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| PE Knowledge Map |
| **Year 5**  |
| Autumn Term 1: Swimming  |
| **Swimming:****Vocabulary:*** Self-rescue
* Front crawl
* Backstroke
* Breaststroke
* Depth
* Scull
* Submerge

**Skills:*** I can swim 25m using a range of strokes
* I can perform and evaluate a safe self-rescue

**Equipment:*** I can safely put on and remove my goggles
* I can sometimes use a range equipment to retrieve from the bottom of the pool
* I know the safety rules around entering and exiting the water Swimming
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| Autumn Term 2: Invasion Games  |
| **Invasion Games:****Vocabulary:*** change pace
* change direction
* coordination
* precision
* coaching
* feedback
* dodge
* warm-up
* attacker
* evaluation

**Skills:*** I know how to take part in and help lead a basic warm up
* I understand the different roles of key positions in at least one invasion game.
* I can begin to identify areas of strength and areas for improvement of a performance within invasion games.
* I can pass and receive the ball showing good technique in one or more invasion game.
* I can move with the ball using the correct technique in at least one invasion game.
* I know how to evaluate my/others’ performance within a game
* I know how to follow the basic rules within at least one invasion game.
* I know that to make space I can use different movement skills; turn/dodge/change pace/change direction
* I can control a ball with my feet/hands/using a hockey stick
* I can explain different methods of striking/throwing a ball with my feet/hands/a stick, for different types of pass eg. chest pass/shoulder pass
* I can run, jump and throw in isolation and combination
* I know how to play competitive games safely and with good team spirit and sportsmanship
* I can evaluate my own performance and that of others and offer some suggestions about how to improve it
* I know and understand how to apply a range of attacking/defending skills

**Equipment:*** I know the safety rules for setting out a range of equipment (eg. netball posts)
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| Spring Term 1: Dance |
| **Dance:** **Vocabulary:** ·* motif
* choreography
* travel
* speed
* flow
* energy
* explosive
* jerky
* dynamics

**Skills:** * I know that a dance is created with simple movement patterns.
* I know the importance of having a start and end position for a dance.
* I can compose individual, partner and group dances that reflect the chosen dance style
* I can show a change of pace and timing in my movements.
* I can demonstrate different levels in my movements
* I can use transitions to link motifs together smoothly
* I can modify my dance because of self and peer evaluation.

**Equipment:*** I know how to safely use as ribbon effectively in a dance.
 |
| Spring Term 2: Gym & Fitness  |
| **Gymnastics:****Vocabulary:*** sequence
* movements
* smooth transitions
* clear extensions

 **Skills:*** I can create a gymnastic sequence (independently or in a team) using different variables
* I can improve my strength, control and technique by practice
* I can evaluate the success of my own and others’ performances and begin to suggest strategies to improve
* I can develop my flexibility, strength, technique, control and balance

**Equipment:*** I know the safety rules for setting out and using a range of gymnastic equipment

**Personal Fitness:****Vocabulary:****Skills:*** I know how to complete various circuit activities safely
* I understand that developing my own personal fitness is good for my overall health
* I understand how agility, coordination, control and balance may be improved with practice

**Equipment:*** I know how to set out a fitness circuit, handling equipment with awareness of myself and others: Invasion Games & Swimming
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| Summer Term 1: Net/Wall Games |
| **Net/Wall Games:****Vocabulary:*** Serve
* lob
* volley
* drive

**Skills:*** I am starting to understand the rules of tennis
* I can use different types of shot to achieve a purpose

**Equipment:*** I know how to hold a tennis racquet and use it safely & Swimming
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| Summer Term 2: Athletics  |
| **Athletics:****Vocabulary:** * throwing
* field events
* track events
* distance
* time

**Skills:*** I can run, jump and throw in isolation and combination
* I can improve strength, control and technique in athletic activities and can judge my own success, e.g. in triple jump
* I can evaluate my performance and judge my own success
* I can stay in a lane when doing running events.
* I can use my arms when running and jumping to help me go faster and further.

**Equipment:*** I can use athletics equipment such as relay batons, javelins, hoops, hurdles etc.
* I can independently stay within safety rules that I have been given
* I can use a stopwatch to record timed events.
* I know the different throwing equipment used for different events.m: Invasion Games & Swimming
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| **Year 6** |
| Autumn Term 1: Swimming  |
| **Swimming:****Vocabulary:*** Self-rescue
* Front crawl
* Backstroke
* Breaststroke
* Straddle
* Surface
* Tumble Turn
* Tread water
* Depth
* Scull
* Submerge

**Skills:*** I can swim 25m using a range of strokes
* I can perform and evaluate a safe self-rescue

**Equipment:*** I can safely put on and remove my goggles
* I can use a range equipment to retrieve from the bottom of the pool
* I can respond positively to feedback and develop my form
* I know the safety rules around entering and exiting the water Swimming
 |
| Autumn Term 2: Invasion Games  |
| **Invasion Games:****Vocabulary:*** change pace
* change direction
* coordination
* precision
* coaching
* feedback
* dodge
* warm-up
* attacker
* defender
* tactic
* tackling
* evaluation

**Skills:*** I can take part in and help lead a basic warm up which includes a pulse raise, stretches and mobility.
* I understand the different roles of key positions in at least one invasion game.
* I can identify areas of strength and areas for improvement of a performance within invasion games.
* I can pass and receive the ball showing good technique in one or more invasion game.
* I can move with the ball using the correct technique in at least one invasion game.
* I know how to evaluate my/others’ performance within a game and suggest improvement
* I know how to follow the basic rules within at least one invasion game.
* I know that to make space I can use different movement skills; turn/dodge/change pace/change direction
* I can control a ball with my feet/hands/using a hockey stick
* I can explain different methods of striking/throwing a ball with my feet/hands/a stick, for different types of pass eg. chest pass/ shoulder pass
* I can master running, jumping and throwing in isolation and combination
* I know how to play competitive games safely and with good team spirit and sportsmanship
* I can evaluate my own performance and that of others and offer suggestions about how to improve it
* I know and understand how to apply a range of attacking/defending skills
* I can respond to coaching in a positive and effective way implementing tactics for the success of the team

**Equipment:*** I know the safety rules for setting out a range of equipment (eg. netball posts)
 |
| Spring Term 1: Dance |
| **Dance:** **Vocabulary:** ·* motif
* choreography
* travel
* speed
* stimulus
* fluency
* flow
* energy
* explosive
* jerky
* dynamics

**Skills:** * I know that a dance is created with simple movement patterns.
* I know the importance of having a start and end position for a dance.
* I can compose individual, partner and group dances that reflect the chosen dance style
* I can show a change of pace and timing in my movements.
* I can demonstrate different levels in my movements
* I can use transitions to link motifs together smoothly
* I can modify my dance because of self and peer evaluation.

**Equipment:*** I know how to safely use as ribbon effectively in a dance.
 |
| Spring Term 2: Gym & Fitness  |
| **Gymnastics:****Vocabulary:*** sequence
* movements
* fluid
* precision
* stability
* smooth transitions
* clear extensions

 **Skills:*** I can create a gymnastic sequence (independently or in a team) using different variables, adapting and improving them in response to feedback
* I can improve my strength, control and technique by practice and feedback
* I can evaluate the success of my own and others’ performances and suggest strategies to improve
* I can develop my flexibility, strength, technique, control and balance

**Equipment:*** I know the safety rules for setting out and using a range of gymnastic equipment

**Personal Fitness:****Vocabulary:****Skills:*** I know how to complete various circuit activities safely
* I know that developing my own personal fitness is good for my overall health
* I know the impact of exercise can have on my heart rate
* I can record and track my heart rate before and after exercise
* I know how agility, coordination, control and balance may be improved with practice

**Equipment:*** I know how to set out a fitness circuit, handling equipment with awareness of myself and others: Invasion Games & Swimming
 |
| Summer Term 1: Net/Wall Games |
| **Net/Wall Games:****Vocabulary:*** Serve
* lob
* volley
* drive
* rally

**Skills:*** I know the basic rules of tennis
* I can use different types of shot to achieve a purpose
* I know how to serve a ball

**Equipment:*** I know how to hold a tennis racquet and use it safely & Swimming
 |
| Summer Term 2: Athletics  |
| **Athletics:****Vocabulary:** * throwing
* field events
* track events
* distance
* time
* endurance
* resistance
* stamina

**Skills:*** I can master running, jumping and throwing in isolation and combination
* I can improve strength, control and technique in athletic activities and can judge my own success, e.g. in triple jump
* I can evaluate my performance and judge my own success
* I know how to stay in a lane when doing running events.
* I can show the best angle to use for throwing events.
* I know to use my arms when running and jumping to help me go faster and further.
* I can respond positively to critique and implement advice of posture and form to improve my success

**Equipment:*** I can use athletics equipment such as relay batons, javelins, hoops, hurdles etc.
* I can independently stay within safety rules that I have been given
* I know how to use a stopwatch.
* I know the different throwing equipment used for different events.m: Invasion Games & Swimming
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