



BENNERLEY FIELDS SCHOOL
PE Stage 1 Knowledge and Skills Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
Year 1	Topic: Introduction to PE 1	Topic: Fundamentals 1	Topic: Gymnastics 1	Topic: Dance 1	Topic: Ball Skills 1	Topic: Games 1						
	Knowledge: <ul style="list-style-type: none"> Introduction to Physical Education and structured movement Basic principles of a PE lesson such as finding space, freezing on command, using and sharing equipment Working individually, with a partner and group. 	Knowledge: <ul style="list-style-type: none"> Develop fundamental skills will including balancing, running, changing direction, jumping, hopping and travelling. Develop gross motor skills through a range of activities. Learn how to stay safe using space, working independently and with a partner 	Knowledge: <ul style="list-style-type: none"> Explore basic movements, creating shapes, balances, and jumps and begin to develop rocking and rolling. Show an awareness of space and how to use it safely and perform basic skills on both floor and apparatus. Begin to understand using levels and directions when traveling and balancing. 	Knowledge: <ul style="list-style-type: none"> Develop expressive movement, exploring space and how to use space safely. Explore travelling movements, shapes and balances. Opportunity to copy, repeat and remember actions. Introduced to counting to help them keep in time with the music. 	Knowledge: <ul style="list-style-type: none"> Develop fundamental ball skills such as rolling and receiving a ball, throwing to a target, bouncing and catching, dribbling with feet and kicking a ball. Children will be able to develop their fine and gross motor skills through a range of game play using a variety of equipment. Children will be given opportunities to work independently and with a partner. 	Knowledge: <ul style="list-style-type: none"> Develop understanding of playing games through the topic of 'transport'. Practise and further develop fundamental movement skills through games. Learn how to score and play by the rules, how to work with a partner Learn how to behave when winning and losing. 						
	Skills:	Skills:	Skills:	Skills:	Skills:	Skills:						
	Physical	Moving safely, <ul style="list-style-type: none"> Running: explore running and stopping. Explore changing direction safely. Balancing: explore balancing whilst stationary and on the move. Jumping: begin to explore take off and landing safely. Hopping: explore hopping on both feet. Skipping: explore skipping as a travelling action. 	Physical	Moving safely <ul style="list-style-type: none"> Running: explore running and stopping. Explore changing direction safely. Balancing: explore balancing whilst stationary and on the move. Jumping: begin to explore take off and landing safely. Hopping: explore hopping on both feet. Skipping: explore skipping as a travelling action. 	Physical	Shapes, balances, jumps, rocking, rolling, travelling <ul style="list-style-type: none"> Shapes: show contrast with my body including wide/narrow, straight/curved. Balances: explore shapes in stillness using different parts of my body. Rolls: explore rocking and rolling. Jumps: explore jumping safely 	Physical	Travelling, copying and performing actions, co-ordination <ul style="list-style-type: none"> Actions: explore how my body moves. Copy basic body actions and rhythms. Dynamics: explore actions in response to music and an idea. Space: begin to explore pathways and the space around me and in relation to others. Performance: perform short phrases of movement 	Physical	Rolling a ball, stopping a rolling ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball <ul style="list-style-type: none"> Sending: explore sending an object with hands and feet. Catching: explore catching to self and with a partner. Tracking: explore stopping a ball with hands and feet. Dribbling: explore dropping and catching with two hands and moving a ball with feet. 	Physical	Running, balancing, changing direction, striking a ball, throwing <ul style="list-style-type: none"> Sending & receiving: Use hands and feet and a variety of equipment. Dribbling: explore dropping and catching with two hands and moving a ball with feet. Space: recognise their own space. Attacking & defending: explore changing direction during games.
	Social	Sharing, leadership	Social	Working safely, responsibility, helping others	Social	Taking turns, co-operation, communication,	Social	Respect, co-operating with others	Social	Co-operation, supporting others, sharing and taking turns	Social	Communication, co-operation, taking turns, supporting and encouraging others
	Emotional	Perseverance, confidence	Emotional	Honesty, challenging myself, determination	Emotional	Confidence, determination	Emotional	Working independently, determination	Emotional	Honesty, perseverance	Emotional	Honesty and fair play, managing emotions
	Thinking	Decision making, selecting and applying actions	Thinking	Decision making, selecting and applying actions, using tactics	Thinking	Selecting and applying skills, creating sequences	Thinking	Counting, observing and providing feedback, selecting and applying actions	Thinking	Using tactics, decision making	Thinking	Using tactics, decision making
Year 2	Topic: Introduction to PE 2	Topic: Fundamentals 2	Topic: Gymnastics Unit 2	Topic: Dance 2	Topic: Ball Skills 2	Topic: Games 2						
	Knowledge: <ul style="list-style-type: none"> Basic principles of a PE lesson such as safely using space, stopping safely Using and sharing equipment and working individually, with a partner and group. Develop fundamental movement skills such as running, jumping and skipping. Play simple games and begin to understand and use rules. 	Knowledge: <ul style="list-style-type: none"> Develop fundamental movement skills of balancing, running, hopping, jumping, travelling and changing direction. Develop fine and gross motor skills, through handling equipment. Learn how to stay safe using space. Work independently and with a partner to complete tasks. 	Knowledge: <ul style="list-style-type: none"> Develop basic gymnastic skills through the topic of 'traditional tales' Explore basic movements, creating shapes and balances, jumps and rolls. Begin to develop an awareness of space and how to use it safely. Copy and create short sequences. Begin to understand using levels and directions when travelling and balancing. 	Knowledge: <ul style="list-style-type: none"> Develop expressive movement through the topic of 'places'. Explore space and how to use space safely. Choose their own actions in response to a stimulus. Continue to use counting to help them keep in time with the music. Perform to others 	Knowledge: <ul style="list-style-type: none"> In this unit children will develop their ball skills through the topic of 'weather'. Develop fundamental ball skills such as throwing and catching, rolling a ball, using targets, dribbling with feet, kicking a ball, bouncing and catching a ball. Work independently and with a partner and will develop decision making and using simple tactics. 	Knowledge: <ul style="list-style-type: none"> In this unit children will practise and further develop their fundamental movement skills through the topic of 'around the world'. Learn and develop these skills by playing a variety of games. Start to understand how to work as a team, take turns, keep the score, play against an opponent and play by the rules. 						
	Skills:	Skills:	Skills:	Skills:	Skills:	Skills:						
	Physical	Moving safely, <ul style="list-style-type: none"> Running: explore running and stopping. Explore changing direction safely. Balancing: explore balancing whilst stationary and on the move. Jumping: begin to explore take off and landing safely. Hopping: explore hopping on both feet. Skipping: explore skipping as a travelling action. 	Physical	Moving safely <ul style="list-style-type: none"> Running: explore running and stopping. Explore changing direction safely. Balancing: explore balancing whilst stationary and on the move. Jumping: begin to explore take off and landing safely. Hopping: explore hopping on both feet. Skipping: explore skipping as a travelling action. 	Physical	Shapes, balances, jumps, rocking, rolling, travelling <ul style="list-style-type: none"> Shapes: show contrast with my body including wide/narrow, straight/curved. Balances: explore shapes in stillness using different parts of my body. Rolls: explore rocking and rolling. Jumps: explore jumping safely 	Physical	Travelling, copying and performing actions, co-ordination <ul style="list-style-type: none"> Actions: explore how my body moves. Copy basic body actions and rhythms. Dynamics: explore actions in response to music and an idea. Space: begin to explore pathways and the space around me and in relation to others. Performance: perform short phrases of movement 	Physical	Rolling a ball, tracking a ball, throwing at a target, bouncing a ball, dribbling a ball with feet, kicking a ball <ul style="list-style-type: none"> Sending: roll and throw with some accuracy towards a target. Catching: begin to catch with two hands. Catch after a bounce. Tracking: track a ball being sent directly. Dribbling: explore dribbling with hands and feet. 	Physical	Running, balancing, changing direction, striking a ball, throwing <ul style="list-style-type: none"> Sending & Receiving: explore s&r with hands and feet using a variety of equipment. Dribbling: explore dropping and catching with two hands and moving a ball with their feet. Space: recognise their own space. Attacking & defending: explore changing direction during games.
	Social	Sharing, leadership	Social	Working safely, responsibility, helping others	Social	Taking turns, co-operation, communication,	Social	Respect, co-operating with others	Social	Co-operation, supporting others, sharing and taking turns	Social	Communication, co-operation, taking turns, supporting and encouraging others
	Emotional	Perseverance, confidence	Emotional	Honesty, challenging myself, determination	Emotional	Confidence, determination	Emotional	Working independently, determination	Emotional	Honesty, perseverance	Emotional	Honesty and fair play, managing emotions
	Thinking	Decision making, selecting and applying actions	Thinking	Decision making, selecting and applying actions, using tactics	Thinking	Selecting and applying skills, creating sequences	Thinking	Counting, observing and providing feedback, selecting and applying actions	Thinking	Using tactics, decision making	Thinking	Using tactics, decision making

	Social	Sharing and taking turns,	Social	Working safely, working with others	Social	Communication, co-operation, taking turns, respect	Social	Respect, co-operating with others	Social	Co-operation, sharing and taking turns	Social	Communication, co-operation, taking turns, respect
	Emotional	Honesty and fair play, confidence, perseverance	Emotional	Managing emotions, challenging myself	Emotional	Honesty, managing emotions, perseverance	Emotional	Working independently, confidence	Emotional	Determination	Emotional	Honesty, managing emotions, perseverance
	Thinking	Decision making, understanding and using rules	Thinking	Selecting and applying actions	Thinking	Using tactics	Thinking	Counting, observing and providing feedback, selecting and applying actions	Thinking	Using tactics, decision making	Thinking	Using tactics

	Physical	<ul style="list-style-type: none"> • Sending: roll, throw and kick a ball to hit a target. • Catching: develop catching a range of objects with two hands. Catch with and without a bounce. • Tracking: consistently track and collect a ball being sent directly. • Dribbling: explore dribbling with hands and feet with increasing control on the move. 	Physical	<ul style="list-style-type: none"> • Actions: copy, remember and repeat actions to represent a theme. Create my own actions in relation to a theme. • Space: explore pathways within my performance. • Relationships: begin to explore actions and pathways with a partner. • Performance: perform on my own and with others to an audience. 	Physical	<ul style="list-style-type: none"> • Hitting: explore hitting a dropped ball with a racket. • Feeding: throw a ball over a net to land into the court area. • Rallying: explore sending a ball with hands and a racket. • Footwork: use the ready position to move towards a ball 	Physical	<ul style="list-style-type: none"> • Sending & receiving: developing S&R with increased control. • Dribbling: dribble with hands and feet, increasing control on the move. • Space: explore moving into space away from others. • Attacking: moving into space away from defenders. • Defending: stay close to other players to try and stop them getting the ball. 	Physical	<ul style="list-style-type: none"> • Running: develop the sprinting technique and apply it to relay events. • Jumping: develop technique when jumping for distance in a range of approaches and take off positions. • Throwing: develop overarm throwing for distance 	Physical	<ul style="list-style-type: none"> • Striking: develop striking a ball with some consistency. • Fielding: develop tracking a ball and decision making with the ball. • Throwing: develop co-ordination and technique when throwing over and underarm. • Catching: catch with two hands with some co-ordination and technique.
	Stage 2 Engagement Pathway	<ul style="list-style-type: none"> • Sending: begin to roll, throw and kick a ball to hit a target, with support. • Catching: begin to catching different objects with two hands, with support. Begin to catch with and without a bounce , with support. • Tracking: begin to track and collect a ball being sent , with support. • Dribbling: begin to explore dribbling with hands and feet , with support. 	Physical	<ul style="list-style-type: none"> • Actions: begin to copy and repeat actions. Begin to create my own actions , with support. • Space: begin to explore pathways in a performance , with support. • Relationships: begin to explore actions and pathways with a partner , with support. • Performance: begin to perform on my own and with others to an audience, with support. 	Physical	<ul style="list-style-type: none"> • Hitting: begin to explore hitting a dropped ball with a racket , with support. • Feeding: begin to throw a ball over a net , with support. • Rallying: begin to explore sending a ball with hands and a racket , with support. • Footwork: begin to use the ready position when catching a ball, with support. 	Physical	<ul style="list-style-type: none"> • Sending & receiving: begin to develop S&R , with support. • Dribbling: begin to dribble with hands and feet , with support. • Space: begin to explore moving into a space , with support. • Attacking: begin to move into space away from defenders , with support. • Defending: begin to stay close to other players to try and stop them getting the ball , with support. 	Physical	<ul style="list-style-type: none"> • Running: begin to develop the sprinting technique , with support. • Jumping: begin to explore jumping skills , with support. • Throwing: begin to explore overarm throwing , with support. 	Physical	<ul style="list-style-type: none"> • Striking: begin to explore striking a ball , with support. • Fielding: begin to explore tracking a ball , with support. • Throwing: begin to develop co-ordination when throwing , with support. • Catching: begin to catch with two hands with some co-ordination, with support.
	Social	Taking turns, supporting and encouraging others, respect, communication	Social	Co-operation, communication, coming to decisions with a partner, respect	Social	Respect, communication	Social	Co-operation, communication, supporting and encouraging others	Social	Working safely, collaborating with others	Social	Communication, collaboration
	Emotional	Perseverance, honesty, being happy to succeed	Emotional	Confidence, acceptance	Emotional	Honesty and fair play, determination	Emotional	Honesty and fair play, managing emotions	Emotional	Working independently, honesty and playing to the rules, determination	Emotional	Honesty, acceptance, controlling emotions
	Thinking	Transferring skills	Thinking	Counting, observing and providing feedback, selecting and applying actions	Thinking	Decision making, using simple tactics, recalling information, comprehension	Thinking	Connecting information, decision making, recalling information	Thinking	Exploring ideas	Thinking	Select and apply, using tactics, decision making

	Physical	<ul style="list-style-type: none"> • Sending & receiving: develop passing techniques appropriate to the game with increasing success. Control a ball using one and two hands and receive a ball with feet with increasing success. • Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control. • Space: develop moving into space to help my team. • Attacking: change direction to lose an opponent with some success. • Defending: develop defending one on one and begin to intercept. 	Physical	<ul style="list-style-type: none"> • Agility: show balance when changing direction. • Balance: explore more complex activities which challenge balance. • Co-ordination: co-ordinate my body with increased consistency in a variety of activities. • Speed: explore sprinting technique. • Strength: explore building strength in different muscle groups. • Stamina: explore using my breath to increase my ability to work for longer periods of time 	Physical	<ul style="list-style-type: none"> • Throwing: throw with increasing accuracy at a target. • Catching: catch with increasing consistency. • Attacking: change direction to lose an opponent with some success. • Defending: develop defending one on one and begin to intercept. 	Physical	<ul style="list-style-type: none"> • Sending & receiving: develop passing techniques appropriate to the game with increasing success. Control a ball using one and two hands and receive a ball with feet/object with increasing success. • Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control. • Space: develop moving into space to help my team. • Attacking: change direction to lose an opponent with some success. • Defending: develop defending one on one and begin to intercept. 	Physical	<ul style="list-style-type: none"> • Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. • Jumping: develop technique when jumping for distance. • Throwing: explore power and technique when throwing for distance in a pull and heave throw. 	Physical	<ul style="list-style-type: none"> • Striking: develop batting technique with a range of equipment. • Fielding: develop bowling with some consistency, abiding by the rules of the game. • Throwing: use overarm and underarm throwing with increased consistency in game situations. • Catching: begin to catch with one and two hands with some consistency in game situations
	Social	Communication, collaboration, cooperation	Social	Supporting others, working safely	Social	Communication, collaboration, respect	Social	Communication, collaboration, inclusive	Social	Working collaboratively, working safely	Social	Collaboration and communication, respect
	Emotional	Honesty, perseverance	Emotional	Perseverance, determination	Emotional	Honesty, perseverance	Emotional	Honesty and fair play, empathy	Emotional	Perseverance, determination	Emotional	Perseverance, honesty
	Thinking	Selecting and applying tactics, decision making	Thinking	Identifying areas of strength and areas for development	Thinking	Decision making, selecting and applying skills	Thinking	Planning strategies and using tactics, observing and providing feedback, decision making	Thinking	Observing and providing feedback, exploring ideas	Thinking	Performing a variety of dance actions,



BENNERLEY FIELDS SCHOOL
PE Stage 4 Knowledge and Skills Map

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2						
Year 1	Builds on stage 3	Builds on stage 3	Builds on stage 3	Builds on stage 3	Builds on stage 3	Builds on stage 3						
	Topic: Football	Topic: Volleyball	Topic: Fitness	Topic: Hockey	Topic: Athletics	Topic: Tennis						
	Knowledge: <ul style="list-style-type: none"> Improve defending and attacking play, developing further knowledge of the principles and tactics of each. Develop consistency and control in dribbling, passing and receiving a ball. They will also learn the basics of goalkeeping. Evaluate their own and other's performances, suggesting improvements. Learn the importance of playing games fairly, abiding by the rules of the game and being respectful of their teammates, opponents and referees. 	Knowledge: <ul style="list-style-type: none"> Develop the skills they need to play continuous rallies in volleyball. Learn about the ready position, ball control, sending a ball over a net and how to use these skills to make the game difficult for their opponent. Think about how they use skills, strategies and tactics to outwit the opposition. Work collaboratively with others and develop confidence to achieve their best. Understand the importance of abiding by rules to keep themselves & others safe. Develop character and control through engaging with coping strategies when exposed to competition Take on the role of referee. 	Knowledge: <ul style="list-style-type: none"> Pupils will take part in a range of fitness challenges to test and record their scores. Learn different components of fitness including speed, stamina, strength, coordination, balance and agility. Work at their maximum and improve their fitness levels. Persevere when they get tired or when they find a challenge hard and are encouraged to support others to do the same. Recognise areas in which they make the most improvement using the scores they have collected. 	Knowledge: <ul style="list-style-type: none"> Start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. Think about how to use tactics and collaborate with others to outwit their opposition. Comment on their own and other's performances and suggest ways to improve. Recognise the importance of fair play and honesty while self managing games 	<ul style="list-style-type: none"> Use different styles and combinations of running, jumping and throwing to overcome set challenges for distance and time. Think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. How to improve by identifying areas of strength as well as areas to develop. Opportunities to lead when officiating as well as observe and provide feedback to others. learn the following athletic activities: running over longer distances, sprinting, relay, triple jump, shot put and javelin. 	Knowledge: <ul style="list-style-type: none"> Develop their competencies in racket skills when playing Tennis. Learn specific skills such as a forehand, backhand, volley and underarm serve. Work cooperatively with others and show honesty and fair play when abiding by the rules. Develop their tactical awareness, learning how to outwit an opponent. 						
	Skills:	Skills:	Skills:	Skills:	Skills:	Skills:						
	Physical <ul style="list-style-type: none"> Sending & receiving: develop passing techniques appropriate to the game with increasing success. Dribbling: link dribbling the ball with other actions and change direction whilst dribbling with some control. Space: explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. Defending: develop tracking and marking with increased success. Explore intercepting a ball 	Physical <ul style="list-style-type: none"> Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively. Rallying: develop rallying with increased technique. Footwork: begin to use appropriate footwork patterns to move around the court. 	Physical <ul style="list-style-type: none"> Agility: demonstrate improved body posture and speed when changing direction. Balance: change my body position to maintain a controlled centre of gravity. Co-ordination: demonstrate increased speed when co-ordinating my body. Speed: apply the best pace for a set distance or time. Strength: demonstrate increased technique in body weight exercises. Stamina: use a steady pace to be able to move for sustained periods of time 	Physical <ul style="list-style-type: none"> Sending & receiving: develop control when S&R under pressure. Dribbling: dribble with some control under pressure. Space: explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. Defending: develop tracking and marking with increased success. Explore intercepting a ball 	Physical <ul style="list-style-type: none"> Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. Jumping: explore technique and rhythm in the triple jump. Throwing: Develop technique and power in javelin and shot put. 	Physical <ul style="list-style-type: none"> Shots: demonstrate technique when using shots playing co-operatively and beginning to execute this competitively. Rallying: develop rallying with increased technique. Footwork: begin to use appropriate footwork patterns to move around the court. 						
	Social	Communication, collaboration, cooperation, respect	Social	Communication, respect, supporting and encouraging others	Social	Supporting and encouraging others, working collaboratively	Social	Communication, collaboration	Social	Collaborating with others, supporting others	Social	Collaboration, communication, respect
	Emotional	Honesty, perseverance	Emotional	Confidence, perseverance, honesty	Emotional	Perseverance, determination	Emotional	Perseverance, honesty and fair play	Emotional	Perseverance, determination	Emotional	Honesty
	Thinking	Selecting and applying tactics, decision making	Thinking	Decision making, selecting and applying tactics, identifying strengths and areas for development	Thinking	Analysing scores	Thinking	Planning strategies and using tactics, observing and providing feedback, selecting and applying skills	Thinking	Observing and providing feedback	Thinking	Using tactics, Selecting and applying skills
	Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2					
		Topic: Basketball	Topic: Badminton	Topic: Tag Rugby	Topic: Rounders	Topic: Athletics	Topic: OAA					
	Knowledge: <ul style="list-style-type: none"> Develop key skills and principles such as defending, attacking, throwing, catching, dribbling and shooting. Learn to use attacking skills to maintain possession as well as defending skills to gain possession. Work collaboratively to think about how to use skills, strategies and tactics to outwit the opposition. 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. 	Knowledge: <ul style="list-style-type: none"> Develop skills to play continuous rallies in badminton. Learn about the ready position, racket control, serving and hitting over a net and how to use these skills to make the game difficult for their opponent. Think about how they use skills, strategies and tactics to outwit the opposition. Understand the importance of abiding by rules to keep themselves & others safe. Develop character and control through engaging with coping strategies when exposed to competition 	Knowledge: <ul style="list-style-type: none"> Develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. Think about how to use skills, strategies and tactics to outwit the opposition. 	Knowledge: <ul style="list-style-type: none"> 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. Learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. Think about how they use skills, strategies and tactics to outwit the opposition. Play with honesty and fair play when playing competitively. 	Knowledge: <ul style="list-style-type: none"> Use different styles and combinations of running, jumping and throwing to overcome set challenges for distance and time. Think about how to achieve their greatest possible speed, height, distance or accuracy and learn how to persevere to achieve their personal best. How to improve by identifying areas of strength as well as areas to develop. 	Knowledge: <ul style="list-style-type: none"> Work individually, collaboratively in pairs and groups to solve problems. Be inclusive of others, share ideas to create strategies and plans to produce the best solution to a challenge. Opportunity to lead a small group. Learn to orientate and navigate using a map. 						

		<ul style="list-style-type: none"> Opportunity to take on the role of referee. 	<ul style="list-style-type: none"> Develop understanding of the importance of fair play and honesty 		<ul style="list-style-type: none"> Opportunities to lead when officiating as well as observe and provide feedback to others. 						
Skills:		Skills:		Skills:		Skills:					
Physical	<ul style="list-style-type: none"> Sending & Receiving: develop control when S&R under pressure. Dribbling: dribble with some control under pressure. Space: explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. Defending: develop tracking and marking with increased success. Explore intercepting a ball using one and two hands 	Physical	<ul style="list-style-type: none"> Shots: demonstrate increased success and technique in a variety of shots. Serving: serve accurately and consistently. Rallying: successfully apply a variety of shots to keep a continuous rally. Footwork: demonstrate a variety of footwork patterns relevant to the game I am playing 	Physical	<ul style="list-style-type: none"> Sending & receiving: develop control when S&R under pressure. Dribbling: dribble with some control under pressure. Space: explore moving to create space for themselves and others in their team. Attacking: use a variety of techniques to lose an opponent e.g. change of direction or speed. Defending: develop tracking and marking with increased success. Explore intercepting a ball 	Physical	<ul style="list-style-type: none"> Striking: explore defensive and driving hitting techniques and directional batting. Fielding: develop over and underarm bowling technique. Develop long and short barrier and two handed pick up. Throwing: demonstrate good technique when using a variety of throws under pressure. Catching: explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. 	Physical	<ul style="list-style-type: none"> Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. Jumping: explore technique and rhythm in the triple jump. Throwing: Develop technique and power in javelin and shot put. 	Physical	<ul style="list-style-type: none"> Problem solving: explore tactical planning within a team to overcome increasingly challenging tasks. Navigational skills: develop navigational skills and map reading in increasingly challenging tasks. Communication: explore a variety of communication methods with increasing success.
Social	Communication, collaboration	Social	Communication, respect, supporting and encouraging others	Social	Communication, collaboration	Social	Organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others	Social	Collaborating with others, supporting others	Social	Communication, teamwork, trust, inclusion, listening
Emotional	Perseverance, honesty and fair play	Emotional	Confidence, perseverance, honesty	Emotional	Perseverance, confidence, honesty and fair play	Emotional	Honesty & fair play, confident to take risks, managing emotion	Emotional	Perseverance, determination	Emotional	Confidence
Thinking	Planning strategies and using tactics, observing and providing feedback	Thinking	Using tactics, selecting and applying skills, identifying strengths and areas for development	Thinking	Planning strategies and using tactics, observing and providing feedback, decision making	Thinking	Decision making, using tactics, identifying how to improve, selecting skills	Thinking	Observing and providing feedback	Thinking	Planning, map reading, decision making, problem solving