

Lower Key Stage 2 - PE



Year 3

Multisports	Dodgeball	Basketball
<ul style="list-style-type: none"> To be able to run and hurdle, mostly using the correct technique. To be able to safely demonstrate a javelin throw, often using the correct technique to improve the distance of their throws. To be able to perform a triple jump, using the correct technique to improve the distance of the jumps. To be able to effectively control the football when dribbling or passing shot distances. To be able to safely and effectively perform a tackle To be able to strike a ball with a cricket bat using a mostly correct technique 	<ul style="list-style-type: none"> To be able to throw a dodgeball overarm with a fairly good level of power and accuracy To be able to catch balls travelling towards them at some speed with a fairly good level of success To be able to successfully deflect a ball using another ball mostly successfully To be able to dodge a ball moving towards them at speed with a fairly good level of success. 	<ul style="list-style-type: none"> To be able to dribble the ball in straight lines with control To be able to mostly consistently perform a chest pass To be able to mostly consistently perform a shoulder pass To be able to mostly consistently perform an overhead pass To be able to pass and move into space to receive the ball back To be able to confidently receive a pass
Athletics, track, and field, realise, sprinting, aim, release, motion, triple jump, safe, zone, accuracy, soft hands	Technique, teamwork, hand, eye, coordination, tactics, deflect, block, reflexes, balance	Soft hands, weight of pass, technique, intercept, watch the ball, bounce and catch, control, tactics, teamwork,
Football	Cricket	Athletics
<ul style="list-style-type: none"> To be able to dribble the ball in different directions whilst mostly maintaining control To be able to pass accurately and with appropriate power over a short distance by using the inside of their foot To be able to use their laces to put more power into their shots To be able to consistently control easy passes played to them To be able to safely and effectively perform a block tackle To be able to safely and effectively perform a toe stab tackle 	<ul style="list-style-type: none"> To be able to field a bouncing ball or rolling ball using the correct technique consistently To be able to throw the ball underarm mostly accurately To be able to throw the ball mostly accurately To be able to catch balls, moving at different heights and speeds with somewhat consistent success. To be able to hold a cricket bat correctly. To be able to put themselves in the correct stance ready to receive a ball 	<ul style="list-style-type: none"> To be able to sprint over short distances, mostly using the correct technique. To be able to run over long distances, mostly using the correct technique and pacing themselves effectively. To be able to hurdle using the correct technique most of the time. To be able to safely demonstrate a javelin throw, often using the correct techniques to improve the distance of their throws. To be able to safely demonstrate a discus throw, often using the correct techniques to improve the distance of their throws. To be able to safely demonstrate the shotput, throw often using the correct technique to improve the distance of their throw
Control, manipulation, awareness, space, kicking, teammate, strike, opponent, stab, drag back, weight of pass, technique, penalty diamond	Fielding, grip, power, teamwork, accuracy, long, barrier, roll, bounce, line, and length	Warmup, cool down, athletics, sprints, long jump, triple jump, hygiene, safety zone, technique, flights, glide, motion, release, track and field events

Lower Key Stage 2 - PE



Year 4

Multisports	Dodgeball	Basketball
<ul style="list-style-type: none"> To be able to mostly successfully feel the ball travelling at different heights and speeds To be able to pass a basketball well mostly correctly using a range of techniques To be able to consistently apply correct techniques across all sporting disciplines To be able to work effectively in a team with lots of positive communication 	<ul style="list-style-type: none"> To be able to demonstrate a good understanding of the rules of the different versions of dodgeball. To be able to deploy effective tactics when playing dodgeball. To be able to work tactically and positively as a team, demonstrating a good understanding of the game and lots of positive communication 	<ul style="list-style-type: none"> To be able to receive a pass, catching it cleanly most of the time. To be able to shoot a basketball with a good level of accuracy and the correct technique. To have a good understanding of the rules of basketball. To be able to employ, tactics and teamwork effectively
Athletics, track, and field, realise, sprinting, aim, release, motion, triple jump, safe, zone, accuracy, soft hands	Technique, teamwork, hand, eye, coordination, tactics, deflect, block, reflexes, balance	Soft hands, weight of pass, technique, intercept, watch the ball, bounce and catch, control, tactics, teamwork,
Football	Cricket	Athletics
<ul style="list-style-type: none"> To be able to understand the different role of goalkeeper plays demonstrate saving, catching and throwing a ball with some success. To be able to show a good understanding of the rules of football. To be able to demonstrate tactical awareness in terms of positioning and passing and moving. To be able to demonstrate excellent team working abilities with lots of positive communication 	<ul style="list-style-type: none"> To be able to strike a ball somewhat successfully using the correct technique. To be able to bowl underarm mostly accurately. To be able to put their cricket skills learnt into a match situation. To be able to work effectively as a team with lots of positive communication 	<ul style="list-style-type: none"> To be able to perform a long jump, often using the correct technique to improve the distance of the jumps To be able to perform a high jump often using the correct technique to improve the distance of the jumps To be able to perform a triple jump often using the correct technique to improve the distance of the jumps To be able to consistently and correctly demonstrate all the techniques learnt
Control, manipulation, awareness, space, kicking, teammate, strike, opponent, stab, drag back, weight of pass, technique, penalty diamond	Fielding, grip, power, teamwork, accuracy, long, barrier, roll, bounce, line, and length	Warmup, cool down, athletics, sprints, long jump, triple jump, hygiene, safety zone, technique, flights, glide, motion, release, track and field events