



# St Patrick's Catholic Primary School PE Curriculum



	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
EYFS	Introduction to PE	Ball skills	Dance	Gymnastics	Fundamentals	Games
Y1	Fundamentals	Net and Ball	Gymnastics	Dance	Sending and Receiving	Target Games
Y2	Fundamentals	Ball Skills	Fitness	Gymnastics	Athletics	Team Building
Y3	Basketball	Hockey	Fitness	Rounders	Dance	Athletics
Y4	Rounders	Basketball	Hockey	Fitness	Dance	Athletics
Y5	Hockey	Basketball	Fitness	Dance	Rounders	Athletics
Y6	Hockey	Fitness	Dance	Basketball	Rounders	Athletics



Year 1	Knowledge	Vocab
Fundamentals ADVENT	<ul style="list-style-type: none"> <li>✓ Know how to change direction and dodge</li> <li>✓ Know how the body moves in different ways</li> <li>✓ Know how to move with some control and balance.</li> <li>✓ Know how to explore stability and landing safely.</li> <li>✓ Know how to demonstrate control in take-off and landing when jumping</li> <li>✓ Know how to hop in different directions</li> <li>✓ Know how to show co-ordination when turning a rope.</li> <li>✓ Know how to use rhythm to jump continuously in a French rope can change direction when moving at speed.</li> </ul>	Fast hop slow direction land safely
Net and Ball ADVENT	<ul style="list-style-type: none"> <li>✓ To know the importance of the ready position.</li> <li>✓ To know how to develop throwing, catching and racket skills, learning to track and hit a ball.</li> <li>✓ To know how to play against an opponent and over a net.</li> <li>✓ To know how to use rules and simple tactics when playing against a partner.</li> <li>✓ To know how to encourage to demonstrate good sportsmanship and show respect towards others</li> </ul>	Lead Cooperate Teamwork solve instruction
Gymnastics LENTEN	<ul style="list-style-type: none"> <li>✓ To know how to use space safely and effectively.</li> <li>✓ To know how to explore and develop basic gymnastic actions on the floor and using low apparatus.</li> <li>✓ To know how to use basic skills of jumping, rolling, balancing and travelling individually and in combination to create movement phrases.</li> <li>✓ To know how to select their own actions to build short sequences and develop confidence in performing.</li> <li>✓ To know how to understand the use of levels, directions and shapes when travelling and balancing.</li> </ul>	Action Jump Roll Level Direction Speed Point Balance
Dance	<ul style="list-style-type: none"> <li>✓ To know how to use travelling actions, movement skills and balancing</li> </ul>	



<p>LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know and understand why it is important to count to music and use this in their dances.</li> <li>✓ To know how to copy and repeat actions linking them together to make short dance phrases.</li> <li>✓ To know how to work individually and with a partner to create ideas in relation to the theme.</li> <li>✓ To know how to perform and also to provide feedback, beginning to use dance terminology to do so.</li> </ul>	
<p>Sending and Receiving PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to send and receive including throwing and catching, rolling, kicking, tracking and stopping a ball.</li> <li>✓ To know how to work with a range of different sized balls.</li> <li>✓ To know how to apply skills individually, in pairs and in small groups and begin to organise and self-manage their own activities.</li> <li>✓ To know the importance of abiding by the rules to keep themselves and others safe.</li> </ul>	<p>Ready Position Partner Net Underarm Score Points</p>
<p>Target Games PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop aim using both underarm and overarm actions.</li> <li>✓ To know how to select and apply the appropriate action for the target considering the size and distance of the challenge.</li> <li>✓ To know how to apply their skills individually, in pairs and in small groups and begin to organise and self-manage their own activities.</li> <li>✓ To know the importance of abiding by rules to keep themselves and others safe.</li> </ul>	<p>Hit Points Target Throw Score catch</p>

Year 2	Knowledge	Vocab
<p>Fundamentals ADVENT</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop the fundamental skills of balancing, running, changing direction, jumping, hopping and skipping.</li> <li>✓ To know how to work with a range of different equipment.</li> <li>✓ To know how to observe and recognise improvements for their own and others' skills and identify areas of strength.</li> <li>✓ To know how to work collaboratively with others, taking turns and sharing ideas.</li> </ul>	<p>Dodge jog hurdle Speed steady sprint</p>



<p>Ball skills ADVENT</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop their fundamental ball skills such as throwing and catching, rolling, hitting a target, dribbling with both hands and feet and kicking a ball.</li> <li>✓ To know how to work independently, in pairs and small group</li> </ul>	<p>Overarm collect target Underarm dribble distance</p>
<p>Fitness LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop a range of fitness activities to develop components of fitness.</li> <li>✓ To know how to explore and develop agility, balance, co-ordination, speed and stamina.</li> <li>✓ To know how to work independently and with others.</li> <li>✓ To know how to develop perseverance and show determination to work for longer periods of time.</li> </ul>	<p>Strong page race Speed jog steady sprint</p>
<p>Gymnastics LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to explore and develop basic gymnastic actions on the floor and using apparatus.</li> <li>✓ To know how to develop the gymnastic skills of jumping, rolling, balancing and travelling individually and in combination to create short sequences and movement phrases.</li> <li>✓ To know and show an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions.</li> <li>✓ To know how to work safely with and around others and whilst using apparatus.</li> <li>✓ To know how to provide feedback to others and recognise elements of high-quality performance.</li> </ul>	<p>Link pathway sequence tuck straddle speed star strike</p>
<p>Athletics PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop the skills required in athletic activities such as running at different speeds, jumping and throwing.</li> </ul>	<p>Sprint jog distance</p>



	<ul style="list-style-type: none"> <li>✓ In all athletic based activities to know how to engage in performing skills and measuring performance, competing to improve on their own score and against others.</li> <li>✓ To know how to work collaboratively as well as independently.</li> <li>✓ To know how to improve by identifying areas of strength as well as areas to develop.</li> </ul>	height take off landing overarm underarm
Team Building PENTECOST	<ul style="list-style-type: none"> <li>✓ To know how to develop their communication and problem-solving skills.</li> <li>✓ To know how to work individually, in pairs and in small groups.</li> <li>✓ To know how to show teamwork</li> <li>✓ To know how to discuss, plan and reflect on ideas and strategies.</li> <li>✓ To know how to lead a partner whilst considering safety.</li> <li>✓ To know how to show honesty and fair play.</li> </ul>	Support successful map direction communicate
Year 3	Knowledge	Vocab
Basketball ADVENT	<ul style="list-style-type: none"> <li>✓ To know how to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling.</li> <li>✓ To know how to use attacking skills to maintain possession of the ball.</li> <li>✓ To know to start by playing uneven and then move onto even sided games.</li> <li>✓ To know and understand the importance of playing fairly and to the rules.</li> </ul>	Receiver footwork rebound tracking interception mark travelling playing area



	<ul style="list-style-type: none"> <li>✓ To know how to think about how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances.</li> </ul>	
<p>Hockey ADVENT</p>	<ul style="list-style-type: none"> <li>✓ To know how to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball.</li> <li>✓ To know how to start by playing uneven and then move onto even sided games.</li> <li>✓ To know how to think about defending and winning the ball.</li> <li>✓ To know how to think about how to use skills, strategies and tactics to outwit the opposition.</li> <li>✓ To know how to play fairly and keep to the rules.</li> <li>✓ To know how to be a supportive teammate and identify why this behaviour is important.</li> </ul>	<p>Receiver footwork rebound tracking interception mark travelling playing area</p>
<p>Fitness LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to take part in a range of fitness challenges testing and record scores.</li> <li>✓ To know about different components of fitness; speed, stamina, strength, coordination, balance and agility.</li> <li>✓ To know how to work at their maximum and improve their fitness levels.</li> <li>✓ To know to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same.</li> <li>✓ To know how to recognise areas for improvement and suggest activities that they could do to do this.</li> <li>✓ To know how to encouraged to work safely and with control.</li> </ul>	<p>Strength accurately distance balance control</p>



<p>Rounders LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to score points by striking a ball into space and running around cones or bases.</li> <li>✓ To know that when fielding, how to play in different fielding roles.</li> <li>✓ To know how to develop throwing, catching and batting skills.</li> <li>✓ To know how to think about how they use skills, strategies and tactics to outwit the opposition.</li> <li>✓ To know work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</li> </ul>	<p>Strength strip rounders backstop goal post wicket backstop keeper feeding</p>
<p>Dance PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to create dances in relation to an idea including historical and scientific stimuli.</li> <li>✓ To know how work individually, with a partner and in small groups, sharing their ideas.</li> <li>✓ To know the use of counting and rhythm.</li> <li>✓ To know how to use canon, unison, formation and levels in their dances.</li> <li>✓ To know how to perform to others and provide feedback using key terminology.</li> </ul>	<p>Mirror, action</p>
<p>Athletics PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop basic running, jumping and throwing techniques.</li> <li>✓ To know how to run distances and time that involve using different styles and combinations of running, jumping and throwing.</li> </ul>	<p>Power Stamina Officiate Preservers Determination Accurate Personal best</p>





	<ul style="list-style-type: none"> <li>✓ As in all athletic activities, to know about how to achieve the greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</li> <li>✓ To know how to measure, time and record scores.</li> </ul>	
--	---	--

Year 4	Knowledge	Vocab
Rounders ADVENT	<ul style="list-style-type: none"> <li>✓ To know how to score points by striking a ball into space and running around cones or bases.</li> <li>✓ To know that when fielding, to play in different fielding roles.</li> <li>✓ To know how to develop throwing, catching and batting skills.</li> <li>✓ To know how to outwit the opposition.</li> <li>✓ To know how to work in collaboration with others, play fairly demonstrating an understanding of the rules, as well as being respectful of the people they play with and against.</li> </ul>	Stance Retrieve Opposition Stump Two handed pick Technique Short barrier
Basketball ADVENT	<ul style="list-style-type: none"> <li>✓ To know how to persevere when developing competencies in key skills and principles such as defending, attacking, throwing, catching and dribbling.</li> <li>✓ To know how to use attacking skills to maintain possession of the ball.</li> <li>✓ To know to play on uneven and then move onto even sided games.</li> <li>✓ To know the importance of playing fairly and to the rules.</li> <li>✓ To know how to use skills, strategies and tactics to outwit the opposition as well as learn how to evaluate their own and others' performances.</li> </ul>	OUTWIT Opposition Component Contact Pivot Court Field



<p>Hockey LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to contribute to the game by helping to keep possession of the ball, use simple attacking tactics using sending, receiving and dribbling a ball.</li> <li>✓ To know how to start to play on uneven and then move onto even sided games.</li> <li>✓ To know how to think about defending and winning the ball.</li> <li>✓ To know how to be encouraged to think about how to use skills, strategies and tactics to outwit the opposition.</li> <li>✓ To know how to understand the importance of playing fairly and keeping to the rules.</li> <li>✓ To know to be encouraged to be a supportive teammate and identify why this behaviour is important.</li> </ul>	<p>OUTWIT Opposition Component Contact Pivot Court Field pitch</p>
<p>Fitness LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to take part in a range of fitness challenges testing and record their scores.</li> <li>✓ To know that they will learn about different components of fitness; speed, stamina, strength, coordination, balance and agility.</li> <li>✓ To know how to be given opportunities to work at their maximum and improve their fitness levels.</li> <li>✓ To know how to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same.</li> <li>✓ To know how to recognise areas for improvement and suggest activities that they could do to do this.</li> <li>✓ To know how to be encouraged to work safely and with control.</li> </ul>	<p>Technique Coordination Healthy Progress Muscle Stamina</p>
<p>Dance PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to create characters and narrative through movement and gesture.</li> </ul>	<p>Represent React Dynamics</p>



	<ul style="list-style-type: none"> <li>✓ To know how to gain inspiration from a range of stimuli, working individually, in pairs and small groups.</li> <li>✓ In dance as a whole, to know how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</li> <li>✓ To know how to develop confidence in performing and will be given the opportunity to provide feedback and utilise feedback to improve their own work.</li> </ul>	Unison control
Athletics PENTECOST	<ul style="list-style-type: none"> <li>✓ To know how to develop basic running, jumping and throwing techniques.</li> <li>✓ To know how to set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</li> <li>✓ As in all athletic activities, to how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</li> </ul>	Power Stamina Officiate Perseverance Determination Accuracy Personal best

Year 5	Knowledge	Vocab
Hockey ADVENT	<ul style="list-style-type: none"> <li>✓ To know how to develop basic running, jumping and throwing techniques.</li> <li>✓ To know how to set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</li> <li>✓ To know how to think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</li> </ul>	Tactics Control Foul Pressure Onside Offside Support obstruction
Basketball ADVENT		Tactics Control



	<ul style="list-style-type: none"> <li>✓ To know how to develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting.</li> <li>✓ To know how to use attacking skills to maintain possession as well as defending skills to gain possession.</li> <li>✓ To know how to be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition.</li> <li>✓ To know how develop their understanding of the importance of fair play and honesty while self managing games, as well as developing their ability to evaluate their own and others' performances.</li> </ul>	<p>Foul Pressure Onside Offside Support obstruction</p>
<p>Fitness LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to take part in a range of fitness challenges to test and record scores.</li> <li>✓ To know about the different components of fitness including speed, stamina, strength, coordination, balance and agility.</li> <li>✓ To know how to work at their maximum and improve their fitness levels.</li> <li>✓ To know how to persevere when getting tired or when to find a challenge hard and are encourage to support others to do the same.</li> <li>✓ To know how to recognise areas in which they make the most improvement using the scores they have collected.</li> </ul>	<p>Technique Momentum Rhythm Agility Drive power</p>
<p>Dance LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know different styles of dance, working individually, as a pair and in small groups.</li> <li>✓ To know that in dance as a whole, pupils think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts.</li> </ul>	<p>Posture Formation Performance Canon relationship</p>



	<ul style="list-style-type: none"> <li>✓ To know how develop an awareness of the historical and cultural origins of different dances.</li> <li>✓ To know how to be provided with the opportunity to create and perform own work.</li> <li>✓ To be able to provide feedback using the correct dance terminology and will be able to use this feedback to improve their work.</li> <li>✓ To be able to work safely with each other and show respect towards others.</li> </ul>	
<p>Rounders PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball.</li> <li>✓ To know how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions.</li> <li>✓ To know how to use skills, strategies and tactics to outwit the opposition.</li> <li>✓ To know how to work with a partner and group to organise and self-manage their own games.</li> <li>✓ To know how to play with honesty and fair play when playing competitively.</li> </ul>	<p>Pressure Overtake Tracking Backing up Support Outwit tactics</p>
<p>Athletics PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</li> <li>✓ To know how to think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best.</li> </ul>	<p>Technique Downsweep Upsweep Flight sweep</p>



	<ul style="list-style-type: none"> <li>✓ To know how to improve by identifying areas of strength as well as areas to develop.</li> <li>✓ To know how to lead when officiating as well as observe and provide feedback to others.</li> <li>✓ To know how to learn the following athletic activities: running over longer distances, sprinting, relay, triple jump, shot put and javelin.</li> </ul>	
--	--	--

Year 6	Knowledge	Vocab
Hockey ADVENT	<ul style="list-style-type: none"> <li>✓ To know how to improve their defending and attacking skills playing even-sided games.</li> <li>✓ To know how to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure.</li> <li>✓ To know how to think about how to use tactics and collaborate with others to outwit their opposition.</li> <li>✓ To know how to comment on their own and other's performances and suggest ways to improve.</li> <li>✓ To know the They will also recognise the importance of fair play and honesty while self-managing games.</li> </ul>	Consecutive Formation Consistently Conceding Dictate Turnover Contest
Fitness ADVENT	<ul style="list-style-type: none"> <li>✓ To know how to take part in a range of fitness challenges to test and record their scores.</li> <li>✓ To know how to learn different components of fitness including speed, stamina, strength, coordination, balance and agility.</li> <li>✓ To know how to be given opportunities to work at their maximum and improve their fitness levels.</li> </ul>	Generate force Continuous Measure Flexibility Analyse record



	<ul style="list-style-type: none"> <li>✓ To know how to persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same.</li> <li>✓ To know how to recognise areas in which they make the most improvement using the scores they have collected.</li> </ul>	
<p>Dance LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to focus on developing an idea or theme into dance choreography.</li> <li>✓ To know how to work in pairs and groups using different choreographing tools to create dances e.g. formations, timing, dynamics.</li> <li>✓ To know how to create opportunities to choreograph, perform and provide feedback on dance.</li> <li>✓ To know how to use movement to convey ideas, emotions, feelings and characters.</li> <li>✓ To know how to show an awareness of keeping others safe and will have the opportunity to lead others through short warm ups.</li> </ul>	<p>Choreograph Phrase Contrast Structure Fluently connect</p>
<p>Basketball LENTEN</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting.</li> <li>✓ To know how to use attacking skills to maintain possession as well as defending skills to gain possession.</li> <li>✓ To know how to be encouraged to work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition.</li> </ul>	<p>Consecutive Formation Consistency Conceding Dictate Turnover Contest shutdown</p>



	<ul style="list-style-type: none"> <li>✓ To know the importance of fair play and honesty while self-managing games, as well as developing the ability to evaluate their own and others performance</li> </ul>	
<p>Rounders PENTECOST</p>	<ul style="list-style-type: none"> <li>✓ To know how to develop the quality and consistency of their fielding skills and understanding of when to use them such as throwing underarm and overarm, catching and retrieving a ball. T</li> <li>✓ To know how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions.</li> <li>✓ In all game's activities, to think about how they use skills, strategies and tactics to outwit the opposition.</li> <li>✓ To know how to work with a partner and group to organise and self-manage their own games.</li> <li>✓ To know to play with honesty and fair play when playing competitively</li> </ul>	<p>Obstruction Consecutive Consistently Continuously Cooperatively Drive hit Defensive hit</p>
<p>Athletics</p>	<ul style="list-style-type: none"> <li>✓ To know how to set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</li> <li>✓ To know how to think about how to achieve their greatest possible speed, distance or accuracy and learn how to persevere to achieve their personal best.</li> <li>✓ To know how to improve by identifying areas of strength as well as areas to develop.</li> <li>✓ To know how to lead when officiating as well as observe and provide feedback to others.</li> <li>✓ To know how to following athletic activities: long distance running, sprinting, triple jump, discus and shot put.</li> </ul>	<p>Force Rotation Compete Trajectory Momentum Continuous pace Momentum Transfer of weight</p>