



## Wilbury Physical Education Overview – Component Knowledge

	Autumn	Spring	Summer
Early Years		<b>Fundamentals</b> <ul style="list-style-type: none"><li>- To develop balancing</li><li>- To develop running and stopping</li><li>- To develop changing direction</li><li>- To develop jumping</li><li>- To develop hopping</li></ul> To explore different ways to travel using equipment	<b>Ball Skills</b> <ul style="list-style-type: none"><li>- To develop rolling and tracking a ball.</li><li>- To develop accuracy when throwing to a target.</li><li>- To develop dribbling with hands.</li><li>- To develop throwing and catching with a partner.</li><li>- To develop dribbling a ball with your feet.</li><li>- To develop kicking a ball to a target.</li></ul>

	Autumn	Spring	Summer		
Year 1	<p><b>Ball skills</b></p> <ul style="list-style-type: none"> <li>- To develop control and co-ordination when dribbling a ball with your hands.</li> <li>- To explore accuracy when rolling a ball.</li> <li>- To explore throwing with accuracy towards a target.</li> <li>- To explore catching with two hands.</li> <li>- To explore control and co-ordination when dribbling a ball with your feet.</li> <li>- To explore tracking a ball that is coming towards me_</li> </ul>	<p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>- To develop dribbling towards a goal and understand what being 'in possession' means.</li> <li>- To understand who to pass to and why when playing against a defender.</li> <li>- To move towards a goal with the ball.</li> <li>- To support a teammate when in possession.</li> <li>- To move into space showing an awareness of defenders.</li> <li>To be able to stay with a player when defending.</li> </ul>	<p><b>Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>- To develop underarm throwing and catching and put this into small sided games.</li> <li>- To develop overarm throwing.</li> <li>- To develop striking a ball with my hand and equipment.</li> <li>- To retrieve a ball when fielding.</li> <li>- To understand how to get a batter out</li> <li>- To develop decision making and understand how to score points.</li> </ul>		
	<p><b>Fundamentals</b></p> <ul style="list-style-type: none"> <li>- To explore balance, stability and landing safely.</li> <li>- To explore how the body moves differently when running at different speeds.</li> <li>- To explore changing direction and dodging.</li> <li>- To explore jumping, hopping, and skipping actions.</li> <li>- To explore co-ordination and combining jumps.</li> <li>- To explore combination jumping and skipping in an individual rope.</li> </ul>	<p><b>Sending and Receiving</b></p> <ul style="list-style-type: none"> <li>- To develop rolling and throwing a ball towards a target.</li> <li>- To develop receiving a rolling ball and tracking skills.</li> <li>- To be able to send and receive a ball with your feet.</li> <li>- To develop throwing and catching skills over a short distance.</li> <li>- To develop throwing and catching skills over a longer distance.</li> <li>- To apply sending and receiving skills to small games.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- To explore travelling movements using the space around you.</li> <li>- To develop quality when performing gymnastic shapes.</li> <li>- To develop stability and control when performing balances.</li> <li>- To develop technique and control when performing shape jumps.</li> <li>- To develop technique in the barrel, straight and forward roll.</li> <li>-To link gymnastic actions to create a sequence.</li> </ul>	<p><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>- To defend space, using the ready position.</li> <li>- To play against an opponent and keep the score.</li> <li>- To develop control when handling a racket.</li> <li>- To develop racket and ball skills.</li> <li>- To develop sending a ball using a racket.</li> <li>- To develop hitting over a net.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- To learn to move at different speeds for varying distances.</li> <li>- To develop a foundation for balance and stability.</li> <li>- To develop agility and co-ordination.</li> <li>- To explore hopping, jumping and leaping for distance.</li> <li>- To develop throwing for distance.</li> <li>- To develop throwing for accuracy.</li> </ul>

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	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>- To be able to roll a ball to hit a target.</li> <li>- To develop co-ordination and be able to stop a rolling ball.</li> <li>- To develop technique and control when dribbling a ball with your feet.</li> <li>- To develop control and technique when kicking a ball.</li> <li>- To develop co-ordination and technique when throwing and catching.</li> <li>- To develop control and co-ordination when dribbling a ball with your hands.</li> </ul>		<p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>- To understand what being in possession means and support a teammate to do this.</li> <li>- To use a variety of skills to score goals.</li> <li>- To develop stopping goals.</li> <li>- To learn how to gain possession of the ball.</li> <li>- To develop an understanding of marking an opponent.</li> <li>- To learn to apply simple tactics for attacking and defending.</li> </ul>		<p><b>Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>- To be able to track a rolling ball and collect it.</li> <li>- To develop accuracy in underarm throwing and consistency in catching when fielding a ball.</li> <li>- To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score.</li> <li>- To develop striking for distance and accuracy.</li> <li>- To develop decision making to get a batter out.</li> <li>- To develop decision making when under pressure.</li> </ul>	
Year 2	<p><b>Fundamentals</b></p> <ul style="list-style-type: none"> <li>- To develop balance, stability and landing safely.</li> <li>- To explore how the body moves differently when running at different speeds.</li> <li>- To develop changing direction and dodging.</li> <li>- To develop and explore jumping, hopping and skipping actions.</li> <li>- To develop co-ordination and combining jumps.</li> <li>- To develop combination jumping and skipping in an individual rope.</li> </ul>	<p><b>Sending and Receiving</b></p> <ul style="list-style-type: none"> <li>- To roll a ball towards a target.</li> <li>- To be able to track and receive a rolling ball.</li> <li>- To be able to stop, send and receive a ball with your feet.</li> <li>- To develop throwing and catching skills.</li> <li>- To develop throwing and catching skills.</li> <li>- To send and receive a ball using a racket.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- To perform gymnastic shapes and link them together.</li> <li>- To be able to use shapes to create balances.</li> <li>- To be able to link travelling actions and balances using apparatus.</li> <li>- To demonstrate different shapes, take off and landings when performing jumps.</li> <li>- To develop rolling and sequence building.</li> <li>- To develop sequence work on apparatus.</li> </ul>	<p><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>- To develop racket familiarisation.</li> <li>- To develop placing an object.</li> <li>- To use the ready position to defend space on court.</li> <li>- To develop returning a ball with hands.</li> <li>- To develop returning a ball using a racket.</li> <li>- To move an opponent to win a point.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- To develop the sprinting action.</li> <li>- To develop jumping for distance.</li> <li>- To develop technique when jumping for height.</li> <li>- To develop throwing for distance.</li> <li>- To develop throwing for accuracy.</li> <li>- To develop technique when taking part in an athletics carousel.</li> </ul>	<p><b>Fundamentals</b></p> <p>Teacher Assessment</p>

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Year 3	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>- To develop the attacking skill of dribbling.</li> <li>- To use protective dribbling against an opponent.</li> <li>- To develop the bounce and chest pass and begin to recognise when to use them.</li> <li>- To develop tracking and defending an opponent.</li> <li>- To develop the technique for the set shot.</li> <li>- To be able to apply the skills, rules and tactics you have learnt to a mini tournament.</li> </ul>		<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>- To develop passing and moving and play within the footwork rule.</li> <li>- To develop passing and moving towards a goal.</li> <li>- To develop movement skills to lose a defender.</li> <li>- To be able to defend an opponent and try to win the ball.</li> <li>- To develop the shooting action.</li> <li>- To develop playing using netball rules.</li> </ul>		<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- To develop the sprinting technique and improve on your personal best.</li> <li>- To develop changeover in relay events.</li> <li>- To develop jumping technique in a range of approaches and take off positions.</li> <li>- To develop throwing for distance and accuracy.</li> <li>- To develop throwing for distance in a pull throw.</li> <li>- To develop officiating and performing skills.</li> </ul>	
	<p><b>Ball Skills</b></p> <ul style="list-style-type: none"> <li>- To develop confidence and accuracy when tracking a ball.</li> <li>- To develop confidence and accuracy when tracking a ball.</li> <li>- To explore and develop a variety of throwing techniques.</li> <li>- To develop catching skills using one and two hands</li> <li>- To develop dribbling a ball with hands.</li> <li>- To use tracking, sending and dribbling skills with feet.</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>- To develop racket and ball control.</li> <li>- To develop returning the ball using a forehand groundstroke.</li> <li>- To be able to rally using a forehand.</li> <li>- To develop the two handed backhand.</li> <li>- To learn how to score.</li> <li>- To develop playing against an opponent.</li> <li>To work collaboratively with a partner and compete against others.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- To be able to create interesting point and patch balances.</li> <li>- To develop stepping into shape jumps with control.</li> <li>- To develop the straight, barrel, and forward roll.</li> <li>- To be able to transition smoothly into and out of balances.</li> <li>- To create a sequence with matching and contrasting actions and shapes.</li> <li>To create a partner sequence incorporating equipment.</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>- To develop co-operation and teamwork skills.</li> <li>- To develop trust and team work.</li> <li>- To involve all team members in an activity and work towards a collective goal.</li> <li>- To develop trust and accept support whilst listening to others and following instructions.</li> <li>- To be able to identify objects on a map, draw and follow a simple map.</li> <li>- To draw a route using directions.</li> <li>- To be able to orientate a map and navigate around a grid.</li> </ul>	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>- To play different roles in a game and begin to think tactically about each role.</li> <li>- To develop the bowling action and learn the rules of bowling.</li> <li>- To run around the outside of the bases and make decisions about when to stop and when to run.</li> <li>- To field a ball using a two handed pick up and a short barrier.</li> <li>- To develop batting technique and an understanding of where to hit the ball.</li> <li>To apply skills and rules learnt to play rounders.</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>- To develop controlling the ball and dribbling under pressure.</li> <li>- To develop passing to a teammate.</li> <li>- To be able to control the ball with different parts of the body.</li> <li>- To develop changing direction with the ball using an inside and outside hook.</li> <li>- To jockey / track an opponent.</li> <li>- To be able to apply the rules and tactics you have learnt to play in a football tournament.</li> </ul>

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Year 4	<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>- To develop throwing, catching and running with the ball.</li> <li>- To develop an understanding of tagging rules.</li> <li>- To begin to use the 'forward pass' and 'off side' rule.</li> <li>- To dodge a defender and move into space when running towards the goal.</li> <li>- To develop defending skills and use them in a game situation.</li> <li>- To apply the rules and skills you have learnt and play in a tag rugby tournament.</li> </ul>		<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>- To develop sending the ball with a push pass.</li> <li>- To develop receiving the ball.</li> <li>- To develop dribbling using the reverse stick (Indian dribble).</li> <li>- To develop moving into space after passing the ball.</li> <li>- To use an open stick tackle to gain possession.</li> <li>- To apply defending and attacking principles and skills in a hockey tournament.</li> </ul>		<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- To develop stamina and an understanding of speed and pace in relation to distance.</li> <li>- To develop power and speed in the sprinting technique.</li> <li>- To develop technique when jumping for distance.</li> <li>- To develop power and technique when throwing for distance.</li> <li>- To develop a pull throw for distance and accuracy.</li> <li>- To develop officiating and performing skills.</li> </ul>	
	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>- To develop co-operation and teamwork skills.</li> <li>- To develop trust and team work.</li> <li>- To involve all team members in an activity and work towards a collective goal.</li> <li>- To develop trust and accept support whilst listening to others and following instructions.</li> <li>- To be able to identify objects on a map, draw and follow a simple map.</li> <li>- To draw a route using directions.</li> <li>- To be able to orientate a map and navigate around a grid.</li> </ul>	<p><b>Swimming</b></p>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- To develop individual and partner balances.</li> <li>- To develop control in performing and landing rotation jumps.</li> <li>- To develop the straight, barrel, forward and straddle roll.</li> <li>- To develop the straight, barrel, forward and straddle roll.</li> <li>- To develop strength in inverted movements.</li> <li>- To be able to create a partner sequence to include apparatus.</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>- To develop controlling the ball and dribbling under pressure.</li> <li>- To develop passing to a teammate.</li> <li>- To be able to control the ball with different parts of the body.</li> <li>- To develop changing direction with the ball using an inside and outside hook.</li> <li>- To jockey / track an opponent.</li> <li>- To be able to apply the rules and tactics you have learnt to play in a football tournament.</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>- To develop hitting the ball using a forehand.</li> <li>- To develop returning the ball using a forehand.</li> <li>- To develop the backhand and understand when to use it.</li> <li>- To work co-operatively with a partner to keep a continuous rally going.</li> <li>- To use simple tactics in a game to outwit an opponent.</li> <li>- To demonstrate honesty and fair play when competing against others.</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>- To develop overarm throwing and catching.</li> <li>- To develop underarm bowling.</li> <li>- To learn how to grip the bat and develop batting technique.</li> <li>- To be able to field a ball using a two handed pick up and a short barrier.</li> <li>- To develop overarm bowling technique.</li> <li>- To play apply skills learnt to mini cricket.</li> </ul>

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Year 5	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>- To develop protective dribbling against an opponent.</li> <li>- To be able to move into space to support a teammate.</li> <li>- To choose when to pass and when to dribble.</li> <li>- To be able to track an opponent and use defensive techniques to win the ball.</li> <li>- To be able to perform a set shot and a jump shot.</li> <li>- To be able to apply the rules and tactics you have learnt to play in a basketball tournament.</li> </ul>		<p><b><u>Netball</u></b></p> <ul style="list-style-type: none"> <li>- To develop passing and moving.</li> <li>- To be able to use the attacking principle of creating and using space.</li> <li>- To be able to change direction and lose a defender.</li> <li>- To be able to defend ball side and know when to go for interceptions.</li> <li>- To develop the shooting action.</li> <li>- To use and apply skills and tactics to small sided games.</li> </ul>		<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>- To be able to apply different speeds over varying distances.</li> <li>- To develop fluency and co-ordination when running for speed.</li> <li>- To develop technique in relay changeovers.</li> <li>- To develop technique and co-ordination in the triple jump.</li> <li>- To develop throwing with force for longer distances.</li> <li>- To develop throwing with greater control and technique.</li> </ul>	
	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>- To be able to perform symmetrical and asymmetrical balances.</li> <li>- To develop the straight, forward, straddle and backward roll.</li> <li>- To be able to explore different methods of travelling, linking actions in both canon and synchronisation.</li> <li>- To be able to perform progressions of inverted movements.</li> <li>- To explore matching and mirroring using actions both on the floor and on apparatus.</li> <li>- To be able to create a partner sequence using apparatus.</li> </ul>	<p><b><u>OAA</u></b></p> <ul style="list-style-type: none"> <li>- To build communication and trust whilst showing an awareness of safety.</li> <li>- To work as a team to solve problems, sharing ideas and collaborating with one another.</li> <li>- To develop tactical planning and problem solving.</li> <li>- To share ideas and work as a team to solve problems.</li> <li>- To develop navigational skills and map reading.</li> <li>- To be able to use a key to identify objects and locations.</li> </ul>	<p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>- To be able to dribble the ball under pressure.</li> <li>- To pass the ball accurately to help to maintain possession.</li> <li>- To use different turns to keep the ball away from defenders.</li> <li>- To develop defending skills to gain possession.</li> <li>- To develop goalkeeping skills to stop the opposition from scoring.</li> <li>- To be able to apply the rules and tactics you have learnt to play in a football tournament.</li> </ul>	<p><b><u>Tennis</u></b></p> <ul style="list-style-type: none"> <li>- To develop returning the ball using a forehand groundstroke.</li> <li>- To develop returning the ball using a backhand groundstroke.</li> <li>- To work cooperatively with a partner to keep a continuous rally.</li> <li>- To develop the underarm serve and understand the rules of serving.</li> <li>- To develop the volley and understand when to use it.</li> <li>- To use a variety of strokes to outwit an opponent.</li> </ul>	<p><b><u>Handball</u></b></p> <ul style="list-style-type: none"> <li>- To develop a variety of passes and know when to use each to help to maintain possession.</li> <li>- To use stepping, dribbling and passing skills to create space, move towards goal and away from defenders.</li> <li>- To use defending skills to stop an opponent from scoring.</li> <li>- To select and apply the appropriate skill to score goals.</li> <li>- To use defensive skills to gain possession.</li> <li>- To maintain possession under pressure.</li> </ul>	<p><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>- To develop the bowling action and understand the role of the bowler.</li> <li>- To develop batting technique.</li> <li>- To make decisions about where and when to send the ball to stump a batter out.</li> <li>- To develop a variety of fielding techniques and when to use them in a game.</li> <li>- To develop long and short barriers in fielding and understand when to use them.</li> <li>- To apply the rules and skills you have learnt to play in a rounders tournament.</li> </ul>

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Year 6	<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>- To develop attacking principles, understanding when to run and when to pass.</li> <li>- To be able to use the 'forward pass' and 'offside' rules.</li> <li>- To be able to play games using tagging rules.</li> <li>- To develop dodging skills to lose a defender.</li> <li>- To develop drawing defence and understanding when to pass.</li> <li>- To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</li> </ul>		<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>- To develop dribbling to beat a defender.</li> <li>- To develop sending the ball using a push pass.</li> <li>- To develop receiving the ball with control.</li> <li>- To be able to move into space to support a teammate.</li> <li>- To develop using an open stick (block) tackle and jab tackle to gain possession of the ball.</li> <li>- To apply the rules and skills you have learnt to play in a hockey tournament.</li> </ul>		<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- To work collaboratively with a partner to set a steady pace.</li> <li>- To develop your own and others sprinting technique.</li> <li>- To develop power, control and technique for the triple jump.</li> <li>- To develop power, control and technique when throwing for distance.</li> <li>- To develop throwing with force and accuracy for longer distances.</li> <li>- To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</li> </ul>	
	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>- To develop the forehand groundstroke.</li> <li>- To be able to return the ball using a backhand groundstroke.</li> <li>- To develop the volley and understand when to use it.</li> <li>- To develop the volley and use it in a game situation.</li> <li>- To develop accuracy of the underarm serve.</li> <li>- To learn to use the official scoring system.</li> <li>- To work co-operatively with a partner and employ tactics to outwit an opponent.</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>- To be able to dribble the ball under pressure.</li> <li>- To pass the ball accurately to help to maintain possession.</li> <li>- To use different turns to keep the ball away from defenders.</li> <li>- To develop defending skills to gain possession.</li> <li>- To develop goalkeeping skills to stop the opposition from scoring.</li> <li>- To be able to apply the rules and tactics you have learnt to play in a football tournament.</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>- To build communication and trust whilst showing an awareness of safety.</li> <li>- To work as a team to solve problems, sharing ideas and collaborating with one another.</li> <li>- To develop tactical planning and problem solving.</li> <li>- To share ideas and work as a team to solve problems.</li> <li>- To develop navigational skills and map reading.</li> <li>- To be able to use a key to identify objects and locations.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- To be able to develop the straddle, forward and backward roll.</li> <li>- To develop counter balance and counter tension.</li> <li>- To be able to perform inverted movements with control.</li> <li>- To be able to perform the progressions of a headstand and a cartwheel.- To be able to use flight from hands to travel over apparatus.</li> <li>- To be able to create a group sequence using formations and apparatus.</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>- To develop throwing accuracy and catching skills.</li> <li>- To develop batting accuracy and directional batting.</li> <li>- To develop catching skills (close/deep catching and wicket keeping).</li> <li>- To develop overarm bowling technique and accuracy.</li> <li>- To develop a variety of fielding techniques and to use them within a game.</li> <li>- To develop long and short barriers and apply them to a game situation.</li> </ul>	<p><b>Swimming</b></p>