



PE Key Knowledge - Get Set 4 PE

By the end of the unit, children should know and remember...



Year 3 and 4 - Cycle A					
Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>The Romans</u>	<u>The Romans</u>	<u>Mountains</u>	<u>The Saxons and Vikings</u>	<u>Local Area and Sheffield</u>	<u>Local Area and Sheffield</u>
<p><u>Invasion Games - Rugby</u> Swing your hands to your target when throwing</p> <p>Spread out as a team to help you to move the defenders away from each other.</p> <p>As an attacker you need to maintain possession and score goals</p>	<p><u>Sports hall Athletics - field events</u> If you jump and land quickly it will help you to jump further.</p> <p>The speed of the movement helps to create power. So, moving from slow to fast will help you to throw further</p>	<p><u>Dance y3</u> All actions can be performed differently to help to show effect.</p> <p>Use space to help your dance to flow.</p> <p>'Formation' means the same in dance as in other activities such as football, rugby and gymnastics.</p>	<p><u>Dance - y3</u> All actions can be performed differently to help to show effect.</p> <p>Use space to help your dance to flow.</p> <p>'Formation' means the same in dance as in other activities such as football, rugby and gymnastics.</p>	<p><u>Athletics Y3</u> Leaning slightly forwards helps to increase speed.</p> <p>Leaning your body in the opposite direction to travel helps to slow down</p> <p>The speed of the movement helps to create power</p>	<p><u>Rounders</u> Striking to space away from fielders will help you to score.</p> <p>Look at where a batter is before deciding what to do. Communicate with teammates before throwing to them.</p> <p>Being balanced before throwing will help to improve the accuracy of the throw.</p>
<p><u>Fitness</u> Keep your elbows bent when changing direction to help you to stay balanced</p> <p>You need to squeeze different muscles to help you to stay balanced in different activities.</p> <p>A high knee drive, pumping your arms and running on the balls of your feet will give you more power.</p>	<p><u>Gymnastics - y4</u> Shapes can be used to improve your sequence.</p> <p>Keep the shape of your roll using body tension.</p> <p>Land toes first, look forwards and bend your knees to land with control.</p>	<p><u>Ball Skills</u> Pointing your hand/foot to your target as you release will help you to send a ball accurately.</p> <p>Use a ready position to help you to react to the ball.</p> <p>Dribbling is an attacking skill used in games which helps us to move towards a goal or away from defenders.</p>	<p><u>Hockey</u> Point your stick to your target when sending the ball to help to send it accurately.</p> <p>Spreading out as a team will help to move the defenders away from each other.</p> <p>As an attacker you need to maintain possession and score goals. As a defender you need to stop the opposition and gain possession.</p>	<p><u>Tennis - Y4</u> Play a forehand when the ball comes to your dominant side.</p> <p>Play a backhand when the ball comes to your non-dominant side.</p> <p>Move your feet to the ball to help you to hit in a more balanced position and increase the accuracy of your shot.</p>	
Year 3 and 4 - Cycle B					
<u>Stone Age</u>	<u>Bronze Age to Iron Age</u>	<u>Ancient Egypt</u>	<u>Rivers</u>	<u>Europe</u>	<u>Europe</u>
<p><u>OAA</u> Trying ideas before deciding on a solution will help you to come up with the best idea.</p>	<p><u>Fundamentals</u> Keep your elbows bent when changing direction to help you to stay balanced.</p>	<p><u>Basketball</u> Point your hands to your target when throwing to help to send the ball accurately</p>	<p><u>Dance y4</u> Some actions are better suited to a certain</p>	<p><u>Athletics - y4</u> A high knee drive, pumping your arms and running on the</p>	<p><u>Tennis - y3</u> Move to the middle of the court to cover the most space.</p>

<p>Holding a map so that the items on the map match up to real life will help you to read and understand the map and situation.</p> <p>Take turns when giving ideas and do not interrupt each other.</p>	<p>Squeeze different muscles to help you to stay balanced in different activities.</p> <p>Swing your non-hopping foot helps to create momentum.</p>	<p>Dribbling is an attacking skill which helps you to move towards a goal or away from defenders</p> <p>As an attacker you need to maintain possession and score goals.</p>	<p>character, mood or idea than others.</p> <p>Some dynamics are better suited to a certain character, mood or idea than others.</p> <p>Space can be used to express a certain character, mood or idea.</p>	<p>balls of your feet will give you power to run faster.</p> <p>Swing your arms forwards and push your hips forward to help you to transfer weight.</p> <p>Move the weight from your back leg to your front leg to help you to throw further.</p>	<p>Know that using simple tactics will help to achieve an outcome</p> <p>Know the rules of the game and begin to apply them.</p>
<p><u>Handball</u></p> <p>Cushioning a ball will help you to control it when catching it.</p> <p>Shoot when close to goal or if there is a clear path. Pass when a teammate is free and in good space.</p> <p>Mark a player to stop them from being an option. Try to intercept the ball as it is passed.</p>	<p><u>Sports Hall Athletics</u></p> <p>Leaning slightly forwards helps to increase speed</p> <p>Leaning your body in the opposite direction to travel helps to slow down.</p> <p>Pace yourself when running further or for a long period of time</p>	<p><u>Gymnastics - y3</u></p> <p>Use body tension to make your shapes look better.</p> <p>Make your balances look interesting by using different levels.</p> <p>Tuck your chin to your chest in a forward roll. Roll onto the top of your shoulders</p>	<p><u>Netball</u></p> <p>Point your hands to your target when throwing to help to send the ball accurately</p> <p>Spreading out as a team will help to move the defenders away from each other</p> <p>Moving into space will help your team keep possession and score goals.</p>	<p><u>Cricket</u></p> <p>Striking to space away from fielders will help you to score.</p> <p>Using the centre of the bat will provide the most control and accuracy.</p> <p>Track the ball as it is thrown to help you to catch more consistently.</p>	<p><u>Golf</u></p> <p>Using a bigger swing will give you more power.</p> <p>using a smooth action will help to increase accuracy.</p> <p>Know the rules of the game and begin to apply them.</p>

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<u>World War II</u>	<u>World War II</u>	<u>Ancient Maya</u>	<u>South America</u>	<u>Angry Earth</u>	<u>Angry Earth</u>
<p><u>OAA - y6</u> Being able to solve problems is an important life skill. It helps you to have good relationships with others, be creative and plan logically.</p> <p>Having good navigational skills is an important life skill because it helps to keep you safe and identify dangers and landmarks on a map and in the real world.</p> <p>Good communication skills are key to solving problems and working effectively as a team.</p>	<p><u>Hockey</u> Make quick decisions about when, how and who to pass to will help you to maintain possession.</p> <p>Choose the appropriate skill for the situation under pressure will help you maintain possession.</p> <p>Transition quickly between attack and defence will help your team to maintain or gain possession.</p>	<p><u>Gymnastics - y5</u> Shapes underpin all other skills.</p> <p>Use contrasting balances to make your sequences look interesting.</p> <p>Use jumps to link actions. Change the shape of your jumps to make your sequence look interesting.</p>	<p><u>Dance - Y5</u> Different dance styles utilise selected actions to develop sequences in a specific style.</p> <p>Different dance styles utilise selected dynamics to express mood.</p> <p>Different dance styles utilise relationships to express a chosen mood. Consider the relationships you choose to help show your dance style.</p>	<p><u>Athletics - y5</u> Taking big consistent strides will help you to create a rhythm that allows you to run faster</p> <p>Drive your knees high and fast to build power so that you can jump further.</p> <p>The transfer of weight will be different depending on the throw.</p>	<p><u>Volleyball</u> use the appropriate shot for the situation e.g. playing a dig first to keep the ball up, then a set then play the ball over the net.</p> <p>use different shots and consider placement depending on if the rally is cooperative or competitive.</p> <p>Know that using the appropriate footwork will help me to react to a ball quickly</p>
<p><u>Tag Rugby</u> Having a clear path between you and the ball carrier helps you to send and receive with better control.</p> <p>Moving to space even if you do not receive the ball will help to create space for a teammate.</p> <p>Transitioning quickly between attack and defence will help your team to maintain or gain possession.</p>	<p><u>Fitness</u> Agility requires speed, strength, good balance and co-ordination.</p> <p>Apply force to maintain control and balance.</p> <p>Different exercises can develop stamina which can be improved by training over time.</p>	<p><u>Dance - y5</u> Different dance styles utilise selected actions to develop sequences in a specific style.</p> <p>Different dance styles utilise selected dynamics to express mood.</p> <p>Different dance styles utilise relationships to express a chosen mood. Consider the relationships you choose to help show your dance style.</p>	<p><u>Dodgeball</u> Assess the situation before deciding who to throw at to get opponents out.</p> <p>Make quick decisions on if to catch or if to dodge the ball.</p> <p>Aim low to make it difficult for an opponent to catch.</p>	<p><u>Cricket</u> Stance is important to allow you to be balanced as you hit.</p> <p>Backing up a fielder as a ball is being thrown will help to increase the chances of fielding successfully.</p> <p>Accuracy, speed and consistency of throwing and catching will help to limit a batter's score.</p>	<p><u>Tennis - y5</u> Use a volley if you are close to the net, otherwise use a groundstroke.</p> <p>Use an underarm serve to start a game or rally. Use the rules for serving when playing against an opponent.</p> <p>Choosing the right shot will help to keep the rally going. Control is more important than power to keep a cooperative rally going.</p>

<u>The Ancient Greeks</u>	<u>The Ancient Greeks</u>	<u>North America</u>	<u>Rainforests</u>	<u>Local History - Agriculture and Industry</u>	<u>Mapping</u>
<p><u>Football</u> Dribbling in different directions and at different speeds will help you to lose a defender</p> <p>Making quick decisions about when, how and who to pass to will help you to maintain possession.</p> <p>Transitioning quickly between attack and defence will help your team to maintain or gain possession.</p>	<p><u>Sportshall Athletics</u> Keeping a steady breath will help you when running longer distances.</p> <p>Drive your knees high and fast to build power so that you can jump further.</p> <p>Understand how to prepare muscles before running, jumping, and throwing.</p>	<p><u>Gymnastics -y6</u> Spreading your weight across a base of support will help you to balance.</p> <p>You can use momentum to help you to roll. This momentum will come from different body parts depending on the roll you are performing.</p> <p>Taking off from two feet will give you more height and therefore more time in the air.</p>	<p><u>Badminton</u> Use an underarm if the shuttlecock is low and an overarm if the shuttlecock is high.</p> <p>Use a serve to start a game or rally.</p> <p>Using appropriate footwork will help you to react quickly and give you time to prepare to play a shot.</p>	<p><u>Athletics - y6</u> The main muscle groups used in running include arms (triceps, biceps), shoulders (deltoid), and legs (hamstrings, calves and quadriceps).</p> <p>A run up builds speed and power and will enable you to jump further.</p> <p>The main muscles used in throwing include arms (triceps, biceps), shoulders (deltoid), and legs when transferring weight (hamstrings and quadriceps).</p>	<p><u>Rounders</u> Momentum and power for striking a ball comes from legs as well as arms</p> <p>Look where the batter is before deciding where to throw.</p> <p>Use a close catch when the ball is coming straight at you and a deep catch when it is dropping from high.</p>
<p><u>Handball</u> Moving to space even if you do not receive the ball will help to create space for a teammate.</p> <p>Making quick decisions about when, how and who to pass to will help you to maintain possession.</p> <p>Choosing the appropriate skill for the situation under pressure will help you maintain possession.</p>	<p><u>Basketball</u> Not having a defender between you and the ball carrier helps you to send and receive with better control.</p> <p>Choosing the appropriate skill for the situation under pressure will help you maintain possession.</p> <p>Transitioning quickly between attack and defence will help your team to maintain or gain possession.</p>	<p><u>Dance - y6</u> Actions can be improved with consideration to extension, shape and recognition of intent.</p> <p>Selecting a variety of dynamics in your performance can help to take the audience on a journey through your dance idea.</p> <p>Combining space and relationships with a prop can help you to express your dance idea.</p>	<p><u>Netball</u> Transitioning quickly between attack and defence will help your team to maintain or gain possession.</p> <p>Making quick decisions about when, how and who to pass to will help you to maintain possession.</p> <p>Not having a defender between you and the ball carrier helps you to send and receive with better control.</p>	<p><u>Tennis - y6</u> Use a variety of shots to move your opponent around court.</p> <p>Begin to apply tactics when serving e.g. aiming to serve short on the first point and then long on the second point.</p> <p>Using the appropriate footwork will help you to react to a ball quickly and give you time to prepare to play a shot.</p>	<p><u>Swimming</u> making your body streamline helps you to glide through the water.</p> <p>breathing every three strokes helps to balance your stroke and allows me you to practise breathing on both sides</p> <p>There are different survival techniques to use for different situations.</p>

