

Disciplinary knowledge PE (KS1)



The below tables outlines where disciplinary knowledge is **first taught** and deliberately practiced in KS1 or KS2. The curriculum has been sequenced so that the content is also reviewed in subsequent units.

	Physical	Social	Emotional	Thinking
Y1	<p>Net and wall: Throwing, catching, hitting a ball, tracking a ball</p> <p>Gymnastics: Travelling actions, shapes, balances, jumps, barrel roll, straight roll, forward roll progression</p> <p>Dance: Travel, copying and performing actions, using shape, balance, co-ordination</p> <p>Athletics: Running at varying speeds, agility, balance, jumping, hopping and leaping in combination for distance, throwing for distance</p> <p>Strike and Field: Throwing, catching, receiving a ball, tracking a ball, striking a ball</p> <p>Invasion: Throwing and catching, kicking, dribbling with hands and feet, dodging and finding space</p>	<p>Net and Wall: Respect, communication</p> <p>Gymnastics: Sharing, working safely</p> <p>Dance: Co-operation, communication, coming to decision with a partner, respect</p> <p>Athletics: Working safely, collaborating with others</p> <p>Strike and Field: Communication, supporting and encouraging others, consideration of others</p> <p>Invasion: Co-operation, communication, supporting and encouraging others, respect and kindness towards others</p>	<p>Net and wall: Honesty and fair play, determination</p> <p>Gymnastics: Confidence</p> <p>Dance: Confidence, acceptance</p> <p>Athletics: Working independently, honesty and playing to the rules, determination</p> <p>Strike and Field: Perseverance, honesty and fair play</p> <p>Invasion: honesty and fair play, managing emotions</p>	<p>Net and wall: Decision making, using simple tactics, recalling information, comprehension.</p> <p>Gymnastics: Observing and providing feedback, selecting and applying</p> <p>Dance: Counting, observing and providing feedback, selecting and applying actions</p> <p>Athletics: Exploring ideas</p> <p>Strike and Field: using tactics, selecting and applying skills, decision making</p> <p>Invasion: Connecting information, decision making, recalling information</p>
Y2	<p>Net and wall: Throwing, catching, ready position, hitting a ball</p> <p>Gymnastics: shapes, balances, shape jumps, travelling movements, barrel roll, straight roll, forwards roll</p> <p>Dance: travel, copying and performing actions, using dynamics, pathway, expression and speed, balance, coordination</p> <p>Athletics: running at different speeds, jumping for distance, throwing for distance</p> <p>Striking and Fielding: throwing and catching, tracking a ball, bowling, batting</p> <p>Invasion Games: Football: throwing and catching, kicking, dribbling with hands and feet, dodging, finding space</p>	<p>Net and wall: Support, co-operation, respect, communication</p> <p>Gymnastics: working safely, sharing</p> <p>Dance: respect, consideration, sharing ideas, decision making with others</p> <p>Athletics: working safely, collaborating with others</p> <p>Striking and Fielding: communication, collaboration</p> <p>Invasion Games: Football: communication, respect, co-operation, kindness</p>	<p>Net and wall: Perseverance, honesty</p> <p>Gymnastics: independence, confidence</p> <p>Dance: acceptance, confidence</p> <p>Athletics: working independently, determination</p> <p>Striking and Fielding: honesty, acceptance, controlling emotions</p> <p>Invasion Games: Football: empathy, integrity, independence, determination, perseverance</p>	<p>Net and wall: Decision making, reflection, comprehension, selecting and applying</p> <p>Gymnastics: selecting and applying actions, observing and providing feedback</p> <p>Dance: selecting and applying actions, counting, observing and providing feedback, creating</p> <p>Athletics: observing and providing feedback, exploring ideas</p> <p>Striking and Fielding: select and apply, using tactics, decision making</p> <p>Invasion Games: Football: creativity, reflection, decision making, comprehension</p>

Disciplinary knowledge PE (KS2)



	Physical	Social	Emotional	Thinking
Y3	<p>Basketball: throwing and catching, dribbling, intercepting, shooting</p> <p>Gymnastics: individual point and patch balances, straight roll, barrel roll, forward roll, straight jump, tuck jump, star jump, rhythmic gymnastics</p> <p>Tennis: forehand, backhand, throwing, catching, ready position</p> <p>OAA: balance, running</p> <p>Athletics: sprinting, jumping for distance, push and pull throwing for distance</p> <p>Football: dribbling, passing, ball control, tracking/ jockeying, turning, receiving</p>	<p>Basketball: working safely, communication, collaboration</p> <p>Gymnastics: collaboration, communication, respect</p> <p>Tennis: collaboration, respect, supporting others</p> <p>OAA: communication, teamwork, trust, inclusion, listening</p> <p>Athletics: working collaboratively, working safely</p> <p>Football: communication, collaboration, cooperation</p>	<p>Basketball: honesty and fair play, perseverance</p> <p>Gymnastics: confidence</p> <p>Tennis: perseverance</p> <p>OAA: confidence</p> <p>Athletics: perseverance, determination</p> <p>Football: honesty, perseverance</p>	<p>Basketball: planning strategies and using tactics, observing and providing feedback</p> <p>Gymnastics: selecting and applying actions, evaluating and improving</p> <p>Tennis: decision making, understanding rules, using tactics</p> <p>OAA: planning, map reading, decision making, problem solving</p> <p>Athletics: observing and providing feedback</p> <p>Football: selecting and applying tactics, decision making</p>
Y4	<p>Swimming: submersion, floating, gliding, front crawl, backstroke, breaststroke, rotation, sculling, treading water, handstands, surface dives, H.E.L.P and huddle position</p>	<p>Swimming: communication, supporting and encouraging others, keeping myself and others safe</p>	<p>Swimming: confidence</p>	<p>Swimming: comprehension, planning tactics</p>



	Physical	Social	Emotional	Thinking
Y5	<p>Basketball: throwing and catching, dribbling, intercepting, shooting</p> <p>Gymnastics: symmetrical and asymmetrical balances, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge, shoulder stand</p> <p>Dance: performing a variety of dance actions, using canon, unison, formation, dynamics, character, structure, space, emotion, matching, mirroring, transitions</p> <p>Problem solving and team building: OAA: stamina, running</p> <p>Athletics: pacing, sprinting technique, relay changeovers, jumping for distance, push and pull throwing for distance</p> <p>Rounders: throwing & catching, bowling, tracking, fielding & retrieving a ball, batting</p>	<p>Basketball: communication, collaboration</p> <p>Gymnastics: responsibility, collaboration, communication, respect</p> <p>Dance: collaboration, consideration and awareness of others, inclusion, respect, leadership</p> <p>Problem solving and team building: OAA: communication, teamwork, negotiation, empathy, inclusion, listening</p> <p>Athletics: collaborating with others, supporting others</p> <p>Rounders: organising & self-managing a game, respect, supporting & encouraging others, communicating ideas & reflecting with others</p>	<p>Basketball: perseverance, honesty and fair play</p> <p>Gymnastics: confidence</p> <p>Dance: empathy, confidence</p> <p>Problem solving and team building: OAA: confidence</p> <p>Athletics: perseverance, determination</p> <p>Rounders: honesty & fair play, confident to take risks, managing emotion</p>	<p>Basketball: planning strategies and using tactics, observing and providing feedback</p> <p>Gymnastics: observing and providing feedback, selecting and applying actions, evaluating and improving sequences</p> <p>Dance: creating, observing and providing feedback, using feedback to improve, selecting and applying skills</p> <p>Problem solving and team building: OAA: planning, map reading, decision making, problem solving</p> <p>Athletics: observing and providing feedback</p> <p>Rounders: decision making, using tactics, identifying how to improve, selecting skills</p>
Y6	<p>Fitness: strength, speed, power, agility, coordination, balance, stamina</p> <p>Gymnastics: straddle roll, forward, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel, headstand, vault</p> <p>Basketball: throwing and catching, dribbling, intercepting, shooting</p> <p>Problem solving and team building: OAA: stamina, running</p> <p>Athletics: pacing, sprinting, jumping for distance, push throwing for distance, fling throwing for distance</p> <p>Cricket: underarm and overarm throwing, catching, over and underarm bowling, long and short barrier, batting</p>	<p>Fitness: supporting and encouraging others, working collaboratively</p> <p>Gymnastics: responsibility, collaboration, communication, respect</p> <p>Basketball: communication, collaboration</p> <p>Problem solving and team building: OAA: communication, teamwork, trust, inclusion, listening</p> <p>Athletics: negotiating, collaborating with others</p> <p>Cricket: collaboration and communication, respect</p>	<p>Fitness: perseverance, determination</p> <p>Gymnastics: confidence</p> <p>Basketball: perseverance, honesty and fair play</p> <p>Problem solving and team building: OAA: confidence</p> <p>Athletics: perseverance, determination</p> <p>Cricket: honesty</p>	<p>Fitness: analysing scores</p> <p>Gymnastics: observing and providing feedback, selecting and applying actions, evaluating and improving sequences</p> <p>Basketball: planning strategies and using tactics, observing and providing feedback</p> <p>Problem solving and team building: OAA: planning, map reading, decision making, problem solving</p> <p>Athletics: observing and providing feedback</p> <p>Cricket: observing and providing feedback</p> <p>Thinking: selecting and applying strategies</p>

