

**Year Three / Four**

**Autumn**



Crucial Knowledge – Athletics (Autumn)	Expanded Knowledge	Intent/Prove
<p><i>Background knowledge:</i></p> <ul style="list-style-type: none"> <li>- PE means physical education.</li> <li>- Athletics is the oldest form of organized sport, having developed out of the most basic human activities, running, walking, jumping, and throwing.</li> </ul> <p><b>Running:</b></p> <p><b>Sprinting:</b></p> <ul style="list-style-type: none"> <li>- Keep a low body position until they pick up speed</li> <li>- Drive the arms and legs quickly</li> <li>- Push off the balls of their feet</li> </ul> <p><b>Distance Running:</b></p> <ul style="list-style-type: none"> <li>- Keep body tall and relaxed</li> <li>- Drive the arms and legs at a comfortable pace</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Developing relay running</li> </ul> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>- Push and pull throw</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>- Scissor jump for height</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Muscle groups used</li> <li>- Choosing cool down and warm ups based on the skills being used</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Children can explain different types of running and when/why they are used in different sports and athletics</li> <li>- In different sports, children can describe when they are sprinting or distance running and how to best do this</li> <li>- In athletics, children will run at different speeds, knowing how to change the stance of their body accordingly</li> </ul> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to demonstrate a wide variety of throws and explain which is their preferred throw and why</li> <li>- Children will be able to select a certain throw for certain equipment</li> <li>- Children will use this knowledge when playing other sports which involve throwing</li> </ul>

<p>- If you can't talk, you're going too fast!</p> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>- Fling Throw</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>- 2 feet to 1 foot</li> <li>- 1 foot to 2 feet</li> <li>- 1 foot to the other foot (bound)</li> <li>- 1 foot to same foot (hop)</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Warming up and cooling down</li> <li>- The importance of warming up and cooling down</li> <li>- How athletics improves health and fitness</li> </ul>		<p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to use jumps to make a sequence of jumps</li> <li>- Children will recognise that some jumps are best for distance and others for height and use them appropriately</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to explain the importance of warming up and cooling down</li> <li>- Children will be able to describe the effects of exercise on both their physical and mental health</li> </ul>
<p><b>Crucial Knowledge – Dance(Autumn)</b></p>	<p><b>Expanded Knowledge</b></p>	<p><b>Intent/Prove</b></p>
<p><i>Background CK - PE means physical education.</i></p> <p><i>- Dance is when people move to a musical rhythm.</i></p> <p><b>Vocabulary:</b></p> <ul style="list-style-type: none"> <li>- Levels, directions, pathways, dynamics, start position, end position, shapes, travelling, compositional elements (unison, canon, repetition)</li> </ul> <p><b>Exploration:</b></p> <ul style="list-style-type: none"> <li>- Using stimuli to inspire dance movements – shape, dynamics, directions, pathways</li> </ul>	<p><b>Vocabulary:</b></p> <ul style="list-style-type: none"> <li>- Action and reaction, improvisation, atmosphere, mood, intention, motifs</li> </ul> <p><b>Exploration:</b></p> <ul style="list-style-type: none"> <li>- Researching events, finding own stimuli</li> </ul> <p><b>Selection, composition and development:</b></p> <ul style="list-style-type: none"> <li>- Creating contrasting sequences</li> <li>- Using motifs</li> <li>- Selecting a variety compositional elements</li> </ul>	<p><b>Vocabulary:</b></p> <ul style="list-style-type: none"> <li>- Using the vocabulary appropriately when evaluating own dances or others' dances</li> <li>- Adding the correct technique/skill in a dance when the vocabulary is used by peers/teacher</li> </ul> <p><b>Exploration:</b></p> <ul style="list-style-type: none"> <li>- Creating a dance based on stimuli, which relates to the stimuli</li> </ul> <p><b>Selection, composition and development:</b></p>

<ul style="list-style-type: none"> <li>- Using stimuli to express emotions through dance</li> <li>- Using stimuli to create a character through dance</li> </ul> <p><b>Selection, composition and development:</b></p> <ul style="list-style-type: none"> <li>- Clear, separate movements</li> <li>- Clear start and end positions (freeze)</li> <li>- Linking movements with travelling</li> <li>- Selecting some compositional elements</li> </ul> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>- Being a good audience – listening and watching appropriately</li> <li>- Giving and receiving advice and constructive criticism</li> <li>- Staying in character</li> <li>- Exaggerated movements</li> <li>- Self-evaluating and reflecting</li> </ul>	<p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>- Adapting a dance based on the audience</li> <li>- Improvising if something goes wrong</li> </ul>	<ul style="list-style-type: none"> <li>- Movements, positions, travelling and compositional elements are used in the dance</li> </ul> <p><b>Performance:</b></p> <ul style="list-style-type: none"> <li>- Dance is performed to a variety of audiences, peers, adults, other classes, other teachers</li> </ul>
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**Spring**

Crucial Knowledge – Competitive games football (Spring)	Expanded Knowledge	Intent/Prove
<p><i>Background CK - PE means physical education.</i></p> <ul style="list-style-type: none"> <li>- <i>Competitive games is when teams play against each other to score the most points.</i></li> </ul> <p><i>Football has 2 teams with 11 players, including a goalkeeper, defenders, midfielders and strikers.</i></p> <ul style="list-style-type: none"> <li>- <i>Only the goalkeeper can use their hands.</i></li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- Dribbling: Turning with the ball to change direction.</li> <li>- Shooting: Shooting accurately when pressure is on.</li> <li>- Passing and receiving: Different types of passes, depending on how far away the other player is → long pass vs. short pass.</li> <li>- Tricks: Perfect different tricks – elastico and the drag back.</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- Dribbling: Children will be able to explain what dribbling is, dribble in drills and apply it in a match.</li> <li>- Shooting: Children will be able to explain what shooting is, shoot in drills and apply it in a match.</li> <li>- Passing and receiving: Children will be able to explain what passing and receiving is, pass and receive in drills and apply it in a match.</li> </ul>

<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- Dribbling: Keep moving, get into space, small touches to keep it close.</li> <li>- Shooting: Keeping your eye on the goal, finesse shots and power shots.</li> <li>- Passing and receiving: Use the inside of your strongest foot to pass and receive.</li> <li>- Tricks: Be aware of the tricks elastico and the drag back.</li> </ul> <p><b>Teamwork:</b></p> <ul style="list-style-type: none"> <li>- Looking at team members and calling their name before passing.</li> <li>- Moving into space and giving others space.</li> <li>- Congratulating others.</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Warming up and cooling down</li> <li>- The importance of warming up and cooling down</li> <li>- How football improves health and fitness</li> </ul>	<p><b>Teamwork:</b></p> <ul style="list-style-type: none"> <li>- Working as a team to attack, changing positions.</li> <li>- Working as a team to defend, changing positions.</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Muscle groups used</li> <li>- Choosing cool down and warm ups based on the skills being used</li> </ul>	<ul style="list-style-type: none"> <li>- Tricks: Children will be able to explain what tricks are and their advantages.</li> </ul> <p><b>Teamwork:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to use teamwork skills in matches and skills.</li> <li>- Children will be able to explain how teamwork helps in competitive sports.</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to explain the importance of warming up and cooling down</li> <li>- Children will be able to describe the effects of exercise on both their physical and mental health</li> </ul>
<p><b>Crucial Knowledge – Competitive games Basketball (Spring)</b></p>	<p><b>Expanded Knowledge</b></p>	<p><b>Intent/Prove</b></p>
<p><i>Background CK - PE means physical education.</i></p> <ul style="list-style-type: none"> <li>- <i>Competitive games is when teams play against each other to score the most points.</i></li> <li>- <i>Basketball is popular all over the world but most popular in America.</i></li> <li>- <i>In basketball, you use your hands, not your feet.</i></li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- Dribbling: Turning with the ball to change direction.</li> <li>- Shooting: Shooting accurately when pressure is on.</li> <li>- Passing and receiving: Overhead pass. Knowing when to use different passes and using the</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- Dribbling: Children will be able to explain what dribbling is, dribble in drills and apply it in a match.</li> <li>- Shooting: Children will be able to explain what shooting is, shoot in drills and apply it in a match.</li> </ul>

<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- Dribbling: Push the ball, keep your head up, small bounces and keep the ball close to your body.</li> <li>- Shooting: Lay-up shot. Using the correct footwork and hand positions to shoot: arm bent, finger tips, not palms, guide with other arm and aim at target.</li> <li>- Passing and receiving: Chest pass, bounce pass. Arms open to receive. Knowing when to use the different passes.</li> </ul> <p><b>Teamwork:</b></p> <ul style="list-style-type: none"> <li>- Looking at team members and calling their name before passing.</li> <li>- Moving into space and giving others space.</li> <li>- Congratulating others.</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Warming up and cooling down</li> <li>- The importance of warming up and cooling down</li> <li>- How basketball improves health and fitness</li> </ul>	<p>correct footwork when passing. Being able to pass accurately while moving.</p> <p><b>Teamwork:</b></p> <ul style="list-style-type: none"> <li>- Working as a team to attack, changing positions.</li> <li>- Working as a team to defend, changing positions.</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Muscle groups used</li> </ul> <p>Choosing cool down and warm ups based on the skills being used</p>	<ul style="list-style-type: none"> <li>- Passing and receiving: Children will be able to explain what passing and receiving is, pass and receive in drills and apply it in a match.</li> </ul> <p><b>Teamwork:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to use teamwork skills in matches and skills.</li> <li>- Children will be able to explain how teamwork helps in competitive sports.</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to explain the importance of warming up and cooling down</li> <li>- Children will be able to describe the effects of exercise on both their physical and mental health</li> </ul>
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Summer

Crucial Knowledge – Athletics(Summer)	Expanded Knowledge	Intent/Prove
<p><i>Background CK: - PE means physical education.</i></p> <p><i>- Athletics is the oldest form of organized sport, having developed out of the most basic human activities, running, walking, jumping, and throwing.</i></p> <p><b>Sprinting vs. Distance running</b></p> <p><b>Sprinting:</b></p> <ul style="list-style-type: none"> <li>- Keep a low body position until they pick up speed</li> <li>- Drive the arms and legs quickly</li> <li>- Push off the balls of their feet</li> </ul> <p><b>Distance Running:</b></p> <ul style="list-style-type: none"> <li>- Keep body tall and relaxed</li> <li>- Drive the arms and legs at a comfortable pace</li> <li>- If you can't talk, you're going too fast!</li> </ul> <p><b>Running Over Obstacles:</b></p> <ul style="list-style-type: none"> <li>- Find a good rhythm before applying speed</li> <li>- Maintain an even stride length throughout</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Developing relay running</li> </ul> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>- Run and throw with the 3 stride approach</li> </ul> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>- Standing chest push</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>- Standing long jump</li> <li>- Standing triple jump</li> </ul> <p><b>Fitness:</b></p> <ul style="list-style-type: none"> <li>- Muscle groups used</li> <li>- Choosing cool down and warm ups based on the skills being used</li> </ul>	<p><b>Running:</b></p> <ul style="list-style-type: none"> <li>- Children can explain different types of running and when/why they are used in different sports and athletics</li> <li>- In different sports, children can describe when they are sprinting or distance running and how to best do this</li> <li>- In athletics, children will run at different speeds, knowing how to change the stance of their body accordingly</li> </ul> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to demonstrate a wide variety of throws and explain which is their preferred throw and why</li> <li>- Children will be able to select a certain throw for certain equipment</li> <li>- Children will use this knowledge when playing other sports which involve throwing</li> </ul> <p><b>Jumping:</b></p> <ul style="list-style-type: none"> <li>- Children will be able to use jumps to make a sequence of jumps</li> <li>- Children will recognise that some jumps are best for distance and others for height and use them appropriately</li> </ul> <p><b>Fitness:</b></p>



<ul style="list-style-type: none"> <li>- Keep their head up when running to see obstacles coming up</li> </ul> <p><b>Throwing:</b></p> <ul style="list-style-type: none"> <li>- Two-handed Push Throw</li> <li>- One-handed Push Throw</li> <li>- Two-Handed Pull Throw</li> <li>- One- Handed Pull Throw</li> </ul> <p><b>Jumping for Distance:</b></p> <ul style="list-style-type: none"> <li>- 2 feet to 1 foot</li> <li>- 1 foot to 2 feet</li> <li>- 1 foot to the other foot (bound)</li> <li>- 1 foot to same foot (hop)</li> </ul> <p><b>Jumping for Height:</b></p> <ul style="list-style-type: none"> <li>- Scissor Jump</li> </ul>		<ul style="list-style-type: none"> <li>- Children will be able to explain the importance of warming up and cooling down</li> <li>- Children will be able to describe the effects of exercise on both their physical and mental health</li> </ul>
<p><b>Crucial Knowledge – striking and fielding – rounders (Summer)</b></p>	<p><b>Expanded Knowledge</b></p>	<p><b>Intent/Prove</b></p>
<p><i>Background CK - PE means physical education.</i></p> <ul style="list-style-type: none"> <li>- <i>Competitive games is when teams play against each other to score the most points.</i></li> <li>- <i>Rounders has 2 teams, the batters and the fielders.</i></li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- Throwing: Knowing when to use each throw. Throwing accurately when under pressure.</li> <li>- Catching/Stopping: Short Barrier – Place foot behind aiming to stop the ball, hits foot if missed by the hand. Long Barrier – Lower left leg parallel and close to floor, right foot touching left knee so there is no gap, hands out in front to stop ball.</li> </ul>	<p><b>Skills:</b></p> <ul style="list-style-type: none"> <li>- Throwing: Children will be able to explain the different throws, throw in drills and apply it in a match.</li> <li>- Catching: Children will be able to explain what catching is, catch in drills and apply it in a match.</li> </ul>



- *In rounders, the batters have to get around the pitch to get a rounder and the fielders try to catch them or stump them out.*

**Skills:**

- Throwing: Underarm throw – swing, step, throw, step with the opposite foot. Overarm throw – Side to target, Uppercase L, Step, Twist, Throw, Step with the opposite foot.
- Catching: Ready position, hands up, eyes on the ball, reach and grab.
- Batting: Body sideways on, hold bat with 1 hand, hold just below shoulder height, swing bat across body.

**Teamwork:**

- Looking at team members and calling their name before throwing.
- Communicating with your team to encourage them to run or stop.
- Congratulating others.

**Fitness:**

- Warming up and cooling down
- The importance of warming up and cooling down
- How rounders improves health and fitness

- Batting: Aiming the ball.

**Teamwork:**

- Working as a team to field, changing positions.

**Fitness:**

- Muscle groups used
- Choosing cool down and warm ups based on the skills being used

- Batting: Children will be able to explain what batting is and the correct technique, bat in drills and apply it in a match.

**Teamwork:**

- Children will be able to use teamwork skills in matches and skills.
- Children will be able to explain how teamwork helps in competitive sports.

**Fitness:**

- Children will be able to explain the importance of warming up and cooling down
- Children will be able to describe the effects of exercise on both their physical and mental health



## Bursley Academy Curriculum document

