

Churchfields Primary School  
PE  
Crucial Knowledge

EYFS

Crucial knowledge Fitness

My heart is in my chest (*near my school badge*)

My heart pumps blood around my body

Ball skills

Rolling is where the ball travels along the floor

Throwing is where the ball travels in the air

We use our feet to kick a ball

Team building

We follow rules during activities

Rule help to keep us safe

Movement

Dance is when we move to music

Balancing is when something doesn't fall over

A space is where there is no one else around me.

**Years 3 and 4**  
**Fitness**  
**Team building**

**Crucial Knowledge**

**Year 3**

A team is a group of people working together to win

Everyone in a team has a job

Team work means listening and sharing ideas to each person in my team

**Intent**

**Year 3**

Working within a team

Jobs within a team

Helping my team members

Team work: listening, helping and sharing

<p>Year 4</p> <p>A team helps each other</p> <p>Everyone's job is important to help the team to be successful</p> <p>For the team to be successful, everyone must listen and follow instructions</p> <p>It is important to share and listen to ideas to find the best way to do something</p>	<p>Year 4</p> <p>Working within a larger team</p> <p>Taking on responsibilities</p> <ul style="list-style-type: none"> <li>• Giving and following instructions from team-mates</li> <li>• Team work: sharing and trying ideas</li> </ul>
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### Movement

<p><b>Crucial knowledge</b></p> <p><b>Year 3</b></p> <p>Rhythm is a repeated move or sound</p> <p>A beat is a steady sound like a ticking clock or heartbeat</p> <p>Sequence means in an order</p> <p>Gymnastics is when our body is strong whilst balancing.</p> <p><b>Year 4</b></p> <p>Rhythm is a repeated move or sound</p> <p>Rhythm can change.</p> <p>A beat is a steady sound like a ticking clock or heartbeat</p> <p>Sequence means in an order</p>	<p><b>Intent</b></p> <p><b>Year 3</b></p> <p>Moving my body to a rhythm</p> <p>Dance moves to a beat</p> <p>Dance sequences</p> <p>Gymnastics: making shapes with our body and using them for a roll, jump, balance</p> <p>Gymnastic sequences whilst travelling</p> <p><b>Year 4</b></p> <p>Moving my body to different rhythms</p> <p>Sequenced dance moves to a beat</p> <p>Making shapes with our body and using them for a roll, jump, balance to a piece of music whilst using apparatus</p>
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### Attacking and defending

<p><b>Crucial Knowledge</b></p> <p><b>Year 3</b></p> <p>Tactics are a plan, of a way to do something better</p>	<p><b>Intent</b></p> <p><b>Year 3</b></p> <p>Scoring</p> <p>Tactics: better ways to attack</p>
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Fair play means following the rules and treating everyone the same

**Year 4**

Tactics are a plan, of a way to do something better

Attacking means trying to score (win a point)

Defending is trying to stop another team from scoring a point

Fair play is important as it means everyone follows the rules and treats each other well

Being respectful in sports means clapping for people's achievements

Tactics: better ways to defend  
Fair play – following rules

**Year 4**

Scoring for a competitive purpose

Attacking: implementing discussed tactics in play

Defending: teamwork of tactics

Following and understanding the purpose of rules

Fair play - showing respect

## Ball Skills

<b>Crucial knowledge</b>	<b>Intent</b>
<p><b>Year 3</b></p> <p>When I throw, the palm of my hand should face where I want the ball to go</p> <p>The palm is the inside of the hand but not the fingers or thumb</p> <p>Hands must be cupped to catch a ball</p>  <p>Cupped hands move apart to catch larger balls</p> <p>Use the inside of the foot to pass a ball</p> <p>Look at the target whilst aiming</p> <p><b>Year 4</b></p> <p>When I throw (for chest or bounce pass), the palm of my hand should face where I want the ball to go</p> <p>Hands are placed behind the ball (between the ball and my chest) with all fingers spread out wide</p> <ul style="list-style-type: none"> <li>• Chest pass: the ball travels from the chest forwards</li> </ul> <p>Bounce pass: the ball travels from the chest towards the ground</p> <p>Look at the target whilst aiming</p>	<p><b>Year 3</b></p> <p>Throwing and catching a ball with control (under and overarm)</p> <p>Passing a ball with control</p> <p>Aiming a ball towards a target</p> <p>Aiming towards a target</p> <p><b>Year 4</b></p> <p>Strike a ball with an object (e.g. bat, club, racket)</p> <p>Chest pass</p> <p>Bounce pass</p> <p>Aiming a ball towards a target</p> <p>Passing a ball with control</p>

## Athletics

<b>Crucial knowledge</b>	<b>Intent</b>
<p><b>Year 3</b></p> <p>A relay is when members of a team take turns in running</p>	<p><b>Year 3</b></p> <p>Sprint and relay</p>

<p>The javelin must be thrown overarm One leg goes first when jumping over a hurdle</p> <p><b>Year 4</b> A sprint is running as fast as you can A relay is a team (made up of four members) taking it in turns to sprint</p> <p>The shot put must be thrown overarm from within the shoulder and neck area</p> <p>One leg goes first when jumping over a hurdle</p> <p>A long jump begins with a sprint to a line and then a leap from one foot</p>	<p>Distance throwing: foam javelin Jumping: from a run and mini hurdles</p> <p><b>Year 4</b> Sprint, relay and distance running Distance throwing: shot put Jumping: mini hurdles and long jump</p>
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Years 5 and 6  
**Fitness**  
**Team building**

<p><b>Crucial Knowledge</b> <b>Year 5</b></p> <p>A team helps each other Everyone's job is important to help the team to be successful For the team to be successful, everyone must listen and follow instructions accurately It is important to talk about how things have worked and how things could be better</p> <p><b>Year 6</b> Everyone's job is important to help the team to be successful</p>	<p><b>Intent</b> <b>Year 5</b></p> <p>Working within a larger team Taking on a range of different responsibilities Giving and following instructions from team-mates accurately Team work: sharing, implementing and evaluating ideas</p> <p><b>Year 6</b> Working within a larger team Taking on responsibilities Giving and following instructions from team-mates</p>
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	Team work: sharing and trying ideas
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### Movement

<p><b>Crucial knowledge</b></p> <p><b>Year 5</b> Rhythm is a repeated move or sound. Rhythm can change Sequence means in an order Emotion is showing feelings</p> <p><b>Year 6</b> Rhythm is a repeated move or sound. Rhythm can change Sequence means in an order Emotion is showing feelings Talking about how things have worked and how things could be better is important to making improvements</p>	<p><b>Intent</b></p> <p><b>Year 5</b> Moving my body to different rhythms Sequenced dance moves to different beats Making shapes with our body and using them for a roll, jump, balance to a piece of music whilst using apparatus Conveying emotion through movement</p> <p><b>Year 6</b> Moving my body to different rhythms and sequences Making shapes with our body and using them for a roll, jump, balance to a piece of music whilst using apparatus Conveying emotion through movement Evaluating and improving performance Performing for a purpose</p>
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### Attacking and defending

<p><b>Crucial Knowledge</b></p> <p><b>Year 5</b> Tactics are a plan, of a way to do something better Attacking means trying to score (win a point) Defending is trying to stop another team from scoring a point</p>	<p><b>Intent</b></p> <p><b>Year 5</b> Tactical scoring for a competitive purpose Attacking: implementing discussed tactics in play Defending: teamwork of tactics and effective communication Following more complex rules Fair play - showing respect</p>
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Fair play is important as it means everyone follows the rules and treats each other well

Being respectful in sports means considering people's feeling on and off the pitch (game)

**Year 6**

Tactics are a plan, of a way to do something better

Attacking means trying to score (win a point)

Defending is trying to stop another team from scoring a point

Fair play is important as it means everyone follows the rules and treats each other well

Being respectful in sports means considering people's feeling on and off the pitch (game)

**Year 6**

Tactical scoring for a competitive purpose

Attacking: implementing discussed tactics in play

Defending: teamwork of tactics and effective

communication

Understanding tactics of the game

Fair play - showing respect

## Ball Skills

<p><b>Crucial knowledge</b></p> <p><b>Year 5</b> A hockey must always stay below knee level It is easier to control a ball using the inside of a foot Look at the target whilst aiming The part of my foot that touches the ball must be facing the way I want the ball to travel</p> <p><b>Year 6</b></p> <p>A cricket bat starts on the ground A rounders bat is held in the air Accuracy of throwing and striking is important to attacking and defending during these games Fielding is everyone working together to get the ball back to where it is needed Look at the target whilst aiming The part of my foot that touches the ball must be facing the way I want the ball to travel</p>	<p><b>Intent</b></p> <p><b>Year 5</b> Controlling an object with a stick (hockey) Controlling a ball with feet Passing a ball with control Aiming a ball towards a target</p> <p><b>Year 6</b></p> <p>Controlling an object with a bat (cricket / rounders) Passing a ball with control by throwing and striking with a bat Aiming a ball towards a target by throwing and striking with a bat</p>
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## Athletics

<p><b>Crucial knowledge</b></p> <p><b>Year 5</b> A sprint is running as fast as you can A relay is a team (made up of four members) taking it in turns to sprint The shot put must be thrown over-arm from within the shoulder and neck area A discus is placed underneath the palm of a hand and the arm is kept straight One leg goes first when jumping over a hurdle A long jump begins with a sprint to a line and then a leap from one foot A triple jump begins with a sprint, a hop, a skip (change of foot) and then a leap</p> <p><b>Year 6</b> A sprint is running as fast as you can A relay is a team (made up of four members) taking it in turns to sprint The shot put must be thrown over-arm from within the shoulder and neck area A discus is placed underneath the palm of a hand and the arm is kept straight One leg goes first when jumping over a hurdle A long jump begins with a sprint to a line and then a leap from one foot</p>	<p><b>Intent</b></p> <p><b>Year 5</b> Sprint, relay and distance running Distance throwing: shot put, discus and javelin Jumping: mini hurdles, long jump and triple</p> <p><b>Year 6</b> Sprint, relay and distance running Distance throwing: shot put, discus and javelin Jumping: mini hurdles, long jump and triple</p>
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