



Wilbury Physical Education Overview - Composite Knowledge

3 pillars of progression - **motor competence**, **rules, strategies and tactics**, **healthy participation**

	Autumn	Spring		Summer	
Reception		<p>Fundamentals Develop fundamental movement skill. Develop fine and gross motor skills, through handling equipment. Learn how to stay safe using space.</p>		<p>Ball Skills Develop their fine and gross motor skills though a range of game play with balls. Work independently and with a partner and will develop decision making and using simple tactics.</p>	
Year 1	<p>Ball skills Explore fundamental ball skills independently, in pairs and small groups. Move into new space to avoid defenders. Move safely around, avoiding others.</p>	<p>Invasion Develop the basic skills required in invasion games. Develop understanding of keeping head up to look out for teammates, defenders and space. Show respect and kindness towards teammates and opponents.</p>		<p>Striking and Fielding Develop their basic understanding of striking and fielding games such as rounders and cricket e.g. throwing and catching, stopping ball, retrieving ball and striking a ball. Learn how to score points and use simple tactics. Show respect towards others when playing competitively and develop communication skills.</p>	
	<p>Fundamentals Explore the fundamental skills. Pupils will work collaboratively with others, taking turns and sharing ideas.</p>	<p>Sending and Receiving Develop sending and receiving skills Understand importance of abiding by rules to keep themselves and others safe.</p>	<p>Gymnastics Learn to use space safely and effectively. Explore and develop basic gymnastic actions on the floor and using low apparatus. Select own actions to build short sequences.</p>	<p>Net and Wall Develop sending a ball using a racket. To play against an opponent and keep the score. Demonstrate good sportsmanship and show respect towards others.</p>	<p>Athletics Develop skills required in athletic activities. Learn to improve on their own score and compete against others. Opportunities to work collaboratively as well as independently.</p>
Year 2	<p>Ball Skills Develop fundamental ball skills independently, in pairs and small groups. Think about where to place the ball to be able to score the most points. Identify how body feels after they start to move.</p>	<p>Invasion Develop sending and receiving with both feet and hands, as well as dribbling with both feet and hands. Develop understanding of using space and faking a shot when attacking and marking when defending. Use rules when playing different types of games.</p>		<p>Striking and Fielding Develop their understanding of the principles of striking and fielding game e.g. develop accuracy in underarm throwing and consistency in catching when fielding a ball. Begin to think about how to use skills, strategies and tactics to outwit the opposition. Begin to self-manage small sided games.</p>	
	<p>Fundamentals Develop fundamental skills. Pupils will work collaboratively with others, taking turns and sharing ideas.</p>	<p>Sending and Receiving Develop sending and receiving skills. Understand importance of abiding by rules to keep themselves and others safe.</p>	<p>Gymnastics Develop gymnastics skills individually and in combination to create short sequences, including the use of shapes, levels and directions. Learn to work safely whilst using apparatus.</p>	<p>Net and Wall Develop sending a ball using a racket. Use the ready position to defend their space and sending the ball away from an opponent to increase chance of scoring. Learn to play games honestly.</p>	<p>Athletics Develop skills required in athletic activities. Learn to improve on their own score and compete against others. Learn how to improve by identifying areas of strength as well as areas to develop.</p>

Year 3	<p>Basketball Dribble, pass, receive and shoot the ball with some control. Develop tracking and defending an opponent. Make safe decisions when moving round others.</p>		<p>Netball Use a range of passes in different situations to keep possession and attack towards a goal. Develop movement skills to lose an opponent. Learn key rules of the game such as footwork, held ball, contact and obstruction. Persevere when developing key skills.</p>		<p>Athletics Develop basic running, jumping and throwing techniques. Learn to achieve their greatest possible speed, distance or accuracy. Learn to sprint on the balls of their feet and focus on safe landing.</p>	
	<p>Ball Skills Develop accuracy and consistency when tracking a ball. Learn to select the appropriate throw for the situation. Identify how they can improve.</p>	<p>Tennis Use basic racket skills (ready position and racket control) to return a ball. Identify where to hit the ball to make it hard for an opponent. Understand the benefits of exercise.</p>	<p>Gymnastics Develop sequence work using matching and contrasting actions and shapes. Link sequences smoothly with actions that flow. Move with control and stand a safe distance away from others.</p>	<p>OAA Learn to orientate a map, identify key symbols and follow routes. Plan and apply strategies to solve problems. Listen to and are accepting of others' ideas.</p>	<p>Rounders Develop throwing, catching and batting skills and how to play in different fielding roles. Be aware of where other children are before making a decision about what to do. Be respectful of the people they play with and against.</p>	<p>Football Learn to dribble, pass and shoot the ball with increasing control. Develop changing direction to lose an opponent. Show respect to referee</p>
Year 4	<p>Tag Rugby Pass and receive the ball with increasing control and begin to use the forward pass. Dodge a defender and move into space when running towards the goal. Explain what happens to my body when I exercise and how this helps to make me healthy.</p>		<p>Hockey Dribble, pass, receive and shoot the ball with some control. Move to space to help team keep possession and score goals. Recognise own and others strengths and areas of development and can suggest ways to improve.</p>		<p>Athletics Develop basic running, jumping and throwing techniques. Learn to achieve their greatest possible speed, distance or accuracy. Explain what happens in my body when I warm up.</p>	
	<p>OAA Learn to orientate a map, identify key symbols and follow routes. Plan and apply strategies to solve problems. Listen to and are accepting of others' ideas.</p>	<p>Swimming</p>	<p>Gymnastics Learn a wider range of travelling actions, including pathways. Develop more advanced actions e.g. inverted movements. Identify some muscle groups used in gymnastics activities. Create more complex sequences.</p>	<p>Football Learn to dribble, pass and shoot the ball with increasing control. Use attacking skills to ensure your team keeps possession of the ball and use defending skills to slow down an opponent. Use rules of the game often and honestly.</p>	<p>Tennis Use the ready position to defend the court. Use a range of basic racket skills to attempt to play a continuous game. Explain what happens to my body when I exercise and how this helps to make me healthy.</p>	<p>Cricket Develop overarm bowling and batting technique. Learn how to strike the ball into space and how to keep the batter's score low. Communicate with others to manage a game.</p>

Year 5	<p>Basketball Dribble, pass, receive and shoot the ball with some control under pressure and perform a set shot and jump. Choose when to pass and when to dribble to maintain possession of the ball. Develop their understanding of the importance of fair play and honesty while self-managing games.</p>		<p>Netball Start to show control and fluency when passing, receiving and shooting. Create space and change direction when attacking. Learn key rules of the game such as footwork, held ball, contact and obstruction. Develop their understanding of the importance of fair play and honesty while self-managing games.</p>		<p>Athletics Set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Learn the following athletic activities: running over longer distances, sprinting, relay, triple jump, shot put and javelin. Understand the idea of pacing and how it helps runners to keep running for longer periods of time.</p>	
	<p>Gymnastics Create longer sequences individually, in partners and groups, including cartwheels and handstands. Explore canon, synchronisation, matching and mirroring. Receive and provide feedback in order to make improvements on their performances</p>	<p>OAA Learn to orientate a map, identify key symbols and follow routes. Plan and apply strategies to solve problems. Work collaboratively in pairs and groups to solve problems.</p>	<p>Football Use different turns to keep the ball away from defenders. Begin to develop consistency and control in dribbling, passing and receiving a ball. Learn the basics of goalkeeping. Identify difference in breathing, temperature, muscles before and after warm up.</p>	<p>Tennis Learn specific skills such as forehand, backhand, volley and underarm serve. Use a variety of strokes to outwit an opponent. Understand how stretches prepare you for physical activity.</p>	<p>Handball Maintain possession under pressure. Use stepping dribbling and passing to create space, move towards goal and away from defenders. Know what stretches to use to prepare their body for explosive jumping.</p>	<p>Rounders Develop consistency of fielding skills and understanding of when to use them, such as underarm and overarm, catching and retrieving a ball. Learn how to play the different roles of bowler, backstop, fielder and batter and to apply tactics in these positions. Lead own warm up to include cardiovascular activity, dynamic stretching and skill based practise.</p>
Year 6	<p>Tag Rugby Develop key skills and principles such as defending, attacking, throwing, catching, running and dodging. When attacking, pupils will support the ball carrier using width and drawing defence. When defending, pupils learn how to tag, how to track and slow down an opponent, working as a defensive unit. Understand how stretches prepare you for physical activity.</p>		<p>Hockey Start to show control and fluency in dribbling, sending and receiving a ball in a small game situation and under some pressure. To use different tackles to gain possession of the ball. Lead their own group warm up to include a cardiovascular activity and dynamic stretches.</p>		<p>Athletics Learn the following athletic activities: long distance running, sprinting, triple jump, discus and shot put. Set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing. Lead group in stretches to prepare them for different events such as sprinting, discus or shotput.</p>	
	<p>Tennis Learn specific skills such as forehand, backhand, volley and underarm serve. Learn the official scoring system and understand when to use a volley in a game situation. Understand how stretches prepare you for physical activity.</p>	<p>Football Use different turns to keep the ball away from defenders. Begin to develop consistency and control in dribbling, passing and receiving a ball. Learn the basics of goalkeeping. Identify difference in breathing, temperature, muscles before and after warm</p>	<p>OAA Learn to orientate a map, identify key symbols and follow routes. Plan and apply strategies to solve problems. Work collaboratively in pairs and groups to solve problems.</p>	<p>Gymnastics Use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus, when developing sequences. Receive and provide feedback in order to make improvements on their performances</p>	<p>Cricket Develop the range and quality of striking and fielding skills and their understanding of cricket. Learn how to play the different roles of bowler, wicket keeper, fielder and batter. Learn how to score in cricket. Focus on mobilising shoulder joints.</p>	<p>Swimming</p>

