



Hawes Primary School – PE Curriculum Framework



PE Elements we will cover: Athletics Dance, Gymnastics, Multi – Skills/Games, Swimming and Teamwork/healthy participation.

The 3 pillars of knowledge in PE we will work through: motor competence, rules, strategies and tactics and healthy participation.

Subject: PE		Nursery/Reception/KS1	LKS2	UKS2
Year A	<i>Autumn term</i>	Multi-skills – develop physical skills appropriate to the task. Team work games	Tag Rugby Health and Fitness Swimming	Tag Rugby Health and Fitness Swimming
	<i>Spring term</i>	Gymnastics – use and remember sequences and patterns of movement. Dance	Gymnastics Netball – net and wall games Dance	Gymnastics Netball – net and wall games Dance
	<i>Summer term</i>	Dance – street dance Multi – skills, ball games and small team games.	Dance – street dance Striking and fielding Athletics	Dance – street dance Athletics Rounders
Year B	<i>Autumn term</i>	Gymnastics – develop large movement. Multi-skills	Swimming Invasion games – football	Swimming Invasion games – football
	<i>Spring term</i>	Dance Games – use one handed tools (rackets)	Gymnastics – travelling and balances Dance – street dance	Gymnastics – travelling, balances and remembering a sequence. Dance – street dance
	<i>Summer term</i>	Multi – skills, ball games and small team games. Fundamental skills – running, jumping, co-ordination, balance, agility, throwing and catching.	Hockey – invasion games Athletics	Hockey – invasion games Athletics

PE Essential Knowledge and Skills Progression Framework

From our Vision:

- **We are not just a school – we take learning to different places**
- **We aim for our children to be safe, happy and prepared for life in an ever-changing world.**

Our Curriculum Drivers enabling pupils to flourish in Physical Education:

- **Wellbeing**
 - **Positive attitudes.**
 - **Working together.**
 - **Respecting and valuing others.**
 - **Displaying sportsmanship to others.**
 - **Being outside and enjoy healthy participation.**
- **Community**
 - **Using expertise outside of the classroom,**
 - **Showing respect to others at school events.**
- **Adventure**
 - **Taking learning outside the classroom and building the knowledge and skills to do this.**
- **Knowledge of the world/Global Awareness**
 - **Awareness of different sports played around the world.**
 - **Develop an understanding of different rules for games in different countries.**

Athletics							
Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
				Know how to: <ul style="list-style-type: none"> • Begin to perform 'FAST' technique. • Throw a javelin/vortex using correct stance, rotating hips forward. • Perform a hop, step and jump (standing triple jump) in isolation and in combination. • Develop running for distance in warm ups • Develop relay change over techniques. • Run and take off over obstacles at some speed. 		Know how to: <ul style="list-style-type: none"> • React quickly and accelerate over short distances. • Throw a javelin/vortex/ tennis ball using correct stance, rotating hips forward with good height and distance. • Perform a variety of jumps (Long jump and triple jump) and measure for distance. • Develop pace when running longer distance. • Pass a relay baton with control and timing in pairs change over. • Run and jump over hurdles with fluency. 	
				<ul style="list-style-type: none"> • Perform 'FAST' technique confidently when sprinting. • Throw a javelin/vortex with height and distance. • Perform a hop, step and jump (standing triple jump). • Pass a relay baton with control with a partner in adapted games. • Develop running for distance in warm ups, increasing with each lesson. 		<ul style="list-style-type: none"> • Accelerate quickly with speed and control in movement – timed/competitive races. • Throw a javelin/vortex /shot put safely, with accuracy and power. • Perform a jump for distance, varying techniques to improve performance. • Pass a relay baton in competitive situations (timed). • Develop long distance running- learning how to pace and show good technique. 	

				<ul style="list-style-type: none"> Run and jump over hurdles with fluency and speed, improving time to achieve a personal best.
Key Vocabulary:	Key Vocabulary:	Key Vocabulary:	Key Vocabulary: Sling, Pull, Distance, Sprint, Steady pace, Accuracy, Height, Record, Joints, Rhythm, Leading leg, Measure, Underarm, Overarm, Heartbeat, Pulse rate, Jogging, Walk, Hurdles, Landing, Control, Preferred, Landing foot, Time, Stamina, Obstacles, Stance, Diagonal, Approach, Speed, Relay	Key Vocabulary: Team, Height, Target, Pacing, Rhythm, Obstacles, Hurdles, Throwing, Speed, Accuracy, Take off, Projectory, Release, Performance, Accuracy, Take off, Distance, Target, Time, Position, Control, Height, Run up, Hurdles

Dance							
Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know how to:</p> <ul style="list-style-type: none"> • Moving in time to happy and sad music. • Experiment with actions at different levels. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Experiment with different ways of moving • . Moving around as different characters or animals to the music. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Listen to the music and begin to move in time to it. • Perform basic dance movements. • Perform dance movements showing some levels. • Perform basic dance travelling movements e.g. stepping, skipping, jumping. • Perform simple dance moves with some control. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Move in time to the music showing some expression. • Perform dance movements with control. • Perform dance movements showing a variety of levels. • Perform dance movements showing travelling in different directions e.g. sliding, turning, gesturing. • Remember simple dance steps, perform with control in time to the music. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Collaborate to make a dance warm up. • Use a stimulus to create a dance. • Dance in unison with a partner. Perform in canon with a group. • Use some different levels and pathways. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Cooperate to make a dance warm up and take on a leadership role. Respond imaginatively to a stimulus. • Dance in unison with a partner/group performing a range of movement patterns. • Perform in canon showing a range of movement patterns. • Perform a variety of levels and pathways in a dance. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Co-operate and collaborate to create a warm up displaying a variety of movement patterns. • Translate ideas from a stimulus showing control and fluency. • Dance in unison in a group keeping in time with each other. • Dance in canon showing good timing. • Perform using a variety of levels and using the space. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Co-operate, communicate and collaborate with a group to make up a warm up with good rhythm and timing. Translate ideas from a stimulus into movement showing expression, precision, control and fluency. • Dance in unison in a group showing good timing, energy and strength. • Use levels, travelling and space with timing and musicality. • Dance in canon in a group showing good timing, energy and strength.
<p>Key Vocabulary: Travelling - slither, gallop, shuffle, roll, crawl Actions - lead, follow copy Body parts Co-operation - share, wait, before, after.</p>	<p>Key Vocabulary: Body actions e.g. stretching, curling, reaching, twisting, turning Movement - strong, gentle, heavy, floppy Space - between, through, above.</p>	<p>Key Vocabulary: Movement, Control, Speed, Level, Sequence, Unison, Cannon Travel and stillness - gallop, skip, jump, hop, bounce, spring, turn, spin, freeze, statue Direction - forwards, backwards, sideways, near, far, in and out, on the spot, own, beginning, middle, end</p>	<p>Key Vocabulary: Create, Combination, Sequence, Space, Improvisation, Repetition, Adapt, Motifs, Pattern, Evaluate, Improve, Agility, Flexibility, Strength, Balance, Rhythm, Timing, Perform, Heart Rate Spatial awareness, Repeat, Dance, Character, Repetition, Action,</p>	<p>Key Vocabulary: Dance phrase, Technique, Formation, Pattern, Rhythm, Expression, Modify, Pace, Action, Reaction, Interpret, Exploration, Technique, Evaluate, pulse Dance style, Fluency, Travelling, Technique, Formation, Pattern, Variation, Improvisation, , Action,</p>			

<p>Direction – forwards, Backwards</p>		<p>Mood and feelings - happy, angry, calm, excited, sad, lonely Levels high, medium, low, fast, slow curved, zigzag, Rhythm, Co-ordination, Pattern, Stimulus, Copy, warm up/cool down</p>	<p>Reaction, Pattern, Movement, Evaluate, Improve, Agility, Flexibility, Strength, Technique, Control, Balance, Stimulus, Motifs, Dynamics.</p>	<p>Dynamics, Phrase, Interpret, Exploration.</p>
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Games/Multi Skills							
Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know how to:</p> <ul style="list-style-type: none"> • Move and stop safely. • Throw a beanbag underarm. • Catch a beanbag with both hands. • Kick in different ways, kicking the ball using both feet (not at the same time) left foot, right foot-use different parts • Roll different types of balls e.g. into spaces, against a wall, against a bench • Experiment using bats with bean bags and soft sponge balls • Experiment standing square on, sideways on, on one foot.e.g when rolling, throwing a ball. • Think of ways to get past a partner e.g. when dribbling. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Play a variety of running and avoiding games, running and changing direction at speed. • Explore different ways of moving including skipping, walking, running, and jumping. • Throw in different ways, underarm, overarm and overhead. • Explore different ways of sending/passing a ball, bean bag using hands, equipment against a wall. • Experiment using racquets with bean bags, sponge balls, tennis balls, air flow. • Know some simple game tactics and ways of dodging an opponent <p>Know the best position for throwing and catching a ball.</p>	<p>Know how to:</p> <p>Move and stop with and without a ball e.g. when dribbling a football, bouncing a ball.</p> <ul style="list-style-type: none"> • Throw and catch with increased control and co-ordination. • Dribble the ball along the ground in and out of objects e.g. cones, kicking the ball towards a target. • Know the grips for using both bats and racquets. • Choose, use and vary simple tactics. • Demonstrate control over movements and show good co-ordination. • Developing skipping, walking, running, and jumping skills. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Dribble the ball with once hand with some control in game situations. • Dribble a ball with feet with some control in game situations. • Use a variety of throwing techniques, such as over and under arm. • Catch a ball passed to them using one or two hands with some success. • Receive a ball sent to them using different parts of the foot. • Strike a ball with varying techniques. • Understand attacking and defensive tactics. • Play games that involve working as a team, keeping possession and scoring in targets. • Remain in control of a ball while travelling and stopping. • Throw and catch accurately. • Catch with one hand. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Change speed and direction while travelling with a ball. • Throw with control when under increased pressure. • Catch with one hand with control when under increased pressure. • Developing shooting skills into goals working on accuracy. • Know how to pass to make it difficult for opponent to receive the ball e.g. bounce pass underarm to get past a player • Developing hitting the ball on different sides of the body. • Develop the range and consistency of skills. • Vary tactics and adapt skills according to what is happening. <p>Change speed and direction with control and accuracy while travelling with a ball.</p> <ul style="list-style-type: none"> • Vary strength, length, height and direction of throw with accuracy. • Catch successfully and consistently when under pressure. 			

			<ul style="list-style-type: none"> • Kick the ball towards large and small targets. • Improve accuracy of passes and understand where to stand when receiving e.g. closer together for underarm, further apart for overarm throw. • Develop racquet and ball skills- hitting the balls against a wall or at a partner. • Demonstrate precision of movement and co-ordination. • Understand and use attack and defence tactics. • Understand rules about the games and know what rules are needed to make games fair. 	<ul style="list-style-type: none"> • Link dribbling, passing and shooting skills. • Know how to make it difficult for an opponent using speed, height and direction of ball. • Develop passing skills using correct technique. • Develop the range, accuracy, precision and consistency of skills. • Understand and choose the best tactics for attacking and defending. • Explain complicated rules. • Participate in more complex team games and lead others in a game situation
Key Vocabulary: Walking, Running, Throwing, Fast, slow, Catching, Rolling Space,	Key Vocabulary: Pushing, Patting, Kicking, Bounce, Control Co-ordination, Bounce, Body parts	Key Vocabulary: Jumping, Rolling, Striking, Opposite team, Speed Direction, Passing, Shooting, Scoring, Participate Avoiding, Accuracy, tracking a ball, Rolling, Striking, Overarm throw, Chest pass, Bounce pass, Bouncing, Catching, Free space, Own space, Opposite, Team, Rebound, Follow, Aiming, Speed, Direction, Passing, Controlling, Shooting, Scoring, Participate, Co-ordination, Technique, Combinations, Rules, Tactics.	Key Vocabulary: Defending, Attacking, Travel, Bouncing, Possession, Co-operation, Scoring, Batting, Space, Pass, Dribble, Team, Points, Goals, Rules, Tactics, Fielding, Bowler, Wicket, Innings, Rounder, Backstop, Court, Target, Net, Striking, Pitch, heart rate, Possession, Scoring, Space, Pass/send/receive Striking, Bowling, Throwing Fluency, Competition, Technique, Partner, Points, Goals, Rules, Batting, Fielding, Base, Boundary.	Key Vocabulary: Competition, Create, Decisions, Passing, Shooting, Shield ball, Support, Marking, Repossession, Attackers, Defenders, Team play, Batting, Tee, Base, Boundary, Innings, Rounder, Backstop, Pitch, Forehand, Backhand, Volley, Overhead, Singles, Doubles, Rally pulse/ recovery

Gymnastics							
Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Know how to:</p> <ul style="list-style-type: none"> • Make their bodies tense, relaxed, curled and stretched. • Roll, travel, balance and jump in different ways. • Climb on and off the equipment, with support from an adult. • Copy and repeat short sequences. • Balance while stationary and on the move. 	<p>Know how to:</p> <p>Experiment with different shapes.</p> <p>Experiment with different ways of rolling in small shape.</p> <p>Experiment with different jumps.</p> <p>Experiment with balancing on different body parts.</p> <p>Moving along the floor in different ways like aliens sliding, rolling, stretching etc.</p> <p>Show a start shape, middle and finishing shape (beginning of a sequence).</p> <p>Moving on and off apparatus safely.</p>	<p>Know how to:</p> <ul style="list-style-type: none"> • Perform various shapes. • Perform basic jump (straight jump, Star jump). • Perform a tuck rock and a tuck roll and rocket roll with pointed toes. • Perform a simple balance holding for 3 seconds. • Perform a bunny hop- hands first then feet. • Perform a basic sequence (roll, jump and roll). • Moving on and off apparatus with control. <ul style="list-style-type: none"> • Can perform shapes with a strong body and control. • Perform jumps (straight, star, tuck jump) with control and a strong body. • Perform a tuck rock, tuck roll, forward roll and dish/arch roll. • Perform a balance on one or more parts of body. • Perform a bunny hop – hands flat with straight arms. • Perform a sequence on apparatus– (roll, jump and balance). • Moving on and off apparatus with strong body and control. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Perform a straight jump with a half turn. • Can perform a variety of shapes with good control. • Perform a short sequence on mats (using levels directions control). • Hopscotch on throw down feet- introduction to hurdle step onto apparatus. • Perform a Teddy bear roll. • Perform Point and Patch balances. • Perform a bunny hop across a mat run and onto/across low benches and apparatus. • Can perform a variety of shapes with good control when performing various skills. • Perform various jumps and develop travelling across the mat. • Teddy bear roll with a partner/group in sequence with pointed toes. • Perform matching and mirroring balance routines on apparatus. • Perform a bunny hop onto a variety of apparatus with control. • Perform a short sequence on mats and apparatus showing levels, unison, and pointed toes. • Hopscotch across the floor to develop hurdle step onto low apparatus. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Can perform complex shapes with control and some flexibility. • Perform more complex jumps, tuck, pike and a scissor kick. • Perform a T-roll Perform symmetrical and asymmetrical balances. • Perform a 'squat on and squat off' on various apparatus. • Link skills to create a sequence with Fluency. Co-operate, communicate and collaborate with others. • To perform a hurdle step on the floor/springboard. • Cartwheel on the floor using various apparatus. <ul style="list-style-type: none"> • Can perform complex shapes when performing. Sequences and skills with flexibility. • Perform more complex jumps and travelling on and off apparatus, tuck, pike and leaps scissor kick and cat leap. • Side star roll, T-roll (with pointed toes), backwards roll. • Perform various balances counter balance and counter tension. • Perform a 'squat on and squat off' apparatus with a run up (with or without a spring board). • Compete in teams to win points with sequences and a vault competition. 			

				<ul style="list-style-type: none"> • Perform a hurdle step on the floor/springboard and onto apparatus. • Inverted skills shoulder stand, cartwheel, teddy bear roll, head stand, handstand.
Key Vocabulary: Straight, Pike, Tuck, Straddle, Star,	Key Vocabulary: Shape, Curl, Roll, Position, Body parts, Travel, Balance, Jump	Key Vocabulary: Stretch, balance, tension, zig-zag, travelling, jumping, climbing, repeat, sequence, space, perform, adapt, direction, speed, levels Shapes -Pike, Star, Straddle, Straight, Tuck Landing Health and fitness – warm up/ cool down Speed, Compose, Movements, Position, Extend, Travel, Combinations, Demonstrate, Repeat, Create Point, Level, Smooth, Sequence	Key Vocabulary: Flow, Explosive, Symmetrical, Asymmetrical, Combination, Evaluate, Improve, Stretch, Refine, Adapt, Contrasting, Curled, Stretched, Suppleness, Strength, Inverted, Jump, Land, Over, Under Agility, Strength, Technique, Control, Balance, Shapes-, arch, back support, Front support, shoulder stand, bridge Health and fitness – warm up/ cool down/heart rate Degrees, Balance, Forwards, Backwards, Combine, Rotation, Against, Towards, Across, Height, Stamina, Speed, Level, Wide, Tucked, Straight, Twisted, Constructive, Points, Twist, Turn, Safety, Refine Partner balances level 1 – steps, knees, thighs, shoulders, counter balance	Key Vocabulary: Dynamics, Combination, Contrasting, Mirroring, Matching, Accurately, Refine, Evaluate, Asymmetry, Performance, Create, Symmetry, Refinements, Assessment, Muscles, Joints, Explore, Rotation, Spin, Turn Partner balances level 2 - ankles, high legs, high knees, thighs without support, Take-off, Flight, pulse/ recovery, Co-operate, Audience, Elements, Twist, Refine Aesthetically, Criteria, Extension, Tension, Inverted, Judge, Canon, Counter-tension, Counter-balance Criteria, Performance, Imaginative, Parallel, Creativity, Flight, Timing, Agility, Strength, Technique, Balance, Evaluate.

Swimming							
Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
				<p>Know how to:</p> <ul style="list-style-type: none"> • Enter and exit the pool in a correct and safe manner by the poolside steps. • Breathing technique – blowing bubbles, face in water and begin to develop technique with float. • Gain confidence in water through walking/ moving unaided in pool. • Attempt to swim 5-10 metres with or without an aid e.g. woggle/float. • Gain knowledge of water safety and attempt self-rescue using skills e.g. pyjama rescue in shallow water. 	<ul style="list-style-type: none"> • Enter the pool safely by jumping in or sliding in on front. • Exit the pool by the poolside steps or climbing out. • Be confident enough to be able to swim across the pool without stopping. • Begin to show breathing technique when performing various strokes with and without a float. • Swim competently and confidently across the pool using various strokes front crawl, breaststroke and backstroke. 	<p>Know how to:</p> <ul style="list-style-type: none"> • Enter the pool by jumping or diving (at the deep end) safely. Exit the pool by climbing out. • Swim confidently using various strokes on the surface and under the water. • Use advanced breathing techniques in all strokes. • Swim competently and confidently using correct stroke techniques e.g. front crawl, breast stroke, backstroke and butterfly. • Be able to swim over 15m. • Confidently perform safe self-rescue skills in deep water. 	<ul style="list-style-type: none"> • Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. • Swim competently, confidently and proficiently over a distance of at least 25 metres. • Perform safe self-rescue in different water-based situations.

			<ul style="list-style-type: none">• Be able to swim at least 25 metres.• Perform safe self-rescue in water-based situations e.g. pyjama rescue, float aids in deep water etc.	
Key Vocabulary:	Key Vocabulary:	Key Vocabulary:	Key Vocabulary: Shallow, Deep, Turning, Rolling, Metres, Glide, Front, Back, Style, Horizontally, Vertically, Front crawl, Float	Key Vocabulary: Metres, Submerge Horizontally, Vertically, Back stroke, Breast stroke, Independence, Rescue

Teamwork/healthy participation								
Nursery	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
<p>Know how to:</p> <ul style="list-style-type: none"> • Be confident to show skills as a solo performance. • Start talking about their movements to others. • Start describing how their body feels before and after exercise. • Be able to take turns. • Learn to share equipment with others. <p>Have confidence to try new tasks and challenges.</p>		<p>Know how to:</p> <ul style="list-style-type: none"> • Be confident to show skills as a pair or group performance • Work with a partner or small group to create a short sequence • Suggest about how to improve their performance, with support. <p>Experience and accept winning and losing games.</p> <ul style="list-style-type: none"> • Describe how their body feels during different activities and explain what their body needs to keep healthy. • Suggest on how to improve their performance and performances of others, independently. • Work well as part of a small team. • Participate in small group games. 		<p>Know how to:</p> <ul style="list-style-type: none"> • Explain why it is important to warm-up and cool-down. • Work co-operatively with a partner and group to improve their performance. • Know, understand and use rules fairly to keep games going. • Make suggestions on how to improve my performance and performances of others using the correct terminology. • Identify some muscle groups used in an activity. • Use appropriate language to describe what they do well in a game and what they need help with and what they need to practise. 		<p>Know how to:</p> <ul style="list-style-type: none"> • Make suggestions on how to improve my own performance and performances of others using correct subject-specific terminology. • Explain why keeping fit is good for health and explain what effect exercise has on the body. • Understand and explain rules about the games. • Participate in team games that require combining skills and varying tactics. • Identify parts that are going well and parts that need improving and know what they need to do to get better at and what to practise. • Explain some important safety principles when preparing for a particular activity. 		
<p>Key Vocabulary: Awareness, Changing, Direction, Instruction, Lesson, Listen, Quick/speed, Uniform</p>	<p>Key Vocabulary: Control, Coordination.</p>	<p>Key Vocabulary: Teamwork, common purpose, achievement, negotiate.</p>		<p>Key Vocabulary: collaboration compromise, selfless.</p>				