CAPTAIN WEBB PRIMARY SCHOOL

PE Curriculum – Key knowledge and skills

EYFS			K	KS 1		KS2				
Range 4 <mark>Multiskills</mark>	Range 5 Multiskills	Range 6 Multiskills	Year 1 Multiskills	Year 2 Football	Year 3 Tag Rugby	Year 4 Football	Year 5 Tag Rugby	Year 6 Football		
					n games		1			
Running	Running	Running I know that I	•	Dribbling	Running with the ball	Dribbling	Running with the ball	Dribbling		
I know that using	I know I need to look up	I know that I need to change	I know that I need to stop, bend my	I know that I need to dribble	Jan I know that	I know that I can use different parts	l know that	I know that dribbling in different directions		
the whole	when I am	speed and	knees, and put my		running in		changing direction	can make it harder for		
of my foot	running in	direction to	hands in the	close to my feet.	different	dribble.	and speed whilst	the defenders to		
will help	different	avoid	correct position to		directions can		running with the	tackle me		
me run on	directions.	obstacles.	keep my balance.	ball with some	make it harder for	the ball and turn in		I can dribble with the		
different surfaces.	I can run with spatial	I can take part in an obstacle	I can keep balance whilst changing	control.	the defenders to tackle me.	different directions.	defenders to tackle	ball in different directions with some		
I can begin	awareness	race.	direction.		I can hold the ball		me.	accuracy.		
to run on	and negotiate				with two hands in		I can hold the ball			
different	space				front of my chest		with two hands in			
surfaces.	successfully.				when running		front of my chest			
	I know that				with the ball		when changing direction and			
	changing my						speed.			
	speed and			Passing	Passing	Passing		Passing		
	direction will			I know that using	I know that I	I know that using	I know that I need	I know that using		
	help me			the inside of my	need to pass the	the inside of my	to pass the rugby	different parts of the		
	avoid obstacles.			foot will make it	rugby ball by	foot will make it	ball by moving my	foot to pass the ball		
	I can run at			easier to pass the football.	moving my arms across my body	easier to pass and control the	arms across my body parallel to the	will help in different situations.		
	speed and			I can use the	parallel to the	football.	floor and point	I can use the inside		
	avoid			inside of my foot	floor and point	I can use the inside	fingers to chest of	and the outside of		
	obstacles.			to pass the ball	fingers to chest of	of my foot to	target to release	both of my feet to		
	T I . 0			towards a target.	target to release	control and pass	the pass.	control and pass the		
Throwing &	Throwing & Catching	Throwing &	Throwing &		the pass. I can pass the	the ball with some	I can pass the rugby ball	ball over varied distances.		
Catching I know that		Catching I know that I	Catching I know that when		rugby ball	accuracy.	backwards/laterally	aistances.		
I throw	need to throw	use two hands	throwing		backwards to a		to a teammate.	I know that crossing		
using my	the ball from	to catch and	underarm, I swing		teammate.			the football can		
hands.	above my	throw the ball.	towards the		I know I need to		I know that attacking space	improve the chances		
I can throw a ball with	head. I can grasp	I can show	target.		I know I need to move into space		with the ball makes	for my team to score. I can cross the		
increasing	and release	control by throwing and	I can throw a beanbag underarm		to make passing		it easier to score a	football towards a		
force.	with two	catching a ball	towards a target.		easier.		try.	teammate with some		
	hands to	to myself and			I can pass the		I can run into space	accuracy.		
I know that	-	a partner.	I know that I		rugby ball with		with the ball and			
I throw	ball.		transfer my		some accuracy		look for my team mates to pass it to.			
using my hands	I know that I		weight from the back foot to the	She estimat	Tagging	Shooting	Tagging	Shooting		
	need to have		front as I throw.	Shooting I know that I	I know that	I know that I take	I know that moving			
to show a	both my hands		I can throw a	need to lean	grabbing their tag	a long back lift but	sideways to defend	of my foot makes		
	ready to catch the ball.		small ball	forwards and	can stop the	a short follow	without creating gaps makes it	contact with the side		
for a dominant	I can grasp		underarm towards	strike the football	opposing attacker from moving.	through as I shoot	easier to grab an	of the ball to create a swerve shot.		
hand when	with two		a target.	with my laces. I can hit the	I can stop an	the football. I can hit the target	opponent's tag.	I can shoot past a		
throwing	hands to			target with some	attacking player	with most of my	I can prevent a try	defender by using the		
_	catch a large			of my shots by	by grabbing their	shots using the	and turnover the	swerve technique.		
I know that	ball.			using the instep	tag.	instep drive	ball by acquiring 6 tags as a team.	.		
I use two hands to				drive technique.	I know that	technique.	tugs us a team.	I know that volleying is when you hit the		
catch a				Dribbling and	running in		I know that	ball in the air before		
ball.				shooting	different		running in different	it bounces.		
I can catch				I know to keep	directions makes		directions makes it	I can hit the target		
a large ball				the ball close to	it harder for the		harder for the	with some of my		
and use my chest to				my feet when	defender to tag me.		defender to tag me. I can avoid getting	volley shots.		
chest to trap it.				dribbling and this	I can avoid		tagged by dodging			
				will help me aim my shot.	getting tagged by		players and then			
			Kicking	I can dribble the	dodging players.		ground the ball to			
Kicking	Kicking	Kicking	I know that	ball and shoot			score a try.			
	I know that I	I know that	stopping the	the ball towards						
I kick a ball with	kick a ball with my foot.	the harder I	football will make	a target.						
my foot.	I can show a	kick the ball	it easier to pass the ball.	Passing and		Passing and				
I can kick a		the further it will go.	I can kick the ball			Passing and shooting				
ball with	a dominant	will go. I can kick a	and stop it by	I know that I		I know that when I				
either foot.	foot when	football from	putting my foot	need to move		have passed the				
I know that	kicking.	different	on top.	when I have		ball I need to move				
I know that I kick a		distances		passed the ball. I can pass the		into space to				
		towards my		l can pass the ball receive it		receive it again. I can pass the ball				
ball with		nartner		Dull receive IL						
ball with my foot. I can begin		partner.		back and shoot		with some				

to show a]
preference for a dominant foot when kicking.				Tackling I know that I need to close down my opponent quickly and monitor space around me to make tackling easier. I can block tackle my opponent.		Tackling I know that I need to have my arms slightly out to jockey my opponent and keep my eye on the ball to make tackling easier. I can block tackle my opponent and win
	I know how to use throwing and catching in a team game.	I know how to use dribbling, passing and shooting in a team game.	I know how to use passing, dodging, moving into space, and tagging in a	Performance I know how to use tackling, passing	intercepting, passing, moving into space,	back the ball for my team. Performance I know how to use marking, intercepting, passing, moving into space, shooting,
	skills to play a team game.	combination of skills to take part in an intra sport competition.	I can use a combination of skills to take part in an intra sport	I can use a combination of skills to take part in an intra sport competition.	positional	positional awareness and crossing in a team game. I can use a combination of skills to take part in an intra sport competition.
					•	
			Year 3 - Netball I know one way to pass the netball I can use a chest pass to pass the ball to a team mate.	Year 4 - Handball I know some techniques to pass the handball I can throw the ball to a target using either an	Year 5 - Netball I know the three main passes in netball and the footwork rules in netball. I can control the ball using accurate footwork, change direction and then	Year 6 - Handball I know a variety of techniques to pass the ball to a team mate I can pass the ball to a team mate over a range of distances
			I know some techniques used to pass the ball I can use a chest pass, bounce pass or an overhead pass to pass the	overhead pass or a bounce pass with accuracy. I know I need to move into space to make passing easier. I can pass the ball	pass the ball over a range of distances using a chest pass, bounce pass and a shoulder pass. I know a range of shooting techniques that will	using an overhead pass and a bounce pass with accuracy. I know I need to move into space to make passing and shooting easier. I can pass the ball
			ball to a team mate. I know the footwork rules in netball. I can catch the ball and use the	using an overhead pass or a bounce pass and then move into space to receive it back. I know I need to move into space to	help me shoot the ball with accuracy. I can shoot the ball by pushing the ball towards the net with accuracy. I know some	using an overhead pass and a bounce
			pivot technique to change direction and pass the ball to a team mate. I know some techniques on	make passing easier. I can pass the ball using an overhead pass or a bounce pass and then	different positions in netball. I can play in a position and follow the rules of that position.	I know some techniques to help me defend. I can use my arms to try and block the ball when a pass or shot is
			how to defend I can mark an attacking player and try to intercept the ball. I know the correct	move into space to receive it back. I can shoot the ball with some accuracy. I know some	I know how to defend using taught techniques. I can mark a player and intercept the ball successfully.	made by the opposing team. I know that dribbling with the ball in different directions makes it harder for
			technique to shoot the ball in	techniques to help me shoot the ball	I know the	the defenders to gain possession of the ball.

					I can shoot the ball by pushing the ball towards the net. I know how to attack and defend using some techniques used in netball. I can use a combination of attacking and defensive skills in a game with some accuracy (marking, passing shooting and catching).	ball. I can dribble by bouncing the ball and move in different directions with some accuracy. I know how to attack and defend using some techniques used in handball. I can use a combination of	in a game of netball. I can play in a variety of positions and follow the rules for that position I know how to attack and defend using most of the techniques taught. I can use a combination of attacking and defensive skills in a game with accuracy. (marking, intercepting, passing, moving into space, shooting, positional awareness and catching)	bouncing the ball and travel in different directions with accuracy. I know how to attack and defend using a variety of techniques. I can use a combination of attacking and defensive skills in a game with accuracy. I know how to attack and defend using a variety of techniques. I can use a combination of attacking and defensive skills in a game with accuracy. (marking, intercepting, passing, dribbling, moving into space, shooting, positional awareness and catching)
Kick	Hands	Control	Change direction	Voca l Kick	<mark>bulary</mark> Different	Overhead	Speed	Overhead
Foot Dominant Throw	Catch Grasp Large ball Release Throw Changing Speed	Throwing Catching Kicking Distances Avoid Chasing Racing Speed Change Obstacles Different Partner	Stop Catching position Bend knees Spatial awareness Skills Bend knees Spatial awareness Underarm Opposite Target Concentrate Accuracy Skills Opposite Target Concentrate Accuracy Target Concentrate Accuracy Together Catch Throw Challenge Skills Opposite Apply Skills Opposite Concentrate	dribble Control Skills Attacking Tactic Instep Push Kick Receive Pass Accuracy Control Shoot Weak foot Control Laces Ball Close Dribbling Aim Shot Target Shoot Power Aim Accurately Score Dribbling Passing Shooting Accuracy Combination Team	Feet Dribble Control Directions Techniques Pass Control Accuracy Shoot Target Accuracy Space Receive Pass Accuracy Shoot Power Accuracy Over Leaning Maintain possession Pressure Dribbling passing Shoot Accuracy Attacking Defensive Tactic Communication Aiming Teamwork	Bounce Pass Target Throw Catch Twist Step forward Jump Opposite Two hands Overhead Bounce Pass Target Throw Catch Twist Step forward Jump Opposite Two hands Shoot Accuracy Target Throw Overhead Bounce Coordination Passing Laterally Dribbling Bouncing Directions Accuracy Combination Attack Defend Techniques	Directions Increasing Different dribble Control Techniques Inside Varied Intercept Distance Receive Skills Attacking Defensive Dribble Defender Shoot Accuracy Technique Maintain Shoot Weak foot Control Laces No bounce Technique Volleying Combination Maintain Possession Pass Dribble Shoot Weak foot Control Laces No bounce Technique Volleying Combination Maintain Possession Pass Dribble Shoot Weak foot Control Penetrate Apply Pressure Skills	Bounce Pass Target Throw Catch Twist Step forward Jump Opposite Two hands Space Passing Shooting Accuracy Techniques Defend Block Pass Shot Opposing Technique Dribbling Bouncing Directions Accuracy Combination Attacking Defensive Accuracy variety Combination Attacking Defending Variety Techniques Accuracy

			Static	
			Tactic	
			Attacker	
			Defender	