



**PE**  
**KEY STAGE ONE - YEAR A/YEAR B**

	<b>AUTUMN 1</b>	<b>AUTUMN 2</b>	<b>SPRING 1</b>
<b>Description</b>	Indoor- Gymnastics Outdoor- Invasion Games (Rugby) PPA- Cross Country	Indoor- Fitness Outdoor- Invasion Games (Hockey) PPA- OAA	Indoor- Creative (Dance) Outdoor- Invasion (Netball) PPA-New and Wall (Handball)
<b>NC Objectives</b>	<ul style="list-style-type: none"> <li>Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>Pupils should participate in team games, developing simple tactics for attacking and defending</li> <li>Pupils should perform dances using simple movement patterns</li> </ul>		
<b>Pillars of Progression</b>	FMS: Locomotor Skills, Stability Skills, Manipulation Skills		
<b>Declarative</b>	<ul style="list-style-type: none"> <li>Children will start to understand simple tactics of defending.</li> <li>Develop a good awareness of others to keep each other safe.</li> <li>Children will understand some rules of the game.</li> <li>They will learn to keep their heads up, tummies tight and back straight</li> <li>Children will learn to swing the opposite arm to leg as they walk through dynamic balances</li> <li>Watch and describe a performance accurately.</li> <li>Understand and describe changes to your heartrate when playing a game.</li> <li>Describe what you have done or seen others do.</li> </ul>	<ul style="list-style-type: none"> <li>Know that using simple tactics, like moving to defend a goal, will make it difficult for opponents.</li> <li>Know that showing good awareness of others when playing games helps keep everyone safe.</li> <li>I understand some rules of the game. Know that there are attackers and defenders in games, and I can identify them.</li> <li>Know that there are safety rules and procedures for taking part in orienteering events.</li> <li>Know that there are some basic features on a map and what they represent.</li> <li>Know that there is a competitive element to orienteering.</li> <li>Know that there are direction points on a compass and what they are used for.</li> <li>Know that working together is important in group activities.</li> <li>Know which route to select on a map.</li> </ul>	<ul style="list-style-type: none"> <li>Children will learn to sequence movements together by themselves and with a partner</li> <li>They will learn how to mirror dance movements</li> <li>Children will improve their basic movements by completing a variety of short exercises</li> <li>To use simple tactics, like moving to defend a goal, will make it difficult for opponents.</li> <li>I understand some rules of the game. Know that there are attackers and defenders in games, and I can identify them.</li> <li>Know when to recognise space in games and use it to gain an advantage.</li> <li>Know when and where to run, showing good awareness of others.</li> <li>Know when to move to get in line with the ball to receive it.</li> </ul>
<b>Procedural</b>	<ul style="list-style-type: none"> <li>To know how to move with a ball in different ways.</li> <li>To show basic ball control.</li> <li>Know how to stop and catch a ball.</li> <li>Know how to improve movement skills whilst moving with the ball.</li> <li>Know how to run, jump, balance, hop, leap and skip.</li> <li>To understand how to make themselves less wobbly whilst balancing</li> <li>Perform a range of actions with control and confidence.</li> <li>Explore, remember, and repeat a range of gymnastic actions with control, precision, and coordination.</li> <li>Form simple sequences of different actions, using the floor and a variety of apparatus.</li> <li>Develop fundamental movement skills, combining travelling, balancing and stiffness using both floor and apparatus; and moving smoothly from one position of stiffness to another.</li> <li>Continue to develop agility, balance, and coordination.</li> </ul>	<ul style="list-style-type: none"> <li>Know how to control the ball using basic actions.</li> <li>Know how to move fluently, changing direction and speed –with and without a ball. – avoiding collisions.</li> <li>Know how to shoot to a target or goal.</li> <li>Know how to defend between ball and target.</li> <li>Know how to move in different directions and a variety of different ways.</li> <li>Know how to map read to solve problems.</li> <li>Know how to take part in an orienteering event following rules and playing fairly.</li> <li>Know how to participate with others.</li> </ul>	<ul style="list-style-type: none"> <li>To develop simple movement patterns in dance, understanding how to link movements together and the best order to sequence movements into to allow for smooth transitions</li> <li>To practise/rehearse dance movements individually and in small groups</li> <li>To perform their dance movements to an audience of peers</li> <li>To understand how to improve fundamental movement skills</li> <li>To control the ball using basic actions.</li> <li>To move fluently, changing direction and speed –with and without a ball. – avoiding collisions.</li> <li>Know how to shoot to a target or goal.</li> <li>Know how to defend between ball and target.</li> <li>Know how to run, jump, balance, hop, leap.</li> </ul>
<b>Vocabulary</b>	Aim • Balance • Control • Ball Control • Direction • Dribble • Movement • React • Rules • Space • Speed • Stick • Arch • Balance • Backwards • Direction • Straight • Dish • Explore • Forwards • High & Low • Travelling • Individual • Jump • Key	• Jump • Land • Space • Hurdle • Control • Balance • Forfeit • Movement • Stretch • Speed • Stamina • Balance • Teamwork • Together • Compass • Map • Route • Directions • Safety • Orienteering • Problem solving • Challenge	pattern, canon, mirroring, motif, travel, standing long jump, star jump, heel kicks, ladder run, speed bounce, hopping, high knees

	Shape • Level • Tuck • Linking • Movement • Sequence • Shapes • Star		
Assessment	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.

	SPRING 2	SUMMER 1	SUMMER 2
Description	Indoor—Target Games (Dodgeball) Outdoor- Net and Wall Games (Tennis) PPA-Invasion Game (Football)	Athletics Striking/Field Games (Cricket)	Striking and Fielding (Rounders) Target Games (Golf) Striking and fielding (Volleyball)
NC Objectives	<ul style="list-style-type: none"> <li>Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</li> <li>Pupils should participate in team games, developing simple tactics for attacking and defending</li> <li>Pupils should perform dances using simple movement patterns</li> </ul>		
Pillars of Progression	FMS: Locomotor Skills, Stability Skills, Manipulation Skills		
Declarative	<ul style="list-style-type: none"> <li>Children will learn to throw and catch, with accuracy, using beanbags and balls</li> <li>How to position their body to throw and receive</li> <li>Know when and where to run, showing good awareness of others.</li> <li>Know some simple plans that can create success, e.g., where to stand to make it difficult for an opponent.</li> <li>Know when to use simple tactics in game situations, such as deciding when to pass and when to run</li> <li>Know what a rally is.</li> <li>Know that there are rules of the game to follow.</li> <li>Know when to use different skills and simple tactics to win games, such as aiming into space to score points/make it difficult for my opponent.</li> <li>Know when to move to get in line with the ball to receive it.</li> <li>Know that control and accuracy is needed when aiming for a target.</li> <li>I can choose skills needed when competing in games.</li> <li>Know when to throw the ball to a partner or opponent.</li> </ul>	<ul style="list-style-type: none"> <li>How to position their body to attack and defend</li> <li>Children will learn to be ready to react - knees bent and feet apart</li> <li>They will learn how to accelerate to move more quickly</li> <li>They will learn to bend their knees to help them to slow down</li> <li>They will learn to stay in their lane when running a race</li> <li>They will learn how to take part in a relay race</li> <li>Know that there are rules of the game I must follow.</li> <li>Know the importance of good awareness of others when playing games.</li> <li>Know when to apply simple tactics, such as, hit the ball into space to help score more points.</li> </ul>	<ul style="list-style-type: none"> <li>Know that there are rules of the game I must follow.</li> <li>Know the importance of good awareness of others when playing games.</li> <li>Know when to apply simple tactics, such as, hit the ball into space to help score more points.</li> <li>Know that the ball moves in different ways.</li> <li>Know that control and accuracy is needed when aiming for a target.</li> <li>I can choose skills needed when competing in games.</li> <li>Know when to throw the ball to a partner or opponent.</li> </ul>
Procedural	<ul style="list-style-type: none"> <li>Know how to control the ball using basic actions.</li> <li>Know how to move fluently, changing direction and speed –with and without a ball. – avoiding collisions.</li> <li>Know how to shoot to a target or goal.</li> <li>Know how to defend between ball and target.</li> <li>I can show good awareness of others during games and activities.</li> <li>Know how to rally.</li> </ul>	<ul style="list-style-type: none"> <li>To understand how to make themselves less wobbly whilst balancing</li> <li>Children will apply the fundamental movement skills that they have learnt throughout the year to simple team games</li> <li>Children will practise their throwing and catching skills individually and with a partner and learn how to improve accuracy</li> <li>To apply their throwing and catching skills to play simple throwing and catching games</li> <li>To apply their skills of catching to react to catch</li> </ul>	<ul style="list-style-type: none"> <li>Know how to move fluently, changing direction and speed – with and without a ball. – avoiding collisions.</li> <li>Know how to run, jump, throw, catch, and skip.</li> <li>Know how to compete against myself and others.</li> <li>Know how to throw/hit a ball in different ways e.g., high, low, fast, slow showing basic control.</li> <li>Know how to catch and stop the ball, getting in line with the ball to receive it.</li> <li>Know how to catch a large ball.</li> </ul>

	<ul style="list-style-type: none"> <li>• Know how the ball can move in different ways.</li> <li>• Know how to perform a range action including catching/ gathering skills and sending/passing with control and throw/ hit a ball in different ways e.g., high, low, fast, slow. Know how to hold a racket correctly.</li> <li>• Know how to move and use the ball in different way.</li> <li>• Know how to show basic ball control with simple actions</li> <li>• Know how to catch a large ball.</li> <li>• Know how to move a ball in different ways.</li> <li>• Know how to pass, send, and roll a ball in different ways.</li> <li>• Know how to run, jump, balance, hop, leap, and skip.</li> </ul>	<ul style="list-style-type: none"> <li>• To know when they are ready to ask their partner to challenge them to drop or bounce the ball harder or faster</li> <li>• To apply the skills of running in lanes to running a race against their peers</li> <li>• To apply their knowledge of relay races to compete in races against their peers</li> <li>• Know how to move fluently, changing direction and speed – with and without a ball. – avoiding collisions.</li> <li>• Know how to run, jump, throw, catch, and skip.</li> <li>• Know how to compete against myself and others.</li> <li>• Know how to throw/hit a ball in different ways e.g., high, low, fast, slow showing basic control.</li> </ul>	<ul style="list-style-type: none"> <li>• Know how to move a ball in different ways.</li> <li>• Know how to pass, send, and roll a ball in different ways.</li> <li>• Know how to run, jump, balance, hop, leap, and skip.</li> <li>• Know how to send a ball towards a target.</li> <li>• Know how to safely and correctly use a golf putter (golf).</li> </ul>
<b>Vocabulary</b>	balance, wobbly, strong core, left, right, receive, throw, stance, attack, defend, dodge, mark, score, opponent	balance, wobbly, strong core, left, right, receive, throw, stance, attack, defend, dodge, mark, score, opponent	react, respond, print, jog, run, relay, race
<b>Assessment</b>	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.

 <p><b>PE</b> LOWER JUNIORS - YEAR A/YEAR B</p>			
	<b>AUTUMN 1</b>	<b>AUTUMN 2</b>	<b>SPRING 1</b>
<b>Description</b>	Indoor- Gymnastics Outdoor- Invasion Games (Rugby) PPA- Cross Country	Indoor- Fitness Outdoor- Invasion Games (Hockey) PPA- OAA	Indoor- Creative (Dance) Outdoor- Invasion (Netball) PPA-Invasion (Handball)
<b>NC Objectives</b>	<ul style="list-style-type: none"> <li>-use running, jumping, throwing and catching in isolation and in combination</li> <li>-play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>-develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>-perform dances using a range of movement patterns</li> <li>-take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>-compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<b>Pillars of Progression</b>	<ul style="list-style-type: none"> <li>• Continued progress of Motor Competence.</li> <li>• Understanding and applying Rules, Strategies and Tactics.</li> <li>• Healthy Participation; making safe decisions and understanding the effects of physical activity.</li> </ul>		

<h3>Declarative</h3>	<p><b>Creative Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance.</li> <li>• Learn how to evaluate and recognise the quality of my performance.</li> <li>• Recognise and explain a good performance.</li> </ul> <p><b>Cross country</b></p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance</li> <li>• Incorporate running and jumping working both individually and with others</li> <li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>• Know when to employ simple tactics in game situations.</li> <li>• Know when to set moves that can be used in attacking play.</li> <li>• Know when to adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.</li> <li>• Know when to choose space/ positions where you can receive a pass or to support a teammate.</li> <li>• Know when to choose a certain pass to keep possession</li> </ul>	<p><b>Hand and stick invasion</b></p> <ul style="list-style-type: none"> <li>• Sending an object and receiving and object in combination and spatial awareness</li> <li>• Play competitive games, modify where appropriate and apply basic principles.</li> <li>• Know that taking up certain spaces/positions can make it difficult for opponents.</li> <li>• Know the importance of speed when playing invasion games.</li> </ul> <p><b>Fitness</b></p> <ul style="list-style-type: none"> <li>• Understand what aerobic exercise is</li> <li>• Know the importance of leading a healthy lifestyle</li> <li>• Understand the importance of warming up and cooling down</li> </ul> <p><b>OAA</b></p> <ul style="list-style-type: none"> <li>• Know the importance of safety rules and procedures for taking part in orienteering event.</li> <li>• Know that there are physical aspects needed for orienteering.</li> <li>• Know that maps are scaled down to make them accessible.</li> <li>• Know when activities need thinking through and planning.</li> </ul>	<p><b>Creative-Dance</b></p> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance, whilst incorporating apparatus</li> <li>• Perform dances using a range of movement patterns.</li> <li>• Know that expressive qualities are ideas and emotions communicated through movement patterns.</li> <li>• Know that canon, unison, repetition, action/reaction, and question/answer can be included in dance phrases.</li> <li>• Know that it is important to consider others when working in a pair or group.</li> <li>• Know when and how to use stimuli to create characters and narratives.</li> <li>• Know when to apply speed, tension, continuity, and spatial pattern ideas when creating and performing dances with a partner and groups</li> </ul> <p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>• Know when to employ simple tactics in game situations.</li> <li>• Know when to set moves that can be used in attacking play.</li> <li>• Know when to adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.</li> <li>• Know when to choose space/ positions where you can receive a pass or to support a teammate.</li> <li>• Know when to choose a certain pass to keep possession</li> <li>• Use running, jumping, sending an object and receiving an object in combination</li> <li>• Play competitive games, modify where appropriate and apply basic principles suitable for attacking and defending.</li> <li>• Move with a ball keeping it under close control.</li> <li>• Keep possession of a ball as part of a team.</li> <li>• Receive a ball successfully.</li> <li>• Perform basic skills needed for games with control and accuracy.</li> </ul>
<h3>Procedural</h3>	<p><b>Cross Country</b></p> <ul style="list-style-type: none"> <li>• To understand how pacing can help us achieve greater distances in running.</li> <li>• To be able to pace themselves effectively.</li> <li>• Work towards improving their personal best.</li> </ul> <p><b>Creative Gymnastics</b></p> <ul style="list-style-type: none"> <li>• Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement.</li> <li>• Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.</li> <li>• Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.</li> <li>• Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction.</li> </ul>	<p><b>Invasion Game</b></p> <ul style="list-style-type: none"> <li>• Use different techniques for controlling, dribbling and shooting using a putter and ball.</li> <li>• Developing hand eye coordination.</li> <li>• Sending an object to a specific target using control and accuracy.</li> <li>• Know how to Pass, shoot, and receive a ball with increasing accuracy, control, and success.</li> <li>• Know how to work well as part of a team.</li> <li>• Know how to shoot/score with some accuracy.</li> <li>• Know how to receive a ball under control.</li> <li>• Know how to challenge a player in possession of the ball.</li> <li>• Know how to get into good positions to pass and receive the ball.</li> </ul> <p><b>Fitness</b></p>	<p><b>Creative</b></p> <ul style="list-style-type: none"> <li>• Perform dances clearly and fluently</li> <li>• Know how to perform dances using a range of movement patterns – accurately, fluently, consistently.</li> <li>• Know how to perform with control with a partner.</li> <li>• Know how to combine actions and maintain the quality of performance when performing at the same time as a partner.</li> <li>• Know how to perform with a wide range of actions, when working with a partner and in a group.</li> <li>• Understand that strength and suppleness can be improved.</li> <li>• Play games with some accuracy, using a range of throwing and catching techniques</li> </ul>

	<ul style="list-style-type: none"> <li>Develop flexibility, strength, control, technique, and balance.</li> <li>Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.</li> <li>Devise and perform a gymnastic sequence, showing a clear beginning, middle and end.</li> </ul> <p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>Know how to move the ball keeping it under control whilst changing direction.</li> <li>Know how to Pass, shoot, and receive a ball with increasing accuracy, control, and success.</li> <li>Know how to work well as part of a team.</li> <li>Know how to shoot/score with some accuracy.</li> <li>Know how to receive a ball under control.</li> <li>Know how to challenge a player in possession of the ball.</li> <li>Know how to get into good positions to pass and receive the ball.</li> </ul>	<p><b>OAA</b></p> <ul style="list-style-type: none"> <li>Develop upper and lower body strength, fitness and speed.</li> <li>Know how to work well as part of a team</li> <li>Demonstrate correct techniques of core strength exercises with control</li> </ul> <ul style="list-style-type: none"> <li>Know how to recognise where I am on a map.</li> <li>Know how to move with agility, balance, and coordination.</li> <li>Know how to participate in competitive orienteering events, following instructions of the game</li> <li>Know how to apply basic map reading/making skills and apply these skills and techniques in games.</li> </ul>	<p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>Understand that they need to defend as well as attack</li> </ul> <ul style="list-style-type: none"> <li>Know how to move the ball keeping it under control whilst changing direction.</li> <li>Know how to Pass, shoot, and receive a ball with increasing accuracy, control, and success.</li> <li>Know how to work well as part of a team.</li> <li>Know how to shoot/score with some accuracy.</li> <li>Know how to receive a ball under control.</li> <li>Know how to challenge a player in possession of the ball.</li> <li>Know how to get into good positions to pass and receive the ball.</li> <li>Show a growing control and consistency during games.</li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>Teamwork • Straddle • Experiment</li> <li>Pathway • Level • Point • Front Support • Quality • Pike• Control • Routine • Combine • Apparatus • Arabesque • Practise • Describe Pacing, Stamina, endurance, terrain, route, warm up, cool down, breathing, fitness, effort, run, jog, sprint, walk</li> </ul>	<ul style="list-style-type: none"> <li>Strength, Independent •Aerobic • Endurance • Self-Belief</li> <li>Determination • Combination • Lifestyle</li> <li>Core Strength • Teamwork • Map Skills • Picture Orienteering • Control Plotting • Indoor Mapping</li> <li>Communication • Problem Solving</li> </ul>	<ul style="list-style-type: none"> <li>Aim • Dribble• Intercept• Tactics • Position</li> <li>Receive• Skill • Court• Space • Accuracy• Power</li> <li>Score• Defend • Possession• Support</li> <li>Technique • Audience • Canon</li> <li>Choreography • Level • Fluency • Performance</li> <li>Phrase• Position • Control• Tutting • Emotions</li> <li>Expressions• Rhythm• Unison • Count</li> </ul>
<b>Assessment</b>	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.

	<b>SPRING 2</b>	<b>SUMMER 1</b>	<b>SUMMER 2</b>
<b>Description</b>	Indoor—Target Games (Dodgeball) Outdoor- Net and Wall Games (Tennis) PPA-Invasion Game (Football)	Athletics Striking/Field Games (Cricket)	Striking and Fielding (Rounders) Target Games (Golf) Net And Wall (Volleyball)
<b>NC Objectives</b>	<ul style="list-style-type: none"> <li>-use running, jumping, throwing and catching in isolation and in combination</li> <li>-play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>-develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>-perform dances using a range of movement patterns</li> <li>-take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>-compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<b>Pillars of Progression</b>	<ul style="list-style-type: none"> <li>Continued progress of Motor Competence.</li> <li>Understanding and applying Rules, Strategies and Tactics.</li> <li>Healthy Participation; making safe decisions and understanding the effects of physical activity.</li> </ul>		
<b>Declarative</b>	<b>Net wall games</b> <ul style="list-style-type: none"> <li>Use running, jumping, sending an object and</li> </ul>	<b>Athletics</b> <ul style="list-style-type: none"> <li>Use running, jumping in isolation and</li> </ul>	<b>Strike and field</b> <ul style="list-style-type: none"> <li>Use running, jumping, sending an object and</li> </ul>

	<ul style="list-style-type: none"> <li>receiving an object in combination</li> <li>Play competitive games, modify where appropriate and apply basic principles</li> <li>Know that there are two types of rallies and I have participated in both.</li> <li>Know when to take up spaces to make it difficult for my opponents to score.</li> <li>Know why tactics are used in games.</li> <li>Know when to find as use space to my advantage in game situations.</li> </ul> <p><b>Target Games</b></p> <ul style="list-style-type: none"> <li>Know the importance of accuracy in games.</li> <li>Know that ball handling, striking, dodging, and catching are important skills needed to win games</li> <li>Know when to move to get in position to both receive and throw the ball.</li> <li>I can discuss tactics and strategies to try and win games.</li> <li>Know when and how to use space in game situations</li> </ul> <p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>Know when to employ simple tactics in game situations.</li> <li>Know when to set moves that can be used in attacking play.</li> <li>Know when to adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.</li> <li>Know when to choose space/ positions where you can receive a pass or to support a teammate.</li> <li>Know when to choose a certain pass to keep possession</li> </ul>	<ul style="list-style-type: none"> <li>combination</li> <li>Develop flexibility, strength, technique, control and balance</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> <li>Know that there is pace judgement needed when running over an increased distance.</li> <li>Know when to choose appropriate running speeds to meet the demand of the task.</li> </ul> <p><b>Strike and field</b></p> <ul style="list-style-type: none"> <li>Use running, jumping, sending an object and receiving an object in combination</li> <li>Play competitive games, modify where appropriate and apply basic principles.</li> <li>I understand the rules of the game.</li> <li>Know when to communicate and collaborate with others during team games.</li> <li>I can discuss tactics and know when to apply tactics in game situations – for both fielding and striking.</li> </ul>	<ul style="list-style-type: none"> <li>receiving an object in combination</li> <li>Play competitive games, modify where appropriate and apply basic principles suitable for attacking and defending.</li> <li>I understand the rules of the game.</li> <li>Know when to communicate and collaborate with others during team games.</li> <li>I can discuss tactics and know when to apply tactics in game situations – for both fielding and striking.</li> </ul> <p><b>Target</b></p> <ul style="list-style-type: none"> <li>Know the importance of accuracy in games.</li> <li>Know when to move to get in position to both receive and throw the ball.</li> <li>I can discuss tactics and strategies to try and win games.</li> </ul> <p><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>Know that consistency is important when performing skills and practising techniques.</li> <li>Know that there are two types of rallies and I have participated in both.</li> <li>Know when to take up spaces to make it difficult for my opponents to score.</li> <li>Know why tactics are used in games.</li> <li>Know when to apply basic principles for attacking and defending when facing an opponent.</li> <li>Know when to find as use space to my advantage in game situations.</li> <li>Know when to use particular skills to try and win games.</li> </ul>
<b>Procedural</b>	<p><b>Target</b></p> <ul style="list-style-type: none"> <li>Know how to catch a variety of different throws/shots.</li> <li>Know how to control my body whilst moving at speed.</li> <li>Know how to perform a side shot throw</li> <li>Know how to dodge and jockey</li> </ul> <p><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>Know how to throw and send the ball using a variety of techniques.</li> <li>Know how to send a ball into space at different speeds and heights to make it difficult for the opponent.</li> <li>Know how to Intercept and stop the ball consistently.</li> <li>Know how to adopt a good 'ready position' to move and catch a ball.</li> <li>Know how to perform a basic forehand shot with control and accuracy.</li> <li>Know how to keep a rally going using a range of shots.</li> <li>Know how to throw/Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Know how to apply a broad range of athletic skills in different ways.</li> <li>Know how to show control, coordination and consistency when running, throwing, and jumping.</li> <li>Know how to combine basic jump actions to form a jump combination, using a controlled jumping technique.</li> </ul> <p><b>Strike and Field</b></p> <ul style="list-style-type: none"> <li>Know how to throw a ball over an increasing distance.</li> <li>Know how to catch a ball over an increasing distance.</li> <li>Know how to hit a ball with the correct technique.</li> <li>Know how to intercept and stop the ball consistently.</li> </ul>	<p><b>Strike and Field</b></p> <ul style="list-style-type: none"> <li>Know how to throw a ball over an increasing distance.</li> <li>Know how to catch a ball over an increasing distance.</li> <li>Know how to hit a ball with the correct technique.</li> <li>Know how to intercept and stop the ball consistently.</li> </ul> <p><b>Target</b></p> <ul style="list-style-type: none"> <li>Know how to catch a variety of different shots.</li> <li>Know how to control my body whilst moving at speed.</li> <li>Know how to move the ball with control whilst on the move.</li> <li>Know how to work well as part of a team.</li> <li>Know how to putt accurately and effectively</li> <li>Know how to chip the ball safely and correctly using a chipping club</li> </ul> <p><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>Know how to perform skills needed for the game with control and accuracy.</li> <li>Know how to throw and send the ball using a variety of techniques.</li> </ul>

	<ul style="list-style-type: none"> <li>• Know how to compete with others – Keeping and following the rules of the game.</li> <li>• Know how to move around the court well, with purpose.</li> <li>• Know how to perform a good ready stance and structure when throwing/hitting the ball</li> </ul> <p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>• Know how to move the ball keeping it under control whilst changing direction.</li> <li>• Know how to Pass, shoot, and receive a ball with increasing accuracy, control, and success.</li> <li>• Know how to pass in different ways e.g., high, low, fast, slow.</li> <li>• Know how to work well as part of a team.</li> <li>• Know how to shoot/score with some accuracy.</li> <li>• Know how to receive a ball under control.</li> <li>• Know how to pass the ball using different techniques.</li> </ul>		<ul style="list-style-type: none"> <li>• Know how to send a ball into space at different speeds and heights to make it difficult for the opponent.</li> <li>• Know how to Intercept and stop the ball consistently.</li> <li>• Know how to adopt a good 'ready position' to move and catch a ball.</li> <li>• Know how to perform a basic forehand shot with</li> </ul>
<b>Vocabulary</b>	<ul style="list-style-type: none"> <li>• Swing • Cooperative</li> <li>• Cooperative • Movement • Partner</li> <li>• Direction • Send • Catch • Power • Accuracy • Space</li> <li>• Free Space • Control • Bounce</li> <li>• Aim • Accuracy • Aim • Control • Space</li> <li>• React • Target • Teamwork</li> <li>• Strike • Compete • Dodge • Pass • Overarm</li> <li>• Speed • Duck • Underarm</li> </ul>	<ul style="list-style-type: none"> <li>• Develop • Experiment • Distance • Combination</li> <li>• Balance • Co-ordination • Movement • Distance</li> <li>• Pull • Target • Technique • Accelerate</li> <li>• Batting • Control • Feeder • Fielder • Grip • Score • Wickets • Communication • Long Barrier • Striking</li> <li>• Teamwork • Underarm • Wicket Keeper • Bowler</li> <li>• Position • Technique</li> </ul>	<ul style="list-style-type: none"> <li>• Accuracy • Chipping • Rough • Control • Bunker • Fairway</li> <li>• Dominant • Non dominant • Success • Collision</li> <li>• Competitive • Consistent • Course</li> <li>• Encourage • Increase/decrease • Putting • Receive</li> <li>• Target • Throwing • Fielding • Catching • Power • Get in line • Communication • Accuracy • Technique</li> <li>• Batting • Score • Aiming • Space • Targets • Long Barrier</li> </ul>
<b>Assessment</b>	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.

	<h2 style="text-align: center;">PE</h2> <h3 style="text-align: center;">UPPER JUNIORS - YEAR A/YEAR B</h3>		
	<b>AUTUMN 1</b>	<b>AUTUMN 2</b>	<b>SPRING 1</b>
<b>Description</b>	Indoor- Gymnastics Outdoor- Invasion Games (Rugby) PPA- Cross Country	Indoor- Fitness Outdoor- Invasion Games (Hockey) PPA- OAA	Indoor- Creative (Dance) Outdoor- Invasion (Netball) PPA- Net and Wall (Handball)
<b>NC Objectives</b>	<ul style="list-style-type: none"> <li>-use running, jumping, throwing and catching in isolation and in combination</li> <li>-play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>-develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>-perform dances using a range of movement patterns</li> <li>-take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>-compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
<b>Pillars of Progression</b>	<ul style="list-style-type: none"> <li>• Continued progress of Motor Competence.</li> <li>• Understanding and applying Rules, Strategies and Tactics.</li> <li>• Healthy Participation; making safe decisions and understanding the effects of physical activity.</li> </ul>		

<h3>Declarative</h3>	<p><b>Creative</b></p> <ul style="list-style-type: none"> <li>Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles.</li> <li>Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback..</li> </ul> <p><b>Cross country</b></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> <li>Incorporate running and jumping working both individually and with others</li> <li>Compare their performances with previous ones</li> </ul> <p><b>Invasion.</b></p> <ul style="list-style-type: none"> <li>Know that working well as part of a team will contribute to success.</li> <li>Know that using different skills will help keep possession of the ball.</li> <li>Know that tactics can help keep possession of the ball.</li> <li>I understand the positions in a team and the roles they play.</li> <li>Know that there are different ways to defend individually and as a team.</li> <li>Know that there are different ways to attack individually and as a team</li> <li>Know that there are defensive duties in tag rugby, and the process of tagging</li> <li>I understand the importance of staying in line in both attacking and defending plays</li> </ul>	<p><b>Fitness</b></p> <ul style="list-style-type: none"> <li>Understand and explain the importance of good upper-body strength</li> <li>Recognise the physical and mental benefits of increased activity</li> <li>Find and areas of physical fitness that children want to improve.</li> </ul> <p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>Know when to choose formations that suit the game and make amendments ensuring everyone has a role to play.</li> <li>Know when to apply principles for attacking.</li> <li>Know when to adapt games and activities making sure everyone has a role to play.</li> <li>Know when to keep possession of the ball when faced with opponents.</li> <li>Know when to use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</li> <li>Know when and what tactics to use in games to achieve success as a team.</li> <li>I consider the best way to score and win the game, remembering to find and use space when running.</li> </ul> <p><b>OAA</b></p> <ul style="list-style-type: none"> <li>Know that planning strategies can help achieve success.</li> <li>Know that communication is vital to achieving success in team activities.</li> <li>Know when to move a map and when to move myself</li> <li>Know what appropriate skills and approaches to choose for the challenge.</li> <li>Know when relevant techniques and elements are required to navigate to and from controls.</li> </ul>	<p><b>Creative</b></p> <ul style="list-style-type: none"> <li>Know that imagination is needed to help create and structure dance motifs, phrases, and sections of dances, developing expressive qualities.</li> <li>Know that dance can be inspired by a stimulus.</li> <li>Know that performing with confidence and clarity can improve overall performance.</li> <li>Know when to use basic compositional principles to create dances.</li> <li>Know when to combine movements fluently and effectively throughout dance routines.</li> </ul> <p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>use running, jumping, sending an object and receiving an object in combination</li> <li>Know when to keep possession of the ball when faced with opponents.</li> <li>Know when to use the defending principles in game situations, including marking, tracking, and covering, to gain possession.</li> <li>Know when and what tactics to use in games to achieve success as a team.</li> <li>I consider the best way to score and win the game, remembering to find and use space when running.</li> </ul> <p><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>Know the benefits of having a good ready position/stance during a rally.</li> <li>Know when to apply principles suitable for attacking, e.g., identifying gaps</li> <li>Know when to apply principles suitable for defending, e.g., a position on court.</li> <li>Know when to perform tactical serves to help deceive opponents and score points.</li> </ul>
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<b>Procedural</b>	<b>Creative</b> <ul style="list-style-type: none"> <li>• Create, perform, and repeat sequences that include changes of dynamic e.g. changes of level, speed, or direction.</li> <li>• Perform movements accurately with a sense of rhythm.</li> <li>• Explore, improvise, and combine movement ideas fluently and effectively.</li> <li>• Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation.</li> <li>• Develop flexibility, strength, control, technique, and balance</li> </ul> <b>Cross Country</b> <ul style="list-style-type: none"> <li>• Develop flexibility, strength, control, technique, and balance. To understand how pacing can help us achieve greater distances in running.</li> <li>• To be able to pace themselves effectively.</li> <li>• Work towards improving their personal best.</li> </ul> <b>Invasion</b> <ul style="list-style-type: none"> <li>• Know how to keep good control when performing skills at speed.</li> <li>• Know how to perform skills (e.g., passing) with accuracy, confidence, and control, and increasing speed.</li> <li>• Know how to confidently change speed and direction to get away from a defender.</li> <li>• Know how to keep possession of the ball when faced with opponents.</li> <li>• Know how to combine and perform skills with control, adapting them to meet the needs of the situation.</li> <li>• Know how to work effectively as part of a team.</li> <li>• Know how to participate in competitive games, modified where appropriate</li> </ul>	<b>Fitness</b> <ul style="list-style-type: none"> <li>• Develop lower body strength</li> <li>• Develop speed and endurance (aerobics)</li> <li>• Apply and link FMS (KS1)</li> <li>• Demonstrate stamina</li> </ul> <b>OAA</b> <ul style="list-style-type: none"> <li>• Know how to use a map confidently.</li> <li>• Know how to design a route to the controls.</li> <li>• Know how to take part in orienteering events, such as picture orienteering and control orienteering, with success.</li> <li>• Know how to build a detailed map.</li> <li>• I can work well as part of a team, contributing effectively.</li> </ul> <b>Invasion</b> <ul style="list-style-type: none"> <li>• Know that using different skills will help keep possession of the ball.</li> <li>• Know that tactics can help keep possession of the ball.</li> <li>• I understand the positions in a team and the roles they play.</li> <li>• Know that there are different ways to defend individually and as a team.</li> <li>• Know that there are different ways to attack individually and as a team</li> <li>• Know when to apply principles for attacking.</li> <li>• Know when to use the defending principles in game situations, including marking, tracking, and covering, to gain possession..</li> <li>• I consider the best way to score and win the game, remembering to find and use space when running.</li> </ul>	<b>Creative</b> <ul style="list-style-type: none"> <li>• Know how to use a broader range of skills and movement patterns.</li> <li>• Know how to explore movement ideas inspired by a stimulus.</li> <li>• Know how to perform a range of movements accurately with a sense of rhythm, clarity, and confidence.</li> <li>• Know how to perform confidently to an audience.</li> </ul> <b>Invasion</b> <ul style="list-style-type: none"> <li>• Know how to keep good control when performing skills at speed.</li> <li>• Know how to perform skills (e.g., passing) with accuracy, confidence, and control, and increasing speed.</li> <li>• Know how to confidently change speed and direction to get away from a defender.</li> <li>• Know how to keep possession of the ball when faced with opponents.</li> <li>• Know how to combine and perform skills with control, adapting them to meet the needs of the situation.</li> <li>• Know how to work effectively as part of a team.</li> <li>• Know how to participate in competitive games, modified where appropriate.</li> </ul> <b>Net and Wall</b> <ul style="list-style-type: none"> <li>• Know how to use the correct footwork to hit the ball with good technique.</li> <li>• Know how to participate in competitive games, modified where appropriate.</li> <li>• Know how to direct a ball/shuttle to a target area.</li> <li>• Know how to perform consistently (resulting in longer rallies).</li> <li>• Know how to perform a chasse step and lunge.</li> </ul>
	<b>Vocabulary</b> <p>Pacing, Stamina, endurance, terrain, route, warm up, cool down, breathing, fitness, effort, run, jog, sprint, walk</p> <ul style="list-style-type: none"> <li>• Front Support</li> <li>• Back Support</li> <li>• Creativity</li> <li>• Evaluate</li> <li>• Improve</li> <li>• Pose</li> <li>• Observe</li> <li>• Fluency</li> <li>• Flow</li> <li>• Flight</li> </ul>	Indian Dribble • Close • Cover • Mark • Block • Slap Pass • Decision Making • Possession • Principles• Evaluate • Watch • Explore	Emotions • Expressions • Rehearse• Unison• Canon • Choreography • Fluency • Tutting • Routine • Together• Tutting • Question & Answer • Decision Making • Evade• Evaluate• Overhead• Track• Mark • Possession• Communicate• Loop• Technique
	<b>Assessment</b>	Assessed against Hordle's PE internal assessment criteria.	Assessed against Hordle's PE internal assessment criteria.
			Assessed against Hordle's PE internal assessment criteria.

	<b>SPRING 2</b>	<b>SUMMER 1</b>	<b>SUMMER 2</b>
<b>Description</b>	Indoor—Target Games (Dodgeball) Outdoor- Net and Wall Games (Tennis) PPA-Invasion Game (Football)	Athletics Striking/Field Games (Cricket)	Striking and Fielding (Rounders) Target Games (Golf) Striking and fielding (Volleyball)
<b>NC Objectives</b>	-use running, jumping, throwing and catching in isolation and in combination -play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and		

	<p>defending</p> <ul style="list-style-type: none"> <li>-develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>-perform dances using a range of movement patterns</li> <li>-take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>-compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	
<p><b>Pillars of progression</b></p>	<ul style="list-style-type: none"> <li>• Continued progress of Motor Competence.</li> <li>• Understanding and applying Rules, Strategies and Tactics.</li> <li>• Healthy Participation; making safe decisions and understanding the effects of physical activity.</li> </ul>	
<p><b>Declarative</b></p> <p><b>Invasion.</b></p> <ul style="list-style-type: none"> <li>• Know that working well as part of a team will contribute to success.</li> <li>• Know that using different skills will help keep possession of the ball.</li> <li>• Know that tactics can help keep possession of the ball.</li> <li>• I understand the positions in a team and the roles they play.</li> <li>• Know that there are different ways to defend individually and as a team.</li> <li>• Know that there are different ways to attack individually and as a team</li> <li>• Know that there are defensive duties in tag rugby, and the process of tagging</li> <li>• I understand the importance of staying in line in both attacking and defending plays</li> </ul> <p><b>Net and Wall</b></p> <ul style="list-style-type: none"> <li>• Know the benefits of having a good ready position/stance during a rally.</li> <li>• Know when to apply principles suitable for attacking, e.g., identifying gaps</li> <li>• Know when to apply principles suitable for defending e.g., position on court.</li> </ul> <p>Know when to perform tactical serves to help deceive opponents and score points.</p> <p><b>Target</b></p> <ul style="list-style-type: none"> <li>• Know that speed and power applied when hitting/throwing a ball will need to change depending on the target distance.</li> <li>• Know the importance of quick reactions (dodgeball).</li> <li>• Know the concept of the game of golf, the basic rules of the game, and some key phrases (golf).</li> <li>• Know which skills to choose in game situations.</li> <li>• Know when to change the pace of the ball depending on the target distance.</li> <li>• Know when to apply tactics and strategies into games to try win</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Know that there is a range of throwing actions, e.g., push, pull, sling, using different equipment.</li> <li>• Know when to apply appropriate pace judgment for the running distance to be covered.</li> <li>• Know when to apply the appropriate throwing and jumping technique to achieve maximum distance and height.</li> </ul> <p><b>Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>• Know that taking up positions in a game will impact a team's success.</li> <li>• Know what is needed to score more runs.</li> <li>• Know when tactics will help the situation and outwit the opponents.</li> </ul>	<p><b>Target</b></p> <ul style="list-style-type: none"> <li>• Know that speed and power applied when hitting/throwing a ball will need to change depending on the target distance.</li> <li>• Know the importance of quick reactions (dodgeball).</li> <li>• Know the concept of the game of golf, the basic rules of the game, and some key phrases (golf).</li> <li>• Know which skills to choose in game situations.</li> <li>• Know when to change the pace of the ball depending on the target distance.</li> <li>• Know when to apply tactics and strategies into games to try win</li> </ul> <p><b>Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>• Know that taking up positions in a game will impact a team's success.</li> <li>• Know what is needed to score more runs.</li> <li>• Know when tactics will help the situation and outwit the opponents.</li> </ul>
<p><b>Procedural</b></p> <p><b>Invasion</b></p> <ul style="list-style-type: none"> <li>• Know how to keep good control when performing skills at speed.</li> <li>• Know how to perform skills (e.g., passing) with accuracy, confidence, and control, and increasing speed.</li> <li>• Know how to confidently change speed and direction to get away from a defender.</li> <li>• Know how to keep possession of the ball when faced with opponents.</li> <li>• Know how to combine and perform skills with control, adapting them to meet the needs of the situation.</li> <li>• Know how to work effectively as part of a team.</li> <li>• Know how to participate in competitive games, modified where appropriate</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Know how to run, jump, catch and throw in isolation and combination.</li> <li>• Know how to combine and perform skills with control.</li> <li>• Know how to apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</li> <li>• Know how to choose the appropriate speed to run at for the distance to be covered.</li> </ul> <p><b>Striking and Fielding</b></p> <ul style="list-style-type: none"> <li>• Know how to bowl overarm (increasing accuracy, speed, and distance).</li> </ul>	<p><b>Target Games</b></p> <ul style="list-style-type: none"> <li>• Know how to throw the ball in different ways, showing good accuracy, pace and consistently.</li> <li>• Know how to catch a ball at different heights and speeds.</li> <li>• Know how to take part in competitive games, working together as a team, following rules, and playing fairly.</li> <li>• Know how to move quickly and use different ways to dodge the ball – jump, skip, jockey, gallop (dodgeball).</li> <li>• Know how to play a drive shot (golf).</li> <li>• Know how to putt accurately (golf).</li> </ul>

