



## Wilbury Physical Education Overview - Composite Knowledge

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

	Autumn	Spring		Summer	
Reception		<p><b>Fundamentals</b> Develop fundamental movement skill. Develop fine and gross motor skills, through handling equipment. Learn how to stay safe using space.</p>		<p><b>Ball Skills</b> Develop their fine and gross motor skills through 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><b>Ball skills</b> Explore fundamental ball skills independently, in pairs and small groups. Move into new space to avoid defenders. Move safely around, avoiding others.</p>	<p><b>Net and Wall</b> 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><b>Invasion</b> 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><b>Athletics</b> Develop balance, changing direction quickly. Explore jumping, hopping and leaping for distance. Learn to improve on their own score. Opportunities to work collaboratively as well as independently.</p>	<p><b>Striking and Fielding</b> 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. Fielders to throw or roll the ball back to another fielder to put the ball in the hoop as it will be quicker than running with it. Show respect towards others when playing competitively and develop communication skills.</p>
	<p><b>Fundamentals</b> Explore the fundamental skills. Pupils will work collaboratively with others, taking turns and sharing ideas.</p>	<p><b>Sending and Receiving</b> Develop sending and receiving skills Understand importance of abiding by rules to keep themselves and others safe.</p>	<p><b>Gymnastics</b> 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><b>Dance</b> Focusing on fundamental dance movements. Getting to know bodies and how movements can be translated into dance. Developing spatial awareness</p>	<p><b>Fundamentals</b> Focus will depend upon teacher assessment.</p>
Year 2	<p><b>Ball Skills</b> 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><b>Net and Wall</b> Develop sending a ball using a racket. Use the ready position to defend their space. Learn to play games honestly.</p>	<p><b>Invasion</b> 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><b>Athletics</b> Develop skills required in athletic activities e.g. sprinting action, jumping for distance, jumping for height. Learn to improve on their own score and compete against others. Learn how to improve by identifying areas of strength as</p>	<p><b>Striking and Fielding</b> 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>

				well as areas to develop.		
	<p><b>Fundamentals</b> Develop fundamental skills. Pupils will work collaboratively with others, taking turns and sharing ideas.</p>	<p><b>Sending and Receiving</b> Develop sending and receiving skills. Understand importance of abiding by rules to keep themselves and others safe.</p>	<p><b>Gymnastics</b> 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><b>Dance</b> "London" - Begin to develop dynamic and expressive qualities. Remember and repeat short dance phrases. Develop dance vocabulary and start to talk about dance using appropriate language.</p>	<p><b>Fundamentals</b> Focus will depend upon teacher assessment.</p>	
Year 3	<p><b>Basketball</b> 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><b>Hockey</b> Explore maintaining possession and moving the ball towards goal to score. Understand their role as an attacker and as a defender. Learning the rules of the game and beginning to use them honestly.</p>	<p><b>Tennis</b> Returning the ball using a backhand and forehand. Identify where to hit the ball to make it hard for an opponent. Understand the benefits of exercise.</p>	<p><b>Football</b> Learn to dribble, pass and shoot the ball. Understand that scoring goals is an attacking skill. Develop changing direction to lose an opponent. Show respect to referee.</p>	<p><b>Athletics</b> 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><b>Rounders</b> 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><b>Gymnastics</b> 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><b>Parkour</b> Pupils begin to link fundamental skills together to create fluid movements over obstacles. Pupils work independently, improving confidence and competence in locomotive moments, jumping, landing, vaulting and balancing.</p>	<p><b>Dance</b> 1930's dance style that was born in the African and American communities of Harlem. Translating ideas from a stimulus into movements. Using relationships in dance to add depth to your dance routines.</p>	<p><b>Golf</b> Improve on-course golf ability by fostering fundamental physical skills and essential mental toughness. Learn the scoring system in golf</p>	<p><b>OAA</b> 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>	

Year 4	<p><b>Basketball</b> Dribble, pass, receive and shoot the ball with increasing control. Pupils have to think about how they use space and movement skills to lose a defender and move into space. Share ideas and work with others within a game.</p>	<p><b>Hockey</b> 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><b>Tennis</b> Hit away from your opponent to make it harder for them. Use a range of basic racket skills to attempt to play a continuous game. Understand when to use backhand and forehand. Explain what happens to my body when I exercise and how this helps to make me healthy.</p>	<p><b>Football</b> Learn to dribble, pass and shoot the ball with increasing control. Develop changing direction and speed when attacking. 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><b>Athletics</b> Develop throwing for distance and accuracy. Develop understanding of speed and pace in relation to distance. Develop sprinting and changeover technique in relay events. Learn to achieve their greatest possible speed, distance or accuracy. Explain what happens in my body when I warm up.</p>	<p><b>Rounders</b> Develop bowling, throwing, catching and batting skills and apply to a striking and fielding game and to begin to use them in a game situation. To begin to think tactically about each role. Learn how to score points by striking a ball into space. Work in collaboration with others, play fairly and be respectful of people they play with and against.</p>
	<p><b>Swimming</b></p>	<p><b>Gymnastics</b> 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><b>Dance</b> Jumping 30 years forward, the children will see the progression of dance styles from one decade to the next and emulate this in routines.</p>	<p><b>OAA</b> 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>		
Year 5	<p><b>Basketball</b> 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><b>Football</b> To send and receive a ball under pressure. Explore the idea of channelling. Communicate with my team, move into space and take the ball towards a goal. Identify difference in breathing, temperature, muscles before and after warm up.</p>	<p><b>Athletics</b> 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><b>Gymnastics</b> 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 Know the importance of stretching before gymnastics.</p>	<p><b>OAA</b> 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><b>Tennis</b> Use a variety of shots to keep a rally going. Develop volley and underarm serve and understand when to use it. Use a variety of strokes to outwit an opponent. Understand how stretches prepare you for physical activity.</p>	<p><b>Cricket</b> Chance to Shine</p>	<p><b>Golf</b> Improve on-course golf ability by fostering fundamental physical skills and essential mental toughness. Learn the scoring system in golf</p>
Year 6	<p><b>Basketball</b> Develop defence skills, intercepting, gaining possession as a person is dribbling, and delaying opponent. Develop attacking skills, get free using a change of speed and direction and accurately pass and dribble with control. Move into and create space to support a teammate. Make decisions about when to pass, dribble or shoot. Learn about importance of fair play and honesty while self-managing games.</p>		<p><b>Football</b> Begin to develop consistency and control in dribbling, passing and receiving a ball. Learn the basics of goalkeeping. Learn to track an attacker. Learn when to pass and when to dribble. Identify difference in breathing, temperature, muscles before and after warm up.</p>		<p><b>Athletics</b> 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><b>Tennis</b> Develop placement of the ball using a forehand and backhand. Develop accuracy of 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><b>Golf</b> Improve on-course golf ability by fostering fundamental physical skills and essential mental toughness. Learn the scoring system in golf.</p>	<p><b>Gymnastics</b> 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><b>OAA</b> 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>