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

the target can hit 1 out of 3 shots into the half hoop.

Performance

I know some of the rules that part in an intra competition. can use a combination of tri golf skills to take part in an intra competition.

Delivering

I know the 3 different ways you can deliver the boccia I can roll or throw the boccia underarm/overarm into the scoring zone.

Direction

I know that I need to aim my boccia before throwing it. I can throw/propel my boccia ball into the target zone.

Power

I know that I need to adjust the pace of my next throw if I miss the target. I can throw the boccia so that it hits the target one with 1 out of 2 turns

Tactics

I know that I need to aim my boccia before throwing it. I can throw the boccia so that it hits my opponent's boccia and removes it.

I know that the closest boccia to the jack wins. I can land my boccia next to the ack

Performance

I know some of the rules that can help me take part in an intra competition. I can use a combination of Boccia skills to take part in an ntra competition.

can help me take

Delivering

[know the 4 different ways you can deliver the stone. I can deliver the stone onto the target by pushing or bowling it.

Direction

I know that I need to aim my stone before delivering it. l can deliver my stone between a gate.

Power

I know that I need to aim my stone before delivering it with accuracy and power. I can aim the stone so that it hits at least 6 out of 10 skittles down.

Tactics

I know that I need to aim my stone before delivering it with the right amount of power I can nudge a stone into a scoring position.

I know that I need to aim my stone before delivering it with some accuracy and some power. can deliver the stone so that it hits my opponent's stone and removes it.

Performance

I know some of the rules that can help me take part in an intra competition. I can use a combination of New Age Kurling skills to take part in an intra ompetition.

back further. arget can score with at can land 2 out of 3 least 1 out of 3 shots on the fairway. arrows.

Performance Performance

I know some of I know all the rules the rules that can that can help me help me take part take part in an intra in an intra competition. competition. can use a combination of tri I can use a combination of golf skills to take archery skills to part in an intra take part in an competition with intra competition accuracy. with some accuracy.

Performance

arrows.

I know all the rules that can help me take part in an intra competition. I can use a combination of archery skills to take part in an intra competition with accuracy.

can score with at

east 2 out of 3

Vocabulary

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