



Hillcross Primary PE Curriculum

KS1

Common themes taught in each year group

A						
Year 1						
Topic	Autumn 1: A change over time	Autumn 2: Carnival of animals	Spring 1: A Step in Time	Spring 2: Very Victorian Values	Summer 1: Fe Fi Fo Fum	Summer 2: Whole School Topic
Sport Focus	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills
NC knowledge and understanding	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.
MSSP progression of skills.	<ul style="list-style-type: none"> Explore spatial awareness including basic agility, balance and coordination skills confidently and safely. 	<ul style="list-style-type: none"> Explore spatial awareness including basic agility, balance and coordination skills confidently and safely. 	<ul style="list-style-type: none"> Explore spatial awareness including basic agility, balance and coordination skills confidently and safely using the floor and a bench. Copy or create, remember and repeat short movement phrases linked to actions. 	<ul style="list-style-type: none"> Explore spatial awareness including basic agility, balance and coordination skills confidently and safely. Create and repeat a variety of short dances inspired by a range of stimuli Develop an awareness of different dances through a choice of themes. 	<ul style="list-style-type: none"> Explore spatial awareness including basic agility, balance and coordination skills confidently and safely. 	<ul style="list-style-type: none"> Explore spatial awareness including basic agility, balance and coordination skills confidently and safely.
Warm up to use	Lessons 1 & 5: Warm-up Lessons 2, 3, 4 & 6: Pulse raiser & muscle activation	Lessons 1, 2, 3, 5 & 6: Warm-up Lesson 4: Pulse raiser & muscle activation	All lessons: Pulse raiser & muscle activation	All lessons: Warm-up	Lesson 1: Lesson 2:	Lesson 1: Lesson 2:
PE Vocabulary	Space, movement, speed, direction, transition, body tension, characteristics, independent, collaboration, stability, base, core, warm-up, pulse raiser, muscle activator, cool-down	Space, movement, speed, direction, transition, body tension, characteristics, independent, collaboration, stability, base, core, sequence, link, control, counts, swing, warm-up, pulse raiser, muscle activator, cool-down	warm-up, pulse raiser, muscle activator, cool-down, quality, tension, raise, pointed, palms, horizontally, dish, arch, log roll, breakfast roll, tuck, lay, smooth, reflection, balance, transition, extension, control, stillness, focus, stable, take-off, landing backwards, downwards, forwards, upwards, push off, performance, enjoyment	warm-up, cool down, body parts, movement, twist, wiggle, shake, mirror, characteristics, stimuli, soft, strong, wobbly, jerky, performance, sequence, travel, upper body, lower body, sequence, representation, hands, feet, gentle, gesture, action, story, demonstrate, facial expression, character, stillness		



B

Year 1

Topic	Year 1					
Topic	Autumn 1: A change over time	Autumn 2: Carnival of animals	Spring 1: A Step in Time	Spring 2: Very Victorian Values	Summer 1: Fe Fi Fo Fum	Summer 2: Whole School Topic
Sport Focus	Games (Unit 1)	Games (Unit 2)	Games (Unit 3)	Athletics (Unit 1)	Athletics (Unit 2)	OAA
NC knowledge and understanding	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> To master basic movements including running, agility and coordination. To apply these in a range of activities. Participate in team games.
MSSP progression of skills.	<ul style="list-style-type: none"> To develop basic game-playing skills, in particular throwing and catching. Play games based on net games and striking and fielding games. To have an opportunity to play one against one, one against two and one against three. 	<ul style="list-style-type: none"> To develop basic game-playing skills, in particular throwing and catching. Play games based on net games and striking and fielding games. To have an opportunity to play one against one, one against two and one against three. 	<ul style="list-style-type: none"> To develop basic game-playing skills, in particular throwing and catching. Play games based on net games and striking and fielding games. To have an opportunity to play one against one, one against two and one against three. 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
Warm up to use	All Lessons: Warm up	All Lessons: Warm up	All Lessons: Warm up	Lesson 1: Lesson 2:	Lesson 1: Lesson 2:	Lesson 1: Lesson 2:
PE Vocabulary	roll, control, distance, direction, target, size, space, equipment, slide, stop, send back (return) target, target arm, swing, backswing, warm up, cool down, warm-up, cool-down	moving, control, space, catch, throw, over-arm, under-arm, communicate, bounce, retrieve, pass, rotation, position, fielder, warm-up, cool down	warm-up, cool-down, throw, target, swing, release, target, object, block, designated area, striking, back, tactic, follow through, connect, tactics, fielder, batsman, track ball, strike, technique, release, communication			



Hillcross Primary PE Curriculum

KS1

A

Year 2

Topic	Autumn 1: London Landmarks	Autumn 2: Hearts and Lanterns	Spring 1: Under the Sea	Spring 2: Disaster strikes	Summer 1: A journey to Discovery	Summer 2: Whole School Topic
Sport Focus	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills	Fundamental Movement Skills
NC knowledge and understanding	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns. 	<ul style="list-style-type: none"> Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.
MSSP progression of skills.	<ul style="list-style-type: none"> Explore, remember, repeat and link a range of actions with coordination and control. 	<ul style="list-style-type: none"> Create simple sequences using basic skills of 'unlike' actions on the floor and on apparatus. 	<ul style="list-style-type: none"> Compose and perform dance phrases and short dances that express and communicate moods, ideas and feelings. Work individually, in pairs, small groups and as a whole class. 	<ul style="list-style-type: none"> Create simple sequences using basic skills of 'unlike' actions on the floor and on apparatus. Incorporate basic skills to rhythms introducing hand apparatus 	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
Warm up to use	All Lessons: Warm-up	All Lessons: Pulse raiser & muscle activation	Lessons 1, 2 & 3: Warm-up Lessons 4, 5 & 6: Pulse raiser & muscle activation	Lessons 1, 4 & 5: Pulse raiser & muscle activation Lessons 2, 3 & 6: Warm-up		
PE Vocabulary	travelling, feeling, skipping, turn, still, space, head up, look, beats, warm-up, safety, level (high/low), speed, body tension, transition, sequence, reflection, pulse raiser, muscle activation, quality, shape, stable base, linking, spatial awareness, even spread of weight, cool-down	sequence, linking, leap, warm up, cool down, push straighten, extend/extension, swing, crouched, dance phrase, travelling, jumping, movements, transition, technique, balancing, equipment, demonstrate,	warm-up, cool-down, pulse raiser, muscle activation, heart rate, sequence, body, stretching, upper, mid, lower body, demonstrate, levels, movement, high, medium, low, motif, jump, turn, travel, neutral, awareness, control, speed, direction, hand-eye coordination, object control, fluid movement, tension, core, turned out, curve, extended, resting, supporting, take-off, landing, power	warm-up, cool-down, pulse raiser, muscle activation, motif, levels, decisions, encouragement, dance, demonstrate, actions, canon, still, position, beginning, perform, succession, beginning, middle, end, entrance, movement, sequence, straddle, upright, pointed, respect, kindless, listening, neutral, tension, canon, performing, sequence, staggered, techniques, transitions, progress, stretch,		



B

Year 2

Topic	Autumn 1: London Landmarks	Autumn 2: Hearts and Lanterns	Spring 1: Under the Sea	Spring 2: Disaster strikes	Summer 1: A journey to Discovery	Summer 2: Whole School Topic
Sport Focus	Games (Unit 1)	Games (Unit 2)	Games (Unit 3)	Athletics (Unit 1)	Athletics (Unit 2)	OAA
NC knowledge and understanding	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. To apply these in a range of activities, participate in team games, developing simple tactics for attacking and defending. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities. 	<ul style="list-style-type: none"> To master basic movements including running, agility and coordination. To apply these in a range of activities. Participate in team games.
MSSP progression of skills.	<ul style="list-style-type: none"> To develop basic game-playing skills, in particular throwing and catching. Play games based on net games and striking and fielding games To have an opportunity to play one against one, one against two and one against three. 	<ul style="list-style-type: none"> To develop and improve basic game-playing skills, in particular throwing and catching. Play games based on net games and striking and fielding games Play games that demand simple choices and decisions. 	<ul style="list-style-type: none"> To improve and apply basic skills in games. Play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points. 			
Warm up to use	All Lessons: Warm up	All Lessons: Warm up	All Lessons: Warm up	Lesson 1: Lesson 2:	Lesson 1: Lesson 2:	Lesson 1: Lesson 2:
PE Vocabulary	roll, accuracy, target, action, successful, improvement, control, throw, bounce, catch, kick, striking foot, non-striking foot, connect, pointing, follow through, leg, swing-through, step back passing, strike, target, catching, eyes on object, 'hands ready', warm-up, cool-down	rolling, target, bend, knees, non-rolling arm, under-arm, partner, communicate, collaborate, kick, non-kicking, swing, follow-through, connect, tactics, decision, away, trick, score, strike, distance, release, waist height, release, highest point, distance, power, receive, equal space, team, over-arm, warm-up, cool-down	warm-up, cool-down, roll, bend, communicate, underarm, overarm, target, accuracy, kicking foot, non-kicking foot, throwing arm, non-throwing arm, swing, connect, follow through, direction, decision, tactic, trick, area, space, release point, power, object, team, collaboration, communicate			



Hillcross Primary PE Curriculum

LKS2

A						
Year 3						
Topic	Autumn 1: Supermarket Sweep	Autumn 2: Rotten Romans	Spring 1: Settle Down	Spring 2: Secret Garden	Summer 1: Dig Deep	Summer 2: Whole School Topic
Sport Focus	Invasion games: Hockey	Dance (Unit 1)	Invasion games: Basketball	Net/Wall Games: Tennis	Gymnastics (Unit 2)	OAA
NC knowledge and understanding	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running and jumping in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate Take part in outdoor and adventurous activity challenges both individually and within a team
MSSP progression of skills.	<ul style="list-style-type: none"> Learn how to outwit their opponents and score when playing invasion games. Develop skills in finding and using space to keep the ball. Play with the same basic court set-up and rules using a range of equipment and skills, including throwing, catching, kicking and striking. 	<ul style="list-style-type: none"> Perform dances, focusing on creating, adapting and linking a range of dance actions. Begin to demonstrate an awareness of the expressive qualities of dance. Work individually, in pairs, small groups and as a whole class. Develop an awareness of the historical and cultural origins of different dances through a choice of themes. 	<ul style="list-style-type: none"> Learn how to outwit their opponents and score when playing invasion games. Develop skills in finding space and using space to keep the ball. Play with the same basic court set-up and rules, using a range of equipment and skills, (including throwing, catching, kicking and striking skills). 	<ul style="list-style-type: none"> Developing the skills they need for net games Develop these skills to make the game difficult for their opponent. Learn to direct the ball towards the target area and away from their opponent 	<ul style="list-style-type: none"> Continue to explore and improve gymnastic skills on the floor Use a variety of apparatus to develop the quality of their movements producing tension and extension. Work as an individual, with a partner and in a small group to create short action phases of linked actions and different movement concepts 	<ul style="list-style-type: none">
Warm up to use	All Lessons: Warm Up	All Lessons: Warm Up	All Lessons: Warm Up	All Lessons: Warm Up	All Lessons: Pulse raiser & muscle activator	Lesson 1: Lesson 2:
PE Vocabulary	bend, shunt, dribble, clockwise, control, benefits, glued, variation, distance, heart, blood flow, mentally prepared, circular motion, direction, improvement, techniques, push pass, receive, power, tackle, defender, pressure, team, communication, space, diagonally, intercept, communication, position, warm-up, cool-down	rhythm, beats, count, sequence, movement, link, movement, demonstrate, pattern, dynamic, speed, energy, flow, trunk, legs, style, rhythmic, sequence, motif, warm-up, cool-down	warm-up, cool-down, pivot, jump stop, pivot foot, turn, direction, technique, travel, bounce, jump, dribbling, technique, ready position, chest pass, elbows tucked, push, forwards, extend, shoot, target, shooter, teamwork, tactics, experiment, decision	striking, warm-up, cool-down, swing, side stance, forehand, backhand, contact, dominant, non-dominant, contact, shot, rally, feed, hit up, ready position, track, weakness, strength, bounces, opponent, equality, fairness		



B

Year 3

Topic	Autumn 1: A change over time	Autumn 2: Carnival of animals	Spring 1: A Step in Time	Spring 2: Very Victorian Values	Summer 1: Fe Fi Fo Fum	Summer 2: Whole School Topic
Sport Focus	Invasion games: Tag Rugby	Invasion games: Football	Gymnastics (Unit 1)	Dance (Unit 2)	Athletics (Unit 1)	Fielding & Striking Games: Cricket
NC knowledge and understanding	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running, jumping and throwing in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running, jumping and throwing in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Perform dances using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform using a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
MSSP progression of skills.	<ul style="list-style-type: none"> To learn how to successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling). To demonstrate these skills within a match scenario. 	<ul style="list-style-type: none"> To learn how to outwit their opponents and score when playing invasion games. To develop skills in finding and using space to keep the ball. To play with basic court set-up and rules, using a range of equipment and skills, including: throwing, catching, kicking and striking skills 	<ul style="list-style-type: none"> To continue to explore and improve gymnastic skills on the floor using a variety of apparatus. To develop the quality of movements to produce tension and extension. To work as an individual, with a partner and in a small group to create short action phases of linked actions To work as an individual, with a partner and in a small group to create short action phases of different movement concepts 	→ <i>(insert theme of choice from: https://mertonssp.org.uk/scheme/dance/).</i>	<ul style="list-style-type: none"> 	<ul style="list-style-type: none">
Warm up to use	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Pulse raiser & muscle activator	All Lessons:	All Lessons:	All Lessons:
PE Vocabulary	evasion, evade, direction, open space, quickly, pass, stance, target, lateral, sideways throwing, motion, positive, communicate, technique, warm-up, cool-down, attacking, defending, principles, goal, tactics, defence, chest, release, body, retrieve, demonstrate, key elements, running, passing, possession, utilise	space, dribble, soft touch, surfaces of foot, turning, travelling, control, direction, stop turn, outside hook, inside hook, inside, outside, sole, toes, laces, opponent, speed, vary, striking, lock ankle, centre, head, knee, outwit, technique, warm-up, cool-down, target, tackle, shoot, pass, teamwork, sportsmanship, strike	pulse raiser, muscle activation, transition, connection, fluidity, smoothness, high to low, low to high, quality of movement, extension (pointed fingers and toes), roll, tuck, face to face, side by side, mirroring, reflection, balance, body tension, stable base, focal point, stillness, technique, communication			



Hillcross Primary PE Curriculum

LKS2

A

Year 4

Topic	Autumn 1: Walk Like an Egyptian	Autumn 2: Journey over Europe	Spring 1: Battle Stations	Spring 2: Natural Disasters	Summer 1: Playing Cat and Mouse	Summer 2: Whole School Topic
Sport Focus	Invasion Games: Hockey	Dance (Unit 1)	Net/Wall Games: Tennis	Football/Swimming	Gymnastics (Unit 2)	OAA
NC knowledge and understanding	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running and jumping in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. Use running in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate. Take part in outdoor and adventurous activity challenges both individually and within a team.
MSSP progression of skills.	<ul style="list-style-type: none"> Learn simple attacking tactics using a range of equipment and skills. Start to think about how to organise themselves to defend their goal. Start by playing small, uneven-sided games. Play even-sided games. 	<ul style="list-style-type: none"> Focus on creating characters and narrative through movement and gesture. Gain inspiration from a range of stimuli. Use movement to explore and communicate ideas and issues, as well as their own feelings and thoughts. Work individually, in pairs, small groups and as a whole class. Develop an awareness of the historical and cultural origins of different dances through a choice of themes. 	<ul style="list-style-type: none"> Focus on developing the skills they need for net games and on how to use these skills to make the game difficult for their opponent. Learn to direct the ball towards the target area and away from their opponent 		<ul style="list-style-type: none"> Further develop key gymnastic skills and a variety of actions to create sequences on the floor and with apparatus. Introduced to forward roll, headstand and flight/vaulting. work as an individual, cooperatively with a partner and within a small group. Begin to demonstrate more quality and control within their actions and start to understand how they can improve 	
Warm up:	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Warm-up			
PE Vocabulary	dribbling, technique, dragging, warm-up, cool-down, grip, reverse stick, open stick, lock and key grip, push pass, slap pass, aim, accuracy, power, stationary, distance, direction, tactic, attacker, defender, confidence, performance,	warm-up, cool-down, dynamics, speed, flow, energy, freestyle, sequence, link, levels, direction, partner, unique, adapt, isolation, character, narrative, scale, (facial) expression, pose, stillness, gestures, demonstrate, formation,	warm-up, cool-down, forehand, dominant side, non-dominant, stance, contact, racquet, swing, target, follow-through,, direction, waist height, backhand, ready position, underarm, serve, bounce, tactic, opponent, over, net, return,			



			centre, awareness			
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Year 4						
Topic	Autumn 1: Walk Like an Egyptian	Autumn 2: Journey over Europe	Spring 1: Battle Stations	Spring 2: Natural Disasters	Summer 1: Playing Cat and Mouse	Summer 2: Whole School Topic
Sport Focus	Invasion Games: Tag Rugby	Invasion games: Netball	Gymnastics (Unit 1)	Dance (Unit 2)	Athletics (Unit 1)	Striking & Fielding Games: Rounders
NC knowledge and understanding	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best.
MSSP progression of skills.	<ul style="list-style-type: none"> Learn how to successfully and consistently demonstrate the four core skills of tag rugby Learn to do this both isolation and within a match scenario 	<ul style="list-style-type: none"> Develop movement and ball handling skills. Learn simple attacking tactics as part of a small team Consider how to organise themselves to defend their goal. Play with a basic court set-up and rules for High 5 Netball. 	<ul style="list-style-type: none"> Further develop key gymnastic skills and a variety of actions to create sequences on the floor and with apparatus. Introduced to forward roll, headstand and flight/vaulting. work as an individual, cooperatively with a partner and within a small group. Begin to demonstrate more quality and control within their actions and start to understand how they can improve 	<ul style="list-style-type: none"> Create characters and narrative through movement and gesture. Gain inspiration from a range of stimuli. Use movement to explore and communicate ideas and issues, as well as their own feelings and thoughts. Work individually, in pairs, small groups and as a whole class. Develop an awareness of the historical and cultural origins of different dances through a choice of themes. 		
Warm up to use	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Pulse raise & muscle activation	→ (insert theme of choice from: https://mertonssp.org.uk/scheme/dance/).		Lesson:
PE Vocabulary	warm-up, cool-down, open space, challenge, direction, speed, defend, attack, retrieve, pass, tactics, deposit, accurate, intercept, lateral pass, target,	chest pass, elbows to body, 'W', shoulder pass, step into pass, receive, technique, warm-up, cool-down, drill, consecutive, intercept, static, land,	pulse raiser, muscle activation, rhythm, travelling, formation, timing, canon, symmetry, headstand base, shoulder width, rock, tuck, draw heels, tension	dynamics, speed, energy, flow, warm-up, cool-down, observation, movement, accuracy theme, precision, canon, performance, phrase, unison,		



	communication, skills, performance	pivot, balls of feet, landing, distance, reaction-time, response, intercept, decision-making, attacker, defender, opponent, mark, man-marking	balance, kneel, trust, support, control, technique, circle, swing, develop, strength, flexibility, smooth transition	cumulative canon, related movements, control, sequence, position, direction, formation, levels, choreographic devices, adaptations		
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Hillcross Primary PE Curriculum

UKS2

A						
Year 5						
Topic	Autumn 1: We're the kids in America	Autumn 2: Third Rock from the sun	Spring 1: It's all Greek to me	Spring 2: Oh I do like to be beside the seaside.	Summer 1: Marvellous Mayas	Summer 2: Whole School Topic
Sport Focus	Invasion games: Tag Rugby (Unit 1)	Invasion games: Basketball	Gymnastics (Unit 1)	Invasion Games: Hockey	Net/Wall Games: Tennis	OAA
NC knowledge and understanding	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running and jumping in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate Take part in outdoor and adventurous activity challenges both individually and within a team
MSSP progression of skills.	<ul style="list-style-type: none"> Successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) Develop accuracy and precision in both an individual and team based scenario. 	<ul style="list-style-type: none"> Develop skilful attacking and team play. Work well as a team when attacking, Explore a range of ways to defend. 	<ul style="list-style-type: none"> Key gymnastic skills and explored and embedded Further exploration with apparatus Create longer sequences which are performed to others. Work well as individuals and with a partner and a group. Identify how to improve and can put strategies in place to help themselves develop 			
Warm up to use	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Pulse raiser & muscle activation	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Warm-up
PE Vocabulary	warm-up, cool-down, side-step, motion, pressure, opposite, direction, strategy, accelerate, balance defend, stance, lateral throw, track, intercept, equality, possession,, accuracy, techniques, open space, principles, defence, tactics, fairness,, core skills	dribble, attacking, defending, tactics, pivoting, triple threat ready position, pass, shoot, intercept, possession, location, positioning, travelling, react, warm-up, cool-down, push, tuck, receive, stop, decision, communicate,	Quality of movement, posture, body tension, pulse raiser, muscle activation, transition, smoothly, linking, symmetry, respect, tucked, empathy, kindness, balance, squat, vault, safe, controlled, landing, develop, stretch, confidence			



B

Year 5

Topic	Autumn 1: We're the kids in America	Autumn 2: Third Rock from the sun	Spring 1: It's all Greek to me	Spring 2: Oh I do like to be beside the seaside.	Summer 1: Marvellous Mayas	Summer 2: Whole School Topic
Sport Focus	Sports Leadership	Dance (Unit 1)	Invasion Games: Football	Gymnastics (Unit 2)	Athletics (Unit 1)	Striking & Fielding Games: Cricket
NC knowledge and understanding	<ul style="list-style-type: none"> Pupils should enjoy communicating, collaborating and competing with each other Pupils compare their performances with previous ones and demonstrate improvement to achieve their personal best 	<ul style="list-style-type: none"> Perform dances using a range of movement patterns. Develop flexibility, strength, technique, control and balance compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running and throwing in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> → Develop flexibility, strength, technique, control and balance. → Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best.
MSSP progression of skills.	<ul style="list-style-type: none"> Learn the characteristics of being a good sports leader. Apply the characteristics of a good sports leader to a group of younger pupils. Plan, deliver and evaluate sports activities. 	<ul style="list-style-type: none"> Create, perform and watch dances in a range of styles. Work collaboratively, individually, in pairs and small groups. Develop an understanding of the historical and cultural origins of different dances through a choice of themes. 	<ul style="list-style-type: none"> Develop skillful attacking and team play. Learn how to work well as a team when attacking. Explore a range of ways to defend. 	<ul style="list-style-type: none"> Embed the key gymnastic skills Explore more difficult actions including backward roll, handstand, vault, cartwheel and group balances. Further explore apparatus and create longer sequences which they perform to others. Work well as individuals and with a partner and a group. Identify how to improve and can put strategies in place to help themselves develop 		
Warm up to use	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Pulse raiser & muscle activator	All Lessons: Warm-up	All Lessons: Warm-up
PE Vocabulary	communication, organisation, plan, time management, team work, fair, positive, respect, heart rate, increased, lowered, resting state, extend, mental preparation, calm, warm-up, cool-down, muscles, STEP principle, ability, space considerations, categorise, variation, consideration, modify, age appropriate	Retrograde (<i>directed or moving backwards</i>), dynamics, speed, energy, flow, theme, mirroring, accuracy, beat, identical, fluency, unison, count, order, movements, reflection, dance phrase, formation, sequence, seamless, reverse, observe, choreograph, freestyle, choreographic devices, formation	pass, shoot, control, warm-up, focus, cool-down, focus, target, strike, centre, dribble, touches, defend, opponent, tactic, angle, collaborative, goal, delay, communication, possession, channels, attacking principles, penetration, deny, support, mobility, movement, creativity, improvisation	pulse raiser, muscle activator, lunge, awareness, cool-down, travel, posture, transition,, body tension, quality, stepping, safety roll, arabesque, canon, diagonally, extend, resilience, timing, no limit, challenge		



Hillcross Primary PE Curriculum

UKS2

A

Year 6

A						
Year 6						
Topic	Autumn 1: Everybody want to rule the world	Autumn 2: A Class Act	Spring 1: War of the Worlds	Spring 2: Peace at Last	Summer 1: Game, Set and Match	Summer 2: Whole School Topic
Sport Focus	Gymnastics (Unit 1)	Invasion games: Tag Rugby	Invasion games: Netball	Dance (Unit 2)	Net/Wall games: Tennis	OAA
NC knowledge and understanding	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running and jumping, in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate Take part in outdoor and adventurous activity challenges both individually and within a team
MSSP progression of skills.	<ul style="list-style-type: none"> Execute a range of more difficult actions with quality. Create and recall longer sequences on the floor. Work effectively and cooperatively with others. Identify how to improve and can put strategies in place to develop 	<ul style="list-style-type: none"> Successfully and consistently demonstrate the four core skills of tag rugby (running, catching, passing and tackling) Accuracy and precision in both an individual and team based scenario. 	<ul style="list-style-type: none"> Improve their attacking and defending play. Play High 5 Netball and can apply tactics and strategies to be successful in a team performance 	<ul style="list-style-type: none"> Focus on using different visual images and stimuli to compose, perform and evaluate a range of dances. Use movement to communicate and demonstrate ideas and issues, their own feelings and thoughts. Work individually, in pairs, small groups and as a whole class. Develop further understanding of the historical and cultural origins of different dances through a choice of themes 	<ul style="list-style-type: none"> . 	<ul style="list-style-type: none"> .
Warm up to use	All Lessons: Pulse raiser & muscle activaton	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Warm-up → (insert theme of choice from: https://mertonssp.org.uk/scheme/dance/).	Lesson 1:	Lesson 1:



PE Vocabulary	travel, cannon, mirroring, vault, control, balance, tension, quality, extension, speed, flow, chasse, control, design, communication, respect, kindness, empathy, roll, start, finishing, movement, unison, canon, mirroring, transition, end, middle, beginning, smooth, ability, position, balance, solution, vault, platform, controlled, landing, trust, springboard, core strength, spatial awareness, technique, apparatus, pulse raiser, cool-down	warm-up, cool-down, evasion, accelerate, defender, direction, speed, open space, passing, tactics, side on stance, lateral throw, target, communicate, adaptation, positive, catching, position, move, pressure, attacking, possession, collaborative, teamwork, rules, positive language, equality, tactics, fairness, retaining, success, score zone	chest pass, shoulder pass, flick, warm-up, cool-down, dominant, direction, pivot, stable body, communicate, time management, two-foot landing, stability, skill, footwork, balls of feet, intercept, footwork, technique, passes, floor spot, technique, possession, pass, communicate, movement, pivot, marking, attacker, boundaries, dodging, tactics	warm-up, cool-down, dynamics, speed, energy, clear, flow, accurate, consistent, sequence, scale, criteria, observation, development, inspiration, motif, phrase, sequence, choreographic devices, formation, level, unison, canon, linking, theme, criteria		
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B

Year 6

B						
Year 6						
Topic	Autumn 1: Everybody want to rule the world	Autumn 2: A Class Act	Spring 1: War of the Worlds	Spring 2: Peace at Last	Summer 1: Game, Set and Match	Summer 2: Whole School Topic
Sport Focus	Invasion Games: Hockey	Dance (Unit 1)	Gymnastics (Unit 2)	Striking & Fielding Games: Cricket	Athletics (Unit 1)	Striking & Fielding Games: Rounders
NC knowledge and understanding	<ul style="list-style-type: none"> Play competitive games, modified where appropriate Develop flexibility, strength, technique, control and balance 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 	<ul style="list-style-type: none"> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. use running, jumping, throwing and catching in isolation and in combination compare their performances with previous ones and demonstrate improvement to achieve their personal best.
MSSP progression of skills.	<ul style="list-style-type: none"> Improve their defending and attacking play. Start to play even sided mini versions of invasion games 	<ul style="list-style-type: none"> Using different visual images and stimuli to compose, perform and evaluate a range of dances. Use movement to communicate and demonstrate ideas and issues, as well as their own feelings and thoughts. Work individually, in pairs, small groups and as a whole class. Develop further understanding of the historical and cultural origins of different dances through a choice of themes. 	<ul style="list-style-type: none"> Execute a range of more difficult actions with quality. Create and recall longer sequences on the floor and on/with apparatus Perform these to an audience with confidence. Work effectively and cooperatively with others to enhance the group's performance. Identify how to improve and can put strategies in place to develop. 			
Warm up to use	All Lessons: Warm-up	All Lessons: Warm-up	All Lessons: Pulse raiser & muscle activation	Lesson 1:	Lesson 1:	Lesson 1:
PE Vocabulary	pass, push, slap, hit, cushion, outwit, opponent, defender, speed, attack, collaboration, stance, block tackle, jab tackle, channelling, formations, effective, pace, open stick, short pass, possession, right angle, cushion, reverse, warm-up, cool-down, stance, block tackle, channelling, jab tackle, position	dynamics, speed, energy, flow, clear, accurate, consistent, theme, scale, expression, gestures, canon, unison, narrative, sequence, warm-up, cool-down, movement, variation, choreographic devices, formation, narrative performance, linking, transition, stillness, beginning, ending	travel, cannon, mirroring, vault, control, balance, tension, roll, extension, quality, speed, flow, chasse, collaboration, cooperation, apparatus, pulse-raiser, cool-down, quality, respect, smooth transition, beginning, middle, end, empathy, kindness, platform, muscle activation, circuit, technique			