



**Physical Education (PE)
Overview**

Our Mission Statement for Physical Education (PE) (the INTENT):

At Dereham Church of England Junior Academy, we want our children to engage with a high-quality physical education curriculum which inspires all pupils to succeed and display **courage**. We want our pupils to be in awe and wonder of what their bodies can do when taking part in competitive sport and physically-demanding activities.

We will achieve this by delivering a sequential and progressive curriculum which provides opportunities for our pupils to become physically confident and active for sustained periods of time. We foster this alongside an awareness of their own health and fitness and what it means for them to lead healthy, active lives.

Our high-quality PE teaching encourages the children to **trust** that the skills they learn will help raise their own **aspirations** in regards to performance, health and fitness.

All of our children are encouraged to enjoy and express themselves in PE. **Creativity** is encouraged and all efforts are met with **kindness**. We believe that competing in sport and other physical activities builds character, encourages life skills such as sportsmanship, mutual **respect** and teamwork and helps to embed the core values of our school.

PE KNOWLEDGE

(Declarative – Concepts, Rules, Facts)

BEING a Physical Education student

(Procedural – Applying that Declarative Knowledge)

For a more detailed progression of skills for each year group and every sport, see:

[Dereham CofE Junior Academy - PE Progression of Skills - 2022-23](#)

KEY

- FOOTBALL**
- HOCKEY**
- NETBALL**
- RUGBY**
- TENNIS**
- ROUNDERS/CRICKET**
- ATHLETICS**

Suggested Special Days, Visits or Calendar Events & Recommended Reads

- Whole School Sports Day & Bi-Annual Sport Relief week
- Inter-school competitions and festivals through WNDSSP/ ICS
- Clubs (Teacher-Led & ICS)
- Inter-school sports team matches (Football etc)

Threshold Concept 1:

Transition

- Movement*
- Spatial Awareness*
- Positioning*

(Bold = more in depth)

Threshold Concept 2:

Delivery

- Passing*
- Shooting*
- Striking*

(Bold = more in depth)

Threshold Concept 3:

**Healthy Body
Healthy Mind**

What happens to my body before, during and after exercise?

How can I improve the physical condition of my body?

How can I use exercise to improve my mental state?

How can I improve my lifestyle so that I can be a better PE student?

(Bold = more in depth)

Threshold Concept 4:

Student Success Cycle



This cycle of self-improvement continues to go round as the student applies their newly-acquired knowledge and understanding: their understanding of Rules & Regulations, Strategy & Decision Making and how they react to the evaluation of their performance – by themselves or others.

e.g. They learn and understand more of the rules from a game, which in turn allows them to devise a strategy in order to perform with the most success. This would then be evaluated and further improvement would be sought through learning and practise.

(Bold = more in depth)

<p>Year 3</p>	<ul style="list-style-type: none"> - Learn dribbling and stopping techniques, showing consistency and control. Begin to use skills with coordination and control in order to keep possession. - Learn to change direction and speed when dribbling/moving. - Learn to create and use space well - Learn to develop dribbling skill and the push-stop technique, with obstacles - Learn how to pass, receive and move with the ball, working with a team, keeping control and possession <p>Begin to build a variety of running techniques and use with confidence, appropriate to the distance</p> <ul style="list-style-type: none"> - Can perform a running jump confidently 	<ul style="list-style-type: none"> - To learn how to pass and receive accurately, showing consistency and control when kicking and stopping the ball; striking and stopping (Hockey) and throwing and catching (Netball). - Learn to develop the accuracy of throwing/passing skills - Learn to strike the ball with intent - Learn passing through cooperative activities, passing and stopping the hockey ball with a partner - Learn to hit the ball with a hockey stick correctly and safely, in order to score a goal - Begin to use good throwing and catching techniques (Bounce and Chest passing) - Learn to bounce a ball accurately and move in line to catch a ball - Learn to perform basic throwing and hitting skills, using a racket, with control and consistency - Learn to strike a ball with intent and throw it more accurately when fielding/bowling - Can demonstrate accuracy and power in throwing activities 	<ul style="list-style-type: none"> - Learn to recognise when speed, strength and stamina are important in games - Learn to describe the effect of exercise on the body - Learn to recognise and describe what happens to breathing, heart rate and body temperature when playing games - Can explain the importance of exercise and a healthy lifestyle - Understand the need to warm up and cool down and explain why it is important - Learn ways to become healthier 	<ul style="list-style-type: none"> - Learn to work well in a group to develop various games including relay and invasion - Begin to understand how to compete with each other in a controlled manner - Learn to become familiar with the rules set and to keep score where necessary - Learn to understand the basics of hockey, including holding the hockey stick & stance - Learn to use tactics to keep possession and to maintain control - To use rules and adapt tactics in different situations (creating space and communicating) - Learn how to outwit opponents and get into good scoring positions - Begin to learn how to intercept a passed ball - Begin to learn how to communicate with others during game situations. - Can watch and describe performances accurately - Can recognise players who play well in games and give reasons why - Can describe the help each individual needs to improve their own performance and can work with others to improve - Learn to explain ideas and evaluate own performance - Identify what they do best and what they find most difficult
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KEY VOCAB	<p>FOOTBALL – <i>dribbling, control, accuracy, possession, passing, striking, tactics, spatial awareness (space), stamina</i> HOCKEY – <i>hockey stick, grip, stance, dribbling, push-stop technique, interception, flat face (hockey stick)</i> NETBALL – <i>throwing, catching, bounce pass, chest pass, shoulder pass, pivot, co-ordination, possession</i> TENNIS – <i>racket, net, tennis ball, bounce, serve, court</i> ROUNDERS – <i>bowler/bowling, batsperson, strike, base, fielder, backstop, return</i> ATHLETICS – <i>running technique, stamina, sprint, running jump (long jump), take off, landing, javelin, relay, baton, power, accuracy</i> HEALTH & FITNESS – <i>exercise, speed, stamina, strength, flexibility, breathing, heart rate, pulse, body temperature, healthy lifestyle, warm up.</i></p>			
Year 4	<p>SWIMMING - To develop travel in vertical or horizontal position and introduce floats.</p> <p>- To develop push and glides, any kick action on front and back with or without support aids.</p> <p>- Learn to create and use space well</p> <p>- Learn to develop dribbling skill and the push-stop technique, with obstacles</p> <p>- Learn to balance when stopping and changing direction</p> <p>- Begin to build a variety of running techniques and use with confidence, appropriate to the distance</p>	<p>SWIMMING - Use a range of strokes effectively e.g. front crawl, backstroke and breaststroke.</p> <p>- Swim competently, confidently and proficiently over a distance of at least 25 metres (END OF KS2 TARGET)</p> <p>- Learn to hit the ball with a hockey stick correctly and safely, in order to score a goal</p> <p>- Learn passing through cooperative activities, passing and stopping the hockey ball with a partner</p> <p>- Develop good throwing and catching techniques (Shoulder pass – larger distances), recognising good quality in others</p> <p>- Learn to chest pass and receive on the move. When receiving a chest pass, learn to stop using only one step, keeping control and possession</p> <p>- Can demonstrate accuracy and power in throwing activities</p>	<p>SWIMMING - To show breath control. Introduction to deeper water</p> <p>- Children learn about and describe the effect of exercise on the body</p> <p>- Describe how the body reacts at different times and how this affects performance</p> <p>- Can explain the importance of exercise and a healthy lifestyle</p> <p>- Understand the need to warm up and cool down and know some reasons for this</p> <p>- Beginning to learn and know ways to become healthier</p>	<p>SWIMMING - To develop basic pool safety skills and confidence in water.</p> <p>- Learn to understand the basics of hockey, including holding the hockey stick & stance</p> <p>- Learn to discuss rules and recall regularly</p> <p>- Can use equipment safely and with good control</p> <p>- To understand the relay and passing the baton</p> <p>- Learn to use tactics to keep possession of the ball and show they have full control of it</p> <p>- Learn methods of intercepting the ball</p> <p>- Learn to develop losing a marker, using dodging, weaving, twisting and turning</p> <p>- Develop communication with others during game situations</p> <p>- Begin to learn to feign and dodge to mislead an opponent as to the direction of a pass, using game scenarios to test these</p> <p>- To utilise all of the skills learnt thus far in a competitive situation (lessons and Sports Day)</p> <p>- Watch, describe and evaluate the effectiveness of performances</p> <p>- Begin to think about how they can improve their own work and describe how they have improved over time</p> <p>- Work with a partner or small group to improve their skills by watching each other, identifying good points and suggests ways to improve</p> <p>- Make suggestions on how to improve, commenting on strengths and weaknesses</p> <p>- Modify their use of skills or techniques to achieve a better result</p> <p>- Describe good athletic performance using correct vocabulary</p>
KEY VOCAB	<p>SWIMMING – <i>front crawl, backstroke, breaststroke, butterfly, push, glides, kicking, treading water, breath control, floats/aides, pool safety</i> HOCKEY – <i>hockey stick, grip, stance, dribbling, push-stop technique, interception, flat face (hockey stick)</i> NETBALL – <i>throwing, catching, bounce pass, chest pass, shoulder pass, pivot, co-ordination, possession, balance, dodging, weaving (evasive action), outwit opponents</i></p>			

(YR 4)

ATHLETICS – *running technique, stamina, sprint, running jump (long jump), take off, landing, javelin, relay, baton, power, accuracy, athletic performance*
HEALTH & FITNESS – *exercise, performance, speed, stamina, strength, flexibility, breathing, heart rate, pulse, body temperature, healthy lifestyle, warm up.*

Year 5

- Learn dribbling techniques to change direction and speed, using both sides of the foot, showing consistency and control and use limited touches to develop accuracy of pass and movement off the ball (against opposition also)

- Use a competitive game to develop spatial awareness, passing/dribbling skills and both attacking (shooting) and defending skills (tackling)

- Learn to run with (two hands) and touch down a rugby ball (try)

- Learn to develop an awareness of space

- Learn to run in different directions and at different speeds with the ball

- Combine dodging, passing and footwork skills, adapting them to different situations

- Get into a good position on court to receive the ball (and know why this is important) and direct the ball into their opponent's court

- Learn to sustain pace over longer distances and run more rhythmically or techniques involved when running at speed, also applying these to a competitive situation

- Can perform a range of jumps showing control and consistency (e.g. triple jump)

- To learn how to pass accurately with the side of the foot, continuously stopping to gain control, showing consistency, control and pace

- Learn to strike the ball with speed and accuracy, using both feet from various angles, whilst it is stationary, moving away or towards

- Learn to pass a rugby ball to another player, on the move, to the side and behind

- Learn to perform a chest pass with accuracy, confidence and control, on the move and stationary, and in game scenarios

- Perform throwing, catching and hitting skills with control and consistency

- Learn how to volley and begin to use this shot when the opportunity arises in a competitive game

- Build confidence bowling underarm so the ball arrives appropriately for the batter to strike

- Confidently strike a ball with intent, using hand-eye coordination, when moving (or stationary)

- Can demonstrate accuracy in throwing over-arm with greater control

- Children learn about and describe the effect of exercise on the body

- Can explain the importance of exercise and a healthy lifestyle

- Know and understand the reasons for warming up and cooling down

- Explain some safety principles when preparing for and during exercise

- Know ways they can become healthier

- Learn how to hold a rugby ball, in two hands (Tag)

- Learn the rules of footwork in netball, practising footwork skills

- Learn to know the difference between attacking skills and defending skills and use appropriately within a game

- Learn about the High Five netball positions (GK, GD, C, GA, GS) and use them in a game

- Be confident with different ways of throwing, under pressure, and to know when each is appropriate

- Show confidence with the rules set and to keep score (Rounders) in order to avoid disputes

- Learn the role of the backstop

- To identify and apply techniques of relay running (e.g. upsweep method)

- Can choose and use equipment safely

- Use a variety of tactics to keep the ball (e.g. changing direction, moving into a space) so that they progress towards a goal

- Establish communication with others during game time

- Comment on tactics and techniques to help improve performance

- Try to beat their opponent by using tactics and playing attacking shots

- Watch, describe and evaluate the effectiveness of performances

- Learn from others how they can improve their skills

- Make suggestions on how to improve their work and modify their use of skills or techniques to achieve a better result

- Begin to choose and use criteria to evaluate own and others' performance

- Explain why they have used particular skills or techniques, and the effect they have had on their performance

- Describe good athletic performance using correct vocabulary (Athletics)

<p>KEY VOCAB (YR 5)</p>	<p>FOOTBALL – <i>dribbling, control, accuracy, possession, passing, striking, tactics, spatial awareness (space), stamina, consistency, touch, trap, tackling, attack, defence</i> RUGBY – <i>two hand grip, tag, tag belts, try, sideways pass, pop pass, attacking line, defensive line, spatial awareness</i> NETBALL – <i>throwing, catching, bounce pass, chest pass, shoulder pass, pivot, co-ordination, possession, balance, dodging, weaving (evasive action), marking</i> TENNIS – <i>racket, net, tennis ball, bounce, serve, court, opponents court, rally, backswing, volley, feet positioning</i> ROUNDERS – <i>bowler/bowling, batsperson, strike, base, fielder, backstop, return, underarm bowling, intercept the ball</i> ATHLETICS – <i>running technique, stamina, sprint, long jump, take off, landing, javelin, relay, baton, power, accuracy, athletic performance, pace, upsweep method</i> HEALTH & FITNESS – <i>exercise, performance, speed, stamina, strength, flexibility, breathing, heart rate, pulse, body temperature, healthy lifestyle, warm up.</i></p>			
<p>Year 6</p>	<ul style="list-style-type: none"> - Learn dribbling techniques to change direction and speed, using both sides of the foot, showing consistency and control and use limited touches to develop accuracy of pass and movement off the ball - Learn to dribble the ball against opposition and keep possession - Use a competitive game to develop spatial awareness, passing/dribbling skills and both attacking (shooting) and defending skills (tackling) - Develop running with the ball (two hands) in different directions and at different speeds - Run and pass backwards, across the attacking line, making a loop to receive a second pass - Show an awareness of space and distance when sending and receiving - Develop dribbling skill and the push-stop technique, with obstacles - Knows how to sustain pace over longer distances or techniques involved when running at speed, applying these in a competitive situation 	<ul style="list-style-type: none"> - To learn how to pass accurately with the side of the foot, continuously stopping to gain control, showing consistency, control and pace - Attempt to shoot and beat the goalkeeper and develop shooting ability against opposition - Learn to strike the ball with speed and accuracy, using both feet from various angles, whilst it is stationary, moving away or towards - Pass a rugby ball to another player, with confidence, on the move, to the side and behind - Understand and demonstrate a range of controlled passing, receiving, dribbling, striking and shooting skills and adapt them to meet the needs of the situation - Develop the range and consistency of their bowling skills, using different methods - Develop bowling towards a target, working in pairs to complete challenges - Learn how to hold a cricket bat and strike a ball effectively 	<ul style="list-style-type: none"> - Children learn about and describe the effect of exercise on the body - Understands the importance and can explain why exercise is good for health, fitness and wellbeing - Understand the importance of the warm up and cool down - Can carry out warm-ups and cool-downs safely and effectively - Know ways they can become healthier and suggest ideas/changes to their own lifestyle 	<ul style="list-style-type: none"> - Learn to tackle while moving towards the attacker. Challenge for a ball moving either towards or away - Understand the terms 'tagging' and become familiar with rules - Know and understand the positions and show specific attacking and defending skills - Learn to discuss rules and recall regularly - Work as a team to use and adapt rules to play games that improve their batting, bowling and fielding skills - Play a range of small-sided, competitive games and make effective choices about when, how and where to pass so they retain possession and progress towards an opponent's goal - Use tactics which involve the wicketkeeper and fielders working together - Can choose and use equipment safely and organise and work safely in small groups, taking turns - Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements - Learn from others how they can improve their skills - Choose and use criteria to evaluate own and others' performance - Explain why they have used particular skills, techniques or tactics and the effect they have had on in order to improve their performance

	<p>- To fully understand and apply techniques of relay running (e.g. upsweep method)</p> <p>- Can perform a range of jumps, showing control and consistency at both take-off and landing</p>	<p>- Can demonstrate greater accuracy, safety and control in throwing</p>		
KEY	<p>FOOTBALL – <i>dribbling, control, accuracy, possession, passing, striking, tactics, spatial awareness (space), stamina, consistency, touch, trap, tackling, attack, defence, pace</i></p>			
VOCAB	<p>RUGBY – <i>two hand grip, tag, tag belts, try, sideways pass, pop pass, attacking line, defensive line, spatial awareness, loop movement, tagging</i></p>			
(YR 6)	<p>HOCKEY – <i>hockey stick, grip, stance, dribbling, push-stop technique, interception, flat face (hockey stick), attacking and defending skills</i></p>			
	<p>NETBALL – <i>throwing, catching, bounce pass, chest pass, shoulder pass, pivot, co-ordination, possession, balance, dodging, weaving (evasive action), marking</i></p>			
	<p>ROUNDERS – <i>bowler/bowling, batsperson, strike, base, fielder, backstop, return, underarm bowling, intercept, bowling overarm (cricket), wicket, stumps, wicketkeeper</i></p>			
	<p>ATHLETICS – <i>running technique, stamina, sprint, long jump, take off, landing, javelin, relay, baton, power, accuracy, athletic performance, pace, upsweep method</i></p>			
	<p>HEALTH & FITNESS – <i>exercise, performance, speed, stamina, strength, flexibility, breathing, heart rate, pulse, body temperature, healthy lifestyle, warm up, wellbeing</i></p>			

KEY

FOOTBALL

HOCKEY

NETBALL

RUGBY

TENNIS

ROUNDERS/CRICKET

ATHLETICS