



Wessex Primary School

Key Learning and vocabulary

PE



YEAR 1					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE – Unit 1 Multi-skills - MNR Coaching	REAL Dance – Unit 1 Ball & team skills – CG coaching	REAL Gym – Unit 1 Cricket skills - Mr Browne Coaching	REAL PE – Unit 4 REAL PE – Unit 3	REAL Gym – Unit 2 Football skills	Real PE – Unit 6 Athletics
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
Follow instructions and practise safely.	Developing my solo shapes skills: create multiple standing and floor shapes with 3 points of contact; -facing down; -with limbs in different planes.	Shape Skills- Perform straight shapes on floor (using multiple points or strength positions) with accuracy and control.	To sit and roll a ball along the floor around my body using 2 hands.	Perform types of jumps on floor (with any shape in flight) with accuracy and control. e.g; Two feet to two feet / hop	To arrive in the correct position to collect the ball (timing).
To work on simple tasks by myself.	Artistic Musicality: create shapes and movements to express how the music makes me feel...following 1 instrument.; allowing a story with movement.	Perform tricky shapes (tuck, star, straight, pike, straddle) using low apparatus.	To sit and roll a ball long the floor around my body using 1 hand (right and left).	Perform jumps with shapes on floor with accuracy and control. jump and land technique (straight jump)	To roll a ball, chase and collect it in a balanced position facing the opposite direction.
Footwork skills – move with balance and control	create standing and floor shapes with my partner in contrast with our body parts crossing over; to travel	Perform tricky shapes (tuck, star, straight, pike, straddle) using large apparatus.	To sit and roll a ball down to my toes and back up, then around my upper body using 2 hands.	Perform jumps with shapes on floor with accuracy and control. jump and land	To chase a ball rolled by a partner and collect it in a balanced position





Wessex Primary School

Key Learning and vocabulary

PE



	between shapes in unison.			technique (straight jump)	facing the opposite direction.
One leg balance	To create movements led by large horizontal single arm circles and semi-circles leading into stepping and turning. To jump from a static position, arms up and down.	Perform travel using different body parts on floor (crawling movements) with accuracy and control.	With a partner, stand and roll a ball down to my toes and back up, then round my upper body using 2 hands.	Different body parts – I can perform some tricky challenges (floor)	To hold a mini-front support position.
Balance with non-standing foot off the floor	To create 2 ways of moving linked to the silk using both hands at the same time or connected to standing shapes.	Perform tricky travel movements (coordinated vertical movement or large body parts on floor) using low apparatus.	With a partner, counter balancing, sit holding hands with toes touching, lean in together then apart.	Perform tricky flight movements (jumps or hops, with legs lower than horizontal) using large apparatus.	To reach round and point to the ceiling with either hand in a mini-front support.
To practise footwork skills and balances on my own	To create a sequence of 4 moves with some being different to my partner's.	Perform tricky travel movements (coordinated vertical movement, or large body parts on floor) using large apparatus.	With a partner, counter balancing sit holding 1 hand with toes touching, lean in together then apart.	Perform rotation on different body parts on floor (on patches or two points) with accuracy and control.	To balance with control when changing balance/position.
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Instructions , fluency half turn, combine reverse, core muscles	Balance, control, sequence, variety, respond, individually	Accurate, stretch, Perform, movement, opposite continuously	Observe, describe, upper body, around Touching, side to side	take-off, landing, balls of feet, soft knees, extend, maintain	Changes, health Balance, Quickly, in line, shoulders, hip





Wessex Primary School

Key Learning and vocabulary

PE



Year 2					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE Unit 1 Cricket skills - MNR Coaching	REAL Gym Real PE Unit 2	Dance – Under the Sea / Colours Frisbee Golf - MNR Coaching	Real PE – Unit 4 REAL Gym – Unit 2	Real PE Unit 5 Cox Green- ball skills	Real PE – Unit 6 Athletics
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
Coordination Footwork To combine side-steps with 180° front pivots off either foot. To combine side-steps with 180° reverse pivots off either foot.	Perform balances on points and patches on floor with accuracy and control. E.g. Points (vertical or inverted on four points): on one foot, on two hands and two feet, patches, on bottom only (tuck) or on side (straight)	Maintaining balance on a line: to walk fluidly, lifting knees up to 90°; to walk fluidly, lifting heels up to bottom.	Creative Skills explore and describe different movements. Try to link movements smoothly and with control. To begin to compare my movements and skills with those of others.	Coordination - Sending and Receiving Skill Challenges With right and left hand, against a wall or with a partner (3 - 5 metre distance): To throw a tennis ball and catch it with the same hand after 1 bounce (start catching with both hands first if required)	Agility - Ball Chasing Skill Challenges up to 10 metres and turning both ways: Starting in a seated/lying position, throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction.
To combine side-steps with 180° reverse pivots off either foot.	Perform balances with different body parts near to or on the floor, with accuracy and control. E.g; on side (star), on	Maintaining balance throughout: to stand on a low beam with a good stance for 10 seconds.	Begin to compare my movements and skills with those of others. Think about different parts of the body and how they move when	To throw a tennis ball and catch it with the same hand without a bounce (start catching with both hands first if required).	Starting in a seated/lying position, chase a bouncing ball fed by a partner and collect it in a balanced position





Wessex Primary School

Key Learning and vocabulary



PE

	bottom and feet (tuck), on hands and knees (mini-front support), on hands and feet (mini-back support), on stomach (straight)		comparing movements and skills. To select and link movements together to fit a theme.		facing the opposite direction. Keep watching the ball and concentrate on timing so I arrive at the right time.
Coordination Footwork Maintaining balance and on both legs; stand still for 30 seconds; complete 5 mini-squats.		Partner shapes: create standing and floor shapes with my partner opposite and entwined or in close contact but without touching.	Coordination Ball Skills: With both right and left hand, maintaining control: sit and roll a ball up and down my legs and round my upper body using 1 hand; stand and roll a ball up and down my legs and round my upper body using 1 hand.	To throw a tennis ball and catch it with the other hand after 1 bounce.	Static Balance - Floor Work Skill Challenges Maintaining balance throughout: To place a cone on my back and take it off with the other hand in a mini-front support. To hold a mini-back support position.
Coordination Footwork To skip with knee and opposite elbow both at 90° angle. To hopscotch forwards and backwards, hopping on the same leg (right and left).		To incorporate jumping when travelling between shapes with my partner in canon.	Counterbalance With a partner, maintaining balance throughout: hold on and, with a long base, lean back, hold balance and move back together again. hold on with 1 hand and, with a long base.	To throw a tennis ball and catch it with the other hand without a bounce. To strike a large, soft ball along the ground with my hand 5 times in a rally.	To place a cone on my tummy and take it off with the other hand in a mini-back support. To balance with control when changing balance/position.
One Leg Balance Maintaining balance and on both legs with				Agility Reaction / Response From 1, 2 and 3	Use equipment appropriately and move and land safely.





Wessex Primary School

Key Learning and vocabulary



PE

minimum wobble				metres: To react quickly and catch a tennis ball dropped from shoulder height after 1 bounce.	Moving and landing safely is helped by having good health and fitness, e.g. good stability and strength in our muscles and joints.
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Several, appropriate, hopscotch, angle, Smooth, dominant, non-standing	Diverse, creative, 'Kind touch', contact, absorb impact, Sequence	recognise, order, lifting, 90 degrees, low beam, apart	Compare, select, link, gradually, increase, partner, long base	Level, Direction, speed, Catch, Rally, strike, pushing, bounce	appropriately, safely, driving arms, Concentrate, object, upwards





Wessex Primary School

Key Learning and vocabulary

PE



Year 3					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE – Unit 1 Tag Rugby	REAL Gym – Unit 1 Netball	Dance to school – Romans Hockey	REAL Gym – Unit 2 Basketball	REAL Dance Athletics	REAL PE – Unit 6 Athletics
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
To combine side-steps with 180° front and reverse pivots off either foot.	Gym skills: To perform travel using different body parts on floor (crawling movements) with accuracy and control; slide, slide using opposite arm and leg alternately	Develop a 32 – 48 count Romans Motif using a mind map and whole group choreography to produce actions.	Flight Gym Skill: Perform named jumps (with legs below horizontal) on floor with accuracy and control - cat leap, eté, hop with leg at 90°, scissor.	Shapes Solo: To create multiple standing and floor shapes...with torso rotated., with 3 points of contact, with different body parts or extended., facing up and sideways.	Health and Fitness skills and knowledge - To use equipment appropriately and move and land safely.
To skip with knee and opposite elbow both at 90° angle. To hopscotch forwards and backwards, hopping on the same leg (right and left).	To perform travel on feet on floor (standing coordinated movements) with accuracy and control; skip, side-step	To develop a 32 count Individual travelling section using 2 – 3 of the actions from last weeks' motif showing changes in level and pathway	To perform tricky flight movements (jumps or hops, with legs lower than horizontal) using low apparatus - off (bench), on to (bench)	Circles Solo: To create movements led by both single arm and leg circles and semi-circles leading into...body dropping and turning, turning with body tilted, jumps with 180° and 360° forward and backward rotations.	Agility: Ball Chasing: Up to 10m and turning both ways: Starting in a seated/lying position, throw a bouncing ball, chase and collect it in a balanced position facing the opposite direction.





Wessex Primary School

Key Learning and vocabulary



PE

<p>Maintaining balance and on both legs; To stand still for 30 seconds. To complete 5 mini-squats.</p>	<p>To perform travel using different body parts on floor (using weight on hands or rotation) with accuracy and control such as low bunny hop; roll; crab walk; bear walk.</p>	<p>To develop a 32 count Individual travelling section using 2 – 3 of the actions from last weeks' motif showing changes in level and pathway.</p>	<p>Balance Gym Skill: Perform balances on one foot on floor with leg held low, with accuracy and control – passé, low arabesque, flag balance/front attitude.</p>	<p>Partnering Shapes: To create standing and floor shapes with my partner - opposite and entwined, as close as possible without touching, facing up, down and sideways, jumping with rotation when moving between shapes in canon.</p>	<p>Agility: Ball Chasing: Up to 10 metres and turning both ways: Starting in a seated/lying position, chase a bouncing ball fed by a partner and collect it in a balanced position facing the opposite direction.</p>
<p>Enjoy communicating, collaborating and competing.</p>	<p>To perform trickier travel movements (jumps and leaps or weight on hands) combined with hand apparatus such as skipping through apparatus (rope or hoop); snakes (ribbon); bouncing (ball).</p>	<p>To work in small groups (suggest 4's) and use their poems to start developing a 16 or 32 count group section including Canon and change in Formation</p>	<p>Perform balances on points and patches on floor with accuracy and control Points (vertical or inverted on four points) - on one foot, on two hands and two feet (A-frame). Patches (near to/on floor)</p>	<p>Partnering Circles With a partner, create movement led by horizontal and vertical single arm circles and semi-circle -followed with steps, followed with body action, in unison, in canon, mirroring.</p>	<p>Static Balance - Stance Maintaining balance throughout: stand on a low beam with a good stance for 10 seconds.</p>
<p>Use running and jumping in isolation and in combination and develop control, balance and technique.</p>	<p>To perform more rolls on floor (combining shapes) with accuracy and control such as dish and arch roll or pencil roll</p>	<p>To finalise and perform the 16 – 32 count small group section, ensuring inclusion of Canon and changes in Formation.</p>	<p>To perform tricky balances using low apparatus - on top (bench or low table), beside (bench or low table); in contact with or on apparatus.</p>	<p>Artistry Abstraction To create multiple ways of moving linked to the silk -pausing my movement to create shapes; using those shapes as my starting and finishing positions; including jumps with</p>	





Wessex Primary School

Key Learning and vocabulary



PE

				rotation.	
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Learning, Succeed, alternating, fluent, focus, point, imagine	posture, body tension and extension, pathway, adjust, pivot	Motif, Sequence, repeat, level, pathway, tight muscles, canon	body tension, squeeze body muscles, elevated, partial contact, tight and extended,	absorb impact, Diverse, Demonstrate, unison, silk moves, abstract	timing, accelerate, raise, balls of feet, weight





Wessex Primary School

Key Learning and vocabulary

PE



Year 4					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE – Unit 1 Personal cog	REAL Dance Creativity cog	REAL Gym Physical cog	REAL PE – Unit 2	Cricket	Athletics
Football	Netball	Tag Rugby	Hockey	Swimming	Swimming
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
Personal Skills: To try several times if and ask for help when appropriate. To keep going when things are hard.	Shapes solo – select and link movements together to fit a theme. To recognise similarities and differences in movements and expression. To change tactics, rules or tasks to make activities more fun or more challenging.	Balance skills: Partner balance -To perform a range of skills with some control and consistency. To perform and repeat longer sequences with clear shapes and controlled movement. To perform a variety of movements and skills with good body tension.	Jumping & Landing: Maintaining balance throughout: To jump from 2 feet to 2 feet with 180° turn in either direction. To complete a tucked jump. To complete a tucked jump with 180° turn in either direction.	Learn how to field the ball and attack the stumps.	Running for Distance – develop awareness of speed and pace judgement. To develop fluency in running activities
Footwork skills: With fluency and control, starting slowly and then at maximum speed: To hopscotch forwards and backwards, alternating my hopping leg each time.	Circles solo - select and link movements together to fit a theme. To recognise similarities and differences in movements and expression. To change tactics, rules or tasks to make activities more fun or more challenging.	Balance skills – partner balance To perform a range of skills with some control and consistency. To perform and repeat longer sequences with clear shapes and controlled movement. To perform a variety of movements and skills with good body tension	Seated balance - with no hands or feet touching the floor: To pick up a cone from one side and place it on the other side with the same hand. To return it to the opposite side using the other hand.	Continue to develop fielding/catching skills and returning the ball on the move.	Throwing – push & pull throws: learning how to send an object for accuracy. To develop awareness of distance using different throwing techniques.





Wessex Primary School

Key Learning and vocabulary



PE

<p>Footwork skills: To complete 3 step zigzag patterns forwards. To complete 3 step zigzag patterns backwards.</p>	<p>Partnering shapes - select and link movements together to fit a theme. To recognise similarities and differences in movements and expression. To change tactics, rules or tasks to make activities more fun or more challenging.</p>	<p>Balance skills – partner balance To perform a range of skills with some control and consistency. To perform and repeat longer sequences with clear shapes and controlled movement. To perform a variety of movements and skills with good body tension.</p>	<p>Seated balance To sit in a dish shape with straight arms and legs and hold it for 5 seconds.</p>	<p>Basic batting skills, focusing on the hook shot.</p>	<p>Throwing – fling & heave: learning how to send an object for accuracy. To develop awareness of distance using different throwing techniques.</p>
<p>One leg balance: Maintaining balance and on both legs: To stand still for 30 seconds with eyes closed.</p>	<p>Partnering lifts - select and link movements together to fit a theme. To recognise similarities and differences in movements and expression. To change tactics, rules or tasks to make activities more fun or more challenging.</p>	<p>Rotation – floor work To perform a range of skills with some control and consistency. To perform and repeat longer sequences with clear shapes and controlled movement. To perform a variety of movements and skills with good body tension.</p>	<p>Social skills: To cooperate well with others and give helpful feedback</p>	<p>Develop batting and fielding skills in kwik cricket, with over arm bowling</p>	<p>Jumping for distance: learning a variety of jumping techniques. Developing body position in flight.</p>
<p>One leg balance: To complete 5 squats. To complete 5 ankle extensions.</p>	<p>Partnering circles To select and link movements together to fit a theme. To recognise similarities and differences in movements and expression. To change tactics, rules or tasks to make activities more fun or more challenging.</p>	<p>Rotation – hand apparatus To perform a range of skills with some control and consistency. To perform and repeat longer sequences with clear shapes and controlled movement. To perform a variety of movements and skills with good body tension.</p>	<p>To show patience and support others, listening carefully to them about our work.</p>	<p>Playing a kwik cricket game with the use of overarm bowling</p>	<p>Jumping for height: learning a variety of jumping techniques. Learning to jump with fluency and control.</p>





Wessex Primary School Key Learning and vocabulary

PE



	<p>Artistry (Making) To select and link movements together to fit a theme. To recognise similarities and differences in movements and expression. To change tactics, rules or tasks to make activities more fun or more challenging.</p>	<p>Rotation – hand apparatus: perform a range of skills with some control and consistency. To perform and repeat longer sequences with clear shapes and controlled movement. To perform a variety of movements and skills with good body tension.</p>		<p>Develop the knowledge of bowling and batting rules in a kwik cricket game</p>	<p>To explore combinations of jumps, developing fluency and control putting together jumps</p>
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
<p>react, challenge, Pattern, Speed, heel raises, Feedback, improve</p>	<p>compose, flowing, transitions, mirroring, canon, variety, jumper, lifter</p>	<p>linked, plank, counterbalance, contrasting, complementary, flow, base,</p>	<p>carefully, cooperate, sideways, raising, maintain, throughout, strain</p>	<p>Stumps, fielding, over arm bowl, adapt, trajectory</p>	<p>Pace, judgement, awareness, accuracy, technique, push & pull throws</p>





Wessex Primary School

Key Learning and vocabulary

PE



Year 5					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
REAL PE – Unit 1	REAL Dance	Real PE – Unit 3	REAL Gym	REAL PE – Unit 5	REAL PE – Unit 6
Hockey	Football	Quidditch (MNR Coaching)	Kwik Cricket	Tennis	Athletics
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
<p>To persevere with a task and improve my performance through regular practice. Demonstrate a desire to keep trying as a positive reaction to difficulty.</p>	<p>Shapes Solo: To create multiple standing and floor shapes balanced on 1 foot with other foot higher than 45°; with 2 points of contact; on the floor and in the air; in different directions and at different speeds.</p>	<p>Develop Cognitive skills and knowledge: To understand ways (criteria) to judge performance. To try different tactics and strategies to see what works.</p>	<p>Rotation: Perform trickier rotations (combing shapes and/or on points with increased speed) combined with hand apparatus using ribbons / hoop or ball.</p>	<p>Physical Skills: To perform a variety of movements and skills with good body tension. To keep centre of gravity forward when combining jumps, head up and scan ahead when combining jumps.</p>	<p>To develop the consistency of actions in several events. To increase the range of techniques used</p>
<p>Coordination - Ball Skills: In less than 20 seconds and in both directions, maintaining control: To stand with my legs apart and move a ball around one leg 16 times.</p>	<p>Circles Solo: To create complex movement led by a combination of circles made with different body parts and in different planes.</p>	<p>Static Balance: Stance On a line and then a low beam, maintaining balance: To receive a small force from various angles. To raise alternate feet 5</p>	<p>Balance: Perform trickier balances combined with hand apparatus e.g; rotating on different body parts; holding between/on different body parts; snakes or bouncing</p>	<p>Dynamic Balance to Agility: Jumping and Landing To maintain balance throughout - jump from 2 feet to 2 feet with 180° turn in either direction. To complete a tucked</p>	<p>Running for speed: To develop skills of acceleration & sustain speed over longer durations of time or distance.</p>





Wessex Primary School

Key Learning and vocabulary



PE

		times.		jump.	
<p>Coordination - Ball Skills In both directions, maintaining control: To move a ball round my waist 17 times. To stand with my legs apart and move a ball around alternate legs 16 times.</p>	<p>Artistry Abstraction: To create multiple ways of moving linked to the silk where the silk moves lead me into jumping, a turn and a jump, floor and floor shapes, fluently without stopping.</p>	<p>Static Balance: Stance On a line and then a low beam, raise alternate feet 5 times to catch a ball at chest height and throw it back.</p>	<p>Shape Perform trickier shapes combined with hand apparatus e.g. rolling on the body, bouncing, throwing and catching, passing through.</p>	<p>Maintain balance throughout, complete a tucked jump with 180° turn in either direction.</p>	<p>Running for distance: To develop efficiency and sustain pace. To run at different tempos for longer durations.</p>
<p>To react quickly with good acceleration. To catch the ball consistently, maintaining balance and control after catching.</p>	<p>Artistry Musicality To create a combination of shapes, circles and silk moves both matching and in contrast to the melody or the main song line, responding to musical phrases.</p>	<p>Coordination: Footwork With fluency and control, starting slowly and then at maximum speed: To hopscotch forwards and backwards, alternating my hopping leg each time.</p>	<p>Travel Perform trickier travel movements combined with hand apparatus, e.g. skipping through apparatus, snakes, bouncing.</p>	<p>Static Balance: One Leg Balance – To maintain balance and on both legs. To stand still for 30 seconds with eyes closed</p>	<p>Throw: Fling and heave – to develop greater force in throwing, using a range of techniques.</p>
<p>To move and work the ball in both directions smoothly and fluently. To maintain fluidity when changing hands.</p>	<p>Partnering (Lifts): With my partner, create movements, including turning and jumping leading into and out of partner supports, leaning towards and away from my partner, in unison, in canon and</p>	<p>Coordination: Footwork With fluency and control, starting slowly and then at maximum speed: To complete 3 step zigzag patterns forwards. To complete 3 step</p>	<p>Flight Perform trickier flight movements combined with hand apparatus.</p>	<p>Static Balance: One Leg Balance - Maintain balance on both legs - to complete 5 squats. To complete 5 ankle extensions.</p>	<p>Jump for distance: To develop power, control and consistency. Relays: develop fluency and efficiency in changeover skills and working together in teams, taking turns in</p>





Wessex Primary School

Key Learning and vocabulary



PE

	independently.	zigzag patterns backwards.			different roles.
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
Persevere, regular, complete, crisscross, fluidity, ready position	Reverse, diverse, express, musical phrase, replicate, execute	Criteria, force, various, judge, awareness, increase	in isolation, coils, replicating, rhythmic, synchronised, canon	Flow, link actions, consistency, vigorous, base of support, stability	Efficiency, fluency, power, consistency, sustain, tempo





Wessex Primary School

Key Learning and vocabulary

PE



Year 6					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cricket	REAL PE – Unit 1	REAL PE – Unit 2	REAL PE -Unit 3	Tennis	Athletics
REAL Gym	Football				
Key Learning	Key Learning	Key Learning	Key Learning	Key Learning	Key Learning
To use correct techniques for catching a ball when fielding in cricket.	Coordination: Ball Skills Develop and apply ball skills with control and fluency.	Dynamic Balance: Develop and apply dynamic balance on a line with control and fluency.	Static balance: Stance Develop and apply stance with stability and control.	To hit the ball with purpose, varying speed, height and direction.	To practise and refine fundamental movement skills needed for athletics.
To use an overarm throw to hit a target with accuracy. To use the long barrier technique to stop a rolling ball.	Agility: Reaction / Response Develop and apply reaction and response with accuracy and control.	Counterbalance: Develop and apply counterbalance with a partner with stability and control.	Coordination Footwork Develop and apply footwork with control and fluency.	To adopt a good ready position To show good position on court	To work as a team to competitively perform a sprint relay
To learn defensive hitting techniques for batting in cricket.	Coordination: Ball Skills Develop and apply ball skills with control and fluency. challenges	Dynamic Balance: Develop and apply dynamic balance on a line with control and fluency.	Static Balance Stance Develop and apply stance with stability and control.	To direct the ball towards the opponents' court or target area. To identify spaces and understand the tactic of hitting into gaps	To control running pace over a range of distances





Wessex Primary School

Key Learning and vocabulary

PE



To learn attacking hitting techniques for batting in cricket.	Agility: Reaction / Response Develop and apply reaction and response with accuracy and control.	Counterbalance: Develop and apply counterbalance with a partner with stability and control.	Coordination Footwork Develop and apply footwork with control and fluency.	To apply basic principles suitable for attacking. To identify spaces and understand the tactic of hitting into gaps. To learn how to evaluate and recognise their own success	To refine my hurdling technique.
To learn the correct technique for bowling overarm in cricket from a standing position.	Coordination: Ball Skills Develop and apply reaction and response with accuracy and control.	Dynamic Balance Develop and apply dynamic balance on a line with control and fluency.	Coordination: Footwork - Develop and apply footwork with control and fluency.	To play shots on the forehand and backhand side of body. To hit the ball with purpose, varying speed, height and direction To identify parts of the game where they are performing well	To practise and refine jumping techniques.
To know and apply the rules of Kwik Cricket during a game. To use a range of fielding, batting and bowling skills in a Kwik Cricket match.	Agility: Reaction / Response Develop and apply ball skills and reaction and response with accuracy, fluency and control.	Counterbalance Develop and apply dynamic balance and counterbalance with accuracy, fluency and control.	Static Balance: Stance - Develop and apply stance and footwork with stability, control and fluency.		To throw for distance using a heave throw technique.
Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary	Vocabulary
technique, fielding, battling attacking, defensive, bowling	agility, response, reaction coordination	counterbalance, dynamic balance, stability, control accuracy	static balance, coordination, control, stability, footwork	tennis racket, backswing, aim, strike the ball, accuracy, tactics	sprint, long distance, short distance, relay, throwing, jumping





Wessex Primary School

Key Learning and vocabulary

PE

