 - Safely use benches and mats to develop sequences
 - Consolidate skipping techniques
 - Watch and comment on others' performances



Physical Education- Year 3

Key Vocabulary

Accuracy
 Analyse
 Bounce
 Bowling
 Canon
 Changeover
 Clock
 Co-operation
 Competition
 Confidence
 Defenders
 Direction
 Dribble
 Empathy
 Fielding
 Formation
 Improve
 Jumps
 Landing
 Landing
 Long barrier
 Observation
 Pivot
 Retrieve
 Run
 Safe zone
 Safety
 Send
 Soft hands
 Speed
 Striking
 Stumped
 Surface area
 Target hands
 Teamwork
 Technique
 Tempo
 Timing
 Unison
 Wickets



National Curriculum Objective:

Play competitive games and apply when attacking and defending.

Unit 3.1

- Practise coordination and moving with others

National Curriculum Objective:

Perform dances, using a range of movement patterns.

Unit 3.2

- Create a pattern of movement
- Count beats and change direction whilst dancing
- Work with a partner to create African Dance Patterns
- Sequence African Dance Steps using own ideas
- Dance to the beat and keep in time

Unit 3.3

- Link jumps into sequences
- Improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music
- Use a different stimulus to create a sequence
- Compose a sequence of skipping moves
- Perform skipping moves in a routine



National Curriculum Objective:

Use running, jumping, rowing and catching in a range of situations.

Unit 3.2

- Show good use of arms when running at different speeds
- Work as a team in running situations
- Use the correct running technique to complete a circuit
- Complete a running circuit showing good balance, co-ordination and agility

Unit 3.4

- Consolidate and develop a range of skills in striking and fielding
- Know techniques for accurate overarm and underarm throwing
- Practice the correct technique for catching a ball and use it in a game
- To catch with cushioned hands
- To strike the ball for distance
- To throw accurately

National Curriculum Objective:

Take part in outdoor and adventurous activity challenges

Covered throughout all units.

National Curriculum Objective:

Develop flexibility, strength, technique, control and balance.

Unit 3.1

- Develop coordination whilst moving an object
- Use coordination skills to move an object
- Change the centre of balance to different parts of the body
- Demonstrate agility by being able to twist and turn and change direction
- Use hand-eye coordination to balance, carry and travel with an object
- Use agility, stopping and turning in a game
- Perform simple patterns of movement

Unit 3.3.

- Use other skills learned to vary jumps
- Develop skipping techniques with control and balance

National Curriculum Objective:

Compare their performances with previous ones and show improvement

Unit 3.1

- Observe and be aware of others' speed and try to match it
- Improve on scores

Unit 3.2

- Develop precision of movements
- Look at others running technique and suggest ways of improving

Unit 3.3

- Observe and comment on others' performance
- Analyse own and others' performances
- Teach a partner your routine

Key vocabulary

Agility
Arm action
Asymmetry
Attack
Backhand
Balance
Bend
Body
Canon
Carouseil
Charleston step
Chassé
Co-ordination
Control
Counterbalance
Defend
Drop serve
Dynamics
Effort
Emotion
Endurance
Expression
Extend
Flexibility
Forehand
Handover
Improvise
Javelin
Knee lift
Line dancing
Long jump
Moves
Muscular
Pace
Passing
Phrasing
Play
Position
Posture
Pull
Rally
Rally building
Receive
Receiving
Relax
Relay
Rhythm
Send
Sequence
Space
Stamina
strength
Stride length
Strut
Support
Target
Trap
Unison



Physical Education- Year 4



National Curriculum Objective:

Play competitive games and apply when attacking and defending.

Unit 4.1

- Keep possession of a ball
- Use ABC techniques to keep control of ball in a competitive situation
- Run and turn with ball
- Pass and dribble accurately in a game
- Dribble with control
- Use a target to improve passing skills

Unit 4.5

- Play a variety of shots in a game situation

Unit 4.6

- Show good running technique in a competitive situation

National Curriculum Objective:

Perform dances, using a range of movement patterns.

Unit 4.2

- Develop dancing and performance skills
- Show awareness of rhythm and phrasing
- Create and perform a line dance
- Show correct 'jab' technique
- Create and perform a boxercise sequences with accuracy

Unit 4.3

- Create and perform a step moves in time with music

Unit 4.6

- Practise and apply a sequence of step moves to the beat of music

National Curriculum Objective:

Use running, jumping, rowing and catching in a range of situations.

Unit 4.1

- Run and turn with a ball

Unit 4.5

- Serve underarm
- Get the ball into play

Unit 4.6

- Explore different footwork patterns
- Throw safely with power
- Describe different throwing positions
- Show the correct technique for most activities

National Curriculum Objective:

Compare their performances with previous ones and show improvement

Unit 4.1

- Discover activities that are easy or difficult

Unit 4.2

- Develop and improve dancing and performance skills

Unit 4.3

- Adapt a sequence

National Curriculum Objective:

Develop flexibility, strength, technique, control and balance.

Unit 4.1

- Dribble with control
- Use ABC techniques to control a ball
- Develop agility and co-ordination

Unit 4.2

- Link skills with control and precision

Unit 4.3

- Use the following skills: flexibility, strength, balance, power and mental focus.
- Use own and other's body weight to balance
- Perform gymnastic moves using equipment
- Develop co-ordination and balance

Unit 4.5

- Improve balance and co-ordination
- Perform some controlled Pilates movements

Unit 4.6

- Develop agility, co-ordination and balance

National Curriculum Objective:

Take part in outdoor and adventurous activity challenges

Covered throughout all units.



Physical Education- Year 5



Key vocabulary

- Arch
- Back point step Posture
- Baton
- Beats
- Bend
- Bollywood dancing
- Bounce pass
- Break-it-down
- Bridging
- Canon
- Chest pass
- Collaboration
- Continuous
- Control
- Dish
- Dodging
- Dynamic
- Evaluate
- Expression
- Extend
- Fluency
- Footwork
- Goal
- High 5 Netball
- Improvise
- Intercepting
- Land
- Lotus
- Marking
- Motif
- Names of positions
- Non-contact
- Overhead pass
- Overhead serve
- Pivot
- Point
- Points of balance
- Positions
- Prayer
- Pull
- Push technique
- Relay
- Rotation
- Scoring
- Sections
- Sequence
- Shoulder pass
- Signal
- Star
- Step
- Throw
- Unison
- Variation
- Volley

National Curriculum Objective:

Play competitive games and apply when attacking and defending.

Unit 5.1

- Apply the footwork rule in a game
- Show a range of defending skills

Unit 5.5

- Apply tennis skills learnt to a game
- Play a game of single tennis
- Use scoring system for singles tennis

Unit 5..6

- Show good techniques in a competitive situation
- Apply the skills learned in a competition

National Curriculum Objective:

Perform dances, using a range of movement patterns.

Unit 5.2

- Perform a boxercise routine to music
- Demonstrate good technique
- Perform a Bollywood dance using a range of movement patterns
- Show an awareness of music's rhythm

Unit 5.3

- Work with a partner to produce a sequence of moves
- Perform a sequence of steps in time with the music
- Construct own moves

Unit 5.6

- Perform a sequence of steps in time with the music
- Come up with a sequence of yoga/pilates moves

National Curriculum Objective:

Use running, jumping, rowing and catching in a range of situations.

Unit 5.1

- Show basic passing and receiving skills using netball
- Use good hand/eye coordination to pass and receive the ball
- Develop skills in the range of passes

Unit 5.4

- To run, throw and catch
- Return the ball accurately

Unit 5.6

- Run for a distance
- Run at a continuous pace
- Throw with accuracy and power

National Curriculum Objective:

Compare their performances with previous ones and show improvement

Unit 5.1

- Discover activities that are easy or difficult

Unit 5.2

- Improve dancing and performance skills

Unit 5.3

- Develop the skill of critique
- Identify strengths and areas for improvement
- Analyse and evaluate own and others' performance

Unit 5.5

- Know how to improve- discovering strengths

Unit 5.6

- Improve performance

National Curriculum Objective:

Develop flexibility, strength, technique, control and balance.

Unit 5.1

- Show the correct technique for activities
- Complete a circuit with agility, balance and co-ordination

Unit 5.3

- Perform gymnastic moves with control and accuracy
- Use the following skills: flexibility, strength, balance, power and mental focus.
- Use own and other's body weight to balance
- Develop agility, co-ordination and balance

Unit 5.5

- Identify techniques to improve balance and core strength
- Perform Pilates/Yoga moves with accuracy
- Perform moves with fluency and control
- Develop good technique for hitting a tennis ball
- Improve forehand and backhand techniques

Unit 5.6

- Create a fitness circuit that improves strength and stamina.

National Curriculum Objective:

Take part in outdoor and adventurous activity challenges

Covered throughout all units.

Key vocabulary

Aim
Attack
Back line
Choreograph
Competition
Contact
Court
Disguise
Dodging
Doubles
Forfeit
Front and back support
Handover
High
Hop
Long
Low
Match
Mirror
Movement
Net
Opponent
Outwit
Overhead clear
Pace
Pace
Pose
Position
Position
Pressure
Pull
Pull
Racket
Rally
Ready position
Rotation
Routine
Rules
Serve
Shot
Shuttle
Skip
Sprint start
Standing start
Street dance
Tag
Take off
Target
Target
Tournament
Try



Physical Education- Year 6



National Curriculum Objective:

Play competitive games and apply when attacking and defending.

Unit 6.1

- Play a game of tag rugby using the skills learned
- Use tagging and catching skills in a game
- Work as a team using ball handling skills
- Practise footwork and dodging skills while carrying a ball.

Unit 6.5

- Select and apply a range of shots in a game situation to win points

Unit 6.6

- Show a good running technique in a competitive situation

National Curriculum Objective:

Perform dances, using a range of movement patterns

Unit 6.2

- Create and perform a sequence of moves to music
- Show understanding of boxercise moves and link them together to make a routine
- Identify patterns and actions in a street dance style
- Create a dance as a group
- Show awareness of music's rhythm

Unit 6.3

- Add interest to a sequence by varying the movements
- Include counterbalances in a sequence of movements
- Apply a sequence of step-moves to music
- Make a routine

National Curriculum Objective:

Use running, jumping, rowing and catching in a range of situations.

Unit 6.5

- Use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket
- Explain and demonstrate the correct technique for the overhead clear shot
- Recognise the difference between the low serve and a high serve

Unit 6.6.

- Run for speed
- Throw with power and accuracy
- Describe effect of throwing positions
- Sprint a short distance as part of a team
- Show good arm/leg technique

National Curriculum Objective:

Take part in outdoor and adventurous activity challenges

Covered throughout all units.

National Curriculum Objective:

Develop flexibility, strength, technique, control and balance.

Unit 6.1

- Pass and carry the ball using balance and co-ordination
- Perform circuit moves with good technique and balance
- Complete a range of circuit-based activities and understand the reasons for doing them

Unit 6.3

- Identify and practise gymnastic shapes and balances
- Use the following skills: flexibility, strength, balance, power and mental focus.
- Identify and practise symmetrical and asymmetrical body shapes
- Improve stamina, show correct technique

Unit 6.5

- Show balance and co-ordination
- Show good technique in moves already learned
- Identify exercises that improve core strength and stability

Unit 6.6

- Plan a personal programme
- Perform sequences of strength and balance

National Curriculum Objective:

Compare their performances with previous ones and show improvement

Unit 6.2

- Analyse own and others' performances

Unit 6.3

- Evaluate own and others' sequences
- Identify strengths and areas of improvement

Unit 6.5

- To perform others' sequences with control and balance