

	Year 3	Year 4	Year 5	Year 6
PE intent	Our Physical Education (PE) curriculum ensures that our children have the opportunity to thrive physically and socially. Our PE curriculum is focused on developing children to lead lifelong active lifestyles, who understand the relationship between physical activity and its effect on the body. A key part of our vision is to develop all of our pupils' 'God-given gifts', and we strive to be 'elite' without being 'elitist'. PE enables our children to be brave and work collaboratively in a variety of sports.			
The PE National Curriculum objectives:	Pupils should be taught to: <ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • perform dances using a range of movement patterns • take part in outdoor and adventurous activity challenges both individually and within a team • compare their performances with previous ones and demonstrate improvement to achieve their personal best 			
	Invasion games (basketball, football, hockey, netball, tag rugby)			
National Curriculum	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending • compare their performances with previous ones and demonstrate improvement to achieve their personal best 			
		Netball		Netball
Knowledge		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Develop the understanding of the importance of speed when playing invasion games. • Understand the link between heart rate and breathing during different activities. • Identify and describe the skills needed to improve your game. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> • Get into good positions to pass, receive, and shoot the ball. • Pass the ball using different techniques. • Shoot and score with increasing accuracy. • Use a range of tactics, including finding and using space, to keep possession of the ball to shoot/score. 		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles. • Recognise and evaluate performances providing constructive feedback. Understand how to improve in different physical activities and sport. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> • Apply basic principles for attacking and defending, choosing different formations to suit the need of the game. • Work effectively as a team. • Use a variety of tactics to keep possession of the ball, applying the principles of attacking. • Use the defending principles in game situations, including marking, tracking, and covering, to gain possession
Skills		To pass/ send a ball with increasing accuracy and appropriate pace. To choose the right pass for the situation.		To pass the ball in a variety of different ways with confidence and control. To move with purpose when attacking.

		<p>To demonstrate a correct bounce pass. To find and use space well to keep possession. To know simple tactics to help achieve success. Play in small sided games, employing simple tactics.</p>		<p>To choose when to mark a player and when to cover space. To apply basic principles for attacking. To apply basic principles for defending. Apply basic principles for attacking and defending in game situations.</p>
Vocabulary		<p>Space Control Speed Direction Passing Pass Chest Pass Bounce Pass Mark Teamwork Aim Accuracy Possession Shoot Power Score Accuracy Power Rules Technique</p>		<p>Position Evaluate Direction Heart rate Power Accuracy Muscles Technique Decision making Opponent Teamwork Shoot</p>
	Tag rugby		Tag Rugby	
Knowledge	<p><u>Declarative Knowledge:</u></p> <ul style="list-style-type: none"> • Improve decision making skills and choose the right skills that meet the needs of the situation. • Play simple tag rugby games with an understanding of the basic rules. • To follow the rules of the game. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> • Know how to tag another player. • Develop attacking and defending skills within tag rugby. • To be able to pass the ball backwards to a teammate. 		<p><u>Declarative Knowledge:</u></p> <ul style="list-style-type: none"> • Begin to understand the importance of lines in tag rugby – both for attack and defence. • Use simple tactics in games to achieve success as a team. • Understand the defensive duties in tag rugby and the process of tagging. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> • Increase accuracy and control when passing and catching whilst moving at speed. • Participate in competitive games, following the rules and playing fair. • Continue to improve different ways to pass – fast, slow, high, low. 	
Skills	<p>To control the ball when travelling. To show good technique when passing. To catch the ball consistency. Play tagging and defending games.</p>		<p>To travel and dodge at speed with the ball. To mark and tackle in game situations. To attack in opposed situations. To understand the rules of a rugby game. To move forward to attack as a team.</p>	

	To work together with others. To make decisions in games.		To defend in a line as a team.	
Vocabulary	Dodge Evade Backwards Pass Accuracy Target Defend Teamwork Pocket Pass Attack Dummy Speed		Ready position Tag Stance Speed Attack / defend Agility Mark Dodge	
		Football		Football
Knowledge		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Employ and explain simple tactics in game situations. • Learn to recognise your own success. • Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> • Move the ball keeping it under control whilst changing direction. • Apply basic attacking and defending principles such as finding and using space in game situations. • Pass, shoot and receive a ball with increasing accuracy, control and success. • Challenge a player in possession of the ball. 		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game. • Identify and evaluate parts of your game where you're performing well, and parts that can be improved. • Recognise exercise and activities that help strength, speed and stamina. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> • Apply the attacking and defending principles in game situations. • Use different skills to keep possession of a ball as part of a team. • Develop control whilst performing skills at speed. Change speed and direction to get away from a defender. • Adapt games and activities making sure everyone has a role to play. Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.
Skills		To stop the ball with my feet. To pass the ball in different ways with increased accuracy. To dribble the ball using my feet, both if possible. To tackle safely and effectively. To shoot a football with success. To use tactics in games.		To pass the ball to keep possession in game situations. To dribble the ball whilst under pressure. To apply defending principles in games. To compete in games. To apply attacking principles in games. To understand positions and roles of individuals in team games.

Vocabulary		Defending Attacking Communication Cooperate Tactics Teamwork Turn Experiment Power Strike Trick Target Opposition Possession Position		Marking Tactics Apply Consider Evaluate Midfield Possession Opposition Patience Support Closing down Cover
	Basketball		Basketball	
Knowledge	<p><u>Declarative Knowledge:</u></p> <ul style="list-style-type: none"> • Employ simple tactics in game situations. • Recognise and explain good performances. • Understand the link between heart rate and breathing when exercising. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> • Move with a ball keeping it under close control. • Keep possession of a ball as part of a team. • Pass/send a ball with increasing accuracy and receive a ball successfully. • Take up spaces/positions that make it difficult for opponents. 		<p><u>Declarative Knowledge:</u></p> <ul style="list-style-type: none"> • Explain how your body reacts and feels when taking part in different activities and undertaking different roles. • Learn how to evaluate and recognise success, explain why a performance is good. • Understand how physical activity can contribute to a healthy lifestyle. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> • Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed. • Work effectively as part of a team and keep possession of the ball when faced with opponents. • Apply basic principle for attacking – Using skills to keep possession of the ball. • Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball. 	
Skills	<p>To pass/ send a ball with increasing accuracy.</p> <p>To move with the ball keeping it under control.</p> <p>To pass the ball in different ways.</p> <p>Move with purpose.</p> <p>Begin to think about tactics in games.</p> <p>Play in small sided games, employing simple tactics.</p>		<p>To confidently pass the ball with accuracy.</p> <p>To move with the ball at speed.</p> <p>To mark, track and cover when defending.</p> <p>To keep possession of the ball when faced with opponents.</p> <p>To work together as a team, showing good awareness of others.</p> <p>Apply some basic principles for attacking and defending in game situations.</p>	
Vocabulary	Shoot Skills		Mark Evaluate	

	Teamwork Rules Score Space Accuracy Chest / bounce Pass Speed Dribbling Passing Possession		Tactics Double Dribble Foul / Hold Awareness Attack / Defend Principles	
		Hockey		Hockey
Knowledge		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Explain simple tactics in game situations. • Recognise what you do well and what you find difficult. • Understand the link between heart rate and breathing when exercising. • Devise suitable warm up activities for the upcoming activity. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> • Move the ball keeping it under control whilst changing direction. • Perform basic skills needed for the games with control and accuracy. Pass, shoot and receive a ball with increasing accuracy, control, and success. • Apply basic attacking and defending principles, collaborating with others, and using tactics to keep possession 		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Identify and evaluate parts of your own game and others, providing feedback. • Understand how physical activity can contribute to a healthy lifestyle. • Understand how muscles work. • Adapt games and activities making sure everyone has a role to play. • Create short warm up routines that follow basic principles e.g. raises body temperature, mobilise joints muscles. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> • Develop control whilst performing skills at speed. • Apply the attacking and defending principles in game situations. • Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender. • Choose different formations to suit the needs of the game and choose skills that meet the need of the situation.
Skills		To collaborate with others in team games. To use a push pass accurately. To get in a low position when dribbling and/or passing. To dribble a ball whilst changing direction. To use a slap pass. To employ simple tactics in games.		To pass the ball to keep possession in game situations. To dribble the ball whilst under pressure. To apply defending principles in games. To compete in games. To apply attacking principles in games. To understand positions and roles of individuals in team games.
Vocabulary		Communicate Cooperation Defence Marking Possession		Dribbling Close down Cover Track Block

		Power Strike Support Tackle Opposition Avoiding Recover React Attack Defend First touch		Slap Pass Decision Making Possession Principles Evaluate Discuss Explore
	Net and wall games (tennis)			
National Curriculum	<ul style="list-style-type: none"> play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best 			
		Tennis		Tennis
Knowledge		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> Recognise and explain good performances and learn how to recognise and evaluate your own success. Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target. Perform a basic forehand action with control and accuracy. Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. Begin to apply basic movements in a range of activities and in combination. Apply basic principles for attacking including finding and using space in game situations. Keep a rally going using a range of shots. 		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> Explain how your body reacts and feels when taking part in different activities and undertaking different roles. Evaluate your own success and areas of improvement, as well as others. Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence. Apply the principles of attacking. Participate in competitive games, modified where appropriate. Adopt a good ready position and show good position on court
Skills		<p>Can watch, track, and catch a tennis ball successfully.</p> <p>To move effectively to get in a good position.</p> <p>To perform a basic forehand action with increasing accuracy.</p>		<p>To know and describe the correct grip and stance when holding a racket.</p> <p>To adopt a good ready position & move with purpose.</p> <p>To play shots overhead and on the forehand and backhand side of the</p>

		To perform a basic backhand shot with increasing accuracy. To hit a tennis ball into space (at different speeds and heights) to try beat an opponent. To keep a rally going using a range of shots.		body. To hit the ball accurately and with control whilst moving at a quick pace. To employ tactics in games. To participate in games following the rules and scoring correctly.
Vocabulary		Swing Aim Cooperative play Movement Partner Direction Send Position Court target Power Accuracy Direction Free Space Control In line Racket		Strategy Defence Attack Height Travel Positioning On Court React Singles Service Backswing Overhead Selection Respond Evaluate
	Outdoor and adventurous activities (Orienteering)			
National Curriculum	<ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team 			
	Orienteering	Orienteering		
Knowledge	<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> Participate in competitive orienteering events, following instructions of the game. Recognise that activities need thinking through and planning. Evaluate your performance and recognise what went well and what could be improved. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> Participate in team games, working cooperatively, solving problems with others. Communicate effectively with other people and discuss plans to achieve success. To make a map with symbols and be able to recognise where you are on a map, using basic techniques. 	<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> Have knowledge of safety rules and procedures for taking part in orienteering event. Work as a team to plan and decide what approach to use to meet the challenges. Explain how you could improve your performance. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> Develop a basic understanding of map reading/making and apply these skills and techniques in games. Work cooperatively and successfully as part of a team, improving communication skills. Recognise where you are on a map. 		

	<ul style="list-style-type: none"> Move confidently in different ways, developing agility, balance, and co-ordination. 	<ul style="list-style-type: none"> Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination. 		
Skills	<ul style="list-style-type: none"> To communicate effectively with others. To move confidently with control. To make a map. To understand the different points on a map. To compete against others. To complete a picture orienteering event. 	<ul style="list-style-type: none"> To work cooperatively as part of a team. To make a map with symbols. Participate in team games solving problems with others. To understand the compass points. To use thumbing and folding techniques. To take part in an orienteering event. 		
Vocabulary	<ul style="list-style-type: none"> Teamwork Map Skills Picture Orienteering Control Plotting Indoor Mapping Communication Problem Solving 	<ul style="list-style-type: none"> Teamwork Map Skills Indoor mapping Picture Orienteering Control Plotting Communication Problem Solving 		
	Striking and fielding (Cricket)			
National Curriculum	<ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending compare their performances with previous ones and demonstrate improvement to achieve their personal best 			
			Cricket	Cricket
Knowledge			<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Watch and evaluate the success of games and good performance. Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity. Create short warm up routines that follow basic principles e.g. raising body temperature, mobilise joints and muscles. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> Develop control and technique whilst performing skills at speed and showing good awareness of others in game situations. Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs. 	<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> Learn how to evaluate and recognise your own success and areas for improvement. Develop an understanding of how to improve in different physical activities and sports. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> Perform skills, including retrieve, intercept and stop a ball, with accuracy, confidence, and control. Bowl using an overarm technique, beginning to vary speed and length of delivery. Use skills and tactics to outwit opponents when fielding, bowling, and batting. Work as part of a team that covers the areas to make it hard for the batter to score runs.

			<ul style="list-style-type: none"> • Work as part of a team, adapting games and activities making sure everyone has a role to play. 	<ul style="list-style-type: none"> • Use tactics that involve bowlers and fielders working together.
Skills			<ul style="list-style-type: none"> To throw and bowl in different ways. To play a drive shot successfully. To play a block shot when appropriate. To stop a ball when fielding. To choose effective positions when fielding. To participate in team games against others. 	<ul style="list-style-type: none"> To retrieve, catch, intercept, and stop a ball when fielding. To play shots that allow the ball to be hit to different areas of the field into spaces. To bowl overarm. To use skills and tactics to outwit opponents when fielding. To use skills and tactics to outwit opponents when batting. To participate in competitive games.
Vocabulary			<ul style="list-style-type: none"> Wickets Wicket Keeper Positions Outfield Skill Crease Technique Awareness Forward Defence Tactics Fast Bowl 	<ul style="list-style-type: none"> Wicket Keeper Crease Outfield Fast bowl Technique Quality Run up Tournament Awareness Bowling Tactics Straight drive Block Bowled out
Target games (Dodgeball)				
National Curriculum	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending • compare their performances with previous ones and demonstrate improvement to achieve their personal best 			
	Dodgeball		Dodgeball	Dodgeball
Knowledge	<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Understand how finding space can help in game situations. • Begin to understand why you get hotter when you exercise and play games. • Identify what you do best and what you find difficult. • Explain what success you have seen in games, and how individuals and teams achieved it. 		<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Understand the importance of quick reactions in dodgeball. • Develop an understanding of how to improve when playing games. • Understand how the muscles work. <u>Procedural Knowledge:</u> <ul style="list-style-type: none"> • Participate in games fairly, following the rules. Show good teamwork. 	

	<u>Procedural Knowledge:</u> <ul style="list-style-type: none"> • Improve consistency when catching a ball at different heights. • Show control when moving at speed. • Move the ball in different ways, with increasing accuracy and control. Use a range of skills and tactics to win games. 		<ul style="list-style-type: none"> • Apply appropriate skills and tactics in game situations. • Move quickly (dodge) with good control. Improve control when moving at speed. • Increase accuracy and consistency of throws, including a side shot throw, towards a moving target. 	
Skills	<p>To throw the ball underarm. To develop striking skills. To move in different ways – at speed. To catch a ball at different heights. To use tactics to win games. To participate in dodgeball games.</p>		<p>To throw a ball at a moving target. To increase the pace of a side shot. To play catching games. To move quickly with control. To participate in games fairly. To use peer evaluation to discuss strategies and tactics and apply these to your own game</p>	
Vocabulary	<p>Accuracy Aim Control Space React Target Teamwork Strike Compete Dodge Pass Overarm Speed Duck Movement Underarm</p>		<p>Communicate Accelerate Accurate Side shot Defend Agility Balance Coordinate React Attack</p>	

Athletics

National Curriculum	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • compare their performances with previous ones and demonstrate improvement to achieve their personal best
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	Athletics	Athletics	Athletics	Athletics
Knowledge	<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Recognise what they do well and what they find difficult, identifying what they need to practice to improve their performance. • Understand the pace judgement when running over an increased distance. • Describe how their bodies feel when exercising and understand the link 	<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Learn how to evaluate and recognise their own success. • Devise suitable warm-up activities for the upcoming activities. • Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. 	<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Choose the appropriate speed to run at for the distance to be covered. • Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles. • Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit. 	<u>Declarative Knowledge:</u> <ul style="list-style-type: none"> • Understand appropriate pace judgement for the running distance to be covered. • Understand the appropriate throwing and jumping technique to achieve maximum distance and height. • Share and discuss athletic techniques with others.

	<p>between heart rate and breathing during exercise.</p> <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> • Apply and develop a broad range of athletic skills in different ways. • Show control, coordination and consistency when running, throwing, and jumping. • Choose the appropriate running speed to meet the demand of the task. • Enjoy competing with others. 	<ul style="list-style-type: none"> • Describe how their bodies feel when exercising and understand the link between heart rate and breathing during exercise. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> • Combine basic jump actions to form a jump combination, using a controlled jumping technique. • Perform a throwing technique with control, coordination, and consistency. • Perform competitively with others 	<ul style="list-style-type: none"> • Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> • Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control. • Communicate, collaborate, and compete with others. Working effectively as part of a team. • Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment 	<ul style="list-style-type: none"> • Compare their performance with previous ones and demonstrate improvement to achieve their personal best. • Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> • Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed. • Work effectively as part of a team. • Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests
Skills	<p>To throw a variety of different objects</p> <p>To jump with control</p> <p>To run with the correct arm technique</p> <p>To run in races</p> <p>To compete against others</p> <p>To follow the rules</p>	<p>To throw an object using both a pushing and pulling technique</p> <p>To combine different types of jumping</p> <p>To run for distance</p> <p>To run in races of varied distances</p> <p>To take part in athletic events</p> <p>To perform competitively with others</p>	<p>To combine running and jumping</p> <p>To combine running and throwing</p> <p>To compete in short distance races</p> <p>To compete in long distance running</p> <p>To practise to combine different types of jump</p> <p>To throw in different ways with accuracy and control</p>	<p>To use a run up when jumping</p> <p>To use the correct combination of jumps to complete the triple jump</p> <p>To run with control and purpose over varied distances</p> <p>To throw an object by overarm, underarm, pulling, pushing and slinging</p> <p>To use a run up when throwing practise to improve throwing distance</p>
Vocabulary	<p>Develop</p> <p>Experiment</p> <p>Distance</p> <p>Combination</p> <p>Balance</p> <p>Co-ordination</p> <p>Movement</p> <p>Distance</p> <p>Pull</p> <p>Target</p> <p>Technique</p> <p>Accelerate</p>	<p>Develop</p> <p>Distance</p> <p>Accelerate</p> <p>Personal Best</p> <p>Co-ordination</p> <p>Movement</p> <p>Push / Pull</p> <p>Pace</p> <p>Exchange</p> <p>Timing</p> <p>Communication</p> <p>Triple Jump</p>	<p>Pace</p> <p>Personal Best</p> <p>Push / Pull</p> <p>Discus</p> <p>Record</p> <p>Timer</p> <p>Run up</p> <p>Olympics</p>	<p>Evaluate</p> <p>Feedback</p> <p>Power</p> <p>Cooperate</p> <p>Fling</p> <p>Olympics</p> <p>Run Up</p> <p>Compare</p>
Dance				
National Curriculum	<ul style="list-style-type: none"> • perform dances using a range of movement patterns • compare their performances with previous ones and demonstrate improvement to achieve their personal best 			
	Dance		Dance	
Knowledge	<u>Declarative Knowledge:</u>		<u>Declarative Knowledge:</u>	

	<ul style="list-style-type: none"> Describe and evaluate the effectiveness and quality of a dance. Collaborate with others. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> Explore and create narratives in response to a stimulus. Show control, accuracy and fluency of movement when performing actions with a partner. Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer. Communicate what you want through your dances and perform with control. Combine actions and maintain the quality of performance when performing at the same time as a partner. 		<ul style="list-style-type: none"> Identify which aspects were performed consistently, accurately, fluently, and clearly and be able to provide feedback. Work effectively as part of a team. Explain how their bodies reacts and feels when taking part in different activities and undertaking different roles. <p><u>Procedural Knowledge:</u></p> <ul style="list-style-type: none"> Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus. Use basic compositional principles when creating dances – combining movements fluently and effectively. Perform a range of movements accurately with a sense of rhythm. Create and structure dance motifs, phrases, and sections of dances, developing expressive qualities. 	
Skills	<p>To show fluency when moving. To link movement patterns together. Collaborate with others. Perform at the same time as a partner. Perform as various characters when moving to music. Communicate feelings through dance.</p>		<p>To be inspired by music and different stimuli. To move showing expressive qualities. To dance using a range of movement patterns. To create and structure sections of dance. To work as part of a team. To perform to an audience.</p>	
Vocabulary	<p>Audience Canon Choreography Level Fluency Performance Phrase Position Control Tutting Emotions Expressions Rhythm Unison Count</p>		<p>Emotions Expressions Rehearse Unison Canon Choreography Fluency Tutting Routine Together Tutting Question & Answer</p>	
Swimming				
National Curriculum	<p>In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres 			

	<ul style="list-style-type: none"> • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations. 			
	Swimming	Swimming	Swimming	Swimming
Knowledge	Awaiting content	Awaiting content	Awaiting content	Awaiting content
Skills				
Vocabulary				