



St Margaret's CE Primary School

Knowledge & Skills Builder: PE

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| Develop knowledge and skills in handball, basketball, football, uni hoc, dodgeball, hockey, netball and tag rugby. | To develop actions and phrases of movement, linking them to a theme using expression and choreography | Developing actions, skills, movements and sequences. Including shapes, jumping, rolling, travelling, taking weight on hands and balancing. Independently, in pairs and small groups | Racket games include skill and knowledge developments and improvements in the use of tactical ideas through adapted version of tennis, badminton, poly bat and table tennis. | More complex game play for team striking and fielding including cricket, stool ball, base ball, kick rounders, frisbee, Tri golf and rounders. | To develop athletic knowledge and skills. Develop into events and sports such as track and field. |
| Develop agility, coordination, throwing, catching, kicking and striking. Develop teamwork. | To develop movements to music as an individual, pair or group. Link to changes in speed and direction. | Develop actions, skills and movements through shapes, travel, jumping, balance, rocking and rolling | Racket games to include knowledge and skill development through adapted versions of tennis, badminton, poly bat and table tennis. | Team striking and field games - to include adapted versions of cricket, stool ball, base ball, kick rounders, Tri golf and rounders. | Develop running, jumping and throwing skills with improvements in flexibility, strength, technique, control and balance |
| Basic throwing and catching. Developing coordination. | To listen to music and move body. To develop balance and agility. | Explore and develop skills and movements including simple travelling, jumping, balancing, rocking and rolling | Introduction of rackets and simple use of equipment. | Simple striking and fielding games in pairs and small groups | To explore and develop skills and knowledge in agility, balance, coordination, throwing, catching, running, jumping |
| Invasion Games | Dance | Gymnastics | Net and wall | Striking & Fielding Games | Athletics |