

CAPTAIN WEBB PRIMARY SCHOOL
PE Curriculum – Key knowledge and skills

EYFS			KS1		KS2			
Range 4	Range 5	Range 6	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics								
Running I know that using the whole of my foot will help me run on different surfaces. I can begin to run on different surfaces.	Running I know that I need look to see where I am running. I can run around without bumping into someone.	Running I know that my eyes should be focused straight ahead of me to run in a straight line. I can run in a straight line.	Running I know that I must stay in my lane when running in a race. I can use previously taught knowledge to sprint in a straight line.	Running I know that slicing through the air with my hands will help my sprinting technique. I can use previously taught knowledge to sprint 40 metres.	Running I know swinging my arms from my 'hip to lip' will help my sprinting technique. I can use previously taught knowledge to sprint 50 metres.	Running I know that swinging my opposite arm to leg will help me sprint faster. I can use previously taught knowledge to sprint 60 metres.	Running I know that pushing my knees forward and bringing them up high will help me sprint faster. I can use previously taught knowledge to sprint 70 metres.	Running I know having a longer stride will help me sprint faster. I can use previously taught knowledge to sprint 80 metres.
	Hurdles I know that avoiding obstacles will help me run faster. I can adjust my speed and direction to avoid obstacles.	Hurdles I know that avoiding obstacles will help me run faster. I can adjust my speed and direction to jump over obstacles.	Hurdles I know that I jump off the ground with one foot. I can get over obstacles whilst running in a straight line.	Hurdles I know that I need to bring my leading leg up quickly and point it towards the hurdle. I can use previously taught knowledge to jump hurdles over 40 metres.	Hurdles I know that I plant my lead leg after the hurdle and pull my trail leg through. I can use previously taught knowledge to jump hurdles over 50 metres.	Hurdles I know keeping my stride length the same will help me complete the race faster. I can use previously taught knowledge to jump hurdles over 60 metres.	Hurdles I know the number of strides I use between each hurdle should be the same. I can use previously taught knowledge to jump hurdles over 70 metres.	Hurdles I know that leading and trailing with both legs will help me complete the race faster. I can use previously taught knowledge to jump hurdles over 80 metres.
			Relay I know that in a relay race each member of the team takes a turn to complete it. I can take a beanbag and drop it into a hoop to signal the next member of my team to start running.	Relay I know that after I finish my leg, I then pass the baton onto the next runner on my team. I can use previously taught knowledge to run a relay race over 40 metres.	Relay I know that before I receive the baton, I need to extend my arm out ready. I can use previously taught knowledge to run a relay race over 80 metres.	Relay I know that I need to pass the baton to the next runner within the exchange zone. I can use previously taught knowledge to run a relay race over 100 metres.	Relay I know 2 different ways to exchange the baton. I can use previously taught knowledge to run a relay race over 200 metres.	Relay I know the 3 different ways to exchange the baton. I can use previously taught knowledge to run a relay race over 200 metres and exchange the batons correctly.
Throwing I know that I use my hands to throw. I can begin to show a preference for a dominant hand when throwing.	Throwing I know that I need to throw the large ball from above my head. I can grasp and release with two hands to throw a large ball.	Throwing I know that you use one hand to throw a foam javelin. I can show control by throwing a small distance.	Throwing I know that the shot is held at the base of my fingers. I can throw a beanbag by pushing the shot upwards away from my neck.	Throwing I know that I hold the shot into my neck with the palm pointing towards the throwing direction. I can use previously taught knowledge to throw a bean bag over 2 metres.	Throwing I know that my back leg should be bent so that I am in a low position before I throw. I can use previously taught knowledge to throw a shot over 1 metre.	Throwing I know that twisting around quickly leading with my elbow will help my technique. I can use previously taught knowledge to throw a shot over 1.5 metres.	Throwing I know that the shot is pushed away from the neck and I need to keep my elbow high. I can use previously taught knowledge to throw a shot over 2 metres.	Throwing I know that the shot put throw should be finished with a flip of the wrist. I can use previously taught knowledge to throw a shot over 2.5 metres.
			I know that I use the palm of my hand to grip the javelin and hold it in the middle. I can throw a foam Javelin overarm.	I know that the palm of my hand faces up and my arm needs to be straight. I can use previously taught knowledge to throw a foam javelin at least 5 metres	I know that the nose of javelin faces with the direction of travel with an incline. I can use previously taught knowledge to throw a foam javelin at least 8 metres	I know that I stand sideways with the weight on my back foot. I can use previously taught knowledge to throw a Turbojav at least 8 metres	I know that as I pull the javelin through the weight transfers from my back foot to my front foot. I can use previously taught knowledge to throw a Turbojav at least 10 metres	I know that as the javelin is released with a step through. I can use previously taught knowledge to throw a Turbojav at least 12 metres
Jumping I know that if I bend my knees, it will make jumping easier. I can jump forward.	Jumping I know that if I bend my knees, it will make jumping easier. I can jump forward a small distance.	Jumping I know that if I bend my knees, it will make jumping easier. I can jump forward a small distance and land with my knees bent.	Jumping I know I need to jump from bent knees and swing my arms to help me jump forwards. I can use previously taught knowledge to jump 0.5m from a standing position	Jumping I know that I need to land with bent legs and feet together at the same time. I can use previously taught knowledge to jump 0.75m from a standing position	Jumping I know that a short running approach will increase the distance of my jump. I can use previously taught knowledge to jump 1m off one foot with a short approach.	Jumping I know that sprinting in my approach will give me momentum to jump further. I can use previously taught knowledge to jump 1.5m off one foot with a short approach.	Jumping I know that a longer running approach will help me gather more momentum to jump further. I can use previously taught knowledge to jump 2m off one foot with a long approach.	Jumping I know 2 different flight techniques. I can use previously taught knowledge to jump 2.5m off one foot using a sail/hitch flick technique and with a long approach.

					<p>I know that triple jump consists of a hop, skip and a jump. I can perform a standing triple jump.</p> <p>I know that the leg closest to the mat goes over the bar first. I can perform a scissor kick in high jump to get over the bar.</p> <p>Performance I know some of the rules that can help me take part in an intra competition. I can use a combination of Athletics skills to take part in an intra competition.</p>	<p>I know that if you step over the board on your take off your jump does not count. I can use previously taught knowledge to perform a standing triple jump over 2 metres</p> <p>I know that your lead leg is bent as you lift it over the bar. I can perform a scissor kick in high jump from an angled approach to get over the bar.</p> <p>Performance I know some of the rules that can help me take part in an intra competition. I can use a combination of Athletics skills to take part in an intra competition.</p>	<p>I know that sprinting in my approach will give me momentum to jump further I can use previously taught knowledge to perform a successful triple jump over 2.5 metres with a short approach.</p> <p>I know that after you get your lead leg over the bar it should straighten. I can use previously taught knowledge to perform a high successful jump of 0.5 metres</p> <p>Performance I know all the rules that can help me take part in an intra competition. I can use a combination of Athletics skills to take part in an intra competition.</p>	<p>I know that a longer running approach will provides additional momentum to jump further. I can use previously taught knowledge to perform a successful triple jump over 3 metres with a long approach.</p> <p>I know that swinging the arms into the air at take-off provides additional upwards momentum. I can use previously taught knowledge to perform a high successful jump of 0.5 metres</p> <p>Performance I know all the rules that can help me take part in an intra competition. I can use a combination of Athletics skills to take part in an intra competition.</p>
Vocabulary								
Whole foot Run Surfaces Throwing Hands Dominant hand Bend Knees Jumping Easier Forward	Look Around Avoiding Obstacles Faster Change Speed Direction Throwing Large ball Above Grasp Release Jumping Forward Small distance Bend Knees Jumping easier	Focused Straight ahead Straight line Faster Adjust Speed Direction Jump Over Obstacles Throwing Foam javelin small Distance	Running lane Race Sprint Straight line Adjust Speed Obstacles Jump Ground One foot Over Relay race Take turns Signal Start Throwing Shot Base Control Upwards Away Pal Foam javelin Middle Overarm Jumping Bent knees Small distance Landing Performance Rules combination	Sprinting Slicing Technique Hurdles Leading leg Towards Relay race Leg Pass Baton Next runner Throwing shot Palm Pointing Throwing direction Javelin Straight arm Land Bent legs Feet together Performance Rules combination	Sprinting Swinging arms 'hip to lip' Technique Hurdles Lead leg Trail leg Jump Relay race Receive Baton Extend Throwing Shot putt Back leg Low position Javelin Incline Running approach Increase Distance One foot Triple jump Hop Skip Jump Standing High jump Scissors kick Performance Rules combination	Sprinting Swinging opposite Faster Hurdles Stride length Faster Relay race Pass baton Exchange zone Twisting Quickly Leading Throw Shot putt Javelin Weight Back foot Turbojav Jumping Long jump Sprinting Momentum Jump further One foot Triple jump Hop Skip Jump Standing High jump Lead leg Scissor kick Performance Rules combination	Sprinting Pushing Forward High Faster Strides Between Up sweep Push pass Down sweep Throwing Shot putt Away Elbow high Javelin Turbojav Back foot Front foot Longer Running approach Momentum Further Triple jump High jump Successful Straighten Performance Rules combination	Sprinting Longer stride Faster Hurdles Leading Trailing Jump Relay race Exchange Baton Up sweep Push pass Down sweep Shot putt Flip Wrist Javelin Turbojav Released Step through Long jump Flight techniques Sail Hitch flick Triple jump Additional Successful High jump Swinging arms Take off upwards Performance Rules combination