



Westgate Primary School

Physical Education Key Knowledge Overview

YEAR 1	YEAR 2	YEAR 3	YEAR 4	YEAR 5	YEAR 6
<p><u>Dance</u></p> <ul style="list-style-type: none"> Know that dance includes different components such as travel, gesture and a stillness. Know and understand the meaning of travel, gesture and stillness. Travel : <i>run, skip, hop, gallop, bear walk, crab walk.</i> Gesture: <i>hand clap, head nod, shoulder tap, foot tap, facial expressions</i> Stillness: <i>stand still, sit still, kneel, freeze frame shape, a pair freeze</i> 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Know how to link actions that express mood, ideas or feelings. Know how to sequence a dance routine using travel, turn, gesture and stillness Turn: <i>on feet, spin, jump, on bottom, on knees, on hands, turn quarter/half, roll</i> 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Know what travel, turn and gesture are. Know how to link the above to create a story 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Know how to create a sequence that has a narrative and expression. Know what it means by "talk about improvements for your performance" 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Know how to create a successful sequence with a partner that shows a character's emotions. Know how to make their performance better after evaluating. 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Know how to create successful sequence with a range of movement patterns in a small group of 4-6 children. Know how to provide helpful ideas to other groups' performances.
<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Know that gymnastics includes movements such as travelling, jumping, rolling and balancing. Travelling: <i>over different apparatus and different ways</i> <p>Jumping: <i>2 feet 2, 2 - 1, 1 - 2</i></p> <p>Rolling: <i>egg roll and pencil roll</i></p>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Know that gymnastic routines include movements such as jump, travel, roll and a balance. Travelling: <i>over different apparatus and different ways</i> <p>Jumping: <i>2 feet 2, 2 - 1, 1 - 2, tuck jump</i></p> <p>Rolling: <i>egg roll and pencil roll</i></p>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Know that gymnastic routines include travelling, jumping, rolling and balancing. Travelling: <i>over different apparatus and different ways</i> <p>Jumping: <i>2 feet 2, 2 - 1, 1 - 2, tuck jump, star jump</i></p> <p>Rolling: <i>egg roll and pencil roll, teddy bear roll</i></p> <p>Balancing: <i>three points of</i></p>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Know that gymnastic routines include travelling, jumping, rolling and balancing. Travelling: <i>over different apparatus and different ways</i> <p>Jumping: <i>2 feet 2, 2 - 1, 1 - 2, tuck jump, star jump</i></p> <p>Rolling: <i>egg roll and pencil roll, teddy bear roll</i></p> <p>Balancing: <i>three points of</i></p>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Know that gymnastic routines include travelling, jumping, rolling and balancing. Travelling: <i>over different apparatus and different ways</i> <p>Jumping: <i>2 feet 2, 2 - 1, 1 - 2, tuck jump, star jump</i></p> <p>Rolling: <i>egg roll and pencil roll, teddy bear roll</i></p> <p>Balancing: <i>part weight</i></p>	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Know that gymnastic routines include travelling, jumping, rolling and balancing. Travelling: <i>over different apparatus and different ways</i> <p>Jumping: <i>2 feet 2, 2 - 1, 1 - 2, tuck jump, star jump</i></p> <p>Rolling: <i>egg roll and pencil roll, teddy bear roll</i></p> <p>Balancing: <i>part weight</i></p>

<p>Balancing: <i>three points of contact at all times</i></p>	<p>Balancing: <i>three points of contact at all times</i></p>	<p><i>contact at all times.</i></p> <ul style="list-style-type: none"> • Know how to create a 6 part sequence. 	<p><i>contact at all times.</i></p> <ul style="list-style-type: none"> • Know how to create a 6 part sequence with a partner. • Know how to evaluate own performance and what evaluate means. 	<p><i>roll</i> Balancing: <i>part weight bearing/paired, counter tension and counter balance.</i></p> <ul style="list-style-type: none"> • Know what part weight bearing/paired, counter balance and counter tension means. • Know how to evaluate performance using a given success criteria. 	<p>bearing/paired, counter tension and counter balance.</p> <ul style="list-style-type: none"> • Know how to create an 8 part sequence in a group of 4. • Know how to use success criteria to evaluate and suggest improvements.
<p><u>Games/FMS</u></p> <ul style="list-style-type: none"> • Know the difference between <i>underarm</i> and <i>overarm</i> throwing • Know the different ways to travel and change direction : <i>running, hopping, dodging, swerving</i> 	<p><u>Games/FMS</u></p> <ul style="list-style-type: none"> • Know the difference between catching a small and large ball • Know when to throw a ball in a game situation (when a person is in a space, free) 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Know what attacking means. • Know what defending means. • Know how to throw a netball, push or bounce. • Know how to hold a tennis racquet. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Know how to be successful in a game situation • Know how to attack and how to defend to become successful. • Know how to move a ball in basketball. • Know how to hold a cricket bat. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Know what tag rugby is. • Know how to hold a rugby ball. • Know that you cannot pass backwards in rugby. • Know how to score in tag rugby • Know how to hold a cricket bat. • Know how to score in cricket. 	<p><u>Games</u></p> <ul style="list-style-type: none"> • Know how to improve performance to become successful. • Know how to defend and how to attack in a competitive game. • Know how to play competitive games. • Know how to hold a hockey stick. • Know how to move a ball in hockey, push, slap or hit. • Know how to throw a netball (push and bounce pass) • Know each of the positions in netball and their responsibilities. • Know how to hold a rounders bat.

					<ul style="list-style-type: none"> • Know when to run in rounders.
<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Know that you can throw for both distance and accuracy • Know that you can jump using different techniques: 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 2 feet. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Know that you can jump using different techniques: 2 feet to 2 feet, 2 feet to 1 foot, 1 foot to 2 feet. • Know how to jump for distance using above techniques • Know the difference between throwing for accuracy and throwing for distance. Know which technique would be best to use, underarm, overarm or push. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Know what a baton is. • Know how to hold the baton. • Know how to pass the baton to another person. • Know to throw using the techniques: sling, push and pull. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Know how to evaluate their performance in running, throwing and jumping. • Know how to evaluate and improve a relay performance. • Know which equipment to select to perform a successful throw. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Know how to throw for distance using the pull technique (javelin) • Know what a javelin is. • Know how to run for speed and distance. • Know how to conserve energy to run for longer periods of time. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Know what a shot put is. • Know what a discus is. • Know how to hold a shot put • Know how to hold a discus • Know how to throw/push a shot put for distance.
<p><u>OAA</u></p>	<p><u>OAA</u></p>	<p><u>OAA</u></p>	<p><u>OAA</u></p> <ul style="list-style-type: none"> • Know what 'Outdoor and adventurous activities' mean. • Know what orientate means • Know what a map is 	<p><u>OAA</u></p> <ul style="list-style-type: none"> • Know what 'Orient' and 'Orienteering' means. • Know what a map is. • Know what a control point is. • Know what symbols are on a map. • Know what an orienteering course is. • Know how to orient a map and find a control. 	<p><u>OAA</u></p>

<u>Swimming</u>	<u>Swimming</u>	<u>Swimming</u> <ul style="list-style-type: none">• Know what swimming is.• Know the different techniques: <i>breaststroke, front crawl and backstroke.</i>• Know what a 'safe rescue' is.• Know how long 25m and know how to swim up to at least that distance.	<u>Swimming</u>	<u>Swimming</u>	<u>Swimming</u>
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