



Hilton Lane Primary School

## Our Curriculum

What we will teach children to do over the course of the year in <b>PE</b>	
	Knowledge Skills and Understanding
We would expect almost all children to achieve these things in  Year 1	<p>Games</p> <ul style="list-style-type: none"> <li>• throw underarm.</li> <li>• hit a ball with a bat.</li> <li>• move and stop safely.</li> <li>• throw and catch with both hands.</li> <li>• throw and kick in different ways.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>• make my body curled, tense, stretched and relaxed.</li> <li>• control my body when travelling and balancing.</li> <li>• copy sequences and repeat them.</li> <li>• roll, curl, travel and balance in different ways.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>• move to music.</li> <li>• copy dance moves.</li> <li>• perform my own dance moves.</li> <li>• make up a short dance.</li> <li>• move safely in a space.</li> </ul> <p>General</p> <ul style="list-style-type: none"> <li>• copy actions.</li> <li>• repeat actions and skills.</li> <li>• move with control and care.</li> <li>• use equipment safely.</li> </ul>
We would	Games



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<p>expect almost all children to achieve these things in</p> <p>Year 2</p>	<ul style="list-style-type: none"> <li>• use hitting, kicking and/or rolling in a game.</li> <li>• decide the best space to be in during a game.</li> <li>• use one tactic in a game.</li> <li>• follow rules.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>• plan and perform a sequence of movements.</li> <li>• improve my sequence based on feedback.</li> <li>• think of more than one way to create a sequence which follows some 'rules'.</li> <li>• work on my own and with a partner.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>• change rhythm, speed, level and direction in my dance.</li> <li>• dance with control and coordination.</li> <li>• make a sequence by linking sections together.</li> <li>• use dance to show a mood or feeling.</li> </ul> <p>General</p> <ul style="list-style-type: none"> <li>• copy and remember actions.</li> <li>• talk about what is different from what I did and what someone else did.</li> </ul>
<p>We would expect almost all children to achieve these things in</p> <p>Year 3</p>	<p>Games</p> <ul style="list-style-type: none"> <li>• throw and catch with control.</li> <li>• I am aware of space and use it to support team-mates and to cause problems for the opposition.</li> <li>• I know and use rules fairly.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>• adapt sequences to suit different types of apparatus and criteria.</li> <li>• explain how strength and suppleness affect performance.</li> <li>• compare and contrast gymnastic sequences.</li> </ul> <p>Dance</p>



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	<ul style="list-style-type: none"> <li>• improvise freely and translate ideas from a stimulus into movement.</li> <li>• share and create phrases with a partner and small group.</li> <li>• repeat, remember and perform phrases.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>• run at fast, medium and slow speeds; changing speed and direction.</li> <li>• take part in a relay, remembering when to run and what to do.</li> </ul>
<p>We would expect almost all children to achieve these things in</p> <p>Year 4</p>	<p>Games</p> <ul style="list-style-type: none"> <li>• catch with one hand.</li> <li>• throw and catch accurately.</li> <li>• hit a ball accurately with control.</li> <li>• keep possession of the ball.</li> <li>• vary tactics and adapt skills depending on what is happening in a game.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>• work in a controlled way.</li> <li>• include change of speed and direction.</li> <li>• include a range of shapes.</li> <li>• work with a partner to create, repeat and improve a sequence with at least three phases.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>• take the lead when working with a partner or group.</li> <li>• use dance to communicate an idea.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>• run over a long distance.</li> <li>• sprint over a short distance.</li> <li>• throw in different ways.</li> <li>• hit a target.</li> <li>• jump in different ways.</li> </ul>



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<p>We would expect almost all children to achieve these things in</p> <p>Year 5</p>	<p>Games</p> <ul style="list-style-type: none"> <li>• gain possession by working a team.</li> <li>• pass in different ways.</li> <li>• use forehand and backhand with a racket.</li> <li>• field.</li> <li>• choose a tactic for defending and attacking.</li> <li>• use a number of techniques to pass, dribble and shoot.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>• make complex extended sequences.</li> <li>• combine action, balance and shape.</li> <li>• perform consistently to different audiences.</li> </ul> <p>Dance</p> <ul style="list-style-type: none"> <li>• compose my own dances in a creative way.</li> <li>• perform to an accompaniment.</li> <li>• My dance shows clarity, fluency, accuracy and consistency.</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>• I am controlled when taking off and landing.</li> <li>• throw with accuracy.</li> <li>• combine running and jumping.</li> </ul>
<p>We would expect almost all children to achieve these things in</p> <p>Year 6</p>	<p>Games</p> <ul style="list-style-type: none"> <li>• play to agreed rules.</li> <li>• explain rules.</li> <li>• umpire.</li> <li>• make a team and communicate plan.</li> <li>• lead others in a game situation.</li> </ul> <p>Gymnastics</p> <ul style="list-style-type: none"> <li>• combine my own work with that of others.</li> <li>• link sequences to specific timings.</li> </ul>



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Dance

- develop sequences in a specific style.
- choose my own music and style.

Athletics

- demonstrate stamina.