

Year group	Topic	Key Knowledge
1	Striking and fielding	Striking- know how to strike a ball with their hand and equipment. Fielding- understand strategies to track and retrieve a ball for their team. Throwing- know about techniques when throwing over and underarm. Catching- understand that coordination and technique are used when catching.
2	Invasion	Dribbling- know that we dribble with hands and feet to increase control on the move. Attacking- understand when to move into space away from defenders. Defending- Understand the impact of staying close to other players to try and stop them getting the ball. Space- know strategies to move with a ball towards the goal.
3	Rounders	Striking- understand how to strike a bowled ball using different equipment. Fielding- know that bowling and fielding skills include a two-handed pick up and long and short barriers. Throwing- understand the impact of overarm and underarm throwing in game situations. Catching- know how to catch with some consistency in game situations.
4	Athletics	Running- understand the impact of speed and pace in relation to distance. Running- know how to develop power and speed in the sprinting technique. Jumping- understand strategies to jump for distance. Throwing- know about power and technique when throwing for distance in a pull and heave throw.
5	Athletics	Running- understand strategies for fluency and coordination when running for speed and relay changeovers. Jumping- understand strategies of power and control to jump for distance Throwing- know what techniques and power are needed in javelin and shot put.
6	Athletics	Running- know and understand strategies of pace and use it to develop their own sprinting techniques. Jumping- know how to use power, control and technique in triple jump. Throwing- understand the impact of power, control and techniques when throwing discus and shot put.

Year group	Topic	Key Knowledge
1	Dance	<p>Actions- know how to copy, remember and repeat actions to represent a theme.</p> <p>Dynamics- understand varying speeds to represent an idea.</p> <p>Space- understand how to explore pathways within their performance.</p> <p>Relationships- know how to begin exploring actions and pathways with a partner.</p> <p>Performance- know how to start using counts within their performance.</p>

2	Gymnastics	<p>Shapes- know how to explore using shapes in different gymnastic balances.</p> <p>Balances- understand to remember, repeat and link combinations of gymnastic balances.</p> <p>Rolls- understand what barrel, straight and forwards rolls are and put into sequence of work.</p> <p>Jumps- know about shape jumps and take off combinations and explore them.</p>
3	Athletics	<p>Running- know about the sprinting technique and apply it to relay events.</p> <p>Jumping-know about the technique for jumping for distance in a range of approaches and take off situations.</p> <p>Throwing- understand strategies and explore the technique for a pull throw.</p>
4	Gymnastics	<p>Shapes- understand what shapes they can use in their sequences and explore them.</p> <p>Inverted movements- know why we need strength in a bridge and shoulder stand.</p> <p>Balances- know the strategy of control and fluency in individual and partner balances.</p> <p>Rolls- understand strategies for the straight, barrel, forward and straddle roll and perform with increased control.</p> <p>Jumps-know about control in performing and landing rotation jumps.</p>
5	Swimming	<p>Strokes- know how to identify their personal best in a range of strokes and select and apply their fastest stroke over a distance of 25m.</p> <p>Breathing- understand strategies to demonstrate a smooth and consistent breathing technique in a range of strokes over a distance of 25m.</p> <p>Water safety- understand impact of selecting and applying the appropriate survival technique for the situation.</p>
6	Gymnastics	<p>Shapes- understand how to combine and perform gymnastic shapes more fluently and effectively.</p> <p>Inverted movements- understand about control and progression of a cartwheel and handstand.</p>

		<p>Balances- know about counter balances and counter tension balances and explore them.</p> <p>Rolls- understand about fluency and consistency in the straddle, forward and backward roll and develop this.</p> <p>Jumps- know how to combine and perform a range of gymnastic jumps more fluently and effectively.</p>
--	--	---