

Knowledge Organisers for the priority subject for each concept to be issued 2-3 weeks before the learning block is taught.

Metacognition: Metacognition can take many forms; it includes knowledge about when and how to use particular strategies for learning or problem-solving.

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study. This knowledge and skills organiser for PE demonstrates the progression through the year groups. It includes regular opportunities to revisit prior learning and build upon this.

Diversity: we have carefully planned our curriculum to include diversity (gender, disability, BAME – Black, Asian and Minority Ethnic) to ensure it is a diverse and inclusive curriculum. Where there are key links, these are highlighted below in **orange**.

At Windmill Hill Academy, we use the Rising Stars 'Champions' programme to support the delivery of the majority of our PE concepts. *Please refer to our PE and School Sport Action Plan for additional information for how the sports premium is being spent and for additional enrichments/opportunities for pupils.*

PE	Term		Term		Term	
EYFS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
	3-4 years		Reception		Early Learning Goal (ELG)	
Knowledge	<u>Physical Development</u> <ul style="list-style-type: none"> ▪ Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. ▪ Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks. ▪ Make healthy choices about food, drink, activity and toothbrushing. 		<u>Physical Development</u> <ul style="list-style-type: none"> ▪ Know and talk about the different factors that support their overall health and wellbeing: regular physical activity, healthy eating, toothbrushing, sensible amounts of 'screen time', having a good sleep routine, being a safe pedestrian. <u>Expressive Art and Design</u>		<u>Managing Self</u> <ul style="list-style-type: none"> ▪ Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. 	

		<ul style="list-style-type: none"> Explore and engage in music making and dance, performing solo or in groups. 	
Skill Progression	<p><u>Physical Development</u></p> <ul style="list-style-type: none"> Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills. Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks. Start taking part in some group activities which they make up for themselves, or in teams. Are increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm. Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width. Use one-handed tools and equipment, for example, making snips in paper with scissors. Use a comfortable grip with good control when holding pens and pencils. Start to eat independently and learning how to use a knife and fork. Show a preference for a dominant hand. Be increasingly independent as they get dressed and undressed, for example, putting coats on and doing up zips. Be increasingly independent in meeting their own care needs, e.g. brushing teeth, using the 	<p><u>Physical Development</u></p> <ul style="list-style-type: none"> Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing Progress towards a more fluent style of moving, with developing control and grace. Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Develop their small motor skills so that they can use a range of tools competently, safely and confidently. Suggested tools: pencils for drawing and writing, paintbrushes, scissors, knives, forks and spoons. Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor. Combine different movements with ease and fluency Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. 	<p><u>Gross Motor Skills</u></p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p><u>Fine Motor Skills</u></p> <ul style="list-style-type: none"> Hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases. Use a range of small tools, including scissors, paintbrushes and cutlery. Begin to show accuracy and care when drawing.

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	toilet, washing and drying their hands thoroughly.		<ul style="list-style-type: none"> Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball. Develop the foundations of a handwriting style which is fast, accurate and efficient. Further develop the skills they need to manage the school day successfully: lining up and queuing, mealtimes, personal hygiene. 			
Meta Cognition						
Year 1	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Concept	Rebellion and Invasion	Natural elements	Civilisation	Environmental	Discoveries	Culture
Knowledge	<u>Multi skills</u> <ul style="list-style-type: none"> Explore static balancing and understand the concept of bases. Combine a number of co-ordination drills, using upper and lower body movements. Aim a variety of balls and equipment accurately. Time running to stop or intercept the path of a ball. Able to travel in different ways, showing clear transitions 	<u>Mighty movers</u> <ul style="list-style-type: none"> Able to run at a variety of speeds and in a variety of styles. Understand that running can be done in many ways. Understand what happens to our breathing during exercise, and why it changes. Understand the purpose of a circuit and how it can improve fitness. Complete a running circuit. <u>Dance</u>	<u>Gymnastics</u> <ul style="list-style-type: none"> Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. 	<u>Brilliant ball skills</u> <ul style="list-style-type: none"> Understand basic sending and receiving techniques. Develop anticipation and reaction when working with beanbags or balls. Develop balance, agility and co-ordination. <u>Gymfit circuits</u> <ul style="list-style-type: none"> Identify techniques to improve balance. Practise a range of gymnastic skills through a series of circuits. 	<u>Throwing and catching</u> <ul style="list-style-type: none"> Learn skills for striking and fielding games. Understand the correct technique for catching. Consolidate and practise throwing a ball underarm. Practise basic striking, sending and receiving. Abe to use throwing and catching skills in a game. Practise accuracy of throwing and consistent catching. 	<u>Active athletes</u> <ul style="list-style-type: none"> Explore footwork patterns. To explore arm mobility. To explore different methods of throwing. Know how to throw safely. Decide which throwing method is best for distance. <u>Fitness frenzy</u> <ul style="list-style-type: none"> Able to complete a circuit that includes activities learned throughout the year.

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	<p>between movements.</p> <ul style="list-style-type: none"> ▪ Able to travel in different directions. ▪ Change direction whilst running, with control and fluency. <p>Boot camp</p> <ul style="list-style-type: none"> ▪ Understand how to prepare the body for exercise. ▪ Understand what fitness means. ▪ Complete a range of circuit-based activities and understand the reason for doing them. ▪ Understand what happens to the heart rate during exercise. ▪ Able to complete a circuit that includes different activities. ▪ Demonstrate the correct technique for activities. ▪ Develop agility and co-ordination. 	<ul style="list-style-type: none"> ▪ Copy and repeat actions. ▪ Put a sequence of actions together to create a motif. ▪ Vary the speed of their actions. ▪ Use simple choreographic devices such as unison, canon and mirroring. <p>Oti Mubuse)</p>	<ul style="list-style-type: none"> ▪ Hold still shapes and simple balances. ▪ Carry out simple stretches. ▪ Carry out a range of simple jumps, landing safely. ▪ Move around, under, over, and through different objects and equipment. ▪ Begin to move with control and care. <p>(Simone Biles)</p>	<ul style="list-style-type: none"> ▪ Perform using simple movement patterns. ▪ Master basic movements, as well as developing balance, agility and co-ordination. 	<p>(Daley Thompson – Focus on throwing events)</p> <p>Cool core</p> <ul style="list-style-type: none"> ▪ Able to identify techniques to improve core strength and agility. ▪ Able to identify techniques to improve core strength and agility. ▪ Perform a movement that demonstrates good core control. 	<ul style="list-style-type: none"> ▪ To demonstrate the correct technique for activities. ▪ Develop agility and co-ordination. ▪ Perform simple patterns of movement. ▪ Explore running at different speeds. ▪ Understand the importance of using the arms when running. ▪ Able to evaluate performance of gymnastic moves within a circuit.
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Skill Progression	<u>Multi skills</u>	<u>Mighty movers</u>	<u>Gymnastics</u>	<u>Brilliant ball skills</u>	<u>Throwing and catching</u>	<u>Active athletes</u>
	<ul style="list-style-type: none"> Perform increasingly difficult balances using a number of different parts of the body. Run on the balls of the feet, concentrating on coordination, not speed. Use timing to improve ability to aim, stop and guide an object. Improve accuracy to throw a variety of balls and equipment at a target. Use controlled movement to travel in different ways. 	<ul style="list-style-type: none"> Run at different speeds and in different directions with control. Run in a race with a team. Running effectively and economically, using the arms. Run quickly in a relay activity, aiming to improve speed. Using the arms when running to improve technique and speed. 	<ul style="list-style-type: none"> Complete a log roll (controlled). Complete a curled side roll (egg roll) (controlled). Complete a teddy bear roll (controlled). Complete straight jump. Complete a tuck jump. Complete a jack Half turn. 	<ul style="list-style-type: none"> Catch a ball or beanbag on a bounce. Catch a ball from a throw. Develop anticipation and reaction when working with beanbags or balls. Develop accurate throwing skills. 	<ul style="list-style-type: none"> Control a ball using hands. Able to throw and catch a ball to self and a partner. Know how to stop and retrieve a ball. Improve accuracy when throwing a ball to a partner. Able to throw accurately to hit a target. Able to catch the ball with good technique Able to make contact with a ball using different bats or rackets. 	<ul style="list-style-type: none"> Able to vary speeds when running. Know how to travel in different ways. Be able to change from fast to slow. Know how to hop, and how to land safely on two feet. Throw in a variety of ways. Able to run with good balance and co-ordination.
	<u>Boot camp</u> <ul style="list-style-type: none"> Perform simple patterns of movement. Able to use coordination and balance to finish progressively 	<u>Dance</u> <ul style="list-style-type: none"> Able to use taught knowledge to create a dance sequence. Able to complete simple movements and moves with control. Begin to move in time to music. 		<u>Gymfit circuits</u> <ul style="list-style-type: none"> Has mastered basic movements. Is developing balance, agility and co-ordination. Able to think of different ways they can perform a given task. 	<u>Cool core</u> <ul style="list-style-type: none"> Able to control breathing. Able to support body weight. Increase the speed at which you can travel through the 	<u>Fitness frenzy</u> <ul style="list-style-type: none"> Able to change speed of running depending on activity and distance. Able to complete a skipping circuit with balance and fluency. Mastered basic movements

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	harder circuit activities.	<ul style="list-style-type: none"> Start to think about different ways to transition between moves. Begin to improvise independently to create a simple dance. 			ladders accurately. <ul style="list-style-type: none"> Able to learn the technique for the plank, front support and back support. Be able to use the core to maintain balance when running. 	<ul style="list-style-type: none"> Beginning to develop balance, agility and co-ordination within a range of activities.
Meta Cognition						
Year 2	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Concept	Rebellion and Invasion	Natural elements	Civilisation	Environmental	Discoveries	Culture
Knowledge	Multi skills <ul style="list-style-type: none"> Able to explore static balancing. Understand the concept of bases. Learn about a stable base and losing balance. Know how to throw a ball at the right speed and strength. Understand the need to chance the speed and power of throws depending on distance. 	Dance <ul style="list-style-type: none"> Copy, remember and repeat actions. Create a short motif inspired by a stimulus. Change the speed and level of their actions. Perform sequences of their own composition with coordination. <div style="background-color: #f4a460; padding: 2px;">Dance (from other cultures)</div> Mighty movers <ul style="list-style-type: none"> Demonstrate running with 	Gymnastics <ul style="list-style-type: none"> Recognise and describe how the body feels during and after different physical activities. Explain what they need to stay healthy. Copy, explore and remember actions and movements to create their own sequence. Link actions to make a sequence. 	Brilliant ball skills <ul style="list-style-type: none"> Use hand-eye co-ordination to control a ball. Understand that there are different ways of catching a ball. Know how to catch different objects. Understand techniques for dribbling and passing a ball. Beginning to understand the importance of passing with accuracy. 	Throwing and catching <ul style="list-style-type: none"> Learn skills for playing striking and fielding games. Know how to throw a ball underarm with accuracy. Practise catching skills. Know the correct technique for striking a ball from a tee. Develop catching skills. Explore catching different balls. 	Active athletes <ul style="list-style-type: none"> Understand the best jumping techniques for distance. Understand how using arms when jumping can improve technique. Learn how to throw different objects in a variety of ways. Understand how to throw safely. Understand how to throw for distance.

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	<ul style="list-style-type: none"> Explore different ways of twisting and turning. <p>Boot camp</p> <ul style="list-style-type: none"> Can understand how to prepare the body for exercise. Understands what fitness means. Develop agility and co-ordination. Perform simple patterns of movement. Understand what changes occur in the body during exercise. 	<p>balance and co-ordination.</p> <ul style="list-style-type: none"> Understand the purpose of a circuit and how it can improve fitness. Understand the value of a circuit. Develop running technique with good balance and co-ordination. 	<ul style="list-style-type: none"> Travel in a variety of ways, including rolling. Hold a still shape whilst balancing on different points of the body. Jump in a variety of ways and land with increasing control and balance. Climb onto and jump off the equipment safely. Move with increasing control and care <p>(Simone Biles)</p> <p>Swimming</p> <ul style="list-style-type: none"> Begin kick legs from the hip. Begin to identify when and what about their strokes need improvements. Identify dangers around water. 	<ul style="list-style-type: none"> Beginning to understand the importance of dribbling with control. <p>Swimming</p> <ul style="list-style-type: none"> Begin kick legs from the hip. Begin to identify when and what about their strokes need improvements. Identify dangers around water. 	<p>(Vihrat Kohli – fielding skills)</p> <p>Cool core</p> <ul style="list-style-type: none"> Understand how to develop and improve core strength and agility. Learn how to maintain a good bridge using core strength. Understand what happens to the body during exercise. Understand some of the benefits of keeping fit and healthy. 	<p>(Katerina Johnson-Thompson/Jessica Ennis-Hill)</p> <p>Fitness frenzy</p> <ul style="list-style-type: none"> Learn about the correct technique for activities. Understand the purpose of a circuit and how it can improve fitness. Understand what happens to the body during exercise. Understand how to evaluate a performance of gymnastic moves within a circuit.
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Skill Progression	<p><u>Multi skills</u></p> <ul style="list-style-type: none"> Can combine a number of co-ordination drills, using upper and lower body movements. Can move the body in a variety of ways. Able to aim a variety of balls and equipment accurately. Can travel in different ways, showing clear transitions between movements. Able to maintain balance when changing direction. Able to use the learnt skills in a game. <p><u>Boot camp</u></p> <ul style="list-style-type: none"> Can complete a range of circuit-based activities and understand the reason for doing them. 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Use simple choreographic devices such as unison, canon and mirroring. Use different transitions within a dance motif. Move in time to music. Improve the timing of their actions. Perform learnt skills with increasing control. <p><u>Mighty movers</u></p> <ul style="list-style-type: none"> Can run efficiently using their arms. Can complete running activities with balance and co-ordination. Run for one minute without stopping. Learn some of the changes that happen to the body during exercise. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Complete a log roll (controlled) Curled side roll (egg roll) (controlled) Complete a teddy bear roll (controlled) Complete a rocking forward roll. Complete a crouched forward roll. Complete a straight jump, tuck jump, jumping jack and half turn jump. Complete a cat spring to straddle. <p><u>Swimming</u></p> <ul style="list-style-type: none"> Start to become more comfortable in the water. Able to swim 10m, aided in shallow water using one basic method. Put face in water and blow bubbles. 	<p><u>Brilliant ball skills</u></p> <ul style="list-style-type: none"> Can move a ball using hands and feet. Can catch a variety of objects. Target the receiver's hands when throwing. Watch the ball or object when trying to catch it. Can vary types of throw. Knows how to throw overarm, underarm and bounce pass. Can pass with accuracy. Can dribble with control. <p><u>Swimming</u></p> <ul style="list-style-type: none"> Start to become more comfortable in the water. Able to swim 10m, aided in shallow water using one basic method. Put face in water and blow bubbles. Enter and exit water safely and remain safe 	<p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> Able to position the body to strike a ball. Able to practise striking a small ball. Receive and return a ball. Know the best technique for catching. Can use the overarm throw technique and understands when to use it. Can aim for accurate throwing and consistent catching and striking. <p><u>Cool core</u></p> <ul style="list-style-type: none"> Use arms effectively when running. Able to develop and improve core strength and agility. Able to maintain a wheelbarrow walk for longer period of time, 	<p><u>Active athletes</u></p> <ul style="list-style-type: none"> Able to run with agility and confidence. Can run with a change of speed. Can change direction when running, while maintaining balance. Can use arms when jumping. Can jump with balance and fluency. Can hurdle an obstacle and maintain effective running style. <p><u>Fitness frenzy</u></p> <ul style="list-style-type: none"> Able to complete a circuit of activities. Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform simple patterns of movement.
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	<ul style="list-style-type: none"> Able to choose the correct technique for activities. Can discover which activities individuals find easy or difficult. 	<ul style="list-style-type: none"> Develop good technique for running circuits. 	<ul style="list-style-type: none"> Enter and exit water safely and remain safe around water. With help and reminders. 	<p>around water. With help and reminders.</p>	<p>using core strength.</p> <ul style="list-style-type: none"> Can develop and improve core strength and agility. Perform a small crunch and understand what it does. Perform an activity/game that uses the abdominals. 	<ul style="list-style-type: none"> Can complete a running circuit. Can evaluate a performance of gymnastic moves within a circuit.
Meta Cognition						
Year 3	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Concept	Rebellion and Invasion	Natural elements	Civilisation	Environmental	Discoveries	Culture
Knowledge	<u>Multi skills</u> <ul style="list-style-type: none"> Understand the concept of centre of balance. Develop co-ordination whilst moving an object. 	<u>Dance</u> <ul style="list-style-type: none"> Begin to improvise with a partner to create a simple dance. Create motifs from different stimuli. 	<u>Gymnastics</u> <ul style="list-style-type: none"> Choose ideas to compose a movement sequence independently and with others. 	<u>Outdoor and adventurous</u> <ul style="list-style-type: none"> Recognise the effects of exercise on the body. Know the importance of strength and flexibility. 	<u>Gymfit circuits</u> <ul style="list-style-type: none"> Identify techniques to improve balance. Practise a range of gymnastic skills through a series of circuits. 	<u>Active athletes</u> <ul style="list-style-type: none"> Understand the reason why you need to look up when running. Understand the need to run at different speeds.

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	<ul style="list-style-type: none"> Understand why hand-eye co-ordination is important when keeping control of an object. Practise co-ordination and moving with others. <p>Boot camp</p> <ul style="list-style-type: none"> Understand how to prepare the body for exercise. Understand what fitness means. Experience some of the changes that occur during exercise. Complete a range of circuit-based activities and understand the reason for doing them. Understand what happens to the heart rate during exercise. 	<ul style="list-style-type: none"> Use simple dance vocabulary to compare and improve work. Perform learnt skills and techniques with control and confidence. <p>(African dance)</p> <p>Mighty movers</p> <ul style="list-style-type: none"> Explore running at different speeds. Understand the importance of analysing your own and peers' performances. Learn how to work as a team in a running situation. Understand the reason for warming up. Understand the value of a running-based circuit and the impact it can have on health. 	<ul style="list-style-type: none"> Link combinations of actions with increasing confidence, including changes of direction, speed or level. Develop the quality of their actions, shapes and balances. Move with coordination, control and care. Use turns whilst travelling in a variety of ways. Use a range of jumps in their sequences. Begin to use equipment to vault. Create interesting body shapes while holding balances with control and confidence. Begin to show flexibility in movements. <p>(Simone Biles)</p> <p>Skip to the beat</p> <ul style="list-style-type: none"> Explore different ways of skipping. 	<ul style="list-style-type: none"> Understand why it is important to warm up and cool down. Understand how to choose appropriate equipment for a certain activity. <p>Ball skills</p> <ul style="list-style-type: none"> Able to be aware of others when playing games. Think about choosing the correct skills to meet a challenge. Learn the different ways of catching and throwing a range of balls. Understand the power needed to throw a ball for different reasons. 	<ul style="list-style-type: none"> Understand the importance of self and peer assessment to improve technique. <p>Swimming</p> <ul style="list-style-type: none"> Understand how to kick legs from the hip and identify when this needs improvements. Explain what dangers to identify around water. 	<ul style="list-style-type: none"> Understand the need to change direction. Understand the importance of using legs as well as arms when throwing. <p>(Famous athletes across the World)</p> <p>Swimming</p> <ul style="list-style-type: none"> Understand how to kick legs from the hip and identify when this needs improvements. Explain what dangers to identify around water.
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			<ul style="list-style-type: none"> Practise techniques learned in previous years. Observe and comment on others' performance. Be aware of safety aspects concerned with skipping. 			
Skill Progression	Multi skills <ul style="list-style-type: none"> Able to change and maintain centre of balance. Able to change the centre of balance to different parts of the body. Can use hand-eye co-ordination to keep control of an object. Able to demonstrate agility by being able to twist and turn and change direction. Can observe and be aware of others' speed and try to match it. 	Dance <ul style="list-style-type: none"> Begin to compare and adapt movements and motifs to create a larger sequence. Perform with some awareness of rhythm and expression. Develop the quality of the actions in their performances. Mighty movers <ul style="list-style-type: none"> Demonstrate good use of arms when running at different speeds. Analyse others' running technique 	Gymnastics <ul style="list-style-type: none"> Complete a crouched forward roll, forward roll from standing and a tucked backward roll. Complete a straight jump, tuck jump, jumping jack, star jump, a straddle jump, a pike jump, a straight jump and a half-turn Cat leap. Skip to the beat <ul style="list-style-type: none"> Develop skipping techniques with 	Outdoor and adventurous <ul style="list-style-type: none"> Can orientate themselves with increasing confidence. Can use communication skills to begin to work as a team. Can find symbols and clues by looking at maps. Ball skills <ul style="list-style-type: none"> Can dribble a ball with greater control. Can roll or throw a ball at a target with accuracy. Can perform a range of actions, 	Gymfit circuits <ul style="list-style-type: none"> Mastered basic movements Developing balance, agility and co-ordination. Can perform using simple movement patterns. Perform a range of gymnastic skills with increased accuracy. Perform a sequence of gymnastic moves within a circuit. 	Active athletes <ul style="list-style-type: none"> Able to run in different directions and at different speeds, using a good technique. Able to improve throwing technique. Know how to throw in a variety of ways. Use a range of different jumping techniques. Know how to perform a standing long jump.

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	<u>Boot camp</u> <ul style="list-style-type: none"> Develop agility and co-ordination. Perform simple patterns of movement. Can complete a circuit that includes practiced activities. Can demonstrate the correct technique for an activity. 	<i>and suggest ways of improving.</i> <ul style="list-style-type: none"> Can hand over in an efficient manner. Can complete a running circuit showing good balance, co-ordination and agility. Can use the correct running technique to complete a circuit. 	<i>control and balance.</i> <ul style="list-style-type: none"> Develop skipping techniques with control and balance. Participate in large rope skipping. Develop large rope skipping technique. Can skip with a partner. Can compose a sequence of skipping moves. 	<i>maintaining control of the ball.</i> <ul style="list-style-type: none"> Can perform a range of catching and gathering skills with control. Mastered the basic catching technique. Can catch with increasing control. 	<u>Swimming</u> <ul style="list-style-type: none"> Able to swim 10m unaided in shallow water using one basic method. Put face in water and blow bubbles. Enter and exit water safely and remain safe around water. 	<u>Swimming</u> <ul style="list-style-type: none"> Able to swim 10m unaided in shallow water using one basic method. Put face in water and blow bubbles. Enter and exit water safely and remain safe around water.
Meta Cognition						
Year 4	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Concept	Rebellion and Invasion	Natural elements	Civilisation	Environmental	Discoveries	Culture
Knowledge	<u>Boot camp</u> <ul style="list-style-type: none"> Understand how to prepare the body for exercise. Understand what fitness means. Experience some of the changes that occur to the body during exercise. Understand what happens to the 	<u>Dance</u> <ul style="list-style-type: none"> Change parts of a dance as a result of self-evaluation. Use simple dance vocabulary when comparing and improving work. Perform and create sequences with fluency and expression. 	<u>Gymnastics</u> <ul style="list-style-type: none"> Create a sequence of actions that fit a theme. Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency 	<u>Gymfit circuits</u> <ul style="list-style-type: none"> Understand that a fitness circuit can be sport-specific. Understand the importance of working with a partner in a skill-based situation. Work with a partner in a skill-based situation. 	<u>Nimble nets</u> <ul style="list-style-type: none"> Become familiar with balls and short tennis rackets. Learn how the racket feels and the best methods of holding it. Understand the key terminology of tennis. 	<u>Striking and fielding</u> <ul style="list-style-type: none"> Develop and investigate different ways of throwing, and to know when each is appropriate. Practise underarm and overarm throws and when to use them.

	<p>heart rate during exercise.</p> <ul style="list-style-type: none"> Discover which activities individuals find easy or difficult. <p>Invaders</p> <ul style="list-style-type: none"> Understand the importance of keeping possession of the ball. Able to understand what the ABC (agility, balance, co-ordination) techniques are. Understand the importance of passing accurately to a team member. Learn how to work well as a team. Know how to communicate with team members. Identify and apply ways to move the ball towards an opponent's goal. 	<ul style="list-style-type: none"> Perform and apply skills and techniques with control and accuracy. Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. <p>African Dance</p> <p>Mighty movers</p> <ul style="list-style-type: none"> Learn footwork movement patterns showing co-ordination. Learn the key vocabulary associated with boxing. Understand the value of staying physically fit. Learn how to build an aerobic exercise routine including skilled moves. <p>(Anthony Joshua)</p>	<p>and expression. Show changes of direction, speed and level during a performance.</p> <ul style="list-style-type: none"> Travel in different ways, including using flight. Improve the placement and alignment of body parts in balances. Use equipment to vault in a variety of ways. Carry out balances, recognising the position of their centre of gravity and how this affects the balance. Begin to develop good technique when travelling, balancing and using equipment. Develop strength, technique and flexibility throughout performances. 	<ul style="list-style-type: none"> Learn the importance of self-motivation. Understand the importance of self and peer assessment. <p>Swimming</p> <ul style="list-style-type: none"> Explore how to move in and under water. Recognise how swimming affects breathing. Identify and describe differences between different leg and arm actions. Understand water can be dangerous and repeat what to do when in difficulty. <p>(Videos of BAME athletes)</p>	<ul style="list-style-type: none"> Learn how to play collaborative games. Learn the correct body positions for different strokes. <p>(Jo Wilfrid Tsonga and Naomi Osaka)</p> <p>Cool core</p> <ul style="list-style-type: none"> Understand how to improve balance and co-ordination. Develop balance techniques when performing cool core moves. Learn new moves and develop correct technique. 	<ul style="list-style-type: none"> Practise receiving skills. Learn how to play a kwik cricket game. <p>(Focus on IPL cricket league)</p> <p>Athletics</p> <ul style="list-style-type: none"> Learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces for different distances. Practise throwing with power and accuracy. Explore different footwork patterns. Understand which technique is most effective when jumping for distance. <p>(Athletics. Linford Christie and Usain Bolt – Athletes of West African heritage's dominance of the sprint events)</p>
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	<ul style="list-style-type: none"> Learn what skills might be used to stop someone scoring. Learn how to attack and defend as team (Ama Agbaze-Netball). 		<p>(Simone Biles)</p> <p>Swimming</p> <ul style="list-style-type: none"> Explore how to move in and under water. Recognise how swimming affects breathing. Identify and describe differences between different leg and arm actions. Understand water can be dangerous and repeat what to do when in difficulty. <p>(Videos of BAME athletes)</p>			
Skill Progression	<p>Boot camp</p> <ul style="list-style-type: none"> Can complete a range of circuit-based activities and understand the reason for doing them. Learn new moves and perform them with good 	<p>Dance</p> <ul style="list-style-type: none"> Demonstrate precision and some control in response to stimuli. Begin to vary dynamics and develop actions and motifs in response to stimuli. 	<p>Gymnastics</p> <ul style="list-style-type: none"> Complete a forward roll from standing, a straddle forward roll, a tucked backward roll and a backward roll to straddle. Complete a straight jump, a tuck jump, a 	<p>Gymfit circuits</p> <ul style="list-style-type: none"> Perform a simple ball-skill circuit with understanding and accuracy. Able to complete a hockey-based circuit with understanding and accuracy. 	<p>Nimble nets</p> <ul style="list-style-type: none"> Improve hand-eye co-ordination by sending and receiving a ball with a hand and racket. Able to get the ball into play. Able to accurately serve underarm. 	<p>Striking and fielding</p> <ul style="list-style-type: none"> Able to use ABC (agility, balance, co-ordination) to field a ball well. Able to field a ball in a variety of ways in order to stop it travelling further.

	<p>technique and balance.</p> <ul style="list-style-type: none"> ▪ Demonstrate the correct technique for activities. ▪ Develop agility and co-ordination. ▪ Perform more complex patterns of movement. <p><u>Invaders</u></p> <ul style="list-style-type: none"> ▪ Able keep possession of a ball. ▪ Know how to dribble a ball, change direction and maintain control. ▪ Able to use ABC (agility, balance, co-ordination) techniques to keep control of a ball in a competitive situation. ▪ Able to use accurate passing and dribbling in a game. 	<ul style="list-style-type: none"> ▪ Demonstrate rhythm and spatial awareness. <p><u>Mighty movers</u></p> <ul style="list-style-type: none"> ▪ Demonstrate correct technique for a jab. ▪ Able to apply the correct technique for the cross jab – co-ordination. ▪ Able to link skills with control and precision. ▪ Develop personal fitness levels, particularly strength and stamina. ▪ Able to create and perform a boxercise sequence with increased accuracy. 	<p>jumping jack, a star jump, a straddle jump, a pike jump, a straight jump, a half-turn, a straight jump, a full-turn, a cat leap and a cat leap half-turn.</p> <p><u>Swimming</u></p> <ul style="list-style-type: none"> ▪ Swim between 10m and 20m unaided in shallow water, using one basic method to achieve the distance. ▪ Use floats to swim longer distances with a more controlled leg kick. ▪ Join in all swimming activities confidently. ▪ Put face under the water and blow bubbles (begin to do this whilst swimming). 	<ul style="list-style-type: none"> ▪ Able to complete a netball/basketball circuit with understanding and accuracy. ▪ Able to self-motivate and motivate others. ▪ Able to work collaboratively with a partner in a skills-based situation. ▪ Can evaluate own and others' performance. Can understand how sport-specific skills can be put into a circuit. <p><u>Swimming</u></p> <ul style="list-style-type: none"> ▪ Swim between 10m and 20m unaided in shallow water, using one basic method to achieve the distance. ▪ Use floats to swim longer distances with a more controlled leg kick. 	<ul style="list-style-type: none"> ▪ Able to build up a rally. ▪ Demonstrate forehand and backhand strokes. ▪ Be aware of the correct body position and contact point for an accurate shot. <p><u>Cool core</u></p> <ul style="list-style-type: none"> ▪ Perform basic Pilates moves with good technique and understanding. ▪ Perform some controlled Pilates movements, and understand the benefit of doing them. ▪ Sustain balance and concentration when performing a variety of cool core moves. 	<ul style="list-style-type: none"> ▪ Able to return the ball accurately. ▪ Able to catch the ball in a variety of situations. ▪ Can use hand-eye co-ordination to strike a moving and a stationary ball. <p><u>Athletics</u></p> <ul style="list-style-type: none"> ▪ Can select and maintain a running pace for different distances. ▪ Able to throw and retrieve implements safely. ▪ Can describe the effect of different throwing positions. ▪ Sprint a short distance as part of a team. ▪ React quickly to a stimulus. ▪ Demonstrate good running technique when jumping over obstacles.
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				<ul style="list-style-type: none"> Join in all swimming activities confidently. <p>Put face under the water and blow bubbles (begin to do this whilst swimming).</p>		
Meta Cognition						
Year 5	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Concept	Rebellion and Invasion	Natural elements	Civilisations	Environmental	Discoveries	Culture
Knowledge	<u>Boot camp</u> <ul style="list-style-type: none"> Understand how to prepare the body for exercise. Understand what fitness means. Understand some of the changes that occur to the body during exercise. Understand what happens to the heart rate during exercise. <u>Invaders</u> <ul style="list-style-type: none"> Develop an understanding and knowledge of the basic footwork rule of netball. 	<u>Dance</u> <ul style="list-style-type: none"> Demonstrate imagination and creativity in the movements they devise in response to stimuli. Improvise with confidence, still demonstrating fluency across the sequence. Ensure their actions fit the rhythm of the music. Perform own longer, more complex 	<u>Gymnastics</u> <ul style="list-style-type: none"> Select ideas to compose specific sequences of movements, shapes and balances. Adapt their sequences to fit new criteria or suggestions. Perform jumps, shapes and balances fluently and with control. Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it 	<u>Gymfit circuits</u> <ul style="list-style-type: none"> Understand why fitness is good for health and wellbeing. Understand the relevance of each activity. Understand the importance of having good technique. Explore reasons for improvement or lack of improvement. Understand the relevance of each activity <u>Step to the beat</u> <ul style="list-style-type: none"> Understand the importance of a warm-up. 	<u>Swimming</u> <ul style="list-style-type: none"> Begin to explain how to keep safe whilst in water and what dangers should be identified. Explore a range of stroke choices. Explain how to remain safe in water and what do if you or someone nearby gets into difficulty. <u>Striking and fielding</u> <ul style="list-style-type: none"> Develop skills in batting and fielding. Learn how and when to run 	<u>Swimming</u> <ul style="list-style-type: none"> Begin to explain how to keep safe whilst in water and what dangers should be identified. Explore a range of stroke choices. Explain how to remain safe in water and what do if you or someone nearby gets into difficulty. <u>Nimble nets</u> <ul style="list-style-type: none"> Identify and apply techniques for hitting a tennis ball. Know the correct technique for

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	<ul style="list-style-type: none"> Learn how to complete a range of different passes. Understand the importance of 'getting free' in order to receive a pass. Understand that timing is everything when intercepting. <p>(Maro Itoje – Rugby)</p>	<p>sequences in time to music.</p> <ul style="list-style-type: none"> Choose and use criteria to evaluate own and others' performances. <p>Bollywood dance</p> <p>Cool core</p> <ul style="list-style-type: none"> Identify techniques to improve balance and core strength. Learn how to link moves together to make a sequence. Identify techniques to improve balance and core strength. Help a partner to achieve good technique by observing and coaching. 	<p>should be in relation to the base of the balance.</p> <ul style="list-style-type: none"> Confidently use equipment to vault in a variety of ways. Apply skills and techniques consistently. Develop strength, technique and flexibility throughout performances. Combine equipment with movement to create sequences. <p>Mighty movers (Boxercise)</p> <ul style="list-style-type: none"> Perform a boxercise routine demonstrating good technique. understand the principles of dynamic stretching. Perform boxercise moves 	<ul style="list-style-type: none"> Learn to count moves and perform in repetitions of eight, four, two and singles. Work with a partner to produce a sequence of moves. Understand the importance of evaluating own and others' performance. Perform a sequence of steps in time with the music. learn new strength-based moves. 	<p>between the wickets.</p> <ul style="list-style-type: none"> Develop a technique for overarm throwing and know when to use it. Score and play a game in a sporting manner. <p>(Jofra Archer – Cricket)</p>	<p>forehand, backhand and volley.</p> <ul style="list-style-type: none"> Develop the techniques for ground strokes and volleys. Develop a backhand technique and use it in a game. <p>(Naomi Osaka/Williams sisters)</p>
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			<p><i>in time with the music in order to improve fitness.</i></p> <ul style="list-style-type: none"> ▪ <i>Learn how to include linking moves into a sequence.</i> ▪ <i>Understand the importance of balance and coordination in boxing.</i> <p>(Anthony Joshua/Prince Naseem)</p>			
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Skill Progression	<u>Boot camp</u>	<u>Dance</u>	<u>Gymnastics</u>	<u>Gymfit circuits</u>	<u>Swimming</u>	<u>Swimming</u>
	<ul style="list-style-type: none"> Complete a range of circuit-based activities and understand the reason for doing them. Learn new moves and perform them with good technique and balance. Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform more complex patterns of movement. <p><u>Invaders</u></p> <ul style="list-style-type: none"> Improve basic passing and receiving skills using a netball. Improve on the basic footwork rule of netball. Use good hand/eye co-ordination to pass and receive a ball successfully. 	<ul style="list-style-type: none"> Use transitions to link motifs smoothly together. Modify parts of a sequence as a result of self and peer evaluation. Use more complex dance vocabulary to compare and improve work. Consistently perform and apply skills and techniques with accuracy and control. Explain why they have used particular skills or techniques, and the effect they have had on their performance. <p>Dance (diversity Hindu dance)</p> <p><u>Cool core</u></p> <ul style="list-style-type: none"> Perform Pilates/yoga moves with accuracy. 	<ul style="list-style-type: none"> Complete a forward roll from standing, a straddle forward roll, a pike forward roll, a tucked backward roll and a backward roll to straddle. Complete a straight jump, a tuck jump, a jumping jack, a star jump, a straddle jump, a pike jump, a tag jump, a straight jump, a half-turn, a straight jump, a full-turn, a cat leap, a cat leap half-turn and a split leap. <p><u>Mighty movers (Boxercise)</u></p> <ul style="list-style-type: none"> Able to include linking moves into a sequence. Create and apply compositional ideas to the sequence. 	<ul style="list-style-type: none"> Perform a fitness circuit that aims to improve strength and stamina. Develop consistency in technique. Perform a fitness circuit with understanding, aiming to improve strength and stamina. Develop personal fitness in an obstacle-style circuit. Use the correct technique for new stations that involve equipment. Improve technique and performance. <p><u>Step to the beat</u></p> <ul style="list-style-type: none"> Develop co-ordination, balance and timing. Perform step moves in time with the music. Perform a sequence of steps 	<ul style="list-style-type: none"> Swim between 10m and 20m unaided in shallow water, using one stroke. Begin to swim 10m-15m unaided using a second stroke. Put face in water and breathe correctly when swimming in one identifiable stroke. Use a float to aid their swimming and confidence in deeper water. Use a float to develop leg and arm techniques. <p><u>Striking and fielding</u></p> <ul style="list-style-type: none"> Hold the bat correctly and place the ball accurately. Return the ball accurately. Choose appropriate fielding techniques. 	<ul style="list-style-type: none"> Swim between 10m and 20m unaided in shallow water, using one stroke. Begin to swim 10m-15m unaided using a second stroke. Put face in water and breathe correctly when swimming in one identifiable stroke. Use a float to aid their swimming and confidence in deeper water. Use a float to develop leg and arm techniques. <p><u>Nimble nets</u></p> <ul style="list-style-type: none"> Use the correct technique for forehand, backhand and volley. Improve accuracy of all strokes.

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	<ul style="list-style-type: none"> Develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel. Improve how you make space by moving away and coming back and by dodging. Demonstrate a range of defending skills and understand how to mark an opponent. Able to intercept a pass <p>(Marcus Rashford/Jessie Lingard)</p>	<ul style="list-style-type: none"> Know how to link moves together to make a sequence. Improve balance and core strength. Learn a new pose with accuracy. Improve co-ordination. 	<ul style="list-style-type: none"> Perform actions and moves fluently to music in order to improve personal fitness. Perform a sequence with precision and accuracy. Maintain balance throughout all the moves. <p>(Muay Thai focus)</p>	<p>in time with the music.</p> <ul style="list-style-type: none"> Able to construct own moves from knowledge gained in the previous lessons. 	<ul style="list-style-type: none"> Able to run, throw and catch. Develop a safe and effective overarm throw. Know how to direct the ball. Use all the skills learned by playing in a mini tournament. <p>(Jofra Archer)</p>	<ul style="list-style-type: none"> Explore tactics for beating an opponent. Consolidate backhand technique. Use all strokes appropriately. Accurately play shots on the move. <p>(diversity: para Olympics)</p>
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Meta cognition						
Year 6	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Concept	Rebellion and Invasion	Natural elements	Civilisation	Environmental	Discoveries	Culture
Knowledge	<p><u>Cool core</u></p> <ul style="list-style-type: none"> Identify exercises that will improve core strength and stability. Learn how to develop co-ordination and balance. Learn new Pilates moves. Work with a partner to create new moves. <p><u>Invaders</u></p> <ul style="list-style-type: none"> Understand the basic rules of tag rugby. Practise ball-handling skills. Learn how to work as a team, using ball-handling skills. Practise moving into a space. Understand that you need to place 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Demonstrate strong and controlled movements throughout a dance sequence. Combine flexibility, techniques and movements to create a fluent sequence. Move appropriately and with the required style in relation to the stimulus, e.g. using various levels, ways of travelling and motifs. Show a change of pace and timing in their movements. Move rhythmically and 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Create their own complex sequences involving the full range of actions and movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault and incorporate this into sequences. 	<p><u>Gymfit circuits</u></p> <ul style="list-style-type: none"> Recap on knowledge that children have learnt in previous years. Learn the importance of working as a pair or a group. Understanding how to evaluate own and peers' ideas. <p><u>Step to the beat</u></p> <ul style="list-style-type: none"> Understand the value of aerobic exercise. Learn how to measure heart rate and note any changes. Practise a sequence of step moves to the beat of the music. 	<p><u>Striking and fielding</u></p> <ul style="list-style-type: none"> Learn batting control. Understand the key terminology for the game of cricket. To understand different tactics to use against different opponents. Learn how to assess peers' strengths. <p><u>Nimble nets</u></p> <ul style="list-style-type: none"> Understand how to serve the shuttle in order to start the game. Develop ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear 	<p><u>Young Olympians</u></p> <ul style="list-style-type: none"> Investigate running styles and changes of speed. Practise throwing with power and accuracy. Learn the pull technique for throwing. <p><u>Fitness frenzy</u></p> <ul style="list-style-type: none"> Demonstrate the correct technique for activities. Develop agility and co-ordination. Understand the value of aerobic exercise.

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	<p>a ball down to score a try.</p> <ul style="list-style-type: none"> Apply rules and skills learned to a game. 	<p>accurately in dance sequences.</p> <ul style="list-style-type: none"> Improvise with confidence, still demonstrating fluency across their sequence. Dance with fluency and control, linking all movements and ensuring that transitions flow. Demonstrate consistent precision when performing dance sequences. Modify some elements of a sequence as a result of self and peer evaluation. Use complex dance vocabulary to compare and improve work. <p><u>Mighty movers</u></p> <ul style="list-style-type: none"> Understand the basic principles of a good warm-up. Understand the value of this type of exercise. 	<ul style="list-style-type: none"> Apply skills and techniques consistently, showing precision and control. Develop strength, technique and flexibility throughout performances. <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> Carry out warm ups and cool downs. Understand the importance of being able to navigate around an area using a map. Learn how to use navigation equipment. Understand the value of clear communication. 		<p>can have on winning points during game play.</p> <ul style="list-style-type: none"> Able to explain and demonstrate the correct technique for the overhead clear shot. 	
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		<ul style="list-style-type: none"> Understand how moves can be linked together to perform more complex/challenging moves. Understand the value of this type of exercise. 				
Skill Progression	<p>Cool core</p> <ul style="list-style-type: none"> Demonstrate good technique in moves already learned. Develop co-ordination and balance. Perform cool core exercises of increased difficulty with balance. Demonstrate balance and co-ordination. Complete a workout for personal improvement. <p>Invaders</p> <ul style="list-style-type: none"> Know how to tag an opponent. Improve spatial awareness. 	<p>Dance</p> <ul style="list-style-type: none"> Able to link actions to create a complex sequence using a full range of movement. Able to perform the sequence in time to music. Able to perform and apply a variety of skills and techniques confidently, consistently and with precision. Be able to thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements. <p>Mighty movers</p>	<p>Gymnastics</p> <ul style="list-style-type: none"> Complete a forward roll from standing a straddle forward roll, a pike forward roll, a dive forward roll, a tucked, a backward roll, a backward roll to straddle, a backward roll to standing pike and a pike backward roll. Complete a straight jump, a tuck jump, a jumping jack, a star jump, a straddle jump, a pike jump, a stag jump, a straight jump, a half-turn, a straight jump full-turn a 	<p>Gymfit circuits</p> <ul style="list-style-type: none"> Able to plan a personal programme. Develop a personal programme that is suitable for each child, using the knowledge and understanding they have learned from previous fitness sessions. <p>Step to the beat</p> <ul style="list-style-type: none"> Perform aerobic activity to music. Improve stamina, demonstrating correct technique. Devise a routine based on moves already learned. Analyse and evaluate others' performance and 	<p>Striking and fielding</p> <ul style="list-style-type: none"> Able to throw and catch under pressure. Know how to react quickly. Demonstrate good agility and balance in order to throw accurately. Use fielding skills to stop the ball effectively. Use the long barrier technique effectively. Know how to direct the ball. <p>Nimble nets</p> <ul style="list-style-type: none"> Demonstrate and use the correct grip of the racket and understand how to get into 	<p>Young Olympians</p> <ul style="list-style-type: none"> Run efficiently for speed. Demonstrate good arm and leg technique. Throw and retrieve implements safely. Describe the effect of different throwing positions. Demonstrate good running technique in a competitive situation. Sprint a short distance as part of a team. React quickly to a stimulus. <p>Fitness frenzy</p>

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	<ul style="list-style-type: none"> Pass and carry a ball using balance and co-ordination. Use footwork and dodging skills while carrying the ball. 	<ul style="list-style-type: none"> Compose an aerobic warm-up that raises the heart rate over a sustained time. Demonstrate fluency of moves. Perform complex moves to music. Demonstrate fluency of moves. Perform complex moves to music. Perform and devise a sequence of movements to music. Demonstrate understanding of boxercise moves and how they can be linked together to make a routine. 	<p>cat leap, a cat leap half-turn, a cat leap full-turn and a split leap and a stag leap.</p> <p><u>Outdoor and adventurous</u></p> <ul style="list-style-type: none"> Orientate themselves with accuracy and confidence. Able to design an orienteering course for peers to access. Able to use navigation equipment. Choose the best equipment for an outdoor activity. Identify the quickest route to a certain object. 	<p>suggest areas of improvement.</p> <ul style="list-style-type: none"> Apply a sequence of step moves to the beat of the music. Improve stamina, demonstrating correct technique. Select and use a wide range of compositional ideas and skills to create a routine. Suggest ways to improve performance showing sound knowledge and understanding. 	<p>the ready position.</p> <ul style="list-style-type: none"> Use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket. Hit the shuttle with reasonable consistency and accuracy in a co-operative rally. 	<ul style="list-style-type: none"> Able to complete a circuit that includes different aerobic activities. Perform and devise a sequence of movements to music. Devise a sequence of step-based activities to music.
Meta Cognition						