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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 |
| 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) |
| 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 |
| 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 |
| 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 |