



YEAR 3 PHYSICAL EDUCATION KNOWLEDGE

Preparing for sport and exercise

- The humans need the right types & amounts of nutrition

Net and Wall- Dodgeball

- When to attack and when to defend
- To use aim to strike an opponent
- To keep use movement to make it harder for an opponent

Dance and Gymnastics

- That activities can often be more composed if we take time and care
- How to improve performance through timing, control, posture and extension
- Knows how to comment constructively on group work and start to be able to suggest areas for development
- How work at different levels provides aesthetic variety
- Knows how to use dynamic effects to create aesthetically pleasing movement

Athletics

- Knows how to cushion impact on knees
- Knows which foot to take off
- Knows to use arms to drive

Invasion Games- Basketball/football

- To move into space
- Signalling to receive a ball

Strike and Field- Cricket

- Who calls when running between the wickets/bases
- Which foot to take off from whilst bowling



YEAR 4 PHYSICAL EDUCATION KNOWLEDGE

Preparing for sport and exercise

- Can make their own choices about food, understanding what might influence their choices and the benefits of a balanced diet.

Net and Wall- Tennis

- Knows to move back into the centre of the court
- To cushion the impact and to develop a soft feel for the ball
- How to get into the best position to return a ball successfully
- Know when to attack & when to defend

Dance and Gymnastics

- That rushing can lead to errors in performance
- How to improve performance through timing, control, posture and extension
- Knows how to comment constructively on group work and to be able to suggest areas for development
- How work at different levels provides aesthetic variety
- Knows how to use dynamic effects to create aesthetically pleasing movement

Athletics

- Knows which foot to take off
- How to transfer baton on the move
- Knows why a run up can add momentum

Invasion Games- Football/Frisbee/Rugby

- How to lose an opponent
- Signalling to receive a ball
- Techniques for throwing and catching

Strike and Field- Rounders

- Who calls when running between the wickets/bases
- Bowl from close in to the stumps and follow through



YEAR 5 PHYSICAL EDUCATION KNOWLEDGE

Preparing for sport and exercise

- Knows how to pace themselves and how to recover between short bursts of energy

Net and Wall- Dodgeball

- To aim low to get an opponent out
- By moving around it makes it harder to get hit
- To know when to attempt to catch a ball or dodge it

Dance and Gymnastics

- That timing is crucial for good performance
- How to improve performance through timing, control, posture, extension and alignment
- Knows how to think critically and communicate improvements to others
- Understands different ways of working with others – unison, matching, mirroring etc
- Knows how to execute a wide range of the main gymnastics skills

Athletics

- Plyometric training develops power
- Knows various jumping techniques and can articulate
- Know different takeover techniques
- Knows how to throw leaving sufficient space to follow through

Invasion Games- Basketball/Tag Rugby

- When to take a touch before sending and when to send first time
- How to receive a ball in different ways
- Knows to move if marked well

Strike and Field- Cricket

- How to transfer hands with a bat
- Bowl using different grips



YEAR 6 PHYSICAL EDUCATION KNOWLEDGE

Preparing for sport and exercise

- Can identify and name the main body parts including the human circulatory system.

Net and Wall- Tennis

- Knows how to work alongside a partner
- Knowledge that forehand and backhand grips alter and that backhand can be two handed
- Knows the names of different shots
- Knows when to execute certain shots

Dance and Gymnastics

- That decisions are influenced by external live factors
- How to improve performance through timing, control, posture, extension and alignment
- Knows how to think critically and communicate improvements to others
- Confident in using different ways of working with others – unison, matching, mirroring etc
- Knows how to execute a wide range of the main gymnastics skills

Athletics

- Plyometric training develops power
- Knows various jumping techniques and can articulate
- Know different takeover techniques
- Knows how to throw leaving sufficient space to follow through

Invasion Games- Football/rugby/handball/frisbee

- When to take a touch before sending and when to send first time
- How to receive a ball in different way and retain possession
- Create space for others

Strike and Field- Cricket

- How to transfer hands with a bat
- Bowl using different grips