



Bradwell Village School



Physical Education Framework

	Year Three	Year Four	Year Five	Year Six
Health and Fitness	<p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm up and cool down.</p>	<p>Describe how the body reacts at different times and how this affects performance.</p> <p>Explain why exercise is good for your health.</p> <p>Know some reasons for warming up and cooling down.</p>	<p>Know and understand the reasons for warming up and cooling down.</p> <p>Explain some safety principles when preparing for and during exercise.</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Understand why exercise is good for health, fitness and wellbeing.</p> <p>Know ways they can become healthier.</p>
Outdoor and Adventure				
Gymnastics	<p>10 Weeks</p> <p>To demonstrate and hold the 10 basic shapes with control</p> <p>To perform contrasting balances with a change of speed and level</p> <p>To be able to land a variety of jumps with control</p> <p>To perform matching actions with a partner using contrasting shapes</p> <p>To perform rolls that move in a circular way</p> <p>To be able to transfer weight from hands to feet with rhythm and control</p> <p>To perform contrasting shapes and balances on the low apparatus</p> <p>To perform a squat on vault on low apparatus</p> <p>Perform one of the core task activities as an end of unit</p>	<p>12 Weeks</p> <p>To perform 3 shapes in unison with a partner to include twisted shape</p> <p>To move into a balance from different starting positions</p> <p>To perform a shoulder roll in opposite directions</p> <p>To explore ways of turning on the spot and off a bench</p> <p>To take weight on hands when moving over a bench</p> <p>To practise and remember the sequence needed for take-off when vaulting</p> <p>To learn a set sequence and add a change of height</p> <p>To safely move large apparatus into set positions.</p> <p>Perform one of the core task activities as an end of unit</p>	<p>12 Weeks</p> <p>To be able to perform 5 symmetrical shapes in unison with a partner</p> <p>To work with a partner to perform matching and mirroring balances</p> <p>To hold a counter balance with a partner at different heights</p> <p>To perform 3 symmetrical jumps with a partner</p> <p>To show a change in speed when performing rolls</p> <p>To move into balances from different actions e.g. roll into balance, shape into balance</p> <p>To land with control after flight</p> <p>To safely set up large apparatus in either a L or T shape in a given area</p> <p>Perform one of the core task activities on a variety of different</p>	<p>10 Weeks</p> <p>To work with a partner to perform weight bearing partner balances safely</p> <p>To move from a balance into a roll with control</p> <p>To be able to turn during flight and land safely</p> <p>To travel on, over and around apparatus taking weight on hands and feet</p> <p>To perform a group balance</p> <p>To create a group sequence to include both unison and canon</p> <p>To safely set up large apparatus in a given area</p> <p>To adapt and amend sequence to include twisting and turning</p>

			apparatus with a partner as an end f unit	Perform one of the core task activities
Invasion Games Handy Ball	<p>9 Weeks</p> <p>To retrieve and carry a ball one handed, travelling in a variety of different ways</p> <p>To demonstrate correct catching technique</p> <p>To perform a one handed overarm throw</p> <p>To pass and move into a space</p> <p>To know the 3 step rule</p> <p>To pass the ball then move into a space to receive the ball</p> <p>To develop correct shooting technique by throwing accurately at a target</p> <p>To create a game to develop and improve the one handed overarm pass</p>			
Invasion Games Netball	<p>9 Weeks</p> <p>To demonstrate correct 2 footed landing</p> <p>To perform a chest pass to a partner</p> <p>To pass the ball using a bounce or overhead pass</p> <p>To demonstrate the correct technique for shooting</p> <p>To show a change in speed to lose an opponent</p> <p>To perform a dodge to receive a pass</p> <p>To mark a player without a ball to stop the attacker receiving a pass</p> <p>To plan simple tactics to play the core task</p> <p>Play end ball core task game</p>		<p>9 Weeks</p> <p>To perform 3 different passes with control and accuracy</p> <p>To land correctly when catching a ball in netball</p> <p>To pass and receive on the move demonstrating correct footwork</p> <p>To shoot with accuracy. (scoring 50% of the time)</p> <p>To dodge to move into a space</p> <p>To mark a player without the ball</p> <p>To know where each position stands on court for a centre pass in Hi5 netball</p> <p>To know 3 basic rules for netball</p>	

<p>Invasion Games Football</p>		<p>9 Weeks To control the ball when travelling To pass the ball with control To pass and receive the ball with control To shoot the ball at a target from varying distances to score a point To pass the ball to a partner avoiding a defender To make a decision on when to successfully intercept the ball To mark a player with the ball To recall at least 3 basic rules of the game</p>		<p>9 Weeks To perform dribbling and turning skills to keep possession of the ball To pass the ball accurately over both long and short distances To choose when and where to pass the ball to another player To shoot from different angles in front of the goal To close down play to perform a block tackle To perform basic goalkeeping skills To control the ball with different parts of the body To demonstrate the correct technique for a throw in.</p>
<p>Invasion Games Hockey</p>	<p>9 Weeks To dribble a ball with control To pass the ball over a short distance to stationary player To pass the ball over a longer distance to stationary player To pass and move with a partner unopposed To shoot the ball accurately at a target To work as a team to pass the ball with increasing speed and accuracy To perform a block tackle To plan simple tactics to play the core task</p>		<p>9 Weeks To dribble the ball at speed and change direction To demonstrate dribbling and passing the ball on the move To perform reverse stick to change direction To dribble the ball around a defender and tackle the ball from another player To shoot at goal from a crossed ball To demonstrate dodging to lose your opponent To mark another player without the ball To plan tactics for a short corner situation To plan an activity to develop passing over both long and short distances Play core task game</p>	
<p>Invasion Games Basketball</p>		<p>9 Weeks To be able to pass and receive with increased control and accuracy</p>		<p>9 weeks To be able to pass and receive with increased control and accuracy</p>

		<p>To be able to use a variety of passes to keep possession</p> <p>to be able to use the jump stop and pivot and to understand the travel rule</p> <p>To be able to pass and receive the ball on the move</p> <p>To be able to keep head up whilst dribbling and to be able to dribble with both R and L hands</p> <p>To be able to use correct shooting technique from close range</p> <p>To know how to mark a player using a defensive stance</p> <p>To learn to dribble and pass the ball towards the basket</p>		<p>To be able to use correct footwork and to understand the travel rule</p> <p>To be able to pass the ball on the move and to signal for the ball effectively</p> <p>To be able to keep head up whilst dribbling the ball and to try to beat a defender when dribbling</p> <p>ore accuracy (70% success) at a target and to use fast break to move the ball up court quickly</p> <p>To learn correct man to man defence technique</p> <p>To learn how to outwit a defender using 1 v 1 skills such as jab step& fake and drive</p> <p>To understand basic positions in basketball</p>
Dance	<p>I can show different uses of energy and strength when performing</p> <p>I can show different use of space when performing</p> <p>I can explore some movements in response to a stimulus</p> <p>I can co-operate and collaborate with my group to create a dance performance</p> <p>I can show levels and directions when performing</p> <p>I can co-operate and collaborate with my group to create a dance performance</p>	<p>I can show a variety of levels and pathways when performing</p> <p>I can dance in canon when performing with a group and show a range of movement patterns</p> <p>I can show a variety of uses of space when performing</p> <p>I can respond imaginatively to a stimulus and explore movements</p> <p>I can show a variety of uses of energy and strength performing</p> <p>I can co-operate and collaborate with my group to create a dance performance using a variety of movement patterns</p>	<p>I can show a variety of uses of energy and strength when performing</p> <p>I can show a variety of uses of space when performing</p> <p>I can translate ideas from a stimulus into movement showing some control and fluency</p> <p>I can co-operate and collaborate to create a dance performance displaying a variety of movement patterns</p> <p>I can perform at a variety of levels and directions and use most of the space</p> <p>I can co-operate and collaborate to create a dance performance displaying a variety of movement patterns</p>	<p>I can perform a variety of formations and pathways with timing, control and fluency</p> <p>I can dance in canon with a group showing good energy and timing</p> <p>I can move with control and fluency when showing a variety of uses of space</p> <p>I can translate ideas from a stimulus into movement showing, precision, control and fluency</p>
Net and Wall	<p>9 Weeks</p> <p>To demonstrate the get ready position</p> <p>To perform a 2 handed throw using forehand and backhand action</p>			

	<p>To return to the centre of the court after each throw</p> <p>To control a ball with a racket</p> <p>To hit a self-feed with a racket after 2 bounces towards a target</p> <p>To hit a ball with a racket after 2 bounces back to partner to catch</p> <p>To move to the ball</p> <p>To implement simple tactics to score a point</p>			
<p>Net and Wall Badminton</p>			<p>9 Weeks</p> <p>To be able to control the shuttle with a racket</p> <p>To be able to serve underarm</p> <p>To return a shuttle.</p> <p>To form the overhead action</p> <p>To learn basic rules and tactics for a game i.e. boundary lines and hitting towards a space</p> <p>To form the backhand shot</p> <p>To select the best shot to use depending on height and direction of shuttle</p> <p>To rally using a variety of shots</p>	
<p>Net and Wall Tennis</p>		<p>9 Weeks</p> <p>To decide whether to use an underarm or overarm throw depending on distance of target</p> <p>To remain well balanced when moving to catch a ball</p> <p>To catch a high ball with 2 hands before it bounces</p> <p>To hit a self-feed with a racket after 1 bounce</p> <p>To hit a forehand shot towards a target</p> <p>To move to return the ball from a bounce feed on the forehand side</p>		<p>9 Weeks</p> <p>To be able to throw up a ball for a self-feed for an underarm serve</p> <p>To return a ball using a forehand shot after 1 bounce</p> <p>To perform a forehand volley</p> <p>To describe the action used for a drop shot</p> <p>To explain why we move back to centre of the court after each hit</p> <p>To serve using an overarm action</p> <p>To return the ball using a back hand shot</p> <p>To work with a partner to cover the court in doubles</p>

		To perform a forehand volley from a full toss feed To know 3 rules of mini tennis		
Striking and Fielding	<p>9 Weeks</p> <p>To be able to stop a ball using a long barrier when fielding</p> <p>To throw a ball underarm with increasing accuracy for a partner to catch</p> <p>To bowl a ball underarm through a hoop.</p> <p>To experiment how to throw a ball further</p> <p>To hit a ball from a tee or a self-feed</p> <p>To develop a practice to improve batting technique</p> <p>To work as a team when fielding</p> <p>To be able to catch a ball and stump a post quickly.</p>	<p>9 Weeks</p> <p>To retrieve a ball and return it to a wicket</p> <p>To learn 3 tips for hitting a cricket ball</p> <p>To hit a drop feed ball with a cricket bat</p> <p>To choose the correct throw for different distances</p> <p>To bowl a ball underarm at a wicket</p> <p>To demonstrate correct technique for hands when close catching and deep field catching.</p> <p>To refine batting technique to protect the wicket using a forward defensive shot</p> <p>To make a decision when to run to the wicket to score a run</p>	<p>9 Weeks</p> <p>To show the correct batting action for rounders</p> <p>To learn 3 rules for bowling</p> <p>To bat a bowled ball into a space</p> <p>To throw from back stop to a post accurately</p> <p>To decide when to stop running around the posts when batting</p> <p>To catch a ball under pressure</p> <p>To explain how to score in rounders when batting</p> <p>To play a game of rounders and understand the basic rules for batting and fielding</p>	<p>9 Weeks</p> <p>To show the correct batting action for rounders</p> <p>To learn 3 rules for bowling</p> <p>To bat a bowled ball into a space</p> <p>To throw from back stop to a post accurately</p> <p>To decide when to stop running around the posts when batting</p> <p>To catch a ball under pressure</p> <p>To explain how to score in rounders when batting</p> <p>To play a game of rounders and understand the basic rules for batting and fielding</p>

<p>Athletics</p>	<p>9 Weeks</p> <p>To run at speed over short distances.</p> <p>To sustain a suitable pace when running for a longer time.</p> <p>To investigate throwing styles from different start positions.</p> <p>To investigate the correct technique to improve distance when throwing over arm.</p> <p>To perform a balanced landing on 2 feet when jumping forwards.</p> <p>To combine hopping and jumping with control.</p> <p>To maintain good running technique when sprinting over obstacles.</p> <p>To work as a team to score points in an athletics circuit.</p> <p>Perform an activity from core task 1</p>	<p>9 Weeks</p> <p>To describe 3 tips for sprinting</p> <p>To demonstrate changes in running style between sprinting and distance events</p> <p>To describe best the stance for a one handed push and pull throw</p> <p>To throw using a straight arm technique similar to discus</p> <p>To identify 3 tips when for jumping for distance and height</p> <p>To practice and improve technique for race walking</p> <p>To pass and receive a baton effectively</p> <p>To follow instructions to set up station safely as part of an athletics circuit</p> <p>Perform an activity from core task 2</p>	<p>9 Weeks</p> <p>To sprint over short distances with a correct running style</p> <p>To run at a sustained and consistent pace</p> <p>To demonstrate a controlled shotput throwing action</p> <p>To demonstrate the discus throwing technique</p> <p>To describe the triple jump combination correctly</p> <p>To jump for distance taking off on one foot and landing on 2</p> <p>To use rhythm when running over obstacles</p> <p>To measure and record performance in a variety of different events</p> <p>Perform one of the core task activities</p>	<p>9 Weeks</p> <p>To pass a relay baton using a downward sweep</p> <p>To plan and devise an endurance circuit to sustain pace over a longer time</p> <p>To throw a javelin using a pull action</p> <p>To demonstrate a dynamic heave throw</p> <p>To perform a scissor jump from a short run up</p> <p>To perform the triple jump sequence in the correct order</p> <p>To plan and lead an athletics festival</p> <p>To take part in another group's festival and give feedback on each event</p> <p>Perform one of the core task activities</p>
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