

CAPTAIN WEBB PRIMARY SCHOOL
PE Curriculum – Key knowledge and skills

EYFS			KS1		KS2			
Range 4 Multiskills	Range 5 Multiskills	Range 6 Multiskills	Year 1 Boccia	Year 2 Tri Golf	Year 3 New Age Kurling	Year 4 Archery	Year 5 Tri Golf	Year 6 Archery
Target Games								
I know that I use my hands to throw. I can begin to show a preference for a dominant hand.	I know that you use one hand to throw a beanbag. I can grasp and release to throw a beanbag.	I know that you can use one hand or two hands to push an object. I can show control over an object by pushing it. I know that throwing with one hand will improve my accuracy. I can show control over an object by throwing it.		Safety (ongoing) I know that I must stay behind the safety line until the teacher allows me to collect the balls. I can follow rules and stay safe whilst performing Grip I know that you hold a golf club with the lead hand on the top and the trail hand underneath. I can hold the golf club correctly and attempt to hit the ball with a putter. Stance I know my feet need to be shoulder width apart. I can stand correctly and attempt to hit the ball with a putter. Swing I know that for a smooth swing I need to swing my putter forwards and backwards at the same distance. I can swing the putter smoothly and hit the ball. Distance I know that swinging the putter further back will increase the distance. I can hit the ball into the half hoop from 2 different distances. Direction I know the head of the putter should face directly towards		Safety (ongoing) I know that I must stay behind the safety line until the teacher allows me to collect the arrows. I can follow rules and stay safe whilst performing Grip I know that I pull the string back with my dominant hand and hold the bow with my other hand. I can hold the bow and arrow with some stability whilst performing. Stance I know that standing 'side-on' to the target will help me aim. I can get into the T stance, hold the bow and arrow and release it with some stability. Distance I know the higher I aim the further the arrow will go. I can control the distance of my arrow by landing 1 out of 3 arrows into a zone. Direction I know that keeping my elbow up high will help me pull the string	Safety (ongoing) I know that I must stay behind the safety line until the teacher allows me to collect the balls. I can follow rules and stay safe whilst performing Grip I know that you hold a golf club with the lead hand on the top and the trail hand underneath and with feet shoulder width apart. I can hold the golf club correctly and hit the ball with a putter and a chipper. Stance I know my feet need to be shoulder width apart, with the weight on the balls of the feet I can stand correctly with the ball in line with the centre of my feet and hit the ball with a putter and a chipper. Swing I know that I need to swing the putter and chipper forwards and backwards at the same distance and same speed. I can swing the putter and the chipper smoothly and hit the ball with both clubs. Distance I know that swinging the putter and the chipper further back will increase the distance of the ball. I can land a ball in each of the 3 zones. Direction I know the head of the putter and the chipper should face directly towards the	Safety (ongoing) I know that I must stay behind the safety line until the teacher allows me to collect the arrows. I can follow rules and stay safe whilst performing Grip I know that the bow should rest in the pocket of my non dominant hand I can hold the bow and arrow with stability whilst performing. Stance I know that I need to stand side on, and my feet need to be shoulder width apart to help me aim. I can get into the T stance, correctly hold the bow and arrow and release it with stability. Distance I know the higher I aim and the further I pull the string back the further the arrow will go. I can control the distance of my arrow by landing 2 out of 3 arrows into different zones. Direction I know that keeping my elbow up high will help me pull the string back further.

Hands Preference Dominant	One hand Throw Beanbag Grasp release	one hand two hands push object. control throwing improve accuracy.	underarm overarm roll technique force throwing rolling shot placement target closest accuracy strategy score points team rules tactics skills compete win	Safety Rules Performing Lead hand Trail hand Attempt Putter Shoulder width Stance Swing Smoothly Forwards Backwards Same Distance Distance Putter Further Increase Towards Target Head Face Direction Performance Skills Intra Competition	stones target towards accurate power stones towards accurate power remove opponent stones target accurate power remove opponent power remove opponent rules tactics skills compete win stone deliver performance	Safety Bow Arrows Arm braces Double sided target Balance Technique Control T stance Position Strength Load Draw Aim fire Balance Technique Control T stance Position Strength Load Draw Aim fire performance accuracy stance grip	Safety Performing Rules Grip Putter Chipper Lead hand Trail hand Stance Feet Shoulder width Weight In line Centre Swing Smoothly Distance Speed Distance Further Increase Land Zones Direction Head Directly Target Land Shots Fairway Performance Combination Intra Competition Accuracy Rules	Bow Arrows Arm braces Double sided target Balance Technique Control T stance Position Strength Load Draw Aim fire Balance Technique Control T stance Position Strength Load Draw Aim fire performance accuracy stance grip
---------------------------------	--	---	--	--	---	---	--	---