



Toddington St. George C of E School

Curriculum Intent – Knowledge Builder

Physical Education			
<p>Subject Intent Statement: Our intent is to inspire and allow all whatever their starting points pupils to participate, succeed and excel in competitive sport and other physically demanding activities.</p> <p>We aim to provide opportunities for children to enjoy activity and become physically confident in order to support their health, wellbeing and fitness. We aim to provide wide ranging opportunities for children to compete in sport and other activities, to build character and help embed values such as fairness, resilience, perseverance and respect. We want all our pupils to leave our schools physically literate and confident in their own physical abilities.</p>			
Year 1	Year 2	Year 3	Year 4
<p>Key knowledge Pupils will learn how to: -</p> <p>Master basic movements including running, jumping, throwing and catching,</p> <p>Move with an awareness of space</p> <p>Move in a variety of ways with coordination</p> <p>Move in different directions with coordination</p> <p>Recognize what a good warm up should include</p> <p>copy movements</p>	<p>Key Knowledge Pupils will learn how to: -</p> <p>Perfect basic movements through practice</p> <p>Use simple tactics for attacking and defending</p> <p>Move in a variety of ways and in different directions with coordination and spatial awareness</p> <p>Combine several movements to create a simple dance</p>	<p>Key Knowledge: Pupils will learn how to: -</p> <p>Run, jump, throw and catch in isolation and in combination</p> <p>Play competitive games and apply basic principles suitable for attacking and defending</p> <p>Develop flexibility strength, technique, control and balance</p> <p>Use learnt technique when travelling, balancing and using equipment</p> <p>Use a range of movement patterns and memorize a sequence</p> <p>Take risks in a safe and controlled environment.</p>	<p>Key Knowledge: Pupils will learn how to: -</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders, tag rugby and tennis]</p> <p>Perform dances using a range of movement patterns</p> <p>Use a variety of gym equipment</p> <p>Perfect running techniques</p> <p>Perfect throwing and catching technique and accuracy.</p> <p>Take risks in a safe and controlled environment.</p>
Key Skills	Key Skills	Key Skills:	Key Skills:

<p>Say what is good about a performance</p> <p>Begin to use ICT to video a performance.</p> <p>Subject specific Dance Copies and remembers simple dance movements</p> <p>Begins to link movement to sound.</p> <p>Gymnastics Jumps off an object and lands appropriately.</p> <p>Travels with confidence and skill around, under, over and through balancing and climbing equipment.</p> <p>Handles equipment and tools safely and with coordination and can perform different body shapes. .</p> <p>Games Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles.</p> <p>Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</p> <p>Athletics Jumps from a standing position</p> <p>Runs at different speeds</p> <p>Performs a variety of throws with basic control</p>	<p>Use ICT to video a performance and review this to self-evaluate and begin to improve a performance.</p> <p>Subject specific Dance Copies and explores movement with developing control</p> <p>Varies levels and speed in sequence.</p> <p>Varies the size of their body shape</p> <p>Responds imaginatively to stimuli</p> <p>Describes a short dance using appropriate vocabulary</p> <p>Gymnastics Explores and creates different pathways and patterns</p> <p>Uses equipment in a variety of ways to create a sequence</p> <p>Links movement together to create a sequence and continues to develop a range of jumps.</p> <p>Games Confidently sends a ball to others in a range of ways</p> <p>Beginning to develop own games with peers</p> <p>Understands the importance of rules in games</p> <p>Develops simple tactics and use them appropriately</p> <p>Beginning to develop an understanding of attacking and defending.</p>	<p>Compare their performances with previous ones using It as appropriate Demonstrate improvement to achieve their personal best</p> <p>Subject specific Dance Begins to improvise independently or with a partner to create a simple dance</p> <p>Begins to adapt movements and motifs to create a longer sequence</p> <p>Gymnastics Applies compositional ideas individually and with a partner to create a sequence</p> <p>Copies, explores and remembers a variety of movements and uses these to create a sequence.</p> <p>Uses turns while travelling in a variety of ways</p> <p>Begins to show flexibility in movements</p> <p>Games Understands tactics and how they respond to an opponent</p> <p>Varies skills, actions and ideas to suit different games. Hi-5 Tennis</p> <p>Begins to communicate with team members. Hi-5.</p> <p>Works with a group to develop various games. Minor Games</p> <p>Begins to understand how to compete in a controlled manner.</p>	<p>Uses subject specific language and careful analysis to compare and modify performance</p> <p>Subject specific Dance Confidently improvises with a partner or individually.</p> <p>Beginning to create a larger dance in a larger group. Beginning to vary dynamics and develop actions and motifs.</p> <p>Demonstrates rhythm and spatial awareness.</p> <p>Gymnastics Develops flexibility, strength, technique, control and balance</p> <p>Links skills with control, technique and fluency.</p> <p>Understands composition and performs more complex sequences.</p> <p>Combines equipment with movement to create sequences.</p> <p>Games Uses running, jumping, throwing and catching in isolation and in combination</p> <p>Applies basic principles suitable for attacking and defending</p> <p>Shows confidence in using ball skills in a variety of ways and can link these e.g. dribbling, bouncing, kicking.</p>
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<p>Healthy lifestyles Recognizes how exercise affects the body.</p>	<p>Athletics Changes speed and direction while running</p> <p>Jumps from a standing position with accuracy</p> <p>Performs a variety of throws with control and coordination</p> <p>Uses equipment safely</p> <p>Healthy lifestyles Describes the effect exercise has on the body</p> <p>Can explain the importance of exercise in a healthy lifestyle.</p>	<p>Begins to select resources independently to carry out different skills.</p> <p>Athletics Begins to run at the speed appropriate for the distance.</p> <p>Performs a running jump with some accuracy.</p> <p>Performs a series of throws with some accuracy.</p> <p>Can use equipment safely and with control.</p> <p>Outdoor adventurous activity Develops listening skills</p> <p>Thinks activities through and applies problem-solving skills.</p> <p>Discusses ideas in a group</p> <p>Applies understanding of how to keep safe.</p> <p>Swimming Perform safe self-rescue in different water based situations</p> <p>Learns to use different strokes for example, front crawl, backstroke or breaststroke.</p> <p>Healthy lifestyles Can explain the importance of regular activity.</p> <p>Understands the need to warm up and cool down</p>	<p>Takes part in competitive sports with strong understanding of tactics and composition. Unihoc, Hi-5. Kwik Cricket.Tennis.</p> <p>Can create their own games using knowledge and skills.</p> <p>Athletics Beginning to build a variety of running techniques</p> <p>Performs a running jump with more than one component.</p> <p>Demonstrates accuracy in throwing and catching</p> <p>Uses equipment safely and with good control.</p> <p>Outdoor adventurous activity Demonstrates strong listening skills</p> <p>Uses a simple map</p> <p>Ability to think around a problem and find a solution</p> <p>Communicates effectively with group members.</p> <p>Applies safety rules.</p> <p>Swimming Perform safe self-rescue in different water based situations</p> <p>Swim competently, confidently and proficiently over a longer distance.</p> <p>Use a range of strokes, for example, front crawl, backstroke and breaststroke.</p>
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<p>Key Vocabulary Pushing, kicking, throwing, catching, patting, jump, run, gallop, skip, climb, space, exercise, control, speed, obstacle, movement, performance, pattern</p>	<p>Key Vocabulary Agility, coordination, tactic, attack, defend, pattern, pathways, travelling, position, competition, dribbling, bouncing</p>	<p>Key Vocabulary: All vocabulary from KS1 plus: -</p> <p>KS2: Athletics, gymnastics, improvise, sequence, devise, motif, composition, flexibility, core strength, balance</p>	<p>Key Vocabulary: badminton, basketball, cricket, football, hockey, netball, rounders, tag rugby and tennis component, communicate, accuracy, technique, modify, improve</p>