

“As unique individuals, we do our best at work and play for the love of God and others.”



Sticky Skills: PE

Year 1 Key aim: To develop their ABC's (Agility, Balance, coordination)	Year 2 Key aim: to have mastered their ABC's (Agility, balance, coordination)
Gymnastics: To travel and move with control.	Gymnastics: To practice a sequence of gymnastic movements.
Dance: To change direction in time to a piece of music.	Dance: To create movements that shows rhythm and control.
Multi-skills: To travel in different ways with control.	Multi-skills: To travel in different ways, showing clear transitions between movements.
Ball Skills: To master basic sending and receiving skills.	Ball Skills: To receive a variety of objects.
Throwing and catching: To practice basic striking, sending and receiving.	Throwing and catching: To develop basic catching and throwing skills.
Athletics: To complete an obstacle course with control and agility.	Athletics: To use the correct technique for distance jumping.
Key Vocabulary	Key Vocabulary
Gymnastics: Travel, sequence, level, posture, tuck, pike, straight, straddle, roll, forward, direction	Gymnastics: balance, tension, points, patches, shoulder stand, shapes, travelling, balance, apparatus
Dance: rap, beat, gesture, perform	Dance: travel, movements, methods, beat, medieval, greetings, partner, independent, flow, performance
Multi-skills: balance, base, push, agility, co-ordination, accuracy, aim, target, rotate, technique, transition, fluency	Multi-skills: agility, balance, co-ordination, base, accuracy, timing, aim, guide, target, rotate, movement pattern, twist and turn, rock and roll, tuck, crab, skittles
Ball Skills: send, receive, underarm, overarm, travel, catch, balance, bounce, weight	Ball skills: send, receive, control, react, target, underarm throw, overarm throw, bounce press, dribble, trap, kick
Throwing and catching: throw, catch, strike, fielding, target, bat, racket, rounders, warm-up	Throwing and catching: underarm, bounce, sideways, cushion, overarm throw, circuit, Kwik cricket
Athletics: speed, take-off, landing, hopping, balance, mobility, underarm, overarm throw, jog, sprint, obstacle, relay	Athletics: direction, speed, balance, swing, power, hurdle, relaxed, obstacle, relay

Year 3	Year 4
Multi – skills: To travel whilst in control of an object.	Invaders: To dribble and pass a football with control.
Dance: To dance in time to a piece of music.	Dance: To practice and perform a line dance.
Gymnastics: To perform a sequence of gymnastic movements.	Gymnastics: To be able to perform gymnastic movements in unison and canon.
Ball Skills: To correctly perform the underarm throw.	Striking and Fielding: To strike the ball with the correct side of a cricket bat.
Throwing and catching: To throw overarm and underarm. To catch with two hands.	Ball Skills: To strike a tennis ball with a tennis racket using the correct forehand technique.
Athletics: To run a short distance with control.	Athletics: To perform a standing broad jump with control.
Key Vocabulary	Key Vocabulary
Multi-skills: balance, bounce, send, travel, control, dribble, concentrate, focus, utilise	Invaders: dribble, support play, attack and defence, attack and defence, passing, receiving, defending
Dance: direction, tempo, timing, pivot, performance, formation, canon, unison, confidence	Dance: line dancing, Charleston step, chasse, strut, rhythm, phrasing, improvise, dynamics, sequences, flexibility, stamina, muscular strength and endurance, emotion, motif, changing order, unison, canon, collaboration
Gymnastics: landing shapes, jumps, travelling, rolls and balance, teamwork, co-operation	Gymnastics: balance, tuck, straddle, pike, posture, tension, symmetry, asymmetry, counterbalance, canon, unison
Ball skills: awareness, tactics, defend, attack, position, movement, sending and receiving, handball dribble, underarm, overarm, technique, aim, follow, skills, accuracy, power	Striking and Fielding: underarm throw, overarm throw, wickets, stumps, receive, field, long barrier
Throwing and catching: accuracy, underarm throw, overarm throw, wickets, stumps, soft hands, target hands, defenders, striking, batting, bowling, fielding, safe zone, retrieve	Ball skills (Nimble nets): trap, send, receive, drop serve, forehand, backhand, rally, volley
Athletics: direction, overarm, underarm, take-off, landing, relay, changeover, technique, competition	Athletics: pace, distance, stride length, arm action, knee lift, javelin, position, direction, target, technique, pull, relay, handover, hurdles

Year 5	Year 6
Invaders: To pass and receive in netball.	Invaders: To throw and receive a rugby ball with control using the correct technique.
Dance: To perform Flamenco dance moves.	Dance: To create and perform a Flamenco dance.
Ball Skills (Nimble nets): To attempt to strike a tennis ball underarm and overarm with control.	Ball Skills (Nimble nets): To strike a tennis ball overarm, underarm and drop serve with control.
Striking and Fielding: To develop batting and bowling skills in cricket.	Striking and Fielding: To bat and bowl with control in cricket.
Gymnastics: To master performing gymnastic movements in unison and canon.	Gymnastics: To master and perform a range basic gymnastic movements.
Athletics: To develop running, throwing and jumping techniques.	Athletics: To run, throw and jump with control and using the correct techniques.
Key Vocabulary	Key Vocabulary
Invaders: footwork, land, step, pivot, pass, receive, chest pass, overhead pass, shoulder pass, bounce pass, dodging, non-contact, marking, signal, intercepting, variation, motif, canon, High-5 Netball, goal shooter (GS), goal attack (GA), centre (C), goal defence (GD), goal keeper (GK)	Invaders: tag, hop, skip, forfeit, try, dodging, handover
Dance: Flamenco dancing, lotus, prayer, back point step, posture, balance, control, fluency, rhythm, phrasing, improvise, dynamics, sequence, endurance, emotion, expression, motif, timing, unison, canon,	Dance: Flamenco, canon, unison, mirror, match, pose, routine, choreograph, fluency
Ball skills (Nimble nets): forehand, backhand, drop serve, volley, rally, overhead serve, scoring	Ball skills (Nimble nets): racket, court, net, rally, ready position, serve, high, low, short, long, overhead, opponent, back line, contact, pressure, disguise, outwit, doubles, target, aim
Striking and Fielding: wickets, Kwik cricket, overarm, underarm	Striking and Fielding: underarm throw, long barrier, Scatterball, backstop
Gymnastics: star, dish, arch, symmetrical, asymmetrical, balance, shape, sequence, rotation, dynamic movement, rolling, bridging, counterbalance, tension, extend, push, pull, canon, unison, evaluate	Gymnastics: front and back support, symmetrical asymmetrical, balance, shape, sequence, rotation, dynamic movement, rolling, bridging, counterbalance, tension, extend, pull, push, canon, unison
Athletics: continuous, push technique, relay, baton, take off, landing, long jump, extend, distance control, carousel	Athletics: sprint start, standing start, javelin, position, direction, target, technique, distance, relay, position, pace, handover, positioning, take off, extend, control