



Key Vocabulary

Children will be taught to:

- Children should be taught to perform dances using simple movement patterns.
- Use movement imaginatively, responding to stimuli, including music and performing basic skills
- Change rhythm, speed, level and direction of their movements
- Create and perform dances using simple movement patterns, including those from different times and cultures
- Express and communicate ideas and feelings

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules
Link Moves

TECHNICAL

Routine
Facial Expression
Interpretation

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others



Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete

Diversity



Speed	The rate at which someone moves
Routine	When lots of shapes and movements join together.
Balance	To stay still and steady in a position or shape.
Control	To dance without losing your balance, change the speed and direction you move.
Direction	The way you move: Forward, backward, sideways, up and down
Mood	How the character or person feels.
Facial Expression	Using your face to show how you feel.
Interpretation	When somebody explains and demonstrates their understanding of an image, piece of music or writing.
Fluency	To be able to move with ease and gracefulness.
Phase	A section of a dance routine.
Timing	Moving to the beat or rhythm within a piece of music.
Theme	The topic of the dance or story.
Motif	A short phrase of movements.
Gesture	Movements of the body to show how you feel.
Stamina	The ability to take part in physical activity over a period of time.

Key Vocabulary

Children will be taught to:

- Create routines with up to 4-8 elements: change of direction, rolling actions, travelling, counter balances, counter tension balances, jumps and clear body shape.
- Choose appropriate skills to suit the performance.
- Link movements in a routine together smoothly, with precision and accuracy.
- Apply routines to a range of equipment, moving at different heights.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules
Link Moves

Safety

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- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete

Max Whitlock



TECHNICAL

Rolls
Turns
Jumps
Using equipment

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others



Speed	The rate at which someone moves
Routine	When lots of shapes and movements join together.
Balance	To stay still and steady in a position or shape.
Control	To dance without losing your balance, change the speed and direction you move.
Direction	The way you move: Forward, backward, sideways, up and down
Sequence	The order of movements within a routine
Body shape	Shapes created through the position of the body
Travelling	How the performer decides to move within a routine.
Fluency	To be able to move with ease and gracefulness.
Point Balance	The number of body parts being used when balancing.
Timing	Moving to the beat or rhythm within a piece of music.
Mirroring	Performing the same movements and physical actions at the same time.
Canon	Performing a defined repeating movement or action as part of a group sequence / routine.
Stamina	The ability to take part in physical activity over a period of time.



Physical Education Unit – Striking and Fielding

Key Vocabulary

Children will be taught to:

- Pupils should be taught to strike a ball off a tee
- To throw using underarm or overarm
- To field a ball and return to an area within a skill game
- Follow rules of a game
- Stop moving when the ‘bowler’ has the ball
- Play as a fielder and pass the ball back to the bowler to make the runner stop

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules

TECHNICAL

Striking the ball
Bowling
Catching
Throwing
Fielding

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others



Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete Stuart Broad



Speed	The rate at which someone moves
Balance	To stay still and steady in a position or shape.
Control	To runs or throws without losing your balance, change the speed and direction you move.
Direction	The way you move: Forward, backward, sideways, up and down
Batting	Being able to hit a ball with a bat.
Throwing	Be able to throw the ball under arm and over arm.
Catching	Catch balls of all different sizes.
Bowling	Under arm and over arm bowling at a target
Accuracy	Being able to throw a ball at the target
Timing	Moving to the beat or rhythm within a piece of music.
Stumps	The target you aim at when bowling
Stamina	The ability to take part in physical activity over a period of time.



Physical Education Unit – Netball

Key Vocabulary

Children will be taught to:

- Understand basic rules of netball and positions
- Catch the ball.
- Throw the ball at a given target using accuracy.
- Throw the balling using a chest pass, shoulder pass and bounce pass.
- Shoot from different distances and positions.
- Choose suitable tactics to defend, attack, pass and receive the ball when playing a game.
- Be able to evaluate their own and peers performances, identifying how to improve.

Speed	The rate at which someone moves
Balance	To stay still and steady in a position or shape.
Control	To runs or throws without losing your balance, change the speed and direction you move.
Direction	The way you move: Forward, backward, sideways, up and down
Passing	Using the chest pass, shoulder pass and bounce pass
Pivot	When you receive the ball you plan the first foot you land on. You are allowed to rotate using this foot when passing the ball on.
Receiving	Catching the ball with landing on one foot
Obstruction	When a player stands too close and prevents the opposition from passing and shooting.
Shooting	Catch balls of all different sizes.
Movement	Movement off the ball to receive the ball
Stamina	The ability to take part in physical activity over a period of time.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules

Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete
Helen Housby

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TECHNICAL

Passing
Shooting
Receiving

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others





Physical Education Unit – Basketball

Key Vocabulary

Children will be taught to:

- Understand and identify the basic rules of basketball.
- Consolidate throwing actions and practice catching.
- By able to dribble with the ball performing a variety of movement patterns.
- Aim for the background and try and shoot a basket.
- Apply tactical skill and thinking to small games.
- Perform a variety of defensive techniques to gain possession of the ball.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules

TECHNICAL

Dribbling
Passing
Shooting
Receiving

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others



Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete Connor Washington



Defending	Know how to defend as an individual, unit and team.
Balance	To stay still and steady in a position or shape.
Attacking	Know how to attack as an individual, unit and team.
Direction	The way you move: Forward, backward, sideways, up and down
Passing	Using the chest pass, shoulder pass and bounce pass
Pivot	When you receive the ball you plan the first foot you land on. You are allowed to rotate using this foot when passing the ball on.
Receiving	Catching the ball with landing on one foot
Backboard	The rectangular piece of wood or fiberglass that the rim attaches to.
Shooting	Shoot the ball from different places.
Rebound	Catch the ball once it comes off the rim/backboard.
Travelling	Taking too many steps when not bouncing the ball.
Double dribble	Dribbling, stopping then dribbling again.
Movement	Movement off the ball to receive the ball
Stamina	The ability to take part in physical activity over a period of time.



Physical Education Unit – Football

Key Vocabulary

Children will be taught to:

- Understand basic rules of football.
- know how to use both feet to pass and control the ball.
- know how to defend, attack and transition.
- Strike a ball with some control and accuracy.
- Apply tactical skill and thinking to small games.

Speed	The rate at which someone moves
Balance	To stay still and steady in a position or shape.
Direction	The way you move: Forward, backward, sideways, up and down
Passing	Using both feet to pass the ball accurately to a team mate.
Defending	Know how to defend as an individual, unit and team.
Receiving	Controlling the ball with either foot
Attacking	Know how to attack as a individual, unit and team.
Shooting	Shoot the ball from different places.
Transition	The moment the ball is lost or won back.
Movement	Movement off the ball to receive the ball
Stamina	The ability to take part in physical activity over a period of time.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules



TECHNICAL

Dribbling
Passing
Shooting
Receiving

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others

Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete Harvey Barnes





Physical Education Unit – Hockey

Key Vocabulary

Children will be taught to:

- Travel with the ball keeping it under control when dribbling with increased consistency.
- Link movements such as dribbling, passing and shooting together fluently while on the move.
- Receive and stop the ball using different parts of the hockey stick.
- Make shots and passes with reasonable accuracy and consistency.
- Make tactical decisions within their performances and as a team.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules

TECHNICAL

Dribbling
Passing
Shooting
Receiving

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others



Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete

Sam Quek



Speed	The rate at which someone moves
Balance	To stay still and steady in a position or shape.
Direction	The way you move: Forward, backward, sideways, up and down
Passing	Using the flat side of the stick to pass the ball accurately to a team mate.
Defending	Know how to defend as an individual, unit and team.
Receiving	Controlling the ball with the flat side of the stick
Attacking	Know how to attack as a individual, unit and team.
Shooting	Shoot the ball from different places.
Transition	The moment the ball is lost or won back.
Movement	Movement off the ball to receive the ball
Stamina	The ability to take part in physical activity over a period of time.



Physical Education Unit – Rugby

Key Vocabulary

Children will be taught to:

- Understand basic rules of tag rugby and use them fairly.
- Pass the ball backwards with some control and Be aware of
- Pass to teammates at appropriate times.
- Maintain possession in small sided games.
- Lead when appropriate and respect team mates.
- Perform a try.
- Understand attack and defend positions in a small sided game.
- Be able to evaluate their own and peers performances, identifying how to improve.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules



TECHNICAL

Dribbling
Passing
Shooting
Receiving

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others

Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete

Ben Youngs



Speed	The rate at which someone moves
Balance	To stay still and steady in a position or shape.
Direction	The way you move: Forward, backward, sideways, up and down
Passing	Pass the ball backwards
Defending	Know how to defend as an individual, unit and team. Trying to stay in a line.
Receiving	Catching the ball with both hands
Attacking	Know how to attack as a individual, unit and team. When travelling with a team mate make sure you stay on their shoulder.
Try	Place the ball over the try line with pressure,
Transition	The moment the ball is lost or won back.
Tag	Taking the opponents tag off their belt.
Stamina	The ability to take part in physical activity over a period of time.

Key Vocabulary

Children will be taught to:

- Understand basic rules of tennis.
- Consolidate throwing actions and practice catching.
- Strike a tennis ball using their hand or small racquet.
- Strike a ball with some control and accuracy.
- Apply tactical skill and thinking to small games.
- Perform a forehand shot.
- Hold the tennis racquet with the correct grip.

Speed	The rate at which someone moves across the court.
Balance	To stay still and steady in a position or shape.
Direction	The way you move: Forward, backward, sideways, up and down
Forehand	When the player strikes the ball forward using the front of their racquet.
Backhand	When the player strikes the ball using the back of their racquet and from across their body.
Rally	Players hitting the ball back to each other.
Serve	The start of every point.
Court control	Knowing where to hit the ball to make it hard for opponent.
Racket	The equipment used to strike the ball.
LoB	Hitting the ball over the opponents head.
Volley	Hit the ball without it bouncing.
Smash	Hitting the ball over head with power.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules



TECHNICAL

Forehand
Backhand
Court Control

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others

Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

Inspirational Athlete
Katie Boulter

Key Vocabulary

Children will be taught to:

- Perform different techniques for throwing over a distance.
- Throw with accuracy to hit a target within javelin and shot put.
- Perform a fluent sprinting start technique and link smoothly to a running motion.
- Perform the hand over of a baton within a relay competition fluently.
- Perform a range of jumping techniques for standing long jump and speed bounce.
- Develop the technique to perform a triple jump.
- Discuss ways to improve technique and performance.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules

Safety

- Remove all jewellery including earrings.
- Long hair must be tied back.
- Wear suitable footwear.
- Use correct techniques.
- Complete a warm-up and cool-down.

TECHNICAL

Sprint
Long distance
Throwing
Jumping

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others



Inspirational Athlete

Dina Asher-Smith



Speed	The rate at which someone moves across the court.
Balance	To stay still and steady in a position or shape.
Start	Getting out of the blocks quickly.
Drive	Body forward after the start driving the legs forward.
Stride	Back up straight and opening the legs after the drive.
Finish	At the end of a race you have to dip and run through the wall.
Pace	Working out how fast you can go for the distance you are running.
Baton	Short tube passed between runners in a relay.
Relay	Work as a team passing the baton to each other to complete the race.
Sprint	Running as fast as you can over a shorter distance.
Long distance	Pace yourself over a longer distance race.
Jump	Standing jumps, running jumps and triple jump
Throw	Throw a ball, discus, shotput and javelin

Children will be taught to:

- Perform safe self-rescue in different water based situations
- To swim competently, confidently and proficiently over a distance of at least 25 metres
- To use a range of strokes effectively, for example, front crawl, backstroke and breaststroke.

Water Safety	Children learn how to swim and be taught how to stay safe in and around water.
Breaststroke	To Swim with your chest facing down and push your arms ahead under the water and then pull yourself forwards while doing the frog kick
Front Crawl	A swimming stroke; arms are moved alternately overhead accompanied by a flutter kick
Backstroke	Arms rotating backwards instead of forwards and feet kicking
Butterfly	Rotate both arms forward just above the water and then use them to pull your body through the water while lifting your chest and head into the air. At the same time you propel your body forward with a rhythmic leg movement called the dolphin kick.

Four Corners

PHYSICAL

Speed
Quickness
Balance
Strength

PSYCHOLOGICAL

Decision Making
Learning New Skills
Patience
Learning to make mistakes
Understand rules



TECHNICAL

Front crawl
Backcrawl
Butterfly
Breststroke

Social

Encouraging others
Teamwork
Communication
Follow rules
Offer help and advice to others

Safety

- Remove all jewellery including earrings.
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Inspirational Athlete

Adam Peaty

