



## PE Knowledge and Vocabulary Map Year A

Year group/half term	Theme	Knowledge	Vocabulary
YR Autumn 1	Multi-skills	Can move safely around a space, changing speed and direction on command. Can throw, catch and roll a wide variety of equipment.	Hop      Fast Skip      Slow Jump      Safely Target Aim
YR Autumn 2	Dance	Can move to music. Can copy dance moves. Can move - changing speed, direction and rhythm.	Space - between, through, above. Actions - lead, follow, copy Body parts
YR Spring 1	Gymnastics	Can sit in 'Teacher Talk' position. Know 5 basic shapes of gymnastics. Can travel, balance and perform simple rolls.	Star Pike Straddle Straight Tuck Balance Pointed toes Teacher Talk

YR Spring 2	Orienteering	Can follow instructions. Know how to communicate with a partner. Can different modes of travelling. Know how to recognise very basic objects on a map.	Travel - hop, skip Map Quoits Cones Beanbags Birds' eye view
YR Summer 1	Athletics	Can throw a variety of objects for distance. Can ways of jumping from one to two feet. Can run at different speeds.	Speed fast, slow Safely Jump
YR Summer 2	Kick Ball Rounders	With guidance, know how to follow simple game rules. Can begin using rolling and kicking in a game situation.	Team Score Shooting Scoring
Y1/2 Autumn 1	Games - ball skills	Can throw in different ways. Can roll equipment. Can catch with 2 hands.	Overarm, underarm Co-operate
Y1/2 Autumn 2	Dance  Orienteering	Can move to music. Can copy dance moves. Can make up some simple dance moves. Can change speed, rhythm, level and direction.  Can follow instructions. Can work as part of a team and also lead. Can orientate a simple map and follow it.	Direction vocab Mood and feelings vocab-happy, sad, excited.  Map Direction Listening Leading Co-operate
Y1/2 Spring 1	Gymnastics - floor	Can begin to control their bodies when travelling and balancing. Can make their bodies tense, curled, relaxed and stretched.	Stretch, balance travelling, jumping, climbing repeat, sequence space, direction s Shapes -

		Know how to plan and show a sequence of movements. With support, know how to simply evaluate their own and others' performances.	Pike Star Straddle Straight Tuck
Y1/2 Spring 2	Gymnastics Apparatus	Know how to climb safely. Can plan and show a short sequence of movements on a bench. With support, know how to simply evaluate their own and others' performances.	Apparatus Sequence Start Finish Safety
Y1/2 Summer 1	Athletics	Can run with developing co-ordination. Can jump from two feet to 2 feet.	Co-ordination Jump Speed
Y1/2 Summer 2	Strike/Field -Kick Ball Rounders	Know how to follow simple game rules. Can begin to use rolling and throwing in a game situation. Can begin to use zones in game play.	Opposite team Shooting Scoring Passing zone
Y3/4 Autumn 1	Inv Games- Basketball	Can throw and catch larger objects. Can begin to throw with some accuracy and control. Know the difference between attack and defence and know some game positions.	Positions Signal Attack Defence Positions
Y3/4 Autumn 2	Dance	Can link dance actions with some control and co-ordination. Can remember and repeat some dance movements and can suggest what mood/feeling they show.	Link Pause Repeat Freeze Feelings High/Low/Fast/Slow
Y3/4 Spring 1	Gymnastics	Can use their body and a variety of equipment with some control and co-ordination. Can use some techniques appropriate to the activity.	Flexibility Strength Extension Posture

		Can say if they were successful.	Control Transfer weight Travel Action
Y3/4 Spring 2	OAA Orienteering	Can follow multiple instructions. Can suggest ways to improve work as a team. Can read and use a simple map effectively.	Orienteering, maps Birds eye view, markers, score sheet, team work.
Y3/4 Summer 1	Athletics	Can run at different speeds. Can throw a variety of objects with some degree of height and speed for distance. Can jump with one or two feet with an increasing height and distance.	Steady breathing Pace Distance Speed Height
Y3/4 Summer 2	Strike/Field Tennis	Know the difference between co-operative learning to help develop their own skills and competitive play, to beat an opponent. Can control hitting a ball over a net using a racket.	Co-operative Competitive Racquet Net Control
Y5/6 Autumn 1	Inv Games Basketball	Can use a variety of techniques to pass. Know how to plan an approach to attacking and defending and choose the most appropriate tactics in a variety of situations	Dribbling Signal Tactics techniques, Defend Attack.
Y5/6 Autumn 2	Dance	Know how to be creative and imaginative when composing a dance. Can use controlled movements to express emotion or mood. Can perform to an audience.	Space Repeat Dance Phrase Improvisation Character Gesture Repetition Pattern Action and reaction Myth Legend Costume Prop

Y5/6 Spring 1	Gymnastics	Know how to create movements that are clear, accurate and consistent. Can make complex sequences including changes in levels and direction and use rotation. Can analyse and improve their techniques.	Match/mirror Counter-tension Counter-balance Compose Twisting, Turning Flight
Y5/6 Spring 2	OAA Orienteering	Can evaluate their ideas and those of others. Can work safely and independently. Can work as part of a team, collaborate and show trust in others' ideas.	Map Features Orientation Collaboration Aerial view
Y5/6 Summer 1	Athletics	Can choose the best pace for running. Show control in take-off and landing when jumping. Can follow safety instructions when throwing. Show accuracy when throwing for distance.	Racing start Pacing Technique Control Speed+Height= Distance
Y5/6 Summer 2	Strike/Field Tennis	Can use a variety of techniques to send a ball over the net: forehand, backhand, volley, lob, etc.	Forehand, Backhand, Control, Co-operation, Racquet

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YR Autumn 2	Dance	Can move to music. Can copy dance moves. Can move - changing speed, direction and rhythm.	Space - between, through, above. Actions - lead, follow, copy Body parts
YR Spring 1	Gymnastics	Can sit in 'Teacher Talk' position. Know 5 basic shapes of gymnastics. Can travel, balance and perform simple rolls.	Star Pike Straddle Straight Tuck Balance Pointed toes Teacher Talk
YR Spring 2	Orienteering	Can follow instructions. Know how to communicate with a partner.	Travel - hop, skip Map

		Can different modes of travelling. Know how to recognise very basic objects on a map.	Quoits Cones Beanbags Birds' eye view
YR Summer 1	Athletics	Can throw a variety of objects for distance. Can ways of jumping from one to two feet. Can run at different speeds.	Speed fast, slow Safely Jump
YR Summer 2	Kick Ball Rounders	With guidance, know how to follow simple game rules. Can begin using rolling and kicking in a game situation.	Team Score Shooting Scoring
Y1/2 Autumn 1	Games - ball skills	Can throw in different ways. Can roll equipment. Can catch with 2 hands.	Overarm, underarm Co-operate
Y1/2 Autumn 2	Dance  Orienteering	Can move to music. Can copy dance moves. Can make up some simple dance moves. Can change speed, rhythm, level and direction.  Can follow instructions. Can work as part of a team and also lead. Can orientate a simple map and follow it.	Direction vocab Mood and feelings vocab-happy, sad, excited.  Map Direction Listening Leading Co-operate
Y1/2 Spring 1	Gymnastics Floor	Can show increased control in their movements. Can create a sequence which follows a set of rules. Can work on their own or with a partner to create a sequence. Can perform simple balances.	Follow Copy Control Sequence Improve Balance/still

		Know how to simply evaluate their own and others performances.	Extension Body tension Pointed toes
Y1/2 Spring 2	Gymnastics Apparatus	Know how to safely carry mats. Can perform simple balances on benches. Can work with a partner on a bench to perform a short sequence. Know how to simply evaluate their own and other performances.	Balance Equipment names Movement Perform
Y1/2 Summer 1	Athletics	Can run with co-ordination and can change direction on command. Can jump from one or two feet.	Speed Stamina Distance Height
Y1/2 Summer 2	Strike/Field Kick Ball Rounders	Know how to follow simple attack and defence game rules. Can use 1 tactic in a game. Can begin to stay in a zone during game play.	Avoiding Accuracy Attack Defence
Y3/4 Autumn 1	Inv Games - Football	Can send and receive a ball with some control and accuracy, using different techniques. Know some positions in games. Know some attack and defence tactics to plan team strategies for competitive play.	Strategies Inclusive Tactics/Strategies Teamwork Positions
Y3/4 Autumn 2	Dance	Can improvise. Can ensure that movements communicate an idea. Know how to refine movements into sequences. Know how to plan, perform and repeat sequences. Know how to include speed and level changes in sequences. Can suggest why a partner was successful.	Space Repeat Dance Phrase Improvisation Repetition Action and Reaction
Y3/4 Spring 1	Gymnastics - floor	Can produce movements that are clear and fluent.	Canon



		<p>Can show good balance and control when they create shapes.</p> <p>Know techniques that improve strength and flexibility.</p> <p>Know how to plan and perform sequences individually, in pairs and in groups.</p> <p>Know how to record a best performance.</p>	<p>Unison</p> <p>Performance-ready</p> <p>High quality</p> <p>Strength</p> <p>Technique</p> <p>Balance</p>
Y3/4 Spring 2	Gymnastics apparatus	<p>As above and:</p> <p>Know how to transfer floor sequences on to apparatus.</p>	<p>Performance-ready,</p> <p>High quality</p> <p>Balance</p> <p>Control</p>
Y3/4 Summer 1	Athletics	<p>Can sprint over short distances and run at appropriate pace for longer distance.</p> <p>Can jump in a number of ways, including using a short run-up.</p> <p>Can throw for distance using a short run-up.</p>	<p>Pace</p> <p>Side skip</p> <p>Speed+Height=</p> <p>Distance</p>
Y3/4 Summer 2	Strike/Field Cricket	<p>Can play co-operatively to encourage growth of skill with a partner.</p> <p>Know how to choose some tactics to cause problems and play competitively, keeping score within a short set of rules.</p> <p>Know some game positions and how to cause problems for opponents.</p>	<p>Opponent</p> <p>Wickets</p> <p>Bat</p> <p>Bowl</p> <p>Field</p> <p>Overarm</p> <p>Underarm</p>
Y5/6 Autumn 1	Inv Games Hockey	<p>Can adapt their approach to attacking and defending.</p> <p>Know positions in a game.</p>	<p>Game play</p> <p>Attack</p> <p>Defence</p> <p>Tackle</p>
Y5/6 Autumn 2	Dance	<p>Can refine their dances with style and artistic intention.</p>	<p>Dance-style</p> <p>Technique</p> <p>Formation      Pattern</p>

		<p>Know how to match the mood and rhythm of the music.</p> <p>Can choose and develop their own sequences.</p>	<p>Rhythm      Variation</p> <p>Improvisation Unison</p>
Y5/6 Spring 1	Gymnastics - floor	<p>Know how to ensure that movements, balances, rotations and shapes all show control.</p> <p>Can link actions in well-timed sequences.</p> <p>Know how to analyse and suggest improvements for the techniques of others.</p>	<p>Analyse</p> <p>Technique</p> <p>Well-timed</p> <p>Sequence</p> <p>Enhance</p> <p>Control</p>
Y5/6 Spring 2	Gymnastics apparatus	<p>- Can transfer sequences onto apparatus where the apparatus enhances the sequence.</p>	
Y5/6 Summer 1	Athletics	<p>Can show a range of speeds and stamina when running.</p> <p>Can choose the most appropriate technique for jumping in different situations.</p> <p>Know how to be accurate when throwing for distance.</p>	<p>Pulse</p> <p>Heart rate</p> <p>Relay</p> <p>Baton</p> <p>Technique</p> <p>stamina</p>
Y5/6 Summer 2	Strike/Field Cricket	<p>Know how to choose the most appropriate tactics to attack or defend an opponent.</p> <p>Know rules of the game and positions on the field.</p>	<p>Attack</p> <p>Strategy</p> <p>Defend</p> <p>Position</p> <p>Technique</p>

## Year A

Half Term	Reception	Y1/2	Y3/4	Y5/6
Autumn 1	Multi-skills	Games - Ball Skills	Games- Invasion Games	Games- Invasion Games
Autumn 2	Dance	Dance / Orienteering	Dance	Dance
Spring 1	Gymnastics	Gymnastics - floor	Gymnastics	Gymnastics
Spring 2	Orienteering	Gymnastics - apparatus	Orienteering	Orienteering
Summer 1	Athletics	Athletics	Athletics	Athletics
Summer 2	Striking and fielding - Kick ball rounders	Striking and fielding - Kick ball rounders	Striking and fielding - Tennis	Striking and fielding - Tennis

## Year B

Half Term	Reception	Y1/2	Y3/4	Y5/6
Autumn 1	Multi-skills	Games - Ball Skills	Games- Invasion Games	Games- Invasion Games
Autumn 2	Dance	Dance / Orienteering	Dance	Dance
Spring 1	Gymnastics	Gymnastics - floor	Gymnastics - floor	Gymnastics - floor
Spring 2	Orienteering	Gymnastics - apparatus	Gymnastics - apparatus	Gymnastics - apparatus
Summer 1	Athletics	Athletics	Athletics	Athletics
Summer 2	Striking and fielding - Kick ball rounders	Striking and fielding - Kick ball rounders	Striking and fielding - Rounders/ Cricket	Striking and fielding - Rounders/ Cricket

