



Physical Education Curriculum and Knowledge Map



St Ralph
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Catholic Multi Academy Trust

Athletics Jumping/Throwing/Track

- To know to perform correct jumping methods (triple jump sequence hop, step jump and scissor jump from a short run up).
- To know to adapt the height of release during a throw to increase the distance achieved.
- Pass a baton at speed using correct technique.
- Sprint over small obstacles maintaining a consistent stride pattern.

Pentecost 2

Striking and Fielding

- Use a variety of locomotion and object control skills to score in small sided games.
- To be able to transition fluently from one type of skill to another e.g. hitting the ball and running.
- Move into space making decisions on where and when to move.
- Decide when and if bases need to be covered.

Dodgeball

- Throw accurately in a variety of ways towards several different targets including moving targets.
- To know to pass and receive a ball with changing speed and direction fluently and efficiently.
- To know to use a quick outlet pass when appropriate.
- Catch a ball in a variety of positions and with different degrees of force..

KS3

Striking and Fielding

- Use a variety of locomotion and object control skills to score in small sized games.
- Be able to transition fluently from one type of skill to another. Hitting the ball and running.
- Decide when and if bases need to be covered.
- Move into space, making decisions on when and where to move.

Pentecost 1

OAA

- Plan and organise a basic orienteering trail using a variety of map reading, compass skills and coordinates.
- Identify possible risks and ways of managing them.
- Plan/do /review the problems faced.

Athletics Throwing

- To perform a javelin, throw with the correct technique.
- Refine performance by analysing technique and body shape.
- To explain the difference between a push and pull throw.

Lent 2

Dance

- With a partner, create a short dance to include canon, unison and gesture with a clear beginning, middle and end.
- To choreograph a short dance based on a theme.
- Give constructive feedback to peers respectfully.
- Perform with focus towards an audience.

Net and Wall – Tennis

- To demonstrate a rally with a partner moving into space effectively.
- To know how to give constructive feedback to help others improve their accuracy and skills.
- To explain how to correctly perform a forehand shot.

Advent 2

Invasion games -Football

- To know how to pass a ball and immediately move into a space to support teammates.
- To know how to adjust backswing step and approach to make an accurate shot.
- To know to recognise the nature and consequences of discrimination, teasing, bullying and aggressive behaviour.

Yoga

- Choose contrasting actions, speeds, canon and unison, symmetry and asymmetry to add interest to a sequence
- Describe how core muscles are being used to hold positions.
- Evaluate and constructively feedback on the quality of a sequence.
- To know the importance of positive self-talk.

Lent 1

Games

- Use a variety of shots for long and short delivery.
- Make power over accuracy decisions.
- To know to pass a ball and immediately move into a space to support their teammates.
- Employ feinting techniques.

Gymnastics

- To create complex and well executed sequences that include a full range of movements (jumps, rolls, balances, travelling and weight on hands.)
- Vault on or over a box placed sideways.
- Choose contrasting actions, levels, speeds, effort, adding canon and unison, symmetry, and asymmetry add interest to the sequence.

Advent 1

YEAR 6

Striking and fielding Revisit

- To communicate effectively during a game
- Demonstrate a mature pattern in a variety of locomotion skills during small sided games and activities.
- Throw accurately towards several different targets.
- To strike a ball in motion.

Invasion Games -Dodgeball

- Pass and receive a ball with hands or implement while on the move.
- Dribble a ball with hands while changing speed and direction, fluently and efficiently.
- Work within the strategy of a team.
- Use a variety of shots for short or long delivery.

Pentecost 2

Striking and fielding-

- To communicate effectively during a game
- Demonstrate a mature pattern in a variety of locomotion skills during small sided games and activities.
- Throw accurately towards a number of different targets.
- To strike a ball in motion.

Lent 1

Gymnastics

- Create a sequence with a partner or small group to include simple partner balances.
- Practise and refine the gymnastics techniques used in performances.
- Enter and exit actions in a variety of ways eg arabesque into a forward roll.

Invasion games -Hockey

- Use a variety of shots for long and short delivery.
- Correct position of holding bat shown.
- Competently dribble the ball around cones and increased accuracy of shot to target.
- Moving into space to be passed to.

Lent 2

Dance

- To know to use compositional devices effectively when creating a dance for an audience. (Counterpoint and complement)
- To know to perform a short dance using key features from a culture or era.
- Engage actively in a PE lesson including those that may not be their preference

Athletics- Throwing/Jumping

- To know to use different throws to meet the requirements of the distance (Overarm, underarm, pushthrow etc)
- Check there is a safe place to throw.
- Compete against self to improve personal best distance.
- To know to jump for distance using one foot to 2 feet with a short run up.

Athletics- Running

- To perform a relay change over transition
- To describe the effect of exercise and what effect it has on the body.
- To sustain jogging or running at a constant pace for an increased amount of time
- To sprint from a static position and to explain the best sprint technique.

Pentecost 1

Football

- To strike a ball with power and accuracy.
- Move into a space to be passed to or to move with the ball.
- Defend a space or player.
- To work well with others regardless of their ability..

OAA

- To participate in a range of problem solving and adventure games introducing additional variations such as non verbal communication, no physical contact etc
- To make sure everyone is involved in the group and their voice heard..

Advent 2

Invasion Games- Netball

- Demonstrate a variety of locomotion skills during small sized games and activities.
- Throw in a variety of ways eg chest pass, over arm.
- To understand the rules of the game and to know where each player can be on the court.

Net and wall (Tennis)

- To return a ball with a racket.
- To explain how to correctly perform a forehand shot.
- To know how to adapt movement to catch a ball in a variety of positions (high, low, near to the body).
- To pass and receive a ball with an implement whilst moving.

Advent 1

YEAR 5