**Stoke Hill Federation PE Curriculum by Terms 2019 -**

**Year 3 Autumn Term**

1. Basketball 2. Football

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| **Vocabulary** | **Skills** |
| Basketball  Contact – holding, pushing, tripping or charging another player.  Dribble – bouncing the ball with one hand whilst walking or running.  Passes – chest, bounce, overhead, baseball passes are when the ball travels from one player to another.  Basket – a net fixed on a hoop used as the goal. It is also the name given to the score awarded for putting the ball through the hoop, usually worth 2 points  Shooting – attempting to throw the ball into the basket.  Football  Advantage – a rule may have been broken, but the referee continues playing because the team has the ball.  Final Whistle – a whistle that is blown to show the end of the game.  Goal – when the ball crosses the goal line.  Half time – a break for the players between the two halves.  Throw In – a player uses their hands to get the ball back in play after it has gone off of the pitch. | Vary skills, actions and ideas and link these in ways that suit the games activity.  Uses skills with co-ordination and control. |

**Year 3 Spring Term**

1. Dance 2. Swimming

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| **Vocabulary** | **Skills** |
| Dance  Motif – A short series of actions that are repeated in various parts of a dance composition.  Canon – Where a group of people perform the same routine but at different times.  Unison – Where a group of people perform the same routine at the same time.  Trigger – Where another person, part of the music or a cue us used to start a dance move.  Perform – present to an audience  Swimming  Float – rest or move near the surface of water without sinking/a device used to stop you sinking  Backstroke – a swimming stroke that you do on your back.  Breaststroke – a stroke where you move your legs like a frog.  Freestyle (front crawl) – the fastest stroke  Flutter Kick - the leg movement used in freestyle and backstroke | Beginning to improvise with a partner to create a simple dance.  Beginning to compare and adapt movements and motifs to create a larger sequence.  Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke. |

**Year 3 Summer Term**

1. Cricket 2. Athletics

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| **Vocabulary** | **Skills** |
| Cricket  Bat – used by the batter to hit the ball or defend the wicket.  Batter – a player who uses the bat to hit the ball and score runs.  Bowler – the name of the player who delivers the ball to the batter.  Non Striker – the batsman waiting at the bowlers end.  Over – the six balls bowled by the bowler.  Athletics  Athlete – a person who is skilled in track and field events  False start – failed start of a race, usually caused by a runner moving forward before the starting gun is fired  Lane – each of a number of parallel strips marked on a running track for athletes to run along  Lap – one circuit of, or one time around, a running track.  Sprint - a short, fast race run over a distance of 400 metres or less.  Baton – a short stick or tube passed from runner to runner in a relay race | Uses skills with co-ordination and control.  Beginning to run at speeds appropriate for the distance. |

**Year 4 Autumn Term**

1. High 5s 2. Tag Rugby

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| **Vocabulary** | **Skills** |
| High 5s  Centre Pass – the first passing movement which begins and restarts play following a goal.  Free Pass - is awarded to the opposing team for an incurred penalty.  Held Ball - refers to holding the ball for longer than you are allowed to.  Landing Foot - is the first foot to be grounded after catching the ball.  Umpire – the person who is in charge of the game, usually there are two.  Tag Rugby  Knock-on – the ball is dropped forward.  Pass – moving the ball from one player to another, backwards.  Support – being close to a player on your team to receive the pass from them.  Tag – pulling the band from your opponent.  Try – touching the ball down over the goal line to score for your team | Vary skills, actions and ideas and link these in ways that suit the games activity.  Uses skills with co-ordination, control and fluency. |

**Year 4 Spring Term**

1. Dance 2. Hockey

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| **Vocabulary** | **Skills** |
| Dance  Choreography – the way a dance is structured.  Contemporary Dance - a style of dance which focuses on experimentation and creativity  Dynamics – how a movement is performed  Improvisation – creating a dance movement without any planning.  Phrase – 2 or more movements often using an 8 count to music.  Hockey  Dribble - run while controlling the ball with the stick  Push – move the ball along the ground with a pushing movement of the stick  Attacker – a player who plays in the forward zone and tries to score goals  Defender – a player whose main aim is to prevent the other team from scoring  Centre pass – a pass from the centre of the field used to start or restart the game | Confidently improvises with a partner or on their own.  Beginning to create longer dance sequences in a larger group.  Beginning to vary dynamics and develop actions and motifs. |

**Year 4 Summer Term**

1. Cricket 2. Athletics

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| **Vocabulary** | **Skills** |
| Cricket  Bails – two small pieces that rest on the top of the stumps.  Bowling Crease – the line where the bowler delivers the ball from.  Batting Crease – the line that the batter stands at waiting for the ball to be delivered.  Run Out – a way of getting the batter out when the ball hits the stumps when the batter is out of their crease.  Stumps – three sticks at each end of the pitch.  Athletics  Long Jump – an event in which competitors jump as far as possible along the ground in one leap  Marathon – a long-distance running race of 26 miles and 385 yards  Record – the best performance in a sporting event that has been officially measured and noted.  Relay - race between teams of runners in which each team member in turn covers part of the total distance.  Hurdles – upright frames, normally placed in a series, that athletes jump over | Beginning to build a variety of running techniques and use with confidence.  Can perform a running jump with more than one component. |

**Year 5 Autumn Term**

1. Basketball 2. Tag Rugby

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| **Vocabulary** | **Skills** |
| Basketball  Double Dribble – dribbling the ball again after it has been held in one or both hands.  Field Goal – counts as 2 points when the ball goes into the basket from live play.  Guarding – defending or covering another player.  Pivot – keeping one foot in contact with the ground, whilst moving the other foot.  Travelling – jumping or walking with the ball, without bouncing it.  Tag Rugby  Ball carrier – is a member of the attacking team who has the possession of the ball.  Contact – the touching or collision of bodies whether deliberate or accidental  Touch- area outside the two touch lines  Tackle – stop a player from running with the ball  Attack – move the ball forwards in order to score | Vary skills, actions and ideas and link these in ways that suit the games activity.  Uses skills with co-ordination and control. |

**Year 5 Spring Term**

1. Gymnastics 2. Swimming

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| **Vocabulary** | **Skills** |
| Gymnastics  Apparatus - equipment, such as horizontal bars, trampolines or the balls and ribbons used in rhythmic gymnastics  Balance – the ability to keep your body steady and upright  Handstand – a position with your hands on the ground while your body and legs are upright in the air  Landing – the last part of a dismount when your feet hit the ground  Twist - a movement in which part of the body, or the whole body, turns round  Swimming  Butterfly -a difficult stroke mostly used by competitive swimmers. Rotate both arms forward and use the dolphin kick.  Survival skills – a technique of swim- float- swim that enables a swimmer to float and breathe long enough to get to safety.  Rescue – to help someone get to safety.  Lap - the distance from one end of a swimming pool to the other.  Medley - a race that includes one or more laps in each of four swimming styles. | Uses turns whilst travelling in a variety of ways.  Beginning to show flexibility in movements.  Swims competently, confidently and proficiently over a distance of at least 25 metres  Uses a range of strokes effectively e.g. front crawl, backstroke and breaststroke. |

**Year 5 Summer Term**

1. Cricket 2. Athletics

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| **Vocabulary** | **Skills** |
| Cricket  Boundary – the outer limit of the pitch  Call – a shout by the batter to decide whether to run.  Duck – a score of zero by the batter.  Maiden – an over where no runs are scored.  Run – a way of scoring in the game  Athletics  Bell Lap – the final lap in a distance race, signalled by the ringing of a bell  Heptathlon – a women's athletic competition combining 7 track and field events  Javelin – a lightweight, spear-like object  Steeplechase - a running race in which competitors must clear hurdles and water jumps  High jump- competitors jump over a bar that is raised until only one competitor can jump over it. | Uses skills with co-ordination, control and fluency.  Can perform a running jump with more than one component.  Beginning to record peers performances, and evaluate these.  Demonstrates accuracy and confidence in throwing and catching activities. |

**Year 6 Autumn Term**

1. High 5s 2. Tennis

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| **Vocabulary** | **Skills** |
| High 5s  Positions – Centre, Goal Defence, Goal Keeper, Goal Attack, Goal Scorer, Wing Defence, Wing Attack  Goal Circle – refers to the semicircle marking the shooting area at each end of the court.  Feint Pass – Aiming a ball pass in one direction and then releasing it into a completely different area.  Odds and Evens – used to keep score in netball.  Offside - keeps each member of the team inside their designated area  Tennis  Fault – a serve which hits the net and / or lands outside the service box  Half-volley – a shot hit just as the ball bounces  Love – a score of zero points in a game or zero games in a set  Rally – the exchange of shots between players. A rally starts when the receiver returns serve and ends when the point is won  Smash – an overhead shot hit very hard, usually before the ball has bounced | Consistently uses skills with co-ordination, control and fluency.  Takes part in competitive games with a strong understanding of tactics and composition. |

**Year 6 Spring Term**

1. Gymnastics 2. Hockey

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| **Vocabulary** | **Skills** |
| Gymnastics  Acrobatic – involving highly-skilled balancing, jumping, somersaulting  Dismount – the act of jumping off an apparatus like the uneven bars at the end of a routine  Flexibility- the ability to move joints through a full range of movement.  Springboard – a strong board used in gymnastics and diving that helps you jump higher than usual  Vault - to perform an acrobatic jump over a vaulting horse or a vaulting platform  Hockey  Penalty Corner – free hit taken from a point on the back line  Penalty Stroke - free shot taken from a spot 7 yards directly in front of the goalmouth  Shooting Circle - semicircle around each goalmouth from within which all goals must be scored  Obstruction – shielding the ball from an opponent with their body or stick.  Hit – contact the ball with a swinging stick in order to pass or shoot. | Develops strength, technique and flexibility throughout performances.  Creates sequences using various body shapes and equipment.  Combines equipment with movement to create sequences. |

**Year 6 Summer Term**

1. Cricket 2. Athletics 3. Rounders

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| **Vocabulary** | **Skills** |
| Cricket  Ashes – a small wooden urn played for by England and Australia.  Bye – a run scored when the ball doesn’t hit the bat.  Full Toss – a ball that reaches the batter without bouncing.  Hit Wicket – the way a batter is out if they hit their stumps.  Innings – the length of time a team bats for.  Athletics  Discus – a heavy, thick-centred disk  Decathlon – a men's athletic competition combining 10 track and field events  Hammer – a 16-pound metal ball attached to a wire for throwing in an athletic contest  Starting Blocks – small rigid blocks for bracing a runner's feet at the start of a race  Triple Jump – an event in which competitors leap as far as possible by performing a hop, a step and a jump  Rounders  Batting Square – the area where all hits are made  Bowling Square – the area where the bowler delivers the ball from.  Half Rounder – this is scored when the batter runs around the pitch without having hit the ball.  Rounder – this is a score awarded to the batter when the batter reaches fourth base before the next ball is bowled, having hit the ball.  Side-out – there is no batter left and all batters are out. | Beginning to build a variety of running techniques and use with confidence.  Demonstrates accuracy and confidence in throwing and catching activities.  Takes part in competitive games with a strong understanding of tactics and composition. |

OAA will be covered each year through Forest School and in year 4 and 6 on residentials.

Skills to be taught:

* Develops strong listening skills.
* Uses simple maps.
* Beginning to think activities through and problem solve.
* Choose and apply strategies to solve problems with support.
* Discuss and work with others in a group.
* Demonstrates an understanding of how to stay safe.