

Curriculum Progression- PE Games - Year 3,4,5,6

		Year 3		
Topic Knowledge	Topic	Multi-Skills	Handball	Hockey
	Link to school values	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.
	New Key Vocabulary	Agility, Balance, Co-ordination, Measure, Record, Team, Speed, Test, Mini coach	Ball awareness, Control, Bounce pass, Chest pass, throw off, Invasion, Intercept, Communicate, Semi-circle	Control, Passing, Dribble, Tackle, Push pass, Side-line, Communication, Free pass, Rules
	End points	Has begun to develop flexibility, control and balance Is beginning to communicate with others during physical activities. Is beginning to compare their performances with previous ones. Can begin to recognise their own success. Can begin to compete against self/other in a range of increasingly challenging situations.	Can begin to use running, throwing and catching in isolation and in combination. Has developed flexibility control and balance. Can communicate with others during physical activities. Has begun to play competitive/modified games, and apply basic principles suitable for defending. Can compare their performances with previous ones. Can recognise their own success.	Can begin to use running, throwing and catching in isolation and in combination. Has developed flexibility control and balance. Can communicate with others during physical activities. Has begun to play competitive/modified games, and apply basic principles suitable for defending. Can compare their performances with previous ones. Can recognise their own success.
	Crucial knowledge	Basic Skills: Balance, coordination, agility, speed, strength, and endurance. Throwing, Catching, Kicking, striking: Developing control, accuracy, and technique. Movement: Spatial awareness, combining movements, and understanding space. Teamwork: Cooperation, communication, and taking turns. Safety: Safe play, equipment use, warm-ups, and cool-downs. Games: Understanding basic rules, formats, and scoring. Fitness: Awareness of fitness and its impact on health.	Skills: Passing, catching, dribbling, and shooting. Rules: Basic game rules, fouls, role of goalkeeper, and throw-ins. Teamwork: Passing, supporting teammates, and positioning on the court. Safety: Playing safely, respecting personal space, and using hands correctly.	Skills: Correct stick grip, dribbling, passing, receiving, shooting. Rules: Basic game rules, fouls, no high-sticking, and understanding the penalty spot. Teamwork: Communication, supporting teammates, and positioning on the field. Safety: Using the stick safely. Game Play: Playing in small-sided games, transitioning between attack and defence, basic strategies. Fitness: Improving stamina, and agility to develop a strong understanding of the game, promoting both individual skill development and effective teamwork.
Concepts (progressive definition document)	1. To foster a lifelong love of physical activity	1. Exposure to a wide range of fun, engaging physical challenges that build fundamental skills.	1. Fast-paced, inclusive games that promote excitement and enjoyment of sport.	1. Skill-building through enjoyable team games, helping children find success in new challenges.
	2. To build resilience and perseverance	2. Activities that require repeated practice (e.g., balancing, agility courses), encouraging trying again.	2. Developing skills like throwing and catching under pressure, and learning from mistakes in gameplay.	2. Mastering stick control, understanding rules, and improving dribbling through persistence.
	3. To experience team dynamics and understand individual roles	3. Team relays, group problem-solving, and leadership in small group tasks.	3. Playing as attackers/defenders, understanding when to pass or support.	3. Working as defenders, midfielders, or attackers in simple gameplay scenarios.
	4. To promote a sporting attitude: fairness, kindness, and respect	4. Taking turns, encouraging peers, and celebrating all efforts.	4. Learning the importance of respecting referees, teammates, and opponents.	4. Understanding fair play and dealing with winning and losing respectfully.

	5. To understand goal-setting and personal improvement	5. Setting personal targets (e.g., beat own time, more accurate throws), reflecting on progress.	5. Practising to improve passing accuracy or number of successful passes in a game.	5. Setting and reviewing skill goals like improving ball control or successful tackles.
	6. To develop foundational skills in coaching, leadership, and teamwork	6. Opportunities to lead warm-ups or explain simple rules to others.	6. Peer coaching during skill stations and leading small team strategies.	6. Taking turns as team captains or leaders in drills and small matches.
	7. To be knowledgeable about the benefits of physical activity	7. Discussing how the body feels during exercise and linking it to health and fitness.	7. Identifying how handball increases heart rate, builds coordination, and helps fitness.	7. Understanding how movement and coordination in hockey supports a healthy lifestyle.
Motor Competency	Declarative knowledge – How well do Children recall the key points for success in a movement/movement patterns they have learned.	<p>Balance: Keep your body upright and focus on a point to stay balanced.</p> <p>Throwing and Catching: Follow through with your arm when throwing and use the ‘basket’ technique when catching.</p> <p>Kicking: Use the inside of your foot for accuracy and follow through with your kick.</p> <p>Dribbling: Tap the ball gently and keep your head up to avoid obstacles.</p> <p>Agility: Bend your knees and push off with your outside foot to change direction quickly.</p> <p>Teamwork: Communicate with teammates and pass to open space.</p> <p>Space Awareness: Move into space to receive the ball and avoid being crowded.</p> <p>Game Rules: Follow the rules and respect your teammates and opponents.</p> <p>Fitness: Pace yourself and take breaks to stay energized.</p> <p>Goal Scoring: Aim for the corners of the goal and shoot with power and accuracy.</p>	<p>Understanding the Basic Rules: Students should be able to recall key rules of handball, such as how many players are on a team, the object of the game, and what constitutes a foul.</p> <p>Passing Technique: Students recall how to correctly perform a chest pass, bounce pass, and overhead pass, understanding when and why each is used.</p> <p>Movement Without the Ball: Children should be able to describe how to move to receive a pass, such as cutting to open space or timing your running</p> <p>Offensive Positioning: Children should recall how to position themselves during an attack (e.g., spacing out to stretch the defence or moving into positions for a pass).</p> <p>Defensive Positioning: Students should be able to describe how to position themselves when defending, including marking an opponent or intercepting a pass.</p> <p>Basic Dribbling: Recall the technique for basic dribbling – using one hand, keeping the ball low, and controlling it.</p> <p>Shooting Form: Children should be able to recall the correct shooting form, such as the use of the dominant hand, following through, and aiming at the target.</p> <p>Understanding Offensive and Defensive Roles: Recall the difference between offensive (scoring) and defensive (stopping the opponent from scoring) roles, and how to switch between them during the game.</p> <p>Quick Transition: Children should be able to recall how to transition quickly from defence to offense, including techniques such as fast breaks or getting into attacking positions quickly after gaining possession.</p>	<p>Grip and Stance: Proper grip on the stick (hands apart, bottom hand lower). Balanced, low stance for better control and movement. Shoulders facing the target, with knees bent and weight forward.</p> <p>Dribbling: Keeping the ball close to the stick to maintain control. Using the flat side of the stick for better accuracy. Small, quick touches to move the ball efficiently.</p> <p>Passing: Proper body alignment when passing (facing the target). Passing with the inside edge of the stick for accuracy the right speed.</p> <p>Receiving the Ball: Positioning the body to receive the ball (knees slightly bent, stick angled). Soft hands to cushion the ball and maintain control. Anticipating where the ball will be passed.</p> <p>Shooting: Focus on striking the ball with the flat side of the stick. A quick, controlled swing for accuracy and power. Aiming for open areas of the goal and using both forehand and backhand shots.</p> <p>Movement and Positioning: Always moving to support teammates, staying spaced out on the field. Keeping alert to the ball's position and adjusting quickly to support both offense and defence. When to pass, dribble, or shoot based on the game situation.</p>
	Procedural Knowledge – How well do Children demonstrate accurate, safe and efficient movement patterns.	<p><u>Balance</u></p> <p>When performing a balance task (e.g., standing on one foot or balancing on a line), students should demonstrate stable posture, keeping their body upright with core engagement. Children should be able to balance while minimizing unnecessary movements, avoiding swaying or using their arms excessively. Students should know when to stop and reset if they feel they might fall, and should balance in a way that avoids injury (e.g., not hyper-extending their knees).</p> <p><u>Throwing with Accuracy and Power</u></p> <p>In a game requiring throwing, such as a passing drill, Children should demonstrate correct overarm or underarm throwing technique stepping forward with their opposite foot and following through with their arm for greater accuracy and power. Children should be able to throw the ball using minimal effort, allowing the momentum from their legs and body to transfer into the throw, rather than relying</p>	<p>Soft hands: Encourage children to keep their hands soft and ready to absorb the ball's impact. Eyes on the ball: Teach them to focus on the ball as it approaches. Positioning: Ensure they position their body behind the ball for better control. Overhand throw: Show them how to throw the ball with proper hand and arm movement, emphasising accuracy over power. Underhand passing: Use this for short and controlled passes to build confidence. Wrist action: Introduce the idea of flicking the wrist for better control in throws. Low and controlled dribble: Teach children to keep the ball low and close to their body. Using fingertips: Focus on using fingertips rather than slapping the ball. Awareness: Encourage them to dribble while looking up to develop spatial awareness. Chest pass: Teach children to push the ball from their chest using both hands for accuracy. Bounce pass: A simple way to pass to teammates, especially when defenders are present. Timing: Encourage timing and communication with teammates during passes. Grip: Show the palm. Switching hands: Practice switching the ball between hands for better control. Rolling: Use ball-rolling activities to enhance touch and coordination. Pivoting: Teach children to pivot on one foot while holding the ball to explore movement options. Basic dodging: Simple sidesteps or fake movements to evade imaginary defenders. Balancing: Practice moving and stopping with the ball without losing control.</p>	<p>Grip and Stance: How to hold the hockey stick correctly (dominant hand on top, non-dominant hand midway) and proper stance (knees bent, balanced posture). Dribbling: Demonstrate and practice-controlled dribbling with the flat side of the stick. Use straight-line and zigzag Passing: Teach push pass techniques and how to position the body for accuracy and control. Receiving: Practice receiving the ball with soft hands to cushion the impact. Shooting: Introduce basic push and slap shots, emphasizing accuracy over power. Basic Positioning: Explain the importance of spreading out and avoiding clustering. Moving into Space: Practice leading runs and creating passing options. Marking Opponents: Introduce marking and tracking players during drills.</p> <p>Apply skills in simplified game scenarios. Familiarise students with hockey rules and game concepts. Cover the use of the flat side of the stick, no lifting, no obstructing (blocking), and safety zones. Teach the centre pass and side-line hits. Introduce fouls like foot contact or stick interference.</p>

		<p>solely on arm strength. Children should always aim to throw the ball away from others’ faces, ensuring they are aware of their surroundings to avoid causing injury.</p> <p><u>Catching with Control</u></p> <p>When catching, students should have their hands in a ready position (fingers spread, eyes on the ball) and demonstrate a soft, controlled grip to absorb the ball’s impact. They should catch the ball cleanly without clapping the hands shut too early, ensuring it is held securely. Children should avoid reaching for high or fast-moving balls without the proper technique to prevent collisions or injuries.</p>		
Rules, Strategies and tactics	Declarative knowledge – How well do Children recall the rules, tactics and strategies for success they have learned?	<ul style="list-style-type: none">• Balance: Understand static and dynamic balance, the importance of core stability, and techniques to maintain balance (e.g., using arms for stability, focusing on a point).• Agility: Know how to change direction quickly, the importance of footwork, and how to improve speed and control through specific drills. arm, underarm), the importance of arm and foot positioning, and how to balance accuracy with power.• Catching: Understand the different types of catching (two-handed, one-handed), the importance of hand positioning and focus, and how to catch while moving.	<p>A handball match is played between two teams, each with 7 players (6 outfield players and 1 goalkeeper).</p> <p>Players are allowed to hold the ball for up to 3 seconds before passing or shooting. Players can take up to 3 steps holding the ball.</p> <p>The ball must not touch a player’s foot (except for the goalkeeper in the goal area). Goals are scored by throwing the ball into the opponent's net.</p> <p>The court is rectangular with two goal areas at each end, marked by a semi-circular line.</p> <p>The goalkeeper's area (6-meter line) is off-limits for outfield players.</p> <p>The center of the court is used for restarting the game after a is scored.</p> <p>Each goal is worth 1 point.</p> <p>The team with the most points at the end of the game wins.</p>	<p>Knowledge of the basic rules: Children should be able to recall fundamental rules such as:</p> <p>No hitting the ball with the back of the stick. The ball must be played with the flat side of the stick. Not using the stick to block or trip opponents. The player must stay on their feet (no tackling). Offside rules may be simplified but understood. Penalties and free hits: They should recognize situations where free hits or penalties are awarded, such as for fouls or misconduct.</p> <p>Positioning: Children should understand the importance of staying in position, such as spreading out across the field: They should recall that passing the ball is an effective tactic, and they should try to pass to teammates rather than always trying to score or carry the ball alone.</p> <p>Defensive Play: Children should know that the defending player should aim to block or intercept the ball without fouling.</p> <p>Teamwork: Emphasis on passing, communication, and supporting each other during the game. Maintaining Possession: The idea that keeping possession of the ball helps to control the game and create opportunities to score. Shooting Techniques: Understanding the importance of aiming for the goal with a controlled shot, not just hitting the ball as hard as possible. How to assess: During a game, observe how well students cooperate with each other, pass, and apply their knowledge of shooting and maintaining possession. Offer feedback on what worked well.</p>
	Procedural knowledge – How well do Children demonstrate rules strategies and tactics in a specified context.	<p>Rules: Maintain stability and control during balance exercises. Strategies: Use arms for balance, focus on a point, and adjust body position. Tactics: Bend knees, use core strength, and stay steady during dynamic movements. Stay within boundaries, avoid collisions.</p> <p>Strategies: Keep low, stay balanced, and move quickly. Tactics: Use quick footwork and pivots to change direction efficiently. Throw with correct form and aim for accuracy. Strategies: Adjust grip and body position to control the throw. Tactics: Aim for specific targets, and adjust throwing force based on distance. Catch with both hands and keep eyes on the ball. Strategies: Use a "basket" position with hands, focus on the ball’s path. Tactics: Adjust position for different types of catches (low, high, moving).</p>	<p>Follow the game rules (e., two hands for catching, fair turn-taking).</p> <ul style="list-style-type: none">• Work with teammates, make quick decisions, and adjust strategy based on the game.• Position effectively and adjust based on the game’s flow.• Example: During a tag game, change direction to avoid being tagged, or use obstacles to hide.• Use controlled movements to avoid injury and maintain stability.• Example: During a balance task, Children move slowly and carefully to stay steady on the beam.	<ul style="list-style-type: none">• Following the rules: Are they able to play by the rules, such as using the correct part of the stick, avoiding fouls, and understanding basic game etiquette?• Applying tactics: Are they able to use basic strategies like positioning, passing, and defending effectively during a game? Do they know when to pass, when to attack, and when to defend?• Teamwork and decision-making: Are they working well with teammates, communicating, and making appropriate decisions based on the game situation?
Healthy Participation	Declarative knowledge – How well do Children recall the rules, tactics and strategies for success they have learned?	<p>Hydration and Rest Drink water and rest when necessary. Pacing: Control your speed to avoid getting tired too quickly. Efficient Movement: Focus on controlled, efficient movements. Cooperation: Work together in team activities to support each other. Monitor Body: Pay attention to how your body feels and rest when needed.</p>	<p>Prepare students physically and mentally for the lesson. Dynamic stretches and simple movement games (e.g., tag-based games). Focus on elevating heart rates and engaging all participants. Inclusion: Ensure all students are involved and active. Safety: Warm-ups should be age-appropriate and designed to prevent injury.</p>	<p>Children with proper footwear to avoid slipping or getting hurt. Understand that if a player gets injured, play must stop and they may need medical attention.</p>

	Procedural knowledge – How well do Children demonstrate safe practice of how to participate?	Safety: Move carefully around others and use equipment properly. Fair Play and Teamwork: Take turns, share equipment, and encourage others. Effort and Pacing: Control your speed and engage at an appropriate intensity. Hydration and Rest: Take breaks and drink water regularly. Adaptability and Self-Awareness: Adjust to different activities and recognize when you need a break	<ul style="list-style-type: none">• Modified games with simplified rules (e.g., small-sided games, zone-based challenges).• Scenario-based activities that encourage decision-making (e.g., passing under pressure).• Fair Play: Rotate roles and positions to provide equal opportunities.• Collaboration: Emphasize teamwork and communication.• Gentle stretching and breathing exercises.• Group discussion or individual reflection on the lesson.• Self-Reflection: Encourage students to think about what they learned or enjoyed.• Peer Feedback: Provide opportunities for students to share positive feedback with classmates.	Ensure your hockey stick is the correct size and in good condition. Stretch and warm up before playing to reduce the risk of injury. Check the field for any hazards (e.g., holes or debris). Keep your head up to be aware of the ball, teammates, and opponents at all times. Avoid swinging your stick in a dangerous manner, especially near other players. If you feel any discomfort or injury, stop playing and notify the coach or teacher. Take breaks if you feel tired, and drink water to stay hydrated. Perform gentle stretching exercises to cool down your muscles after the game. Drink water to rehydrate and help your body recover.

		Year 4		
Topic Knowledge	Topic	Football	Hockey	Tag Rugby
	Link to school values	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.
	New Key Vocabulary	Dribbling, Passing, Goalkeeper, Tackle, Pitch, Offside, Header, Corner Kick, Penalty, Drill	Dribbling, Pass, Stick Handling, Goalkeeper, Shooter, Slap Shot, Push Pass, Drag Flick, Defender, Penalty Corner	Tag, Pass, Try, Scrum, Knock-on, Ruck, Offside, Tackle, Conversion, Lineout
	End points	Basic Skills: Dribbling, passing, shooting, and tackling with control and accuracy. Understanding Roles: Knowledge of positions (goalkeeper, defender, midfielder, forward) and their responsibilities. Game Rules: Familiarity with offside, throw-ins, goal kicks, and corner kicks. Teamwork: Ability to communicate, support teammates, and use space effectively in attack and defence. Sportsmanship: Respect for opponents, teammates, and referees; handling winning and losing gracefully.	Basic Skills: Dribbling, passing, shooting, and stick handling with control and accuracy. Understanding Roles: Knowledge of positions (goalkeeper, defender, midfielder, forward) and their responsibilities. Game Rules: Familiarity with fouls, free hits, penalty corners, and how to restart play. Techniques: Ability to perform push passes, slap shots, and drag flicks. Teamwork: Supporting teammates, using space effectively, and working together in attack and defence. Sportsmanship: Respect for opponents, teammates, referees, and the game; playing fairly and safely.	Basic Skills: Passing, catching, tagging, and evading defenders with control and accuracy. Understanding Roles: Knowledge of positions (attackers, defenders) and their responsibilities. Game Rules: Understanding how to perform a tag, restart play, and the offside rule. Scoring: Ability to score a try and understand the rules around it. Teamwork: Communicating, supporting teammates, and using space effectively in attack and defence. Sportsmanship: Respect for opponents, teammates, referees, and playing the game fairly and safely.
	Crucial knowledge	children will learn the basic rules of the game, including the offside rule, throw-ins , and when to award goal kicks or corner kicks . They will understand the roles of different positions , such as goalkeeper , defender , midfielder , and forward , and how each position contributes to the team’s strategy. Key skills such as dribbling , passing , shooting , and tackling will be developed, with a focus on accuracy and control. Children will also learn how to work together as a team, using space effectively in both attacking and defending . The importance of sportsmanship , including respect for teammates , opponents , and referees , will be emphasised, along with handling both winning and losing gracefully. Safety and fair play will be central to the unit, ensuring children understand how to play responsibly and respectfully.	Children will learn the basic rules of the game, including fouls , free hits , and penalty corners , as well as how to restart play. They will understand the roles of different positions , such as goalkeeper , defender , midfielder , and forward . Key skills such as dribbling , passing , shooting , and stick handling will be developed, along with techniques like the push pass , slap shot , and drag flick . Children will also grasp the importance of using space effectively in both attacking and defending , while practising good sportsmanship and respecting opponents , referees , and teammates . Safety , including the use of protective equipment and safe play, will be emphasised throughout the unit.	Children will learn the basic rules of the game, including how to perform a tag to stop an opponent’s progress and the importance of staying onside . They will understand the roles of different positions , such as attackers and defenders , and how to work as a team to move the ball forward and prevent the opposition from scoring. Key skills such as passing , catching , and evading defenders will be developed, with a focus on quick, accurate movements. Children will also learn how to restart play after a tag and the significance of scoring a try . The importance of sportsmanship , including respect for teammates , opponents , and referees , will be emphasised, along with playing the game fairly and with enthusiasm. Safety and fair play will be a priority throughout, ensuring children understand how to engage in the game responsibly.
Concepts (progressive definition document)	1. To foster a lifelong love of physical activity	1. Engaging in fun, skill-based games that promote enthusiasm and love for the sport.	1. Enjoyable drills and team games that help students experience success and joy in learning.	1. Fast-paced, inclusive play that keeps all pupils active and excited to participate.
	2. To build resilience and perseverance	2. Encouraging repeated practice of skills like dribbling and shooting, even when it’s challenging.	2. Improving control and tackling through persistence and reflection on mistakes.	2. Learning to bounce back from errors in gameplay, such as missed tags or turnovers.
	3. To experience team dynamics and understand individual roles	3. Understanding positions and responsibilities within a team setting.	3. Working collaboratively in attack and defence, knowing when to pass or support.	3. Recognising the importance of teamwork for both offensive and defensive strategies.
	4. To promote a sporting attitude: fairness, kindness, and respect	4. Demonstrating respect for teammates, opponents, and referees during play.	4. Practising good sportsmanship in competitive scenarios and handling decisions respectfully.	4. Being fair and respectful when tagging or being tagged, and helping others learn.
	5. To understand goal-setting and personal improvement	5. Setting personal goals such as improving dribbling accuracy or passing under pressure.	5. Tracking progress with skills like ball control or successful passes/tackles.	5. Focusing on improving specific in-game decisions or tag success rate.
	6. To develop foundational skills in coaching, leadership, and teamwork	6. Opportunities to lead warm-ups, give peer feedback, or suggest team tactics.	6. Rotating leadership roles in drills and encouraging peer-to-peer coaching.	6. Leading mini teams in tag games or acting as a referee to build responsibility.

	7. To be knowledgeable about the benefits of physical activity	7. Recognising how running and gameplay builds stamina and supports heart health.	7. Understanding how movement and coordination exercises benefit strength and agility.	7. Discussing how tagging, running, and teamwork contribute to overall fitness.
Motor Competency	Declarative knowledge – How well do Children recall the key points for success in a movement/movement patterns they have learned.	Controlling the ball: Mastering basic skills like dribbling, passing, and receiving. Positioning: Moving into the right positions to support teammates. Defensive skills: Knowing how to tackle, mark, and intercept the ball. Attacking skills: Understanding how to shoot, finish, and cross. Rules: Familiarity with rules like offside, throw-ins, and corner kicks. Teamwork: Understanding how to work as a team and communicate effectively. Fitness: Knowing the importance of staying fit. Fair play: Demonstrating respect for others and showing focus during the game. Repetition: Using practice and playing matches to help children remember and apply these key points.	Ball control: Dribbling and stopping the ball with the flat side of the stick. Passing: Using a push pass or slap pass to accurately pass to teammates. Receiving: Controlling the ball with the stick to prepare for the next action. Positioning: Moving into attacking or defending positions on the field. Shooting: Using the correct technique to shoot at the goal with accuracy. Defensive techniques: Blocking or intercepting the ball using proper stick and body position. Movement: Changing direction quickly and maintaining possession. Rules: Knowing the importance of no high sticks, offside, and penalty corners. Teamwork: Supporting teammates and offering passing options. Safety: Keeping the stick below the waist and avoiding dangerous play.	Ball control: Passing the ball backwards using a two-handed pass. Tagging: Pulling the tag off an opponent to stop their progress. Running: Running with the ball while maintaining control and changing direction quickly. Positioning: Knowing when to move into attacking or defensive positions to support teammates. Support play: Moving to offer a passing option to teammates who are carrying the ball. Defending: Using the correct technique to position yourself to intercept or tag the ball carrier. Rules: Understanding basic rules like no forward passes, tagging instead of tackling, and when to restart play. Teamwork: Communicating with teammates and moving in sync to create space and opportunities. Safety: Avoiding physical contact by ensuring no dangerous tackles or collisions occur.
	Procedural Knowledge – How well do Children demonstrate accurate, safe and efficient movement patterns.	Accurate movement: Demonstrating correct technique in dribbling, passing, and shooting. Safe movement: Using balance, control, and body awareness to avoid injury. Efficient movement: Making quick turns, changing direction, and using minimal energy while maintaining control. Consistency: Performing learned skills with increased accuracy over time. Confidence: Showing improved confidence in applying techniques during game situations. Game application: Demonstrating procedural knowledge by executing techniques effectively in play.	Accurate ball control: Dribbling and stopping the ball with the flat side of the stick. Efficient passing: Using push passes or slap passes to pass the ball to teammates. Safe receiving: Controlling the ball with the stick to keep it from bouncing away. Quick positioning: Moving quickly into attacking or defending spots on the field. Powerful shooting: Shooting at the goal with accuracy and power using correct technique. Effective defending: Blocking and intercepting passes with proper stick positioning. Agile movement: Changing direction quickly while maintaining balance and control. Safe play: Keeping the stick below the waist and avoiding dangerous moves. Teamwork: Providing passing options and supporting teammates efficiently.	Accurate passing: Using a two-handed pass to send the ball backwards to teammates with control and accuracy. Efficient running: Running with the ball while maintaining control, using quick changes of direction to avoid defenders. Safe tagging: Pulling the tag off the opponent with a controlled and gentle motion, avoiding unnecessary contact or injury. Positioning for support: Moving into attacking or defending positions quickly to offer passing options or to close down space. Defensive positioning: Staying on your feet while positioning yourself to intercept passes or tag the ball carrier. Effective movement: Changing direction and speed smoothly, maintaining balance and control, especially when dodging or evading a defender. Safe play: Ensuring no physical tackles or collisions occur, keeping the game safe by avoiding dangerous play or overly aggressive moves. Team coordination: Moving in sync with teammates, ensuring effective support and creating space for passes or runs.

Rules, Strategies and tactics	Declarative knowledge – How well do Children recall the rules, tactics and strategies for success they have learned?	Children are able to recall key rules, tactics, and strategies that contribute to success on the pitch. They understand the importance of basic rules such as the offside rule , knowing when a player is in an offside position, and the correct procedure for throw-ins and corner kicks . Tactically, they grasp the concept of supporting teammates by positioning themselves effectively to offer passing options and maintaining team shape during both attacking and defending phases. For example, they learn to make support runs to create space or to move into position to defend when the ball is lost. They also understand the need to spread out during an attack, ensuring that teammates are available for passes, and use quick passing to move the ball effectively across the field. In defence, they are able to mark opponents and intercept passes , applying the right pressure at the right time. Through practice, Year 4 children develop a solid understanding of these strategies, enabling them to recall and apply them with increasing confidence and consistency during games.	Children recall key rules, tactics , and strategies that help them succeed in the game. They understand the importance of basic rules such as no high sticks , the correct procedure for free hits , and when a penalty corner is awarded. Tactically, they grasp the concept of maintaining possession and passing the ball accurately to teammates, knowing when to pass and when to dribble. For example, they learn to create space by moving into open areas, ensuring that teammates have passing options . They also understand the importance of defensive positioning , using the stick to block or intercept passes and applying pressure on the ball carrier at the right moments. During attacks, they know how to drive the ball forward , set up crosses , and aim for the goal with proper technique. Year 4 children begin to confidently recall and apply these tactical decisions and rules during play, demonstrating their growing understanding of the game.	Children recall key rules, tactics , and strategies that contribute to success on the field. They understand the importance of basic rules such as no forward passes, tagging instead of tackling, and the procedure for restarting play after a tag is made. Tactically, they grasp the concept of supporting teammates by positioning themselves to offer passing options and moving into attacking or defending positions. For example, they learn to create space by spreading out during an attack, ensuring teammates can receive the ball and maintain possession. In defense, they know how to close down space and tag the ball carrier effectively. They also understand when to use quick passes to advance the ball and how to switch positions to avoid being easily defended. With continued practice, Year 4 children can confidently recall and apply these strategies and rules during the game.
	Procedural knowledge – How well do Children demonstrate rules strategies and tactics in a specified context.	Children demonstrate procedural knowledge by applying learned techniques in a safe, accurate, and efficient manner. They can perform basic skills such as dribbling, passing , and shooting with increasing control and precision, ensuring their movements are both effective and purposeful. For example, when dribbling , they maintain close control of the ball while using quick, light touches to evade defenders. When passing , they use the inside of the foot to ensure accurate distribution to teammates. During a shot on goal , they focus on the correct foot placement and timing to strike with power and accuracy. Defensively, Year 4 children demonstrate effective tackling and marking , keeping a safe distance and using their body position to block the ball. They move efficiently around the pitch, changing direction swiftly and staying balanced when challenged by opponents. Throughout the game, they maintain awareness of space , ensuring they are positioned correctly to both support the attack and defend when needed. With continued practice, Year 4 children show progress in executing these skills with greater consistency and confidence.	Children demonstrate procedural knowledge by applying learned skills with accuracy, safety, and efficiency. They can dribble the ball with control using the flat side of the stick , making quick adjustments to direction while keeping the ball close to their feet. When passing , they use the push pass or slap pass to accurately distribute the ball to teammates, ensuring it reaches the intended target. Receiving the ball is done with the stick held correctly, keeping control and preparing for the next move. During attacks, Year 4 children shoot at the goal with proper technique, aiming for accuracy and power while keeping their body balanced. Defensively, they use the stick to block or intercept passes, ensuring that they are positioned well and maintain a safe distance from opponents. They demonstrate quick movement by changing direction rapidly, maintaining balance while evading defenders or supporting teammates. Throughout the game, they maintain focus on safe play , keeping the stick below the waist and avoiding high tackles or dangerous moves. With practice, Year 4 children show progress in performing these skills efficiently and consistently during match play.	Children demonstrate procedural knowledge by applying learned skills with accuracy, safety, and efficiency. They are able to pass the ball backwards using a two-handed pass , ensuring the ball reaches teammates accurately and with control. When running with the ball , they maintain control while using quick changes of direction to evade defenders and keep the ball moving forward. Tagging is done safely by pulling the tag from an opponent with a gentle but firm motion, avoiding physical contact. Children demonstrate effective defensive positioning , staying alert to the ball carrier’s movements and closing down space to prevent progress. When in attack, they move quickly into space , providing support to teammates and creating options for passes. They also maintain balance and agility when running, ensuring they are ready to change direction or pass the ball at the right time. With continued practice, Year 4 children show improved consistency and confidence in executing these skills during match play.
Healthy Participation	Declarative knowledge – How well do Children recall the rules, tactics and strategies for success they have learned?	<ul style="list-style-type: none">Physical activity: Staying active throughout the game, maintaining energy levels, and participating in both attacking and defending roles.Fitness: Understanding the importance of staying fit through consistent movement, running, and stamina.Teamwork: Recognising the value of working with teammates to support one another and achieve team goals.Fair play: Demonstrating respect for others, following the rules, and showing sportsmanship on and off the pitch.Positive attitude: Staying focused and maintaining a positive mindset even in challenging situations during the game.Injury prevention: Practicing safe play to avoid injury, using proper techniques and maintaining balance during movement.	<ul style="list-style-type: none">Physical activity: Staying active and engaged throughout the game, moving constantly to support both attacking and defending.Fitness: Understanding the importance of maintaining stamina and energy levels through consistent movement and agility.Teamwork: Recognising the value of working together with teammates, communicating to create passing options and support each other.Fair play: Showing respect for the rules of the game, sportsmanship, and maintaining a positive attitude towards both teammates and opponents.Positive mindset: Remaining focused and maintaining a positive attitude when faced with challenges on the field.Injury prevention: Practicing safe play, avoiding high sticks or unsafe body positioning to reduce the risk of injury.	<ul style="list-style-type: none">Physical activity: Staying active and moving continuously to support both attack and defence throughout the game.Fitness: Understanding the need for stamina and energy management to maintain performance during the match.Teamwork: Recognising the importance of supporting teammates, communicating to create passing options, and working together to achieve team goals.Fair play: Demonstrating respect for all players, following the rules, and maintaining sportsmanship on and off the pitch.Positive attitude: Keeping a focused and optimistic mindset, even when facing challenges, to maintain motivation and improve performance.Injury prevention: Ensuring safe play by avoiding tackling and unnecessary physical contact, focusing on tagging rather than collision-based actions.
	Procedural knowledge – How well do Children demonstrate safe practice of how to participate?	<ul style="list-style-type: none">Movement efficiency: Demonstrating smooth running, quick changes of direction, and maintaining balance while playing.Energy management: Pacing themselves throughout the game to avoid fatigue, with short bursts of energy when needed for sprints or key actions.Correct technique: Using proper techniques for dribbling, passing, and shooting, ensuring effective and safe execution.Recovery: Taking advantage of moments such as half-time or breaks to recover and keep energy levels high for the rest of the game.Injury avoidance: Ensuring safe play by using appropriate movements and avoiding risky actions, such as unnecessary tackles or collisions.	<ul style="list-style-type: none">Efficient movement: Demonstrating quick and controlled changes of direction while maintaining balance and positioning.Energy management: Pacing movements to avoid fatigue, with bursts of speed when necessary for offensive or defensive actions.Correct technique: Using the flat side of the stick for dribbling, passing, and shooting to maintain control and accuracy.Recovery: Using brief moments of rest to regain energy during breaks, ensuring readiness for the next play.Safe play: Keeping the stick below the waist and avoiding high sticks, dangerous tackles, or any actions that could cause injury.Hydration and well-being: Understanding the importance of staying hydrated and properly warmed up to keep performance levels high during the game.	<ul style="list-style-type: none">Efficient movement: Demonstrating quick, controlled changes of direction while maintaining balance when running with or without the ball.Energy management: Pacing themselves throughout the game, making sure to conserve energy during less intense moments and using bursts of speed when attacking or defending.Correct tagging: Safely and efficiently pulling the tag off an opponent without making physical contact, ensuring a clean and fair play.Passing technique: Using a two-handed pass to distribute the ball accurately and backwards, ensuring the ball reaches teammates with control.Defensive positioning: Closing down space and staying in position to intercept passes or tag the ball carrier effectively.

		<ul style="list-style-type: none">Hydration and well-being: Recognising the importance of staying hydrated and taking care of their body to maintain peak performance during the game.		<ul style="list-style-type: none">Safe play: Avoiding collisions by focusing on tagging instead of tackling and maintaining a focus on non-contact play.Hydration and well-being: Ensuring they stay hydrated and take appropriate rest breaks to maintain performance throughout the game.
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		Year 5		
Topic Knowledge	Topic	Netball	Athletics	Cricket
	Link to school values	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.
	New Key Vocabulary	Attacker, Defender, Centre Pass, Wing Attack, Wing Defence (WD), Pivot, Overhead Pass, Footwork, Bounce Pass, Shooting Circle	sprint, hurdles, relay, stride, take-off, landing, warm-up, stamina, acceleration, form.	batter, bowler, wicket, innings, boundary, duck, over, run-out, LBW (leg before wicket), crease.
	End points	By the end of a Year 5, children should be able to understand basic rules of netball , know positions, footwork, and passing techniques , and work effectively as a team , with good communication . They will be able to demonstrate skills like accurate passing (including overhead and bounce passes), pivoting , and positioning . Students will also understand the roles of attackers and defenders , and be able to move effectively in and out of the shooting circle . Ultimately, they should be able to play a simple game of netball , applying rules, strategies, and techniques learned throughout the unit.	By the end of a Year 5, children should be able to demonstrate a solid understanding of key athletic events , including sprinting, hurdles , and relay races . They will know how to properly warm-up before events and recognise the importance of stamina for endurance activities. Students should be able to apply techniques for stride length and take-off in jumping events, ensuring a proper landing . Additionally, they will be able to improve their acceleration and form in running and field events. Ultimately, students will gain confidence in their ability to perform and enjoy a variety of athletic activities while focusing on technique, fitness, and teamwork.	By the end of a Year 5, children should be able to effectively participate in a game, understanding the roles of the batter and bowler . They will know how to safely and accurately defend or attack the wicket , while aiming to score a boundary . Students will understand how to avoid a duck and be familiar with the structure of an innings , including the rules for over and how to make important decisions like run-out and LBW (leg before wicket) . They should be able to position themselves correctly within the crease and demonstrate teamwork and strategy in both batting and fielding. Ultimately, they will be able to play a complete game of cricket, applying their skills and knowledge confidently.
	Crucial knowledge	Children will grasp the fundamental rules of the game , including understanding the court layout, positions, and restrictions for each player. It’s crucial that they learn proper footwork , such as pivoting and stopping correctly, and how to make effective passes, including overhead passes and bounce passes . Students should also recognise the roles of attackers and defenders and how to communicate and work as a team. A solid understanding of the shooting circle and its boundaries, along with the importance of positioning , will allow them to participate more confidently in matches. Finally, knowing how to defend and score efficiently is key to developing overall gameplay skills.	Children will develop an understanding of the essential techniques required for various events such as sprinting, hurdles , and relay races . It is crucial that they learn how to warm-up effectively to prepare their muscles and prevent injury, while also building stamina for longer races. Understanding the importance of stride and acceleration will help improve their running efficiency. In field events, students must grasp the techniques for a proper take-off and landing in jumping events, ensuring balance and control. Throughout the unit, students should also focus on maintaining good form during all activities to improve performance and reduce the risk of injury.	Children will understand the basic roles of the batter and bowler , as well as the importance of defending or attacking the wicket . Students must learn how to score a boundary and avoid being dismissed for a duck , while understanding the structure of an innings and the significance of each over . They should grasp key rules like how a run-out can occur and the conditions under which an LBW (leg before wicket) decision is made. It’s essential that students know how to properly position themselves within the crease for both batting and defending. This knowledge forms the foundation for playing and enjoying cricket, while also encouraging good teamwork and strategic thinking.
Concepts (progressive definition document)	1. To foster a lifelong love of physical activity	1. Engaging in dynamic, team-based netball games that promote teamwork and excitement.	1. Experiencing various athletic events, fostering enjoyment in competition and personal achievement.	1. Fun, skill-building activities that make cricket engaging and promote a love for the sport.
	2. To build resilience and perseverance	2. Practicing key skills like shooting and passing in challenging situations.	2. Pushing personal limits in running, throwing, and jumping events.	2. Developing persistence in batting and bowling, learning from mistakes in the game.
	3. To experience team dynamics and understand individual roles	3. Understanding positions, attack/defence roles, and teamwork within netball.	3. Participating in relays and team events to understand teamwork dynamics.	3. Recognizing roles in cricket (bowling, batting, fielding) and understanding how to contribute to the team.
	4. To promote a sporting attitude: fairness, kindness, and respect	4. Practicing good sportsmanship, respecting opponents and teammates during matches.	4. Encouraging fair competition, respecting other athletes and officials.	4. Demonstrating respect for the rules and opponents, practicing good cricket etiquette.
	5. To understand goal-setting and personal improvement	5. Setting individual goals for improving shooting accuracy or passing speed.	5. Setting personal bests for running, throwing, and jumping distances.	5. Focusing on improving batting technique or bowling accuracy and measuring personal progress.
	6. To develop foundational skills in coaching, leadership, and teamwork	6. Leading small group drills or offering feedback to peers on technique.	6. Leading warm-up activities, organizing relays, and encouraging teammates.	6. Taking on leadership roles during practice or acting as captain to help with team strategy.

	7. To be knowledgeable about the benefits of physical activity	7. Understanding how netball improves cardiovascular fitness, coordination, and agility.	7. Recognizing the benefits of running, jumping, and throwing in enhancing strength and endurance.	7. Understanding how cricket improves hand-eye coordination, endurance, and teamwork skills.
Motor Competency	Declarative knowledge – How well do Children recall the key points for success in a movement/movement patterns they have learned.	Positions – Understanding the roles of different players (e.g., attacker, defender, wing attack). Footwork rules – Knowing how to pivot and move without taking extra steps. Passing techniques – Understanding when and how to use overhead and bounce passes. Centre pass – Knowing how the game restarts and the rules around it. Shooting circle – Recognising when and where to enter the shooting circle to score. Teamwork and communication – Understanding how to work together and communicate during play. Defensive strategies – Knowing how to block and mark opponents effectively. Attacking strategies – Recognising when to move forward and how to create space. Roles of attackers and defenders – Understanding how to balance offensive and defensive duties. Rules of the game – Being aware of all fundamental rules, such as those around footwork and passing.	Event types – Understanding the different types of events (e.g., sprinting, hurdles, relay races, long jump). Warm-up routines – Knowing the importance of warming up to prevent injury and improve performance. Stamina – Recognising the importance of endurance for longer races and events. Stride and running techniques – Understanding the role of stride length and acceleration for effective running. Hurdles – Knowing the correct technique for clearing hurdles in a race. Relay rules – Understanding how to pass the baton and the importance of team coordination. Take-off and landing – Knowing the proper technique for jumping events. Form – Recognising the importance of maintaining good posture and technique during races and field events. Overcoming fatigue – Understanding how to pace oneself and manage energy during events. Event-specific rules – Being familiar with the rules for each event, such as the start in sprinting or the marking in field events.	Roles of players – Understanding the roles of batter and bowler, as well as fielding positions. Wicket rules – Knowing the importance of protecting the wicket and how it can be dismissed. Scoring – Recognising how to score runs, including hitting a boundary and understanding when a duck occurs. Innings structure – Understanding how an innings is played and when to switch between batting and bowling. Over rules – Knowing the rules of an over and how many balls are delivered by the bowler. Run-out – Understanding the process of being run-out and how to prevent it. LBW (leg before wicket) – Recognising what qualifies as an LBW and how it leads to a dismissal. Crease positions – Knowing the importance of staying within the crease during batting and bowling. Bowling techniques – Understanding different types of deliveries, such as fast bowling and spin bowling. Fielding skills – Knowing how to properly catch, stop, and throw the ball during fielding.
	Procedural Knowledge – How well do Children demonstrate accurate, safe and efficient movement patterns.	Passing techniques – Knowing how to pass the ball accurately using different techniques, such as overhead passes, bounce passes, and chest passes. Footwork – Understanding how to pivot, stop, and move with the ball without taking extra steps to avoid violations. Positioning – Knowing where to position yourself on the court depending on your role, whether you're an attacker, defender, or midfielder. Shooting technique – Understanding the correct form for shooting the ball, including aiming for the goalpost and using the correct arm movement. Defensive strategies – Knowing how to mark your opponent, block shots, and intercept passes to regain possession of the ball. Centre pass – Understanding the rules and timing for the centre pass, including how to restart play after a goal is scored.	Sprinting technique – Knowing how to start with a proper stance, use arm drive for acceleration, and maintain speed throughout the race. Hurdles technique – Understanding how to approach the hurdles, jump with correct form, and clear them efficiently without knocking them over. Relay baton exchange – Knowing how to pass the baton smoothly during a relay race, ensuring proper timing and positioning in the exchange zone. Jumping technique – Understanding the correct take-off and landing for events like long jump, focusing on proper foot placement and body position. Throwing techniques – Learning how to throw objects like the shot put or javelin with the correct stance, grip, and follow-through for distance and accuracy. Warm-up routines – Performing dynamic stretches and mobility exercises to prepare muscles before an event. Pacing in endurance races – Knowing how to pace oneself during longer races, managing energy and maintaining consistent speed.	Batting technique – Knowing how to properly grip the bat, stance for facing a bowler, and swinging to hit the ball effectively. Bowling action – Understanding the correct bowling technique, including the run-up, delivery stride, and follow-through. Fielding positions – Knowing where to stand in various fielding positions based on the type of delivery or the batter’s stance. Throwing the ball – Properly throwing the ball from one fielder to another with accuracy and speed. Catching techniques – Using the correct catching technique (e.g., soft hands, ready position) for different types of catches. Running between the wickets – Understanding how to communicate with a partner and run between the wickets efficiently to score runs. Taking a wicket – Understanding the process of getting out a batter, whether through bowling or fielding (e.g., run-out or catching).

		<p>Movement off the ball – Learning how to create space by dodging or cutting in different directions to receive a pass.</p> <p>Communication – Using clear verbal and non-verbal communication with teammates to signal when to pass or move.</p> <p>Teamwork – Working together with teammates to create scoring opportunities and defend as a unit.</p> <p>Attacking strategies – Recognising when to drive forward to the shooting circle and how to support teammates in their movements.</p>	<p>Finishing technique – Learning how to lean forward and finish strong in sprints, especially when approaching the finish line.</p> <p>Field event rules – Understanding the rules for marking and measuring in field events (e.g., jump distance or throw distance).</p>	<p>Switching roles – Knowing how to transition between batting and bowling, as well as how to rotate the positions during a match.</p> <p>Executing a boundary – Recognising how to hit the ball to the boundary for automatic runs and when to stop the ball from reaching the boundary while fielding.</p> <p>Teamwork – support each other during batting, bowling, and fielding.</p>
Rules, Strategies and tactics	<p>Declarative knowledge – How well do Children recall the rules, tactics and strategies for success they have learned?</p>	<p>Children will recall and understand the rules, tactics, and strategies they have learned. This includes their ability to remember the basic rules of the game, such as how to pass, where players can move, and what constitutes a foul. It also involves recalling strategies, like positioning, creating space, and working as a team to gain possession or score. For tactics, children should demonstrate an understanding of how to adapt their play based on the situation, such as switching defensive and offensive roles or applying pressure on opponents. The key measure of this knowledge is how accurately and quickly they can apply these concepts during gameplay.</p>	<p>The children will know the rules of races, such as starting positions, lane discipline, and what constitutes a false start. Children should also understand the techniques required for various events, like the correct running form, long jump technique, or throwing methods for events such as shot put or javelin. Additionally, they should recall strategies for success, such as pacing in a race, timing their jumps, or focusing on their technique in throws. The key measure is their ability to remember and explain these concepts before and during events.</p>	<p>The children will recall the rules, tactics, and strategies they have learned for success in the game. This includes remembering the basic rules, such as the number of overs in a match, the roles of each player (batsman, bowler, fielder), and what constitutes a run out, LBW, or boundary. Children should also be able to recall tactics for both batting and fielding, such as how to position themselves at deep square leg or mid-off to cut off boundaries, or how to adjust their shots when facing a fast bowler or spin bowler, like playing the ball late or using a defensive shot. In terms of strategies, children should understand how to rotate the strike by running between the wickets, setting up partnerships in batting to build a total, or using different field placements like a slip cordon to put pressure on the batsman. The key measure is their ability to quickly and accurately recall these concepts during play and apply them to help their team succeed.</p>
	<p>Procedural knowledge – How well do Children demonstrate rules strategies and tactics in a specified context.</p>	<p>The children will apply the rules correctly during play, ensuring they pass, move, and defend within the boundaries of the game. Children should also be able to implement strategies, like creating space and working as a team to move the ball efficiently. In terms of tactics, they should show the ability to adapt their approach, such as switching from defensive to offensive play, marking players effectively, and applying pressure when necessary. The key indicator is their practical application of these concepts during a match, adjusting their actions based on the flow of the game.</p>	<p>The children will establish their ability to apply the rules correctly, like ensuring they stay in their lane during a race or perform a valid long jump. Children should also be able to use proper techniques, such as maintaining good running posture, executing a strong and accurate throw, or using the correct form in the long jump. In terms of strategies, they should show an understanding of pacing, knowing when to sprint or conserve energy, and how to focus on technique for maximum performance. The key measure of procedural knowledge is their ability to perform these skills efficiently and effectively during real events.</p>	<p>The children’s ability to apply the rules correctly, such as knowing when and how to bowl a no-ball or a wide, or ensuring they run between the wickets efficiently without getting run out. Children should also be able to use proper techniques, like executing a correct front-foot defence shot to block a fast delivery, or using a pull shot for a bouncer. When fielding, they should demonstrate the correct technique for catching a high ball or ground fielding, such as getting low to the ground to stop a ball. In terms of strategies, they should be able to rotate the strike by calling for singles or hitting the ball into gaps, and in bowling, they should know how to vary their pace or use spin bowling to outfox the batsman. The key measure of procedural knowledge is their ability to perform these skills confidently and correctly during a match, adjusting their actions based on the game's situation.</p>
Healthy Participation	<p>Declarative knowledge – How well do Children recall the rules, tactics and strategies for success they have learned?</p>	<p>The children will demonstrate declarative knowledge by recalling the rules, tactics, and strategies they have learned, such as understanding how to pass, where to position themselves on the court, and how to create space for effective team play. This knowledge supports their ability to play the game safely and effectively. Additionally, children must apply procedural knowledge by demonstrating safe participation, ensuring they follow the rules, use proper techniques for passing, shooting, and defending, and practice good habits like proper warm-ups and hydration. Healthy participation is achieved when children can recall key concepts and safely apply them during play.</p>	<p>Children should remember the rules of racing, such as the importance of staying in their lane during a sprint or how to position their body correctly for a good start. Children should also be able to recall techniques for events like the long jump, knowing how to take off from the correct foot, or the shot put, understanding how to use a strong push from the base of the fingers. In terms of strategies, they should know how to pace themselves in a long-distance race, conserving energy for a strong finish, or how to build momentum in the relay race to hand over the baton efficiently. The key measure of their declarative knowledge is how easily they can recall and explain these concepts before and during events.</p>	<p>children should remember key rules such as the need to stay within the fielding boundaries and how to properly rotate the strike by running between the wickets, ensuring they don’t run out of the crease. They should recall batting tactics, such as hitting the ball into gaps in the field to avoid getting caught and building partnerships with teammates to advance the score safely. In terms of bowling, children should understand the importance of varying line and length to challenge the batsman and avoid overexerting themselves to prevent injury. Fielding strategies are also vital, such as positioning players at slip or long-on to control the flow of the game. For healthy participation, children must also remember to use proper techniques like a correct grip on the bat to reduce strain and hydrating regularly to stay in top form. The key measure of declarative knowledge is how well children recall and apply these rules, tactics, and strategies during the game to ensure both their performance and well-being.</p>

	Procedural knowledge – How well do Children demonstrate safe practice of how to participate?	The children will demonstrate safe and effective practices during the game. This includes using correct techniques when passing , such as executing a short, sharp chest pass, or when shooting , ensuring they have proper hand positioning and follow-through. Children should maintain good posture when defending , keeping their body low to the ground to block passes, and staying on their toes to react quickly. In terms of safe participation , they must follow the rules to avoid fouls, such as not pushing or obstructing opponents. Additionally, they should warm up and cool down properly, ensuring they stretch and hydrate before and after games to prevent injury. Healthy participation is also demonstrated through teamwork , where children support each other, communicate clearly on the court, and play with respect for their teammates and opponents.	The children will ensure they warm up properly before running, jumping, or throwing, to prepare their muscles and reduce the risk of injury, such as performing dynamic stretches or light jogging . Children should use correct techniques in events like the sprint , where they focus on starting with a strong, balanced stance and maintaining good posture throughout the race. In the long jump , they must learn to take off from the correct foot and land safely to avoid injury. For throwing events, such as the shot put , children should be taught to keep the shot close to their neck , using controlled force to avoid strain. Additionally, they should demonstrate good sportsmanship , ensuring they respect others, take turns, and encourage their teammates. Hydration and cooling down with gentle stretches after the event are also key aspects of safe participation.	Children should apply the rules by knowing when a no-ball or wide has been bowled and how to adjust their positioning accordingly. They should also use correct batting techniques , such as keeping their eyes on the ball and adopting a solid stance to ensure safe, accurate shots without straining their muscles. In bowling , children must demonstrate the proper grip and arm action , ensuring they don’t overexert themselves and risk injury. For fielding , they should be able to react quickly , using the correct body position to stop the ball effectively, whether it’s in the infield or at the boundary . Additionally, during play, children must take regular breaks , staying hydrated to maintain focus and prevent fatigue. The key to procedural knowledge is how well children perform these techniques safely, demonstrating good habits like stretching before and after play to support healthy participation.
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		Year 6		
Topic Knowledge	Topic	Basketball	Tennis	Athletics
	Link to school values	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.	Together we do our best Children will give their best to each of the activities in order develop competency in that skill.
	New Key Vocabulary	Dribble, pivot, rebound, assist, fast break, layup, defense, offense, foul, and turnover	Serve, rally, forehand, backhand, volley, baseline, court, double fault, lob, and deuce	Sprint, relay, hurdles, long jump, high jump, shot put, discus, warm-up, finish line, and personal best (PB)
	End points	By the end of the Year 6 basketball unit, children will have developed a strong understanding of the basic skills required to play the game, including dribbling, passing, shooting, and defending. Over the course of 12 lessons, they will improve their ability to perform a layup, pivot, and execute a fast break, while also learning the importance of teamwork and communication on the court. Children will be able to demonstrate effective offense and defense strategies, such as how to create space for a shot or block an opponent's attempt. Additionally, they will understand key game concepts like how to make an assist, the significance of rebounds, and the rules surrounding fouls and turnovers. By the end of the unit, students will be confident in their ability to play a full game of basketball with good sportsmanship and awareness of the game's structure.	By the end of the 12-week Year 6 tennis unit, Children will have developed key skills and a strong understanding of the game. They will be able to serve consistently, perform rallies using both forehand and backhand strokes, and execute volleys with control. Children will understand the rules of the court, including how to play from the baseline and the concept of doubles. They will be able to perform a variety of shots, such as lobs, and will be familiar with scoring systems like deuce and advantage. Over the course of the unit, students will also learn how to handle situations like double faults and gain an understanding of court positioning. By the end of the unit, students will confidently play a match, demonstrating good sportsmanship, strategic play, and an awareness of the game’s rules.	By the end of the Year 6 athletics unit, children will have developed key skills and a strong understanding of various track and field events. They will be able to sprint efficiently, participate in a relay race, and navigate hurdles with proper technique. Children will also learn how to perform the long jump and high jump, focusing on correct form and technique for each. In throwing events, they will practice the shot put and discus, understanding the rules and how to improve their distance. Students will also learn the importance of warming up before exercise to prevent injury and how to pace themselves for maximum performance. By the end of the unit, students will be able to complete events with confidence, track their progress through personal bests (PB), and demonstrate good sportsmanship in a competitive setting.
	Crucial knowledge	Children will learn how to dribble and pass the ball with control, use pivoting to change direction, and perform layups with proper technique. Students will develop an understanding of both offense and defense , learning to work as a team to create scoring opportunities and prevent their opponents from scoring. They will also gain knowledge of key concepts such as rebounds , assists , and fast breaks , as well as the importance of spacing and communication on the court. In addition, students will understand the rules of the game, including how to avoid fouls and handle turnovers . By the end of the unit, students will have the skills to confidently play in a full basketball game, applying strategies and demonstrating good sportsmanship .	Children will learn how to serve consistently, using proper technique, and practice rallying with both forehand and backhand strokes. Children will understand the importance of positioning, learning how to move to the baseline and approach the net for volleys . They will also practice lobs and drop shots to add variety to their game. Throughout the unit, students will develop a clear understanding of the rules, including the scoring system, how to handle deuce , and the consequences of a double fault . They will also explore sportsmanship , teamwork in doubles, and how to track their personal bests (PBs) . By the end of the unit, students will be able to apply these skills and strategies in match situations, demonstrating confidence and fair play.	Children will learn how to sprint effectively, focusing on proper technique and speed, and develop the skills required for the relay race, including smooth baton passing. In field events, students will practice the long jump and high jump , learning correct take-off and landing techniques to maximize distance and height. They will also be introduced to the shot put and discus , focusing on grip, stance, and throwing technique to improve their performance. Understanding the importance of a warm-up routine will be emphasized to prevent injury and improve overall performance. Students will gain an understanding of personal bests (PBs) and track their progress throughout the unit. By the end of the unit, students will be able to confidently participate in all events, applying skills and demonstrating good sportsmanship .
Concepts (progressive definition document)	1. To foster a lifelong love of physical activity	1. Engaging in fast-paced, team-based basketball games that build excitement and passion for the sport.	1. Developing skills through fun, competitive tennis matches that inspire continued participation.	1. Encouraging participation in a range of athletic events, focusing on enjoyment and self-improvement.
	2. To build resilience and perseverance	2. Practicing dribbling, passing, and shooting in challenging conditions, learning to keep trying.	2. Overcoming challenges in rallying, serving, and returning shots with persistence and focus.	2. Pushing through personal limits during sprints, jumps, and throws, learning from setbacks.
	3. To experience team dynamics and understand individual roles	3. Understanding team roles such as point guard, centre, and forward, and how they contribute to team success.	3. Playing singles or doubles, understanding how individual roles within a team can impact outcomes.	3. Participating in team relays or individual events, learning how individual roles contribute to team success.
	4. To promote a sporting attitude: fairness, kindness, and respect	4. Demonstrating sportsmanship by respecting referees, teammates, and opponents.	4. Practicing good sportsmanship, respecting the rules, and encouraging fair play.	4. Understanding the importance of fair competition, respecting competitors, and following event rules.
	5. To understand goal-setting and personal improvement	5. Setting specific goals for improving shooting accuracy, dribbling, and passing during games.	5. Setting personal goals for improving stroke technique, serve consistency, or rally length.	5. Setting personal records for sprinting, long jump, or shot put, tracking progress over time.
	6. To develop foundational skills in			

	<div>coaching, leadership, and teamwork</div> <div>7. To be knowledgeable about the benefits of physical activity</div>	<div>6. Leading small group drills, giving feedback, and encouraging teamwork during games.</div> <div>7. Understanding how basketball improves cardiovascular fitness, coordination, and agility.</div>	<div>6. Taking leadership roles in drills, offering support to peers in learning new techniques.</div> <div>7. Recognizing how tennis enhances balance, coordination, and hand-eye coordination.</div>	<div>6. Leading warm-up activities or coaching peers on running technique, throwing form, or jumping technique.</div> <div>7. Recognizing how athletics improves strength, flexibility, endurance, and speed.</div>
	<div>Motor Competency</div> <div><div>Declarative knowledge – How well do Children recall the key points for success in a movement/movement patterns they have learned.</div><div>Dribbling Control – Children should remember to use their fingertips, not their palms, to maintain better ball control and precision while dribbling.</div><div>Head Position – Keeping their head up while dribbling allows them to be aware of teammates, opponents, and opportunities on the court.</div><div>Footwork in Movement – Understanding the importance of correct foot placement, such as using a pivot foot, helps maintain balance and avoid traveling.</div><div>Passing Technique – Children should recall the key mechanics of passing, such as stepping into the pass, using their chest or bounce pass effectively, and following through with their hands.</div><div>Shooting Form – Remembering to bend their knees, position their elbow under the ball, and follow through with a flick of the wrist improves shooting accuracy.</div><div>Defensive Stance – Children should recall the importance of a low, balanced stance with active hands to effectively guard opponents and react quickly.</div><div>Spacing and Positioning – Understanding where to be on the court, whether on offense or defence, helps maintain good team movement and play execution.</div><div>Layup Technique – They should recall the correct footwork for a layup, using the opposite foot to the shooting hand and aiming for the backboard.</div><div>Rebounding Awareness – Remembering to box out an opponent by positioning their body correctly increases the chances</div><div>Game Rules and Decision-Making – Understanding basic basketball rules, such as double dribbling and traveling, helps children make better in-game decisions and avoid turnovers.</div></div> <div><div>Procedural Knowledge – How well do Children demonstrate accurate, safe and efficient movement patterns.</div><div>Dribbling Control – Children should demonstrate accurate dribbling by using their fingertips to maintain control, keeping the ball at waist height, and making quick, controlled movements without excessive bouncing.</div><div>Head Up While Dribbling – They should consistently keep their head up while dribbling, demonstrating the ability to maintain awareness of the court, teammates, and defenders, ensuring they can make quick decisions.</div></div>	<div>Grip and Hand Position – Children should recall the correct grip for different shots, such as the continental grip for serving and the eastern grip for forehands, to maintain control and power.</div> <div>Ready Position – Understanding the importance of standing with knees slightly bent, feet shoulder-width apart, and racket held in front prepares them to react quickly.</div> <div>Footwork and Movement – Children should remember to move efficiently with small, quick steps to position themselves correctly for each shot.</div> <div>Forehand and Backhand Technique – They should recall to rotate their body, step into the shot, and follow through for a consistent and controlled stroke.</div> <div>Serving Mechanics – Understanding the key points of a successful serve, including ball toss, racket motion, and follow-through, helps improve accuracy and power.</div> <div>Volley Execution – Children should remember to keep their racket up and in front, use short controlled swings, and step forward when hitting a volley.</div> <div>Ball Control and Spin – They should recall how to adjust their racket angle and swing to control the ball's height, direction, and spin.</div> <div>Rallying Skills – Understanding the importance of consistency, pacing, and aiming for open spaces helps children engage in longer rallies.</div> <div>Court Awareness and Positioning – Remembering to return to the shot allows them to be prepared for the next ball.</div> <div>Rules and Scoring – Children should recall basic tennis rules, such as serving rotation, point system, and in/out calls, to play structured matches successfully.</div>	<div>Running Technique – Children should recall the importance of proper posture, keeping their body upright, arms at a 90-degree angle, and knees driving forward for an efficient sprint.</div> <div>Start Position – Understanding the correct positioning in the starting blocks, with hands behind the line, legs bent, and weight forward, helps improve the start of a race.</div> <div>Stride Length and Frequency – They should remember to focus on finding the right balance between long, powerful strides and quick, efficient leg turnover during running events.</div> <div>Relay Baton Exchange – Children should recall the key points of a successful baton handover, such as maintaining eye contact, keeping the baton steady, and passing it in the exchange zone.</div> <div>Jumping Technique (Long Jump) – Understanding the approach run, the take-off from the board, and using proper arm swing helps maximize jump distance and form.</div> <div>High Jump Technique – They should remember to approach the bar with a curve, jump with the correct technique (such as the Fosbury Flop), and clear the bar without knocking it down.</div> <div>Throwing Technique (Shot Put) – Children should recall the proper stance, holding the shot put close to the neck, and using a strong push-off from the base to improve the throw.</div> <div>Throwing Technique (Javelin) – They should remember the correct grip and body posture, along with the importance of a strong, fluid release to achieve maximum distance.</div> <div>Pacing in Distance Races – Understanding how to pace themselves, maintaining a steady rhythm in longer events, and knowing when to increase speed for a sprint finish is crucial.</div> <div>Rules and Safety – Children should recall the importance of following the rules for each event, including lane assignments, throw distances, and safety protocols, to ensure</div>	<div>Running Technique – Children should demonstrate efficient running posture by keeping their body upright, arms at a 90-degree angle, and knees driving forward, ensuring a smooth and powerful stride.</div> <div>Start Position – They should demonstrate the correct stance in the starting blocks, with hands placed behind the line, legs bent and ready, and weight slightly forward to ensure a strong and quick start.</div> <div>Stride Length and Frequency – Children should demonstrate an ability to adjust stride length and frequency, finding the optimal balance to maximize speed and maintain endurance throughout the race.</div>

		<p>Passing Accuracy – Children should demonstrate efficient passing by stepping into the pass, using the correct type of pass (chest, bounce, overhead), and following through to ensure accuracy and timing.</p> <p>Shooting Form – They should demonstrate a smooth shooting technique, properly aligning their body, following through with their wrist, and focusing on the basket to improve accuracy and consistency.</p> <p>Defensive Stance – Children should consistently maintain a low, balanced defensive stance with active hands and quick footwork, demonstrating the ability to react swiftly to an opponent's movements.</p> <p>Footwork and Pivoting – They should show efficient footwork by using quick pivots to maintain possession, keeping the ball protected from defenders, and using their non-pivot foot to change direction.</p> <p>Rebounding Technique – Children should demonstrate safe and effective rebounding by boxing out their opponent, maintaining balance, and jumping with both feet to secure the ball.</p> <p>Layup Execution – They should demonstrate proper footwork and coordination in layups, using the correct foot for take-off, aiming for the backboard, and finishing with control and accuracy.</p> <p>Transition Play – Children should demonstrate efficient movement during transitions, quickly moving from offense to defence or vice versa, using effective passing and positioning to maintain control of the game.</p> <p>Safety and Awareness – They should demonstrate safe play by avoiding collisions, maintaining a safe distance from opponents when appropriate</p>	<p>Serving Technique – They should demonstrate the correct serving motion, including a proper toss, strong racket swing, and follow-through, to ensure both accuracy and power in their serves.</p> <p>Volley Execution – Children should demonstrate proper volley technique by keeping the racket head up, using short, controlled swings, and stepping forward to meet the ball, maintaining balance and control.</p> <p>Rallying and Consistency – They should demonstrate consistent rallying skills by using controlled strokes, keeping the ball in play, and adjusting the power and spin to create opportunities for winning points.</p> <p>Movement to the Net – Children should demonstrate the ability to move efficiently toward the net after a strong shot, positioning themselves to intercept volleys and be ready to react.</p> <p>Ball Control and Spin – They should demonstrate control over the ball by adjusting the racket face to apply topspin, backspin, or flat shots, allowing them to vary the ball's trajectory and speed.</p> <p>Court Awareness and Positioning – Children should demonstrate good court awareness, positioning themselves correctly for both offense and defence, covering the key areas and anticipating their opponent's shots.</p> <p>Safety and Injury Prevention – They should demonstrate safe play by using proper warm-up and cool-down techniques, wearing appropriate footwear, and avoiding risky movements that could lead to injury.</p>	<p>Relay Baton Exchange – They should demonstrate an accurate and smooth baton handover by keeping the baton steady, ensuring a strong grip, and passing it within the exchange zone to avoid disqualification.</p> <p>Long Jump Technique – Children should demonstrate efficient jumping technique by running with proper speed, planting their take-off foot accurately on the board, and swinging their arms for maximum distance.</p> <p>High Jump Technique – They should demonstrate correct body positioning when approaching the bar, using the proper technique (e.g., Fosbury Flop) to clear the bar while maintaining safety and control.</p> <p>Shot Put Technique – Children should demonstrate the correct stance and grip, using their non-dominant hand to balance the shot, and utilizing strong push-off from the legs for maximum distance.</p> <p>Javelin Technique – They should demonstrate the proper grip and posture for throwing the javelin, with a smooth and powerful release to ensure accuracy and distance.</p> <p>Pacing in Distance Races – Children should demonstrate the ability to pace themselves effectively in longer events by maintaining a consistent speed, managing energy efficiently, and knowing when to increase pace for a sprint finish.</p> <p>Safety and Injury Prevention – They should demonstrate safe practices by warming up properly before events, using correct techniques to avoid strain, and wearing appropriate footwear to prevent injuries during running, jumping</p>
Rules, Strategies and tactics	Declarative knowledge – How well do Children recall the rules, tactics and strategies for success they have learned?	They should recall the fundamental rules, such as the importance of dribbling, the concept of traveling, and the need to stay within the court boundaries. Tactically, they should remember key strategies such as spreading out to create space, using screens to free up teammates, and positioning themselves for offensive or defensive plays. Children should also understand the importance of team communication, whether calling for passes or signalling defensive shifts. In terms of strategy, they should be able to recall when to apply pressure in defence, how to transition from defence to offense, and the role of effective passing in breaking down an opponent's defence. Having a strong understanding of these rules, tactics, and strategies allows children to make better decisions during games, contributing to both individual success and overall team performance.	In Year 6 tennis, pupils will develop their declarative knowledge by learning and recalling the key rules, tactics, and strategies needed for successful play. They will demonstrate an understanding of scoring, serving, and court boundaries, while beginning to apply simple tactical decisions such as positioning and shot placement. Pupils will also be introduced to basic strategic thinking, including maintaining rallies and identifying opponents' weaknesses. This knowledge will be reinforced through questioning, discussion, and reflection during lessons to support deeper understanding and application in game situations.	In Year 6 athletics, pupils will develop their declarative knowledge by learning and recalling the key rules, techniques, and strategies across a range of athletic events. They will demonstrate an understanding of the correct rules and techniques for running, jumping, and throwing events, including relay changeovers, starting positions, and safe landing or throwing zones. Pupils will also begin to apply simple strategies such as pacing in distance events, optimal take-off points in jumping, and using momentum effectively. This knowledge will be reinforced through questioning, discussion, and reflection to support accurate performance and informed decision-making in a variety of athletic contexts.
	Procedural knowledge – How well do Children demonstrate rules strategies and tactics in a specified context.	In Year 6 basketball, pupils will develop their procedural knowledge by applying key techniques and movement skills required for effective performance in both individual and team play. They will demonstrate control when dribbling, accurate passing using different techniques (chest, bounce, overhead), and correct shooting form for lay-ups and set shots. Pupils will also show understanding of movement off the ball, basic defensive positioning, and how to pivot and transition during play. Through practice, small-sided games, and skill-based activities, they will refine these techniques and apply them confidently in competitive situations.	In Year 6 tennis, pupils will develop their procedural knowledge by applying the correct techniques and movement patterns needed to perform core skills effectively. They will demonstrate consistent use of forehand and backhand strokes, serving with control, accurate shot placement, and appropriate footwork to move around the court. Pupils will also begin to apply these techniques in game situations, using their skills to maintain rallies, return serves, and position themselves strategically. Through practice, feedback, and gameplay, they will refine their technique and build confidence in applying these skills in both cooperative and competitive settings.	In Year 6 athletics, pupils will develop their procedural knowledge by consistently applying the correct techniques and movement patterns across a range of events. They will demonstrate how to perform key athletic skills such as sprint starts, relay baton exchanges, effective pacing in distance runs, and the correct form for jumping and throwing activities. Through repeated practice and feedback, pupils will refine their movements, improve efficiency, and apply these skills confidently in competitive and non-competitive settings. Procedural knowledge will be strengthened through guided practice, peer and self-assessment, and opportunities to perform in varied contexts.
Healthy Participation	Declarative knowledge – How well do Children recall the rules, tactics and strategies for success they have learned?	In Year 6 basketball, pupils will develop their declarative knowledge by understanding the rules, tactics, and strategies of the game, alongside the importance of healthy participation. They will be able to explain key rules such as travelling, double dribbling, and scoring, as well as basic tactics like marking opponents, finding space, and using teamwork to create scoring opportunities. Pupils will also learn how	In Year 6 tennis, pupils will develop their declarative knowledge by understanding the rules, tactics, and strategies of the game, while also recognizing the benefits of healthy participation. They will be able to explain key rules such as scoring, serving, and the boundaries of the court, as well as tactics like positioning, shot placement, and maintaining rallies. Pupils will also learn how regular participation in tennis contributes to overall physical health, including improving cardiovascular fitness,	In Year 6 athletics, pupils will develop their declarative knowledge by understanding the rules, techniques, and strategies involved in various events, alongside the importance of healthy participation. They will be able to explain the rules of events such as sprints, long jump, and throwing, as well as tactics like pacing in distance running and optimal techniques for jumping and throwing. Pupils will also learn how regular participation in

		regular participation in basketball supports physical health, including cardiovascular fitness, coordination, and muscle strength, as well as mental and social wellbeing through teamwork and communication. This knowledge will be reinforced through discussion and reflection, helping pupils make connections between sport and leading a healthy, active lifestyle.	flexibility, and coordination, as well as mental and social benefits such as focus, resilience, and teamwork when playing doubles. This knowledge will be reinforced through discussion and reflection, helping pupils link tennis with leading an active and healthy lifestyle.	athletics supports physical health by improving endurance, strength, flexibility, and coordination, as well as mental benefits such as focus, goal-setting, and teamwork during relays. This knowledge will be reinforced through discussions and reflections, encouraging pupils to connect athletics with maintaining an active and healthy lifestyle.
	Procedural knowledge – How well do Children demonstrate safe practice of how to participate?	In Year 6 basketball, pupils will develop their procedural knowledge by applying key techniques and movement skills while understanding how these actions contribute to healthy participation. They will demonstrate correct dribbling, passing, shooting, and defensive movements, refining their skills through practice. Pupils will also practice teamwork by communicating and positioning themselves effectively on the court during offensive and defensive plays. Through regular participation in basketball, they will experience the physical benefits of improved cardiovascular fitness, strength, and coordination, as well as the mental benefits of resilience, focus, and collaboration. These skills and benefits will be reinforced through active gameplay and reflective discussions on how basketball supports overall health and wellbeing.	In Year 6 tennis, pupils will develop their procedural knowledge by applying key techniques and movement skills while recognizing how these actions contribute to healthy participation. They will demonstrate correct techniques for serving, forehand and backhand strokes, as well as movement patterns for positioning and footwork during rallies. Pupils will also practice strategies such as keeping the ball in play, varying shot placement, and positioning themselves effectively on the court. Through regular participation in tennis, they will experience physical benefits such as improved coordination, cardiovascular fitness, and flexibility, alongside mental benefits like focus, resilience, and concentration. These skills and benefits will be reinforced through practice, gameplay, and reflective discussions on how tennis supports an active and healthy lifestyle.	In Year 6 athletics, pupils will develop their procedural knowledge by applying key techniques and movement skills across a variety of events, while understanding how these actions contribute to healthy participation. They will demonstrate correct techniques for sprinting, long jump, throwing, and hurdling, refining their performance through practice and repetition. Pupils will also focus on pacing strategies for distance running and proper body positioning for each event. Through regular participation in athletics, they will experience the physical benefits of improved strength, endurance, flexibility, and coordination, as well as mental benefits like focus, goal-setting, and perseverance. These skills and benefits will be reinforced through practical activities, performance tracking, and discussions about how athletics supports an active and healthy lifestyle.