

Crawley Ridge Junior School
Subject Specific Overview- PE

	Autumn	Spring	Summer
Year 3	<p>Autumn</p> <p>Fundamentals for invasion games:</p> <ul style="list-style-type: none"> To know 2 strategies to catch a ball successfully (cupping hands, keeping eyes on the ball) To know where to place each hand on a cricket bat To know a fielder retrieves and returns a ball in order to prevent opposing teams scoring. <p>Basic Skills:</p> <ul style="list-style-type: none"> To know that bending your knees and swinging your arms are important in sprinting and long jump To know that the movement of a ball can be controlled by using touches from your hands and feet <p>Cross Country:</p> <ul style="list-style-type: none"> To know that suitable pace is needed for long distance running To lean forward when running uphill and lean back and slow down when running downhill <p>Street Dance:</p> <ul style="list-style-type: none"> To understand that body posture and facial expression are important for street dance To know that the beat is very important in street dance To know how to perform three street dance moves 	<p>Spring</p> <p>OOA (Orienteering and Mapping)</p> <ul style="list-style-type: none"> To know orienteering means finding your way using a map and compass points To know that orienteering needs teamwork and good communication To know a control point is a check point /place on the route to check you are following the directions correctly <p>Gymnastics / Yoga</p> <ul style="list-style-type: none"> To know that breathing is an important part of yoga To know strategies to balance on 1 leg (focus on a point on the floor, hold an arm out) <p>Fundamental movement (Leaping/jumping)</p> <ul style="list-style-type: none"> To know that rolling is form of travel To know that a leap is taking off from one foot and landing on the other. 	<p>Summer</p> <ul style="list-style-type: none"> Net and ball games (striking a ball) To hold a tennis racket with the thumb facing upwards To know to stand sideways on before serving underarm To know that facing and looking at a partner will help the accuracy of passes <p>Athletics (personal best)</p> <ul style="list-style-type: none"> To know that throwing a vortex one handed needs power from the shoulder To know that a personal best is your best result in a particular event To know techniques to improve sprinting (head forward, arm movement, back at an angle) <p>Striking and fielding (cricket workshops)</p> <ul style="list-style-type: none"> To know that the cricket bat protects the wicket To know that the bowler aims for the wicket

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	<ul style="list-style-type: none"> To name one Street Dance crew - Diversity 		
Year 4	<p><u>Autumn</u></p> <p>Swimming</p> <ul style="list-style-type: none"> To know how to perform a safe self-rescue in water To know different types of strokes: front crawl, back stroke and breast stroke <p>Invasion Games and Team Games</p> <ul style="list-style-type: none"> To understand what is involved in being part of a team game To know what it means to intercept a ball To know the role of an attacker and a defender in a game To know the reasons for warming up and cooling down 	<p><u>Spring</u></p> <p>Dance</p> <ul style="list-style-type: none"> To know the term unison means two or more people doing a range of moves at the same time and movement memory helps us to automatically recall movements material. To know a trigger is when another person, part of music or cue is used to trigger a dance move. <p>Gymnastics</p> <ul style="list-style-type: none"> To know the term '<i>linking</i>' is to place actions together in a logical sequence to make them flow. To know that body tension is needed to control balances and movements. To know a quality performance requires: pointing toes, fingers and good posture. To know rolls are a movement for turning on the ground. <p>Invasion Games</p> <ul style="list-style-type: none"> To know that the attacking skills of passing and dodging help you to keep possession of the ball and create space. To know that effective defence uses marking and tackling to prevent the other team from scoring. 	<p><u>Summer</u></p> <p>Striking and fielding</p> <ul style="list-style-type: none"> To know cupping the hands and bringing them towards the chest helps to catch a ball. To know to watch the ball when catching and sticking. To know to make the gap between the sender and receiver shorter to make passing more successful. <p>Net and Wall games</p> <ul style="list-style-type: none"> To know the terms rally means to keep the ball moving between strokes. To know the ball or shuttle cock must be hit at the highest point when serving. <p>Athletics</p> <ul style="list-style-type: none"> To know sprinting is to run at pace over a short distance. To know that the key to a successful relay team is good organisation, timing and communication. <p>OAA</p> <ul style="list-style-type: none"> To know that symbols represent a feature. To know good sportsmanship is to be fair, be respectful and be supportive.

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Year 5	<p>Autumn: Throwing, jumping and running:</p> <ul style="list-style-type: none"> To name the two athletic categories: track and field To name an event from each category To know the difference between track and field events <p>Multi-Skills:</p> <ul style="list-style-type: none"> To name a sport which uses each skill: passing and catching; dribbling; jumping and sprinting <p>Swimming:</p> <ul style="list-style-type: none"> To know how to perform a safe self-rescue in water. To know different types of strokes: front crawl, back stroke and breast stroke. 	<p>Spring: Dance:</p> <ul style="list-style-type: none"> To know 3 different boxercise moves To know 3 different street dance transition moves (how to move from one move to the another smoothly) <p>Health and Fitness:</p> <ul style="list-style-type: none"> To know three reasons for warming up and cooling down: To lessen your risk of injury, to get your body to the optimum temperature for exercise and to improve your performance. <p>Invasion Games:</p> <ul style="list-style-type: none"> To name 3 invasion games: Football, Netball, Hockey To know when to pass and when to dribble <p>Gymnastics/Yoga:</p> <ul style="list-style-type: none"> To name three gymnastic movements (pike, pike roll, round-off, squat, stag jump, split leap) 	<p>Summer: Cross Country:</p> <ul style="list-style-type: none"> To know the three types of pace: effort, race pace and recovery. <p>Net and Wall games:</p> <ul style="list-style-type: none"> To know what a forehand and a backhand stroke is in tennis To know basic rules in tennis: The ball is served with a racquet, the ball has to bounce once before you hit it; the ball is served over the net. <p>Athletics:</p> <ul style="list-style-type: none"> To name three throwing techniques: Overarm, underarm, shoulder pass. <p>Striking and fielding:</p> <ul style="list-style-type: none"> To know how a tactic will benefit the overall strategy To know how to score a rounders match To name three rules to be followed for a successful rounders match
Year 6	<p><u>Autumn</u> Invasion Games:</p> <ul style="list-style-type: none"> To know that attacking is moving the game forward with possession and defending is to To know that 2 key elements required for successful team work during match play are spatial awareness and communication. <p>Health and Fitness:</p>	<p><u>Spring</u> Dance:</p> <ul style="list-style-type: none"> To know that a routine is made up of a sequence of movements that fluently link together. <p>OAA:</p> <ul style="list-style-type: none"> To know how to draw a map for others to follow. To know that plans can be revised and refined after initial testing <p>Striking and Fielding:</p>	<p><u>Summer</u> Net and Wall Games:</p> <ul style="list-style-type: none"> To know that combining several accurate passes can win a game To know that controlling the movement of the ball whilst on the move can win a game <p>Athletics:</p> <ul style="list-style-type: none"> To know that good athletic performance is achieved through accuracy and consistency

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	<ul style="list-style-type: none"> • To know that exercise affects the body in the short term. • To know the life-long benefits of regular exercise. <p>Cross Country:</p> <ul style="list-style-type: none"> • To know that to run longer distances, stamina must be built up over time. 	<ul style="list-style-type: none"> • To know that in order to win a game different striking techniques and accurate movement are required. <p>Gymnastics:</p> <ul style="list-style-type: none"> • To know that a routine can comprise of a sequence of elements including: jumps, rolls, different forms of travel and balances. 	<p>Swimming:</p> <ul style="list-style-type: none"> • To know how to perform a safe self-rescue in water. • To know 3 different types of strokes to swim 25m: front crawl, back stroke and breast stroke
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