



PE Enquiry Questions and Assessment Checkpoints

2023/2024 EYFS Physical Development	Spring 1	Spring 2	Summer 1	Summer 2
Lead Enquiry Question (Composite Outcome)	How can I control, throw, catch, kick and hit <u>balls</u> ?	How can I develop and perform my own <u>dance</u> ?	How can I perform jumps and rolls in <u>gymnastics</u> ?	How can I throw, run and jump in <u>athletics</u> ?
Component Questions (components to be explored throughout the unit)	<p><u>Best of Balls</u></p> <p>CQ1: How can I develop the ability to control a ball in a range of ways?</p> <p>CQ2: How can I develop the ability to throw accurately at a target?</p> <p>CQ3: How can I use throwing skills in a small-sided game.</p> <p>CQ4: How can I use a bat or racket to move and control an object?</p> <p>CQ5: How can I develop the ability to catch and bounce a ball?</p> <p>CQ6: How can I develop the ability to kick a ball?</p>	<p><u>Dance: Dance till you drop</u></p> <p>CQ1: How can I develop the ability to adapt a known dance?</p> <p>CQ2: How can I develop the ability to share my ideas about how to adapt a dance?</p> <p>CQ3: How can I develop the ability to change movements and adapt a simple dance?</p> <p>CQ4: How can I share opinions and give my own ideas about how to adapt and alter a simple dance?</p>	<p><u>Gymnastics: Jumping Jacks</u></p> <p>CQ1: How can I develop the ability to jump in a range of ways from one space to another?</p> <p>CQ2: How can I control my body when jumping and balancing?</p> <p>CQ3: How can I create a sequence using a jump and a balance?</p> <p>CQ4: How can I develop the ability to roll in a range of ways?</p> <p>CQ5: How can I control my body when rolling in a range of ways?</p> <p>CQ6: How can I perform a sequence with confidence and control?</p>	<p><u>Games: the Olympics</u></p> <p>CQ1: How can I develop the ability to throw an object?</p> <p>CQ2: How can I develop the ability to move at speed?</p> <p>CQ3: How can I adapt the body when moving at speed?</p> <p>CQ4: How can I learn how to jump safely?</p> <p>CQ5: How can I develop the ability to jump in different ways?</p>

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Assessment Checkpoint	Children who are secure will be able to:	Children who are secure will be able to:	Children who are secure will be able to:	Children who are secure will be able to:
	<ul style="list-style-type: none"> ✓ I can travel confidently in a range of ways. ✓ I can control a ball and move it round my body. ✓ I can move a ball in a range of ways. ✓ I can pat a large ball making it bounce. ✓ I can catch a range of objects. ✓ I can kick a range of objects towards a target. ✓ I can kick a range of objects into a target. ✓ I can control an object when it is coming towards me. ✓ I can throw an object at a target. ✓ I can throw an object into a target. ✓ I show good control when using equipment in a range of ways. ✓ I can co-ordinate my movements when using small equipment. 	<ul style="list-style-type: none"> ✓ I can change the speed of my dance moves. ✓ I can change the style of my dance moves. ✓ I can build a repertoire of dances. ✓ I can share my ideas about a dance performance. ✓ I can think about how to make a dance even better. ✓ I can confidently join a wide range of different movements. ✓ I can adapt and change my dance to suit a different style. ✓ I can create a small dance which shows my own ideas and thoughts. 	<ul style="list-style-type: none"> ✓ I can jump from one space to another. ✓ I can hop from one space to another. ✓ I can balance on one leg. ✓ I can confidently balance on a range of different equipment. ✓ I can confidently climb on a range of different equipment. ✓ I can confidently jump off a range of equipment. ✓ I can land safely and with confidence when jumping off of equipment. ✓ I can confidently jump over a range of small equipment. ✓ I can confidently join a range of movements to create a small sequence. ✓ I can control my body when performing my sequence of movements. ✓ I can make my body roll in different ways. ✓ I can perform a range of different rolls. 	<ul style="list-style-type: none"> ✓ I can push an object. (towards a target) ✓ I can throw an object. (at/in a target) ✓ I can travel confidently in a range of ways. (running) ✓ I can safely play a chasing game with other children. ✓ I can successfully move in and out of objects at speed. ✓ I can change direction when travelling at speed. ✓ I can avoid objects when travelling at speed. ✓ I can travel confidently in a range of ways. (jumping) ✓ I can jump in a range of ways. ✓ I can bend my knees to make myself jump further. ✓ I can land safely when jumping. ✓ I can jump over a obstacle. ✓ I can confidently negotiate a space.



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2023/2024 Year 1	Spring 1	Spring 2	Summer 1	Summer 2
Lead Enquiry Question (Composite Outcome)	How can I perform sequenced gymnastic movements, with a partner, including balances, jumps and rolls? How do I attack and defend effectively in invasion games?	How can I perform jumps and rolls in <u>gymnastics</u> ? How can I keep myself fit and healthy?	How can I use a range of bats/rackets to hit balls and bean bags? How can I throw, run and jump in <u>athletics</u> ? (Sports Day)	How do run faster and jump further? What is yoga and how does it help performance in other sports?
Component Questions (components to be explored throughout the unit)	<u>Gymnastics: Traditional Tales</u> CQ1: How can I recognise and perform contrasting movements and balances? CQ2: How can I travel in different ways, changing speed and direction? CQ3: How can I control my body when jumping and rolling in different ways? CQ4: How can I link movements to create a sequence? CQ5: How can I cooperate effectively with a partner? CQ6: How can I create and perform a sequence with a clear beginning, middle and ending?	<u>Gymnastics: Animals</u> CQ1: How can I carry and place apparatus? CQ2: How can I travel safely in different ways? CQ3: How can I travel at different speeds and levels? CQ4: How can I make and hold different shapes? CQ5: How can I link two actions to make a sequence? CQ6: How can I link two actions with a movement? <u>Circuit Training</u>	<u>Multi-Skills: Bat & Ball</u> CQ1: How can I hold a racket correctly and use it to control a beanbag in a variety of ways CQ2: How can I use a racket to hit a ball or beanbag with control? CQ3: How can I apply my racket skills to play a target game? CQ4: How can I use a cricket bat to control a ball along the ground? CQ5: How can I use a cricket bat to hit a ball with control? CQ6: How can I apply my bat and ball skills to play a small-sided game?	<u>Multi-Skills: Running & Jumping</u> CQ1: How can I move at different speeds? CQ2: How can I travel and follow different pathways? CQ3: How can I jump for height? CQ4: How can I jump for distance? CQ5: How can I take off and land on one foot? CQ6: How can I plan and perform a jumping sequence? <u>Yoga: Salute the Sun</u>



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	<p><u>Attacking & Defending</u></p> <p>CQ1: How can I use space to try to score points in a team game?</p> <p>CQ2: How can I mark another player?</p> <p>CQ3: How can I defend the space between players?</p> <p>CQ4: How can I pass a ball to another player?</p> <p>CQ5: How can I get past a defender?</p> <p>CQ6: How can I use attacking and defending skills in a team game?</p>	<p>CQ1: How can I move over or round an obstacle with control?</p> <p>CQ2: How can I jump in different ways with control?</p> <p>CQ3: How can I show control and balance when travelling along a pathway?</p> <p>CQ4: How can I show control when rolling and bouncing a ball?</p> <p>CQ5: How can I combine skills to complete circuit activities independently?</p> <p>CQ6: How can I watch and evaluate the performance of a partner and I complete activities independently to try to improve my own performance?</p>	<p><u>Multi-Skills: Sports Day</u></p> <p>CQ1: How can I use appropriate skills and technique to sprint in a race?</p> <p>CQ2: How can I balance an egg on a spoon while racing against others?</p> <p>CQ3: How can I jump in a sack while racing against others?</p> <p>CQ4: How can I throw overarm and underarm to reach a target?</p> <p>CQ5: How can I travel in different directions while pushing a football with the feet?</p> <p>CQ6: How can I travel using a range of movements across obstacles in a race?</p>	<p>CQ1: How can I develop coordination while in basic yoga poses and moving between them?</p> <p>CQ2: How can I increase coordination while on all fours?</p> <p>CQ3: How can I develop agility by correctly coming into and out of the dog pose?</p> <p>CQ4: How can I develop agility by varying the speed of movements and poses?</p> <p>CQ5: How can I develop balance in standing positions?</p> <p>CQ6: How can I develop balance when moving between yoga positions?</p>
Assessment Checkpoint	<p>Children who are secure will be able to:</p> <p><u>Gymnastics: Traditional Tales</u></p> <ul style="list-style-type: none"> ✓ adapt star, straight and tuck shapes to create balances showing some control; 	<p>Children who are secure will be able to:</p> <p><u>Gymnastics: Animals</u></p> <ul style="list-style-type: none"> ✓ lift and carry apparatus in a group; 	<p>Children who are secure will be able to:</p> <p><u>Multi-Skills: Bat & Ball</u></p> <ul style="list-style-type: none"> ✓ hold a racket correctly; ✓ balance a beanbag on their racket while walking and throw and 	<p>Children who are secure will be able to:</p> <p><u>Multi-Skills: Running & Jumping</u></p> <ul style="list-style-type: none"> ✓ jog at a steady pace for a short time; ✓ switch between jogging and sprinting;

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	<ul style="list-style-type: none"> ✓ choose and perform two contrasting balances showing some control; ✓ travel and balance in different ways, showing changes in speed and direction; ✓ create a sequence using a range of controlled balances and different ways of travelling; ✓ maintain a clear body shape when performing a log and egg roll; ✓ perform a controlled straight jump on the floor, landing safely; ✓ create their own sequence using a variety of rolls and balances; ✓ watch and describe a partner's sequence using prompt questions; ✓ perform a front support wheelbarrow and support their partner in this position; ✓ identify examples of quality balances and controlled rolls in a sequence that they have watched and identify some skills needed for effective teamwork; ✓ create an interesting sequence using a range 	<ul style="list-style-type: none"> ✓ follow instructions involving two or more commands; ✓ remember where apparatus goes; ✓ say how their body feels before, after and during exercise; ✓ jump from two feet to two feet; ✓ jump down from equipment; ✓ say what they like about their partner's movements; ✓ change speed from fast to slow. ✓ move high and low; ✓ jump into a wide, thin or curled shape; ✓ roll in a curled or long, thin shape; ✓ perform a movement sequence; ✓ link actions with a movement to form a sequence <p><u>Circuit Training</u></p> <ul style="list-style-type: none"> ✓ go round an obstacle showing some control; ✓ perform a leap, successfully taking off from one foot and landing on the other; 	<ul style="list-style-type: none"> catch it a short distance into the air; ✓ hit a beanbag forwards into a target with some control; ✓ use a racket to hit a ball into the air, gradually improving control; ✓ watch a partner and give feedback using prompt questions; ✓ cooperate with a partner and follow rules to play a target game; ✓ hold a cricket bat correctly and use it to control a ball along a line and around cones; ✓ use a cricket bat to hit a ball towards a target with some accuracy; ✓ use a cricket bat to hit a ball that has been rolled to them; ✓ take on different roles within a game and understand their purpose; ✓ use a cricket bat to hit a ball that has been rolled to them, showing control of its path; ✓ roll a ball accurately and track and stop a rolled ball 	<ul style="list-style-type: none"> ✓ pivot on their feet to change direction; ✓ travel in straight and in curved lines; ✓ land on the balls of their feet; ✓ swing their arms forward and up to jump higher; ✓ lean forward and push their arms back to help them propel forwards; ✓ use their arms to balance when landing on one foot; ✓ perform three jumps in a sequence <p><u>Yoga: Salute the Sun</u></p> <ul style="list-style-type: none"> ✓ stretch their body up smoothly; ✓ move between poses while keeping balanced; ✓ arch their back up, and dip their back down, smoothly; ✓ repeat the yoga sequence with minimal support; ✓ use a full range of movements; ✓ adapt yoga poses to their own needs;
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	<p>of skills that they have practised;</p> <ul style="list-style-type: none"> ✓ talk about their learning by identifying which skills they need to practise further. <p><u>Attacking & Defending</u></p> <ul style="list-style-type: none"> ✓ move to a space closer to the goal in a team game; ✓ move to a space away from a defender and pass to a teammate in a free space; ✓ stay near to an attacker; ✓ follow an attacker's movements, travelling in the same direction they do; ✓ get into a space between two attackers; ✓ get into a space to intercept a ball; ✓ begin to look for other players to pass to in useful spaces; ✓ move into a space to receive a pass; ✓ lean side to side to help me change direction to dodge a defender; ✓ look for a space to move into to dodge a defender; 	<ul style="list-style-type: none"> ✓ hop and jump with control to complete a circuit activity independently; ✓ talk about how they feel after exercise and why it is important to warm up before they begin; ✓ keep a beanbag balanced on a part of their body while weaving between cones; ✓ remain balanced while travelling along a straight or curvy line; ✓ roll a ball along a path and begin to show some control over its speed; ✓ travel forwards while bouncing and catching a ball with growing control; ✓ complete activities independently, remembering how to perform each skill and record their score; ✓ identify which activity they need to improve; ✓ tell a partner what they are doing well in their performance and identify an area for improvement; ✓ identify improvements shown on their scorecard 	<p><u>Multi-Skills: Sports Day</u></p> <ul style="list-style-type: none"> ✓ sprint in a straight line and explain what they can do to move faster; ✓ change direction quickly when sprinting; ✓ balance an egg on a spoon while travelling forwards; ✓ vary their body position and grip during the egg and spoon race as required, e.g. when moving faster/slower; ✓ jump from two feet to two feet in different directions, e.g. forwards, sideways, backwards; ✓ use their arms and legs to help them jump further; ✓ jump the course while remaining in the sack; ✓ throw underarm with control; ✓ throw overarm with control; ✓ throw accurately to reach a target; ✓ move a football using the inside of the foot and demonstrate some control; 	<ul style="list-style-type: none"> ✓ transition smoothly between yoga poses; ✓ balance on one leg; ✓ create a short sequence of yoga poses; ✓ demonstrate a yoga pose to the class; ✓ breathe smoothly while in poses.
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	<ul style="list-style-type: none"> ✓ use simple attacking and defending skills in a team game; ✓ identify skills I can improve on and actively work towards improving these skills in a team game. 		<ul style="list-style-type: none"> ✓ stop a moving ball and quickly change direction; ✓ alternate between jumping and hopping across an agility ladder; ✓ move equipment between hoops independently; ✓ jump over a series of hurdles without stopping running first. 	
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2023/2024 Year 2	Spring 1	Spring 2	Summer 1	Summer 2
Lead Enquiry Question (Composite Outcome)	<p>How do I attack and defend effectively in invasion games?</p> <p>How can I keep myself fit and healthy?</p>	<p>How can I use a range of bats/rackets to hit balls and bean bags?</p> <p>What makes an effective dance performance?</p>	<p>How do throwing skills help in target games?</p> <p>How can I perform jumps and rolls in <u>gymnastics</u>?</p>	<p>How can I throw, run and jump in <u>athletics</u>?</p> <p>What makes an effective dance performance?</p>
Component Questions (components to be explored throughout the unit)	<p><u>Circuit Training</u></p> <p>CQ1: How can I change the direction of movements with control?</p> <p>CQ2: How can I combine different types of jumps?</p>	<p><u>Multi-Skills: Bat & Ball</u></p> <p>CQ1: How can I hold a racket correctly to hit a ball?</p> <p>CQ2: How can I hit a ball that has been thrown underarm?</p> <p>CQ3: How can I practise and use a simple tactic?</p>	<p><u>Multi-Skills: Target Games</u></p> <p>CQ1: How can I use a range of ball rolling skills?</p> <p>CQ2: How can I aim for a stationary target using an underarm throw?</p>	<p><u>Animal Olympics</u></p> <p>CQ1: How can I show the Olympic values of friendship and respect in a jumping for height activity?</p> <p>CQ2: How can I show the Olympic value of excellence in a throwing for accuracy activity?</p>



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	<p>CQ3: How can I perform movements with control and accuracy?</p> <p>CQ4: How can I combine more than one skill to complete an activity.</p> <p>CQ5: How can I complete activities independently and try to improve own performance?</p> <p>CQ6: How can I watch others and use this to improve own performance?</p> <p><u>Attacking & Defending</u></p> <p>CQ1: How can I use space well in a team game?</p> <p>CQ2: How can I understand how to mark players?</p> <p>CQ3: How can I defend in a game by intercepting?</p> <p>CQ4: How can use a range of tactics to get past a defender?</p> <p>CQ5: How can I pass the ball to another player?</p> <p>CQ6: How can I use attacking and defending skills in a game?</p>	<p>CQ4: How can I hold a cricket bat correctly and use it to hit a ball?</p> <p>CQ5: How can I practise a range of cricket skills?</p> <p>CQ6: How can I combine my skills to play a competitive team game?</p> <p><u>Dance: Plants</u></p> <p>CQ1: How can I create and perform a dance motif inspired by a stimulus?</p> <p>CQ2: How can I use different movements and body shapes to represent a plant growing?</p> <p>CQ3: How can I create movements to represent different types of seeds?</p> <p>CQ4: How can I work with a partner to create a dance based on plants?</p> <p>CQ5: How can I create movements to represent the different parts of a story?</p> <p>CQ6: How can I work with a partner to create movements to represent the parts of a story?</p>	<p>CQ3: How can I play a game that involves aiming at moving targets?</p> <p>CQ4: How can I use different types of throws in a target throwing game?</p> <p>CQ5: How can I kick a ball accurately?</p> <p>CQ6: How can I use my skills in different target games?</p> <p><u>Gymnastics: Under the Sea</u></p> <p>CQ1: How can I perform and improve upon balances on different parts of the body?</p> <p>CQ2: How can I create matching balances with a partner?</p> <p>CQ3: How can I roll in different ways while showing control?</p> <p>CQ4: How can I jump safely in a variety of ways, including on and off apparatus?</p> <p>CQ5: How can I combine a selection of movements to create a gymnastic sequence?</p>	<p>CQ3: How can I show the Olympic value of determination in a running activity?</p> <p>CQ4: How can I show the Olympic value of courage in a running activity?</p> <p>CQ5: How can I show the Olympic value of equality in a jumping for distance activity?</p> <p>CQ6: How can I show the Olympic value of inspiration in athletics activities?</p> <p><u>Dance: Toys</u></p> <p>CQ1: How can I change the speed, weight and size of my movements?</p> <p>CQ2: How can I dance in different formations?</p> <p>Q3: How can I move in response to stimuli?</p> <p>CQ4: How can I move to a rhythm?</p> <p>CQ5: How can I can dance a duet?</p>
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			CQ6: How can I work with a partner to create a matching sequence?	CQ6: How can synchronise movement in different formations?
Assessment Checkpoint	<p>Children who are secure will be able to:</p> <p><u>Circuit Training</u></p> <ul style="list-style-type: none"> ✓ use a pivot movement to change direction; ✓ identify which activities they need to improve; ✓ perform different types of jumps with control and use more than one type of jump in an activity; ✓ explain how they feel after exercise; ✓ show some control and accuracy when rolling a ball and aiming for a target; ✓ identify similarities and differences between their own performance and that of someone else; ✓ combine skills within an activity; ✓ identify which skills are needed for a particular activity; 	<p>Children who are secure will be able to:</p> <p><u>Multi-Skills: Bat & Ball</u></p> <ul style="list-style-type: none"> ✓ hold a racket correctly and use it to hit a ball with control; ✓ hit a ball to a target with increasing accuracy; ✓ throw a ball underarm showing some accuracy when aiming for a partner's racket; ✓ hit a ball that has been thrown to them, showing some control of the direction; ✓ combine their skills to play a competitive game against a partner; ✓ apply a practised tactic to help them to win a competitive game; ✓ hold a cricket bat correctly and use it to control and hit a ball to a target; 	<p>Children who are secure will be able to:</p> <p><u>Multi-Skills: Target Games</u></p> <ul style="list-style-type: none"> ✓ change the speed of the ball they are rolling, appropriate to the activity; ✓ often hit the target with a rolling ball and sometimes when positioned further away; ✓ have some success when taking part in games that involve rolling, including team games; ✓ know how to carry out an underarm throw and can do this with good accuracy; ✓ aim for a stationary target using an underarm throw with good accuracy and success; ✓ make important contributions to the 	<p>Children who are secure will be able to:</p> <p><u>Animal Olympics</u></p> <ul style="list-style-type: none"> ✓ straighten their knees to spring up using both legs at the same time; ✓ encourage their partner to do their best, especially if they find something challenging; ✓ keep their eye on the target, to focus their aim; ✓ remain motivated to keep trying to achieve excellence, even when they are finding it hard; ✓ set off at a sustainable pace; ✓ remain motivated to keep trying to reach their goal, even when they are finding it hard; ✓ use their foot to push off in the new direction; ✓ consider how the hare shows courage, by thinking quickly to

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	<ul style="list-style-type: none"> ✓ complete activities independently and record their scores; ✓ suggest some ways that a partner can improve their performance; ✓ identify improvements shown on their scorecard. <p><u>Attacking & Defending</u></p> <ul style="list-style-type: none"> ✓ explain the role of an attacker or defender in a game and take on either role correctly; ✓ move into a suitable space away from a defender when playing a game; ✓ identify spaces in a game and make some use of them to help their team; ✓ stay close to and move with the player they are marking; ✓ mark a player during a game; ✓ find and move into spaces to get away from a defender; ✓ position themselves between two opponents, to help defend in a game; 	<ul style="list-style-type: none"> ✓ use the correct technique to roll a ball accurately to a partner; ✓ use a cricket bat to hit a ball that has been rolled to them, controlling the direction of the hit; ✓ use the correct overarm technique to throw a ball forwards; ✓ watch a partner, describe what they are doing well and identify an area for improvement; ✓ cooperate with others to play a team game, taking on different roles within the game. <p><u>Dance: Plants</u></p> <ul style="list-style-type: none"> ✓ use and remember their own movements as part of a motif to show preparing a garden; ✓ perform a range of movements in canon and unison; ✓ use different movements and body shapes to represent a plant growing; ✓ evaluate the performance of others by answering questions, identifying strengths 	<p>group when designing a successful underarm throwing game;</p> <ul style="list-style-type: none"> ✓ know how to carry out an underarm throw, aiming for a moving target, and can do this with good success and accuracy; ✓ avoid being hit by a ball by using different techniques, including dodging, swerving and jumping, with good success; ✓ play a game that involves aiming at moving targets with good success and outcomes; ✓ know how to carry out an underarm throw, aiming for a target, and can do this with good success and accuracy; ✓ know how to carry out an overarm throw, for distance, and can do this with good success; ✓ usually choose the most appropriate throw How can I based on the situation, with good success and outcomes; ✓ know how to kick a ball for accuracy, aiming for 	<p>escape, even when it must feel very scared;</p> <ul style="list-style-type: none"> ✓ bend their knees to take off; lean forward, swinging their arms back when jumping; ✓ show equality by making sure all their group members have a turn; ✓ take part in athletic activities; with prompting, remembers some of the techniques from previous lessons; ✓ take inspiration from animal behaviour in order to develop their athletics skills. <p><u>Dance: Toys</u></p> <ul style="list-style-type: none"> ✓ make a shape and hold it; ✓ make contrasting shapes; ✓ move in contrasting ways; ✓ dance in their personal space and in the wider space; ✓ improvise movement to communicate an idea; ✓ move to the rhythm of the music;
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		<p>independently and can improve their own performance using ideas from their partner;</p> <ul style="list-style-type: none"> ✓ work cooperatively in a group to create suitable movements to represent different types of seeds; ✓ perform a range of movements, some at different speeds or levels, showing good body control; ✓ use movements from their previous learning to create a dance based on plants; ✓ perform a range of body movements and shapes and perform some of these in time with the music; ✓ create and remember suitable movements to represent the different parts of a story and perform some of these at different speeds and levels. ✓ talk about what they have done well in their performances and begin to show ideas on how to improve their own dances; 	<p>a target, and can do this with good success;</p> <ul style="list-style-type: none"> ✓ play a game that involves kicking at targets, with good success and outcomes; ✓ use the different skills they have learnt in a range of different target games, with good success and proficiency; ✓ know what a tactic is and begin to use it appropriately in a game; ✓ display elements of teamwork in a game; ✓ begin to evaluate their performance. <p><u>Gymnastics: Under the Sea</u></p> <ul style="list-style-type: none"> ✓ create their own shapes on a range of body parts and hold balances still; ✓ identify which part of a performance may need to be improved; ✓ work with a partner to create their own matching balance; ✓ perform paired balances on different pieces of equipment; 	<ul style="list-style-type: none"> ✓ put movement patterns together to create a dance motif; ✓ talk about how music and dancing makes them feel; ✓ say what they like about their own and other's movements; ✓ say how they could improve their own and other's performances; ✓ use movement to communicate feelings; ✓ work on their own, with a partner or a group; ✓ change between fast and slow movements; ✓ change between high and low movements; ✓ change between light and heavy movements; ✓ move in response to stimuli; ✓ remember and repeat movement patterns; ✓ communicate an idea in different ways; ✓ roll in different ways; ✓ move with coordination and control.
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		<ul style="list-style-type: none">✓ create suitable movements to represent different parts of a story and perform them in a mixture of canon and unison;✓ remember the structure of a whole dance and perform it independently	<ul style="list-style-type: none">✓ demonstrate three different types of roll correctly, including a curled side roll;✓ show control when performing log, teddy bear and curled side rolls;✓ perform at least two types of jump correctly, showing a clear body shape in the air;✓ jump off apparatus independently and land safely;✓ Can compose, remember and perform their own sequence containing at least one roll, balance and jump;✓ describe what is good about a sequence and identify an area for improvement;✓ work with a partner to compose, remember and perform a matching sequence containing at least one roll, balance and jump;✓ show good control when performing balances, jumps and rolls, and link movements together to make a sequence flow.	
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2023/2024 Year 3	Spring 1	Spring 2	Summer 1	Summer 2
Lead Enquiry Question (Composite Outcome)	<p>How can I keep myself fit and healthy?</p> <p>How do I move, transfer, attack and defend effectively in football?</p>	<p>Why are teamwork and good communication so important for OAA?</p> <p>How do I attack and defend effectively in invasion games?</p>	<p>What are 'net and wall' games and what skills are required?</p> <p>How do I 'strike and field' effectively?</p>	<p>How can I perform jumps and rolls in gymnastics to create different shapes?</p> <p>How can I throw, run and jump in athletics?</p>
Component Questions (components to be explored throughout the unit)	<p><u>Circuit Training</u></p> <p>CQ1: How can I travel in a variety of ways?</p> <p>CQ2: How can I change direction, level or speed of travel?</p> <p>CQ3: How can use a range of ball control skills?</p> <p>CQ4: How can I control movement using balance and coordination?</p> <p>CQ5: How can I use a range of movement skills in a circuit of activities?</p>	<p><u>OAA</u></p> <p>CQ1: How can I work effectively with others to complete a task (communicate effectively)?</p> <p>CQ2: How can I follow multi-step instructions?</p> <p>CQ3: How can I solve a range of problems when working with other?</p> <p>CQ4: How can I follow a set of directions correctly (to give clear and precise directions for someone else to follow)?</p>	<p><u>Net & Wall Games: Fundamentals</u></p> <p>CQ1: How can effective footwork, movement and positioning in the context of net and wall games?</p> <p>CQ2: How do I roll and throw a ball accurately?</p> <p>CQ3: How can I develop ball control when using a racket?</p> <p>CQ4: How do I hit a ball accurately using the forehand technique?</p>	<p><u>Gymnastics: Shape</u></p> <p>CQ1: How can I perform static body shapes?</p> <p>CQ2: How can I make body shapes in the air?</p> <p>CQ3: How can I carry out rhythmic gymnastics moves?</p> <p>CQ4: How can I perform a rhythmic gymnastics routine?</p> <p>CQ5: How can I create symmetrical shapes?</p> <p>CQ6: How can I apply the gymnastics skills I have learnt?</p>



PE Enquiry Questions and Assessment Checkpoints

	<p>CQ6: How can I adapt and improve performance in a circuit of activities?</p> <p><u>Invasion Games: Football</u></p> <p>CQ1: How can I develop dribbling and ball control skills in football?</p> <p>CQ2: How can I develop passing and receiving skills in football?</p> <p>CQ3: How can I know how to find and use space effectively?</p> <p>CQ4: How can I learn the defensive skills of marking and tackling?</p> <p>CQ5: How can I learn to shoot in football and to understand the importance of fitness in football?</p> <p>CQ6: How can I use the skills I have learnt and apply them in a game and to work as part of a team?</p>	<p>CQ5: What do I need to know to I read simple maps?</p> <p>CQ6: What is orienteering?</p> <p><u>Invasion Games Fundamentals</u></p> <p>CQ1: How can I understand the basic principles of invasion games?</p> <p>CQ2: How do I move and dribble with the ball in different invasion games?</p> <p>CQ3: How can a range of techniques be used to pass a ball?</p> <p>CQ4: What are the basic principles of defending in invasion games?</p> <p>CQ5: What are the basic principles of attacking in invasion games?</p> <p>CQ6: What are the attacking and defending skills in invasion games? How can I apply them?</p>	<p>CQ5: How can I use the backhand technique in different ways?</p> <p>CQ6: How can I understand and demonstrate the basic principles of attacking and defending in net and wall games (to play competitive net and wall-based games)?</p> <p><u>Striking & Fielding Games: Fundamentals</u></p> <p>CQ1: How can I use an overarm throw to hit a target with accuracy?</p> <p>CQ2: How can I strike a ball in an intended direction?</p> <p>CQ3: How can I work cooperatively to field a ball?</p> <p>CQ4: How can I use striking and fielding skills in a game?</p> <p>CQ5: How can I design and play games that use striking and fielding skills?</p>	<p><u>Athletics</u></p> <p>CQ1: How can I practise and refine existing running, jumping and throwing skills?</p> <p>CQ2: How can I sprint effectively?</p> <p>CQ3: How do I run over hurdles?</p> <p>CQ4: What is the best technique to jump for distance?</p> <p>CQ5: What different techniques can be used for throwing (including push throws)?</p>
Assessment Checkpoint	<p>Children who are secure will be able to:</p> <p><u>Circuit Training</u></p>	<p>Children who are secure will be able to:</p> <p><u>OAA</u></p>	<p>Children who are secure will be able to:</p> <p><u>Net & Wall Games: Fundamentals</u></p>	<p>Children who are secure will be able to:</p> <p><u>Gymnastics: Shape</u></p>

PE Enquiry Questions and Assessment Checkpoints

	<ul style="list-style-type: none"> ✓ follow instructions to travel using a sidestep action; ✓ travel in different ways; ✓ change direction, speed and level while travelling; ✓ show an ability to travel at a different speed and direction in a circuit; ✓ throw a ball underarm with some accuracy; ✓ use their feet to move a ball around cones; ✓ independently hold balances with control; ✓ independently coordinate different body parts; ✓ follow instructions to complete exercises; ✓ actively try to improve their performance over time. 	<ul style="list-style-type: none"> ✓ identify and demonstrate a range of effective teamwork skills to achieve the goals; ✓ understand, recognise and demonstrate verbal and non-verbal methods of communication effectively during team activities; ✓ follow multi-step instructions, using strategies to aid them; ✓ identify the problem and come up with possible solutions and a plan of action to solve it; ✓ demonstrate a range of effective teamwork skills to solve a range of problems; ✓ understand and use directional language to effectively navigate others; ✓ follow the directions given to them with success; ✓ give easy-to-follow directions using appropriate terminology; ✓ understand the concept of a map and use a key and symbols on a simple map; ✓ orientate a map; 	<ul style="list-style-type: none"> ✓ give examples of net and wall games and know what these types of sports involve, including some of the skills needed to play them; ✓ demonstrate a range of effective footwork skills during footwork drills, such as moving in different directions and changing direction whilst maintaining balance; ✓ understand the importance of good footwork, movement and positioning in net and wall games, including the ready position and demonstrate this throughout the lesson; ✓ roll a ball with good control and accuracy at a target; ✓ throw a ball underarm with good control and accuracy at a target; ✓ confidently use throwing and catching skills in games involving precision and accuracy with success; 	<ul style="list-style-type: none"> ✓ show good control and coordination when making simple static shapes/positions; ✓ make basic shapes/positions clearly in the air when taking off from the floor and some more complex shapes when taking off from low-level apparatus; ✓ create longer and more complex sequences with a partner and remember these actions with accuracy and consistency; ✓ perform with an awareness of others and use the apparatus confidently and safely; ✓ copy a variety of actions with accuracy and clarity; ✓ know what symmetry means; identify and make symmetrical shapes; ✓ use the correct words for the body shapes/positions and explain what must be done to make them; ✓ observe, describe and analyse the movements
	<p><u>Invasion Games: Football</u></p> <ul style="list-style-type: none"> ✓ execute ball control skills with control and success; ✓ use the correct technique for dribbling with a football, with control and success; 			

PE Enquiry Questions and Assessment Checkpoints

	<ul style="list-style-type: none"> ✓ stop the ball, after dribbling with it, with success; ✓ use the correct technique for passing a football, generally with accuracy and success; ✓ use the correct technique for receiving a pass, generally with control and success; ✓ combine dribbling and passing with success; ✓ give at least two reasons why space and movement are important in football; ✓ use the correct technique for dodging and generally execute this skill with success when trying to get free from a defender; ✓ frequently find and use space effectively to receive a pass, in order to support teammates; ✓ give at least two facts about the job of the defender or the defending team in football; ✓ understand how to mark an opponent and usually execute this with success in games and drills; 	<ul style="list-style-type: none"> ✓ know the meaning of a range of common map symbols; ✓ understand and can talk about what orienteering involves and know a range of different orienteering symbols. <p><u>Invasion Games Fundamentals</u></p> <ul style="list-style-type: none"> ✓ have a good understanding of what an invasion game is; ✓ understand and talk about the basic principles of attacking and defending in invasion games; ✓ apply basic attacking and defending skills in simple invasion games, such as marking and dodging with increasing success; ✓ travel with the ball in at least two different ways with efficiency; ✓ usually keep control of the ball when moving and dribbling; ✓ move and dribble with the ball with good speed, proficiency and success; ✓ pass the ball in different ways using most elements of the correct 	<ul style="list-style-type: none"> ✓ control the ball in a range of ways, including bouncing the ball up and down, using good hand-eye coordination and racket skills; ✓ hit a ball along the ground with accuracy using a tennis racket and use this skill to have a co-operative rally as well as to outwit an opponent; ✓ effectively hit a ball using a forehand technique and demonstrate this in a game, including using the correct grip; ✓ often hit a ball to land close to or in a target area; ✓ throw a ball using a double-handed backhand throw with good accuracy and technique; ✓ effectively hit a ball using a backhand technique and demonstrate this in a game, including using the correct grip; ✓ work co-operatively in a team to keep a rally going, using both the 	<p>of others using appropriate language.</p> <p><u>Athletics</u></p> <ul style="list-style-type: none"> ✓ apply and try to improve existing running, throwing and jumping skills; ✓ carry out up to three or more different jumps, with a safe landing; ✓ use the correct technique for underarm throwing with control and success; ✓ understand the importance of having a good arm and leg action for sprinting and, with prompts, describe how this is done; ✓ use an increasingly efficient technique for sprinting; ✓ identify and give feedback on three or more elements of the best running techniques for sprinting; ✓ understand the terms lead leg and trail leg and demonstrate elements of the correct
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PE Enquiry Questions and Assessment Checkpoints

	<ul style="list-style-type: none"> ✓ demonstrate the correct technique for block tackling and usually execute this with success in games and drills; ✓ usually demonstrate defensive skills in a game, often with success; ✓ demonstrate the correct technique when shooting with accuracy and usually execute this skill with success in drills; ✓ demonstrate the correct technique when shooting with power and usually execute this skill with success in drills; ✓ talk about at least two elements of fitness needed for football (strength, speed, agility, endurance); ✓ take part in a football fitness drill, opting for the 'medium' exercises; ✓ use a range of football skills in a game, sometimes with success; ✓ understand what being part of a team involves and usually demonstrate this skill; ✓ identify the skills they need to develop and demonstrate 	<p>technique and usually with good control and accuracy;</p> <ul style="list-style-type: none"> ✓ pass the ball over a range of distances during skills practice drills and begin to apply this in a netball based game; ✓ generally select and use the right pass in a netball based game; ✓ have a good understanding of the roles of the defender and the defending team; ✓ know how to mark an opponent and usually do this with success; ✓ have a good understanding of the roles of the attacker and the attacking team; ✓ know how to get free from a defender and usually do this with success; ✓ aim for and hit a target from increasingly greater distances, sometimes in a game situation; ✓ apply some of the basic principles of attacking and defending to simple invasion games with increasing success; 	<p>forehand and backhand hit;</p> <ul style="list-style-type: none"> ✓ explain what to do in different attacking and defending scenarios and why; ✓ understand the importance of positioning to be able to return the ball and consistently apply this in a game; ✓ use a range of net and wall fundamentals to play a competitive net and wall-based game. <p><u>Striking & Fielding Games:</u> <u>Fundamentals</u></p> <ul style="list-style-type: none"> ✓ strike a bowled ball in an intended direction; ✓ stop a ball using a range of techniques; ✓ play cooperatively with teammates, making decisions about when to run for points and when to not; ✓ choose and use a range of simple tactics and strategies when striking and fielding; ✓ invent rules for striking and fielding games. 	<p>technique when running over hurdles;</p> <ul style="list-style-type: none"> ✓ demonstrate an increasingly even stride pattern and length when running at speed over hurdles; ✓ run with increasing coordination and rhythm over obstacles; ✓ use the correct technique for the standing long jump with control and success; ✓ jump a good distance using a learnt technique; ✓ compare their jumping abilities to at least five animals; ✓ execute an underarm throw with good control and accuracy; ✓ execute an overarm throw with good control and distance; ✓ choose the best throw to use, depending on the situation; ✓ identify, describe and execute a two-handed push throw, with good control, accuracy and distance;
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PE Enquiry Questions and Assessment Checkpoints

	improvement, to achieve their personal best	<ul style="list-style-type: none"> ✓ usually work effectively as part of a team; ✓ accurately evaluate their performance 		<ul style="list-style-type: none"> ✓ identify, describe and execute a one-handed push throw, with good control, accuracy and distance; ✓ show a marked improvement in their ability to throw for accuracy and distance.
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2023/2024 Year 4	Spring 1	Spring 2	Summer 1	Summer 2
Lead Enquiry Question (Composite Outcome)	<p>How can I keep myself fit and healthy?</p> <p>How do I attack and defend effectively in hockey?</p>	<p>What makes an effective dance performance?</p> <p>What are 'net and wall' games and what skills are required in badminton?</p>	<p>How can I throw, run and jump in athletics?</p> <p>How can I perform jumps and rolls in gymnastics to create different shapes?</p>	<p>How can I throw, run and jump in athletics?</p> <p>What makes an effective dance performance?</p>
Component Questions (components to be explored throughout the unit)	<p><u>Circuit Training</u></p> <p>CQ1: What are the effects of aerobic and anaerobic exercise on the body?</p> <p>CQ2: How do I recognise the benefits of exercise on the upper body?</p> <p>CQ3: How do I recognise the benefits of exercise on the lower body?</p>	<p><u>Dance – Roman</u></p> <p>CQ1: How can I combine and perform movement phrases to represent facts about the Roman Empire?</p> <p>CQ2: How can I compose and perform movement sequences with expression?</p> <p>CQ3: How do I link and combine movement phrases?</p>	<p><u>Athletics</u></p> <p>CQ1: How can I apply existing running, jumping and throwing skills?</p> <p>CQ2: How can I improve running technique for sprinting?</p> <p>CQ3: What do I need to know to compete in relay running?</p>	<p><u>Athletics</u></p> <p>CQ1: How can I apply existing running, jumping and throwing skills?</p> <p>CQ2: How can I improve running technique for sprinting?</p> <p>CQ3: What do I need to know to compete in relay running?</p>



PE Enquiry Questions and Assessment Checkpoints

	<p>CQ4: How do I recognise the benefits of exercise on core muscles?</p> <p>CQ5: What are my personal targets for exercise? How do I set these?</p> <p>CQ6: How can I improve performance in order to reach personal targets?</p> <p><u>Invasion Games: Hockey</u></p> <p>CQ1: How can I pass and receive the ball in hockey?</p> <p>CQ2: How can I dribble with the ball in hockey?</p> <p>CQ3: How can I learn the technique for the Indian dribble?</p> <p>CQ4: How can I know how to tackle an opponent?</p> <p>CQ5: How can I aim for a target and take a penalty shuffle?</p> <p>CQ6: How can I apply the hockey skills I have learnt in a game?</p>	<p>CQ4: How do I work as part of a group to develop a longer dance that tells the story of Pompeii?</p> <p>CQ5: How can I perform a dance with precision and control?</p> <p>CQ6: How can I compose longer dance sequences for a performance and use a range of dance vocabulary to describe and improve work?</p> <p><u>Net & Wall Games: Badminton</u></p> <p>CQ1: How can I use badminton racket to control an object?</p> <p>CQ2: How can I use badminton racket to strike a shuttlecock with accuracy and control?</p> <p>CQ3: How can I use different footwork to move across a space?</p> <p>CQ4: How can I use badminton racket to control a shuttlecock in order to score points?</p> <p>CQ5: How do I defend against an opponent scoring a point?</p> <p>CQ6: How do I compete in a full badminton match?</p>	<p>CQ4: How do I jump for distance using the standing triple jump?</p> <p>CQ5: How do I throw using the 'pull' technique?</p> <p>CQ6: How can I compete in a combined athletics event, aiming to achieve a personal best?</p> <p><u>Gymnastics: Shape & Balance – Ancient Egypt</u></p> <p>CQ1: How can I create shapes and three and four-point balances to represent icons from ancient Egypt?</p> <p>CQ2: How can I work with a partner to create hieroglyphic shapes within a gymnastics routine?</p> <p>CQ3: How can I use shape, balance and movement to tell the ancient Egyptian creation story?</p> <p>CQ4: How can I work with a partner to create and perform three and four-point balances and counterbalances?</p>	<p>CQ4: How do I jump for distance using the standing triple jump?</p> <p>CQ5: How do I throw using the 'pull' technique?</p> <p>CQ6: How can I compete in a combined athletics event, aiming to achieve a personal best?</p> <p><u>Dance - Water</u></p> <p>CQ1: How can I respond to stimuli, creating movement phrases using specific skills?</p> <p>CQ2: How can I design own movement phrases to represent rivers and seas?</p> <p>CQ3: How can I link and combine movement phrases and patterns?</p> <p>CQ4: How can I perform a short dance phrase with expression?</p> <p>CQ5: How do I respond to a changing stimulus?</p> <p>CQ6: How can I use range of dance techniques to create a movement sequence?</p>
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PE Enquiry Questions and Assessment Checkpoints

			<p>CQ5: How can I use shape, movement and balance to create an ancient Egyptian festival or funeral routine?</p> <p>CQ6: How can I use shape, movement and balance to create a gymnastic showcase based on ancient Egypt?</p>	
Assessment Checkpoint	<p>Children who are secure will be able to:</p> <p><u>Circuit Training</u></p> <ul style="list-style-type: none"> ✓ follow instructions to complete a set of exercises; ✓ describe the different effects of aerobic and anaerobic exercise; ✓ identify the parts of the upper body and participate in exercises that use their upper body muscles; ✓ identify the parts of the lower body and participate in exercises which use their lower body muscles; ✓ identify the core muscles and participate in exercises which use these muscles; ✓ participate in a range of exercises; 	<p>Children who are secure will be able to:</p> <p><u>Dance – Roman</u></p> <ul style="list-style-type: none"> ✓ perform actions to communicate ideas; ✓ combine actions to create a longer dance; ✓ develop actions to communicate ideas; ✓ perform some actions with expression; ✓ develop movement phrases to communicate ideas; ✓ link different movement phrases in a longer dance; ✓ link different movement phrases, performing in unison and canon with the rest of their group; ✓ perform with increased precision and control; 	<p>Children who are secure will be able to:</p> <p><u>Athletics</u></p> <ul style="list-style-type: none"> ✓ execute a range of fundamental movement skills with good control and efficiency; ✓ effectively apply the movement skills of running, jumping and throwing in games; ✓ identify what three (or more) three different parts of their body should be doing when sprinting and practise these actions; ✓ apply most elements of the technique for sprinting effectively; ✓ sustain their sprinting pace for a medium distance, such as 50m; 	<p>Children who are secure will be able to:</p> <p><u>Athletics</u></p> <ul style="list-style-type: none"> ✓ execute a range of fundamental movement skills with good control and efficiency; ✓ effectively apply the movement skills of running, jumping and throwing in games; ✓ identify what three (or more) three different parts of their body should be doing when sprinting and practise these actions; ✓ apply most elements of the technique for sprinting effectively; ✓ sustain their sprinting pace for a medium distance, such as 50m;

PE Enquiry Questions and Assessment Checkpoints

	<ul style="list-style-type: none"> ✓ set their own realistic targets for improvement; ✓ notice how they are progressing towards their personal targets and try hard to reach them. 	<ul style="list-style-type: none"> ✓ evaluate and improve movement phrases ready for performance. 	<ul style="list-style-type: none"> ✓ describe the down sweep technique for passing and receiving the baton; 	<ul style="list-style-type: none"> ✓ describe the down sweep technique for passing and receiving the baton;
	<p><u>Invasion Games: Tag Rugby</u></p> <ul style="list-style-type: none"> ✓ hold the hockey stick correctly for pushing and stopping the ball; ✓ usually push the ball with accuracy, using the correct technique; ✓ usually stop and control the ball effectively, using the correct technique; ✓ use the correct body position for forehand dribbling with efficiency; ✓ usually keep control of the ball while dribbling; ✓ change direction with the ball with good control at a walking pace; ✓ generally use the correct technique for the Indian dribble while stationary and on the move, with some efficiency and success; ✓ change direction with the ball with good control at a walking pace; ✓ dribble past a passive defender or opponent 	<p><u>Net & Wall Games: Badminton</u></p> <ul style="list-style-type: none"> ✓ use a forehand grip with a badminton racket to control a balloon; ✓ use a backhand grip with a badminton racket to control a balloon; ✓ use a badminton racket to strike a shuttlecock; ✓ give consideration for which grip How can I (forehand or backhand grip) to strike a shuttlecock; ✓ control a badminton racket to send a shuttlecock in a particular direction; ✓ strike a shuttlecock in different ways, to alter the distance the shuttlecock travels, with increasing accuracy; ✓ give consideration for which step How can I (running step or chasse step) to move across a space; ✓ adopt the ready position and identify the importance of this; 	<ul style="list-style-type: none"> ✓ use many elements of the down sweep technique effectively in a relay race; ✓ usually work well as part of a team; ✓ combine a variety of three jumps in one continuous movement; ✓ execute the standing triple jump technique with good control and efficiency, jumping a good distance; ✓ work with others in the standing triple jump, to jump and measure successfully; ✓ identify and describe how to perform a pull throw, using some using key vocabulary appropriately; ✓ execute the pull throw technique with good control and efficiency; ✓ throughout the lesson, show noticeable improvement when throwing for distance and accuracy; 	<ul style="list-style-type: none"> ✓ use many elements of the down sweep technique effectively in a relay race; ✓ usually work well as part of a team; ✓ combine a variety of three jumps in one continuous movement; ✓ execute the standing triple jump technique with good control and efficiency, jumping a good distance; ✓ work with others in the standing triple jump, to jump and measure successfully; ✓ identify and describe how to perform a pull throw, using some using key vocabulary appropriately; ✓ execute the pull throw technique with good control and efficiency; ✓ throughout the lesson, show noticeable improvement when throwing for distance and accuracy;

PE Enquiry Questions and Assessment Checkpoints

	<ul style="list-style-type: none"> with increasing speed and efficiency; ✓ generally use the correct technique for tackling safely, with increasing success; ✓ know and carry out most of the rules for tackling safely; ✓ use a range of different hockey skills in a game with increasing efficiency and success; ✓ usually demonstrate accuracy when aiming for a target a medium distance away; ✓ know how to take a penalty shuffle and sometimes do this successfully; ✓ use a range of attacking and defending skills to contribute towards the success of their team; ✓ know and follow most of the basic rules for hockey; ✓ evaluate their own performance, sometimes suggesting appropriate improvements 	<ul style="list-style-type: none"> ✓ return to a centre point but may need prompting and understand the reasons for doing this; ✓ use a serve to start a rally, with some control; ✓ maintain a rally, with some success; ✓ confidently use an attacking shot to score a point; ✓ independently position themselves in a defensive stance to face an attacking shot; ✓ attempt a block shot in order to return a smash shot; ✓ perform a badminton serve; ✓ use attacking and defensive skills in a game; ✓ evaluate own performance and attempt to improve their skills in a badminton game. 	<ul style="list-style-type: none"> ✓ use and apply most elements of the correct technique for their chosen event in a competitive situation; ✓ identify good technique and suggest more than one area for improvement; ✓ adjust their performance to try to achieve their personal best; ✓ work successfully as part of a team in a combined athletics event. <p><u>Gymnastics: Shape & Balance – Ancient Egypt</u></p> <ul style="list-style-type: none"> ✓ think of their own ideas and create shapes with their body and movements based on ancient Egyptian icons; ✓ hold a range of balances on three and four-points of their body; ✓ say what is good about their own and others' performances and know how to make it better; 	<ul style="list-style-type: none"> ✓ use and apply most elements of the correct technique for their chosen event in a competitive situation; ✓ identify good technique and suggest more than one area for improvement; ✓ adjust their performance to try to achieve their personal best; ✓ work successfully as part of a team in a combined athletics event. <p><u>Dance - Water</u></p> <ul style="list-style-type: none"> ✓ Demonstrate a range of dance techniques, such as unison, canon, repetition etc. ✓ Combine and link an increasing number of movement phrases and patterns. ✓ Respond and react accordingly to their partners/group-member's dance movements.
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PE Enquiry Questions and Assessment Checkpoints

			<ul style="list-style-type: none">✓ work with a partner, listening to and sharing ideas and sometimes leading the discussion;✓ think of different ideas for hieroglyphic shapes and balances and demonstrate elements of strength and flexibility when forming them;✓ demonstrate good technique and control when performing;✓ use a good range of linking actions and movements to create a gymnastics partner routine;✓ use a good range of movements, shapes and balances to retell key points of the creation story in more detail;✓ use their technique, strength, flexibility and control to improvise and hold three and four-point balance on their own and with a partner, including counterbalances;✓ combine a good range of movements, shapes and balances to create	
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PE Enquiry Questions and Assessment Checkpoints

			a routine as part of a group; ✓ generate ideas to reflect the music and a theme.	
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2023/2024 Year 5	Spring 1	Spring 2	Summer 1	Summer 2
Lead Enquiry Question (Composite Outcome)	<p>How can I set and perform a challenging, motivating <u>circuit</u> to increase my fitness?</p> <p>How can I choreograph and perform a <u>dance</u>, integrating environmental issues?</p>	<p>How can I transfer and develop new skills to play <u>handball</u>?</p> <p>How can I perform a <u>rhythmic gymnastics</u> routine, including balances and shapes with my body and objects?</p>	<p>How can I perform a competitive game of <u>tennis</u>?</p> <p>How can I run at different paces; throw different implements and jump for height and length in <u>athletics</u>?</p>	<p>How can I play <u>rounders</u> – both batting and fielding?</p> <p>How can I run at different paces; throw different implements and jump for height and length in <u>athletics</u>?</p>
Component Questions (components to be explored throughout the unit)	<p><u>Circuit Training</u></p> <p>CQ1: Why is it important to help the body to prepare for and recover from exercise and how this should be done? How can I complete a simple circuit of exercises?</p> <p>CQ2: How can I set individual challenges and work towards achieving them?</p> <p>CQ3: How can I compete fairly against a classmate in a circuit training activity?</p>	<p><u>Handball</u></p> <p>CQ1: How can I practise ball control, agility and quickness?</p> <p>CQ2: How can I develop and refine throwing and catching skills?</p> <p>CQ3: How can I combine the skills of moving and passing in handball?</p> <p>CQ4: How can I use the defensive skills of marking and intercepting in a game?</p>	<p><u>Tennis</u></p> <p>CQ1: How can I understand and practise some of the fundamental skills of tennis?</p> <p>CQ2: How can I hit a ball with accuracy using the forehand technique?</p> <p>CQ3: How can I play a backhand stroke with control and accuracy?</p> <p>CQ4: How can I perform an overhead tennis serve?</p>	<p><u>Rounders</u></p> <p>CQ1: What are the correct techniques for batting and bowling in rounders?</p> <p>CQ2: What are the correct techniques for throwing and catching when fielding in rounders?</p> <p>CQ3: What are the roles and responsibilities of the backstop and base fielders in rounders and how can I field effectively in these positions and</p>



PE Enquiry Questions and Assessment Checkpoints

	<p>CQ4: How can I improve my speed, agility and quickness within circuit training?</p> <p>CQ5: How can I develop teamwork skills in a group task featuring different exercises?</p> <p>CQ6: How can I use my knowledge of the effects of exercise to develop an effective fitness routine?</p> <p><u>Dance – Eco</u></p> <p>CQ1: How can I use transitions to link movements together smoothly.</p> <p>CQ2: How can I use spatial awareness and demonstrate this skill effectively in a dance?</p> <p>CQ3: How can I demonstrate an ongoing motif throughout a dance?</p> <p>CQ4: How can I demonstrate variations in timing throughout a dance?</p> <p>CQ5: How can I demonstrate strong, expressive movements throughout a dance?</p>	<p>CQ5: How can I aim for and protect a target?</p> <p>CQ6: How can I work as part of a team and participate in a class handball tournament?</p> <p><u>Gymnastics – Balance & Shape</u></p> <p>CQ1: How can I link shapes and movement using rhythmic gymnastics to represent ideas about the Earth, Sun and Moon?</p> <p>CQ2: How can I create two, three and four-point balances and movements to represent the discovery and exploration of a new planet?</p> <p>CQ3: How can I create part-weight balances with a partner to resemble an alien?</p> <p>CQ4: How can I create and perform a gymnastics routine that includes shapes on apparatus?</p> <p>CQ5: How can I plan a space-themed gymnastics routine that includes a range of shapes, balances and movements?</p> <p>CQ6: How can I perform a space-themed gymnastics routine that</p>	<p>CQ5: How can I develop a volley for use in a tennis mini-game?</p> <p>CQ6: How can I apply learnt skills in a variety of tennis minigames?</p> <p><u>Athletics</u></p> <p>CQ1: How can I practise and refine existing running, jumping and throwing skills?</p> <p>CQ2: How can I use an effective technique for sprinting including the sprint start?</p> <p>CQ3: How can I sustain my running pace over longer distances?</p> <p>CQ4: How can I practise jumping for height?</p> <p>CQ5: What is the fling throw technique?</p> <p>CQ6: How can I use a variety of throwing techniques?</p>	<p>demonstrate good skill and technique?</p> <p>CQ4: What are the roles and responsibilities of the deep fielders in rounders and how can I field effectively in these positions and demonstrate good skill and technique?</p> <p>CQ5: To be able to ‘read’ the game and apply tactics to outwit opponents</p> <p>CQ6: What are the rules of rounders during a game and how can I apply them, including using a range of throwing, catching, fielding and batting strategies?</p> <p><u>Athletics</u></p> <p>CQ1: How can I practise and refine existing running, jumping and throwing skills?</p> <p>CQ2: How can I use an effective technique for sprinting including the sprint start?</p> <p>CQ3: How can I sustain my running pace over longer distances?</p>
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PE Enquiry Questions and Assessment Checkpoints

	CQ6: How can I combine movements to create a fluent sequence?	includes a range of shapes, balances and movements?		<p>CQ4: How can I practise jumping for height?</p> <p>CQ5: What is the fling throw technique?</p> <p>CQ6: How can I use a variety of throwing techniques?</p>
Assessment Checkpoint	<p>Children who are secure will be able to:</p> <p><u>Circuit Training</u></p> <ul style="list-style-type: none"> ✓ Know what circuit training involves and can follow instructions to complete a range of different 'medium' exercises; ✓ Can give two or more reasons of the importance of warming up before exercise and cooling down after exercise, including why and how to stretch; ✓ Can set challenges that are achievable; ✓ Can join in a competition with a classmate of a similar ability and show some qualities of a good sportsperson such as winning or losing graciously; 	<p>Children who are secure will be able to:</p> <p><u>Handball</u></p> <ul style="list-style-type: none"> ✓ manipulate the ball in a range of different ways with good control; ✓ take part in agility drills using a good technique and demonstrating good control, balance and coordination; ✓ take part in quickness drills using a good technique and demonstrating quick feet and acceleration; ✓ know how to grip a handball and generally use the correct grip when throwing; ✓ use an overhead pass when throwing a handball, using a good technique and with reasonable accuracy; 	<p>Children who are secure will be able to:</p> <p><u>Tennis</u></p> <ul style="list-style-type: none"> ✓ show good control and balance when dribbling with a ball; ✓ use the correct skills to catch and control a ball on their racket; ✓ move their feet to get into a good position to catch a ball; ✓ grip a tennis racket correctly when hitting a forehand groundstroke; ✓ regularly get into the ready position before and after shots; ✓ use the correct technique to land forehand shots in the opposition's side of the court, with some deep towards the baseline; 	<p>Children who are secure will be able to:</p> <p><u>Rounders</u></p> <ul style="list-style-type: none"> ✓ hit a bowled ball out into the field; ✓ control the speed and direction of the ball when bowling; ✓ move into the correct position or space to catch a ball that is thrown or hit into the field; ✓ accurately throw a ball overarm or underarm to reach a designated target; ✓ choose and apply relevant tactics during a game according to an agreed strategy. <p><u>Athletics</u></p>

PE Enquiry Questions and Assessment Checkpoints

	<ul style="list-style-type: none"> ✓ Can identify speed, agility and quickness and evaluate their ability in these areas; ✓ Can identify their own strengths in different exercises; ✓ Can plan exercises to form a varied circuit <p><u>Dance – Eco</u></p> <ul style="list-style-type: none"> ✓ improvise movements to represent ideas; ✓ transfer weight when performing two linked movements, with some success at a smooth transition; ✓ perform a group dance in canon, with movements performed simultaneously; ✓ perform movements at low, medium and high levels, showing consideration for their choices in order to communicate their ideas; ✓ demonstrate a good awareness of their body in a dance space when performing and representing ideas; ✓ develop movements to create an ongoing motif; 	<ul style="list-style-type: none"> ✓ use a good technique to catch a ball effectively; ✓ successfully take part in throwing and catching activities, using a good throwing and catching technique; ✓ know and execute the 'rule of 3' for moving and passing in handball in specified drills; ✓ combine the skills of moving and passing with some continuity; ✓ take part in moving, passing and shooting drills with some success; ✓ know how to mark a player in handball and can usually do this with success in a game; ✓ will often anticipate and react to be able to intercept the ball; ✓ take part in a modified game of handball, applying a range of different attacking and defending handball skills with some success; ✓ shoot with accuracy at a target with some success; ✓ shoot with decent power at a target with some success; 	<ul style="list-style-type: none"> ✓ explain an advantage and disadvantage of both backhand groundstroke techniques; ✓ use the correct technique for the double-handed and single-handed backhand; ✓ hit different backhand strokes towards a targeted area; ✓ demonstrate a good service stance and toss a ball into a good position for striking with an overhead serve; ✓ strike a tossed ball with a racket well, showing a good overhead service stroke; ✓ show knowledge of how to adjust their technique for direction and distance and aim a serve at a target area with some accuracy; ✓ strike a ball before it bounces, using the volley technique; ✓ play short and long volleys, changing the level of power and 	<ul style="list-style-type: none"> ✓ identify and know about a variety of athletic events and techniques; ✓ apply and develop existing running, throwing and jumping skills; ✓ practise and improve reaction times and identify an effective sprint start; ✓ demonstrate a sound technique for a sprint start to improve the acceleration phase; ✓ develop and improve their running technique for sprinting, showing good coordination and control; ✓ demonstrate stamina in order to maintain a sustained run; ✓ show good control, coordination and power when performing the standing vertical jump and measure the height jumped with accuracy; ✓ follow step-by-step instructions to learn and develop a range of throwing techniques with increasing control,
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PE Enquiry Questions and Assessment Checkpoints

	<ul style="list-style-type: none"> ✓ use their developed movements to communicate a theme and put them together in a dance; ✓ be inspired by a stimulus to perform movements that include variations in timing; ✓ appropriately vary the timing of movements to communicate ideas; ✓ control their arms and legs to create strong, clear lines and shapes; ✓ develop movements to express a mood in a dance, giving some consideration to how lines and shapes contribute to this; ✓ create movements to represent ideas, putting them together to form an extended dance sequence; ✓ remember an extended dance sequence and perform it with some confidence and fluency 	<ul style="list-style-type: none"> ✓ take part in drills to test their reactions with some success; ✓ generally use effective body positioning and technique to protect a target with some success; ✓ have a positive impact on their team; ✓ know and follow most of the rules of handball; ✓ apply a good range of attacking and defending handball skills in a game with some success; ✓ understand how tactics can be used to help win games and use them with some success. <p><u>Gymnastics – Shape & Balance</u></p> <ul style="list-style-type: none"> ✓ improvise to create shapes using rhythmic gymnastics ribbon and their body; ✓ explain how Earth orbits the Sun, how seasons are created and how the Moon orbits Earth and demonstrate this through shape and movement; ✓ hold a range of balances on two, three and four points of their bodies; 	<p>racket head position appropriately;</p> <ul style="list-style-type: none"> ✓ use the ready position and quick footwork to get into a good position for the volley; ✓ begin to read a player's body positioning to increase reaction speed; ✓ demonstrate an understanding of the rules of tennis and use the tennis scoring system in a mini-game; ✓ use a number of the stroke techniques and skills learnt in the unit, to take part in a rally; ✓ use an overarm serve technique; ✓ evaluate their performance, identifying some suggestions for improving their performance <p><u>Athletics</u></p> <ul style="list-style-type: none"> ✓ identify and know about a variety of athletic events and techniques; ✓ apply and develop existing running, 	<p>accuracy, fluency and success;</p> <ul style="list-style-type: none"> ✓ compete against self and others with confidence and demonstrate noticeable improvements to achieve their personal best. ✓ evaluate the effectiveness of a performance, offering suggestions of how to improve a skill or technique
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PE Enquiry Questions and Assessment Checkpoints

		<ul style="list-style-type: none">✓ link a wide range of movements and balances and purposefully vary elements to create some different effects;✓ work with a partner, listening to and sharing ideas and taking the lead when appropriate;✓ demonstrate good body tension, strength and the correct technique to hold different part-weight partner balances;✓ adapt their body shape and position to create star, tuck, straddle, pike, stag and splits shapes on apparatus and while moving;✓ link a wide range of movements and shapes and purposefully vary elements to create some different effects and tell a story;✓ work in a group, listening to and sharing ideas and taking the lead when appropriate;✓ think of and plan a good range of rhythmic gymnastics, shapes, balances and movements that fit a space theme and purposefully vary	<p>throwing and jumping skills;</p> <ul style="list-style-type: none">✓ practise and improve reaction times and identify an effective sprint start;✓ demonstrate a sound technique for a sprint start to improve the acceleration phase;✓ develop and improve their running technique for sprinting, showing good coordination and control;✓ demonstrate stamina in order to maintain a sustained run;✓ show good control, coordination and power when performing the standing vertical jump and measure the height jumped with accuracy;✓ follow step-by-step instructions to learn and develop a range of throwing techniques with increasing control, accuracy, fluency and success;✓ compete against self and others with confidence and demonstrate noticeable improvements to	
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PE Enquiry Questions and Assessment Checkpoints

		<p>elements to create different effects in the story;</p> <ul style="list-style-type: none">✓ hold a range of individual two, three and four-point balances and part-weight partner balances as part of a routine;✓ adapt their body shape to create star, tuck, straddle, pike, stag, and splits shapes as part of a routine;✓ select and perform a wide range of appropriate linking actions and movements to structure a routine;✓ vary the speed, levels and dynamics of a routine to create effect;✓ say what is good about their own and others' performances and know how to make them better	<p>achieve their personal best.</p> <ul style="list-style-type: none">✓ evaluate the effectiveness of a performance, offering suggestions of how to improve a skill or technique	
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2023/2024
Year 6

Spring 1

Spring 2

Summer 1

Summer 2



PE Enquiry Questions and Assessment Checkpoints

Lead Enquiry Question (Composite Outcome)	How can I choreograph and perform a <u>dance</u> , integrating WW2? How can play well competitively in a range of invasion games?	How can I set and perform a challenging, motivating <u>circuit</u> to increase my fitness? What makes a good PE Teacher / Group Leader?	How can I run at different paces; throw different implements and jump for height and length in <u>athletics</u> ? How can play well competitively in striking and fielding games?	How can I run at different paces; throw different implements and jump for height and length in <u>athletics</u> ? How can play well competitively in volleyball?
Component Questions (components to be explored throughout the unit)	<u>Dance: World War 2</u> CQ1: What is the Charleston? How can I perform this dance? CQ2: What is the Lambeth Walk? How can I perform this dance? CQ3: What is the Lindy Hop? How can I perform this dance? CQ4: How can I tell the story of a wartime event through dance? CQ5: How can I plan and perform in a WWII style dance party? <u>Invasion Games – Football, Rugby, Basketball & Hockey</u> CQ1: In invasion games, how do I move with the ball? CQ2: In invasion games, how do I pass and move with the ball? CQ3: In invasion games, how do I apply attacking skills?	<u>Circuit Training</u> CQ1: How do we exercise safely? CQ2: How and why do we exercise at different levels of intensity? CQ3: How does exercise boost mental wellbeing? CQ4: How does exercise improve physical strength? <u>Leadership in PE</u> CQ1: How can I lead others during the PE lesson, demonstrating different leadership skills including respect and giving clear instructions? CQ2: How can I lead others during the PE lesson, demonstrating different leadership skills including confidence, positivity and directing others?	<u>Athletics</u> CQ1: How do we practise and refine fundamental movement skills needed for athletics? CQ2: How do we work as a team to competitively perform a sprint relay? CQ3: How do we control running pace over a range of distances? CQ4: How do we refine my hurdling technique? CQ5: How do we practise and refine jumping techniques? CQ6: How do we throw for distance using a heave throw technique? <u>Striking & Fielding Games</u>	<u>Athletics</u> CQ1: How do we practise and refine fundamental movement skills needed for athletics? CQ2: How do we work as a team to competitively perform a sprint relay? CQ3: How do we control running pace over a range of distances? CQ4: How do we refine my hurdling technique? CQ5: How do we practise and refine jumping techniques? CQ6: How do we throw for distance using a heave throw technique? <u>Net & Wall Games: Volleyball</u>



PE Enquiry Questions and Assessment Checkpoints

	<p>CQ4: In invasion games, how do I apply defending skills?</p> <p>CQ5: How can I invent a new game that requires attacking and defending skills?</p> <p>CQ6: How can I apply the skills and techniques I have learnt to play an invasion game and evaluate its success?</p>	<p>CQ3: How can I lead others during the PE lesson, demonstrating different leadership skills including adaptability, safety and good communication?</p> <p>CQ4: How can I lead others during the PE lesson, demonstrating different leadership skills including emotional intelligence, resilience and motivating others?</p> <p>CQ5: What are different leadership skills including problem-solving, teamwork, empowering others and listening and how are these used to lead sessions?</p> <p>CQ6: What are different leadership skills including encouragement, decision making and evaluating and how are these used to lead sessions?</p> <p>CQ7: What does it feel like to plan and lead a physical activity for a selected group of children?</p>	<p>CQ1: How can I react quickly and catch balls thrown at different heights and angles?</p> <p>CQ2: How can I attack the ball using effective fielding techniques?</p> <p>CQ3: How can I throw the ball accurately over a large distance?</p> <p>CQ4: How can I strike a bowled ball over a large distance into space?</p> <p>CQ5: How can I bowl a ball overarm at a target?</p> <p>CQ6: How can I apply striking and fielding skills to complete a circuit of activities.</p>	<p>CQ1: How can I develop movement and passing skills in volleyball?</p> <p>CQ2: How can I perform an underarm volleyball serve?</p> <p>CQ3: How do I perform a set shot with control and accuracy? (To be able to pass the ball using different shots)</p> <p>CQ4: How do I perform a spike shot with control and accuracy? (To perform a block and understand the importance of timing with this move).</p> <p>CQ5: What are the rules of Newcomb ball during a game?</p> <p>CQ6: How can I use range of learnt volleyball skills in a Newcomb ball match?</p> <p>CQ7: How can I participate in a game of sitting volleyball?</p>
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PE Enquiry Questions and Assessment Checkpoints

Assessment Checkpoint	Children who are secure will be able to:	Children who are secure will be able to:	Children who are secure will be able to:	Children who are secure will be able to:
	<p><u>Dance: World War 2</u></p> <ul style="list-style-type: none"> ✓ describe some of the features and steps of popular wartime dances; ✓ perform and link a wider range of dance steps from the Charleston, Lambeth Walk and Lindy Hop; ✓ describe what they have done or changed in order to better their performance during a lesson and unit; ✓ link a series of dance motifs to create a longer dance sequence which reflects a theme or tells a story; ✓ work with others to choreograph effective routines while recognising and developing their own strengths and abilities within a group. <p><u>Invasion Games – Football, Rugby, Basketball & Hockey</u></p> <ul style="list-style-type: none"> ✓ lead and take part in warm-ups and cool- 	<p><u>Circuit Training</u></p> <ul style="list-style-type: none"> ✓ understand what circuit training involves and can follow instructions to complete a range of different ‘medium’ exercises; ✓ identify two or more ways to exercise safely and follow these examples; ✓ use the talk test to measure exercise intensity; ✓ create a personal target, work towards it and can express how this feels; ✓ identify which muscle groups are targeted in different exercises; ✓ give instructions to complete four exercises, with simple adaptations for ability; ✓ select exercises to suit particular needs <p><u>Leadership in PE</u></p> <ul style="list-style-type: none"> ✓ have a good understanding about 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> ✓ demonstrate an improvement in reaction speed through repetition; ✓ execute the underarm throw with accuracy and success in isolation and sometimes in a game situation; ✓ understand what an effective springing technique involves and work hard to improve theirs; ✓ work well with team members to pass and receive the baton using the learned technique ✓ demonstrate some endurance and stamina to be able to run for longer distances; ✓ run at an appropriate pace to suit the activity, including speeding up at the end; ✓ mostly use their preferred leg to lead with over the obstacles and maintain a 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> ✓ demonstrate an improvement in reaction speed through repetition; ✓ execute the underarm throw with accuracy and success in isolation and sometimes in a game situation; ✓ understand what an effective springing technique involves and work hard to improve theirs; ✓ work well with team members to pass and receive the baton using the learned technique ✓ demonstrate some endurance and stamina to be able to run for longer distances; ✓ run at an appropriate pace to suit the activity, including speeding up at the end; ✓ mostly use their preferred leg to lead with over the obstacles and maintain a

PE Enquiry Questions and Assessment Checkpoints

	<p>downs safely and effectively;</p> <ul style="list-style-type: none"> ✓ move with the ball using the correct technique in at least two invasion games with speed and control, including changing direction; ✓ pass and receive the ball in a variety of ways using the correct technique in at least two invasion games with control and accuracy; ✓ link dribbling and passing skills together with success and fluency; ✓ use space well to pass and receive a ball; ✓ follow complicated rules to play a new game successfully; ✓ create a new game to include certain criteria and explain it to others successfully; ✓ begin to choose and apply appropriate skills and techniques for attacking and defending in a range of invasion games; ✓ evaluate their own and others' work, suggesting appropriate improvements 	<p>what being a leader and leadership involves;</p> <ul style="list-style-type: none"> ✓ lead a game or activity well, generally demonstrating respect for others; ✓ lead a game or activity well, generally giving clear instructions; ✓ generally cooperate well when taking part in activities led by others; ✓ generally demonstrate confidence when leading a game or activity; ✓ generally convey positivity when leading a game or activity; ✓ generally direct others effectively when leading a game or activity; ✓ know about the importance of safety in PE and can talk about how this was paramount within the lesson; ✓ generally demonstrate adaptability when leading an activity or game; ✓ generally demonstrate good communication skills when leading a game or activity; ✓ demonstrate a few elements of being an 	<p>consistent stride pattern;</p> <ul style="list-style-type: none"> ✓ demonstrate increasing coordination, speed and rhythm when hurdling; ✓ demonstrate an effective technique for the three different jumps and gain good height and distance with them. ✓ lead jumping activities effectively; ✓ demonstrate an effective technique for the overhead heave throw technique and gain good distance with it; ✓ effectively use different throwing techniques for distance and accuracy <p><u>Striking & Fielding Games</u></p> <ul style="list-style-type: none"> ✓ strike a bowled ball in an intended direction, into space; ✓ stop a ball using a range of techniques, including the long-barrier technique; ✓ understand the active role of a fielder and 	<p>consistent stride pattern;</p> <ul style="list-style-type: none"> ✓ demonstrate increasing coordination, speed and rhythm when hurdling; ✓ demonstrate an effective technique for the three different jumps and gain good height and distance with them. ✓ lead jumping activities effectively; ✓ demonstrate an effective technique for the overhead heave throw technique and gain good distance with it; ✓ effectively use different throwing techniques for distance and accuracy <p><u>Net & Wall Games: Volleyball</u></p> <ul style="list-style-type: none"> ✓ use the ready position to carry out a pass or hit; ✓ moves well around a space using the side-to-side step, to get into position to strike the ball;
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PE Enquiry Questions and Assessment Checkpoints

		<p>effective motivator when leading an activity or game;</p> <ul style="list-style-type: none"> ✓ demonstrate a good awareness of their own and others' emotions when leading an activity or game; ✓ show resilience when leading an activity or game; ✓ know about the importance of empowering others in leadership and sometimes demonstrate this themselves; ✓ know about the importance of listening to others in leadership and usually demonstrate this themselves; ✓ know about the importance of teamwork in leadership and usually demonstrate elements of this themselves; ✓ recognise and demonstrate three or more different leadership skills during problem-solving activities; ✓ know about the importance of encouraging others in leadership and 	<p>know how to 'attack the ball';</p> <ul style="list-style-type: none"> ✓ play cooperatively with teammates; making decisions when to run for points and when to not; ✓ choose and use a range of simple tactics and strategies when striking and fielding. 	<ul style="list-style-type: none"> ✓ executes a dig shot using the correct technique; ✓ make good contact and show control when hitting a ball with their arm or hand; ✓ use the correct technique to hit an underarm serve; ✓ execute an underarm serve into a targeted area with some success; ✓ set the ball using the correct technique; ✓ aim the ball in an intended direction, with consistent accuracy; ✓ use dig or set shots to pass the ball, with consistent control; ✓ execute a spike or smash onto the ground using the correct technique and towards a target area; ✓ usually use the correct footwork when spiking the ball; ✓ use a block technique to deflect or stop a ball from coming back over the net, with some success;
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PE Enquiry Questions and Assessment Checkpoints

		<p>sometimes demonstrates this themselves;</p> <ul style="list-style-type: none">✓ know about the importance of good decision making in leadership and usually demonstrates this effectively;✓ demonstrate three or more different leadership skills when planning and leading a physical activity for others;✓ can evaluate their own and others' leadership abilities, showing an awareness of the impact this had on the success of the activity		<ul style="list-style-type: none">✓ time their block of a volleyball, usually with success;✓ participates well and shows good sportsmanship in a Newcomb ball match;✓ shows an understanding of the importance of communication and teamwork in a net and wall game;✓ uses learnt volleyball skills in a Newcomb ball match;✓ understand why inclusiveness is important in games;✓ use different parts of the body to score points;✓ showed a good understanding of the difference in rules between a sitting and standing volleyball game
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