

# Fundamental Knowledge Map: PE



**EDALE RISE**  
Primary & Nursery School

# Fundamental Knowledge Map: PE

This document captures the fundamental knowledge, both substantive and disciplinary, taught in Physical Education at Edale Rise. The units taught at Edale Rise explore more material than this document demonstrates; however, this document states the most fundamental knowledge a child will be able to demonstrate if they are secure in the unit taught.

The purpose of this document is to ensure that:

- A. Teachers know exactly what children should be know or be able to do by the end of the unit
- B. Teachers know what knowledge should be prioritised for retrieval within and between units and years
- C. Teachers know what prior-knowledge should be assessed for before proceeding with subsequent units
- D. Leaders know exactly what knowledge children should be able to articulate during monitoring exercises

For more information regarding the content covered in each unit, please see the [long-term plan](#) available on the school website or request a meeting with a member of the curriculum team.

Locomotion (Athletics)	Dance	Gymnastics	Ball skills	Rackets' Bats, Balls and Balloons
<p>Children who are <b>secure</b> will be able to:</p> <p><b>Walking</b></p> <ul style="list-style-type: none"> <li>• Explore/develop walking</li> <li>• Explore walking in different pathways</li> <li>• Sustain walking</li> <li>• Explore marching</li> <li>• Apply walking into a game</li> </ul>	<p>Children who are <b>secure</b> will be able to:</p> <p><b>Dinosaurs</b></p> <ul style="list-style-type: none"> <li>• Move with control</li> <li>• Add movements together</li> <li>• Respond to rhythm in character</li> <li>• Add expression to their characters' (dinosaur) movements</li> <li>• Perform with a partner</li> <li>• Explore relationships</li> </ul>	<p>Children who are <b>secure</b> will be able to:</p> <p><b>High, over, under, over</b></p> <ul style="list-style-type: none"> <li>• Explore moving high, low, over and under</li> <li>• Explore the apparatus</li> <li>• Apply high and low on apparatus</li> </ul>	<p>Children who are <b>secure</b> will be able to:</p> <p><b>Ball Skills Hands 1</b></p> <ul style="list-style-type: none"> <li>• Explore pushing</li> <li>• Explore rolling</li> <li>• Explore bouncing</li> <li>• Explore bouncing into space</li> <li>• Combine pushing and rolling</li> <li>• Combine rolling, pushing and bouncing</li> </ul>	<p><b>Rackets' Bats, Balls and Balloons</b></p> <ul style="list-style-type: none"> <li>• Explore pushing/hitting a balloon with control</li> <li>• Explore hitting a balloon with power into space</li> <li>• Explore hitting/pushing (sending) a balloon with accuracy</li> <li>• Explore balancing an object on a racket/bat</li> </ul>
				<p style="text-align: center;"><b>Games</b></p>
				<p>Children who are <b>secure</b> will be able to:</p> <p><b>Games for Understanding</b></p> <ul style="list-style-type: none"> <li>• Take turns/keep the score</li> <li>• Understand and play by the rules</li> <li>• Avoid a defender</li> <li>• Prevent an attacker from scoring</li> </ul>

# PE: Year 1

Locomotion (Athletics)	Dance	Gymnastics	Ball Skills	Games
<p>Children who are <u>secure</u> will be able to:</p> <p><b>Running</b></p> <ul style="list-style-type: none"> <li>• Explore running</li> <li>• Apply running into a game</li> <li>• Explore running at different speeds</li> <li>• Explore running for speed (acceleration)</li> <li>• Explore running in a team</li> <li>• Consolidate running</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Heroes</b></p> <ul style="list-style-type: none"> <li>• Perform movements in sequence</li> <li>• Create movements that represent superpowers</li> <li>• Create movements that represent a superhero rescuing/saving, someone/something</li> <li>• Explore character movements</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Wide, Narrow, Curled</b></p> <ul style="list-style-type: none"> <li>• Explore making wide, narrow and curled shapes</li> <li>• Explore the difference between wide, narrow and curled</li> <li>• Transition between wide, narrow and curled movements</li> <li>• Link two movements together</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Ball Skills Hands 1</b></p> <ul style="list-style-type: none"> <li>• Begin sending (bouncing) with control</li> <li>• Begin aiming with accuracy</li> <li>• Introduce power and speed when sending a ball</li> <li>• Introduce/develop stopping, combining sending skills</li> <li>• Combine sending and receiving skills</li> </ul> <p><b>Ball Skills Feet</b></p> <ul style="list-style-type: none"> <li>• Develop moving the ball using the feet</li> <li>• Apply dribbling into games</li> <li>• Consolidate dribbling</li> <li>• Explore kicking (passing)</li> <li>• Apply kicking (passing) to score a point</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Games for understanding</b></p> <ul style="list-style-type: none"> <li>• Understand the principles of attack/defence</li> <li>• Apply attacking/ defending principles into a game</li> <li>• Consolidate attacking/defending</li> </ul>

# PE: Year 2

Locomotion (Athletics)	Dance	Gymnastics	Ball Skills	Games
<p>Children who are <u>secure</u> will be able to:</p> <p><b>Jumping</b></p> <ul style="list-style-type: none"> <li>• Consolidate jumping</li> <li>• Apply jumping into a game</li> <li>• Link jumping</li> <li>• Explore jumping combinations</li> <li>• Develop jumping combinations</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Mr Candy's Sweet Factory</b></p> <ul style="list-style-type: none"> <li>• Exploring expression</li> <li>• Link movements together</li> <li>• Create a motif with characterisation, expression and emotion</li> <li>• Extend our motifs with different dynamics (fast and slow)</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Linking</b></p> <ul style="list-style-type: none"> <li>• Develop linking</li> <li>• Explore linking on apparatus</li> <li>• Explore jump, roll, balance sequences (including on apparatus)</li> <li>• Create sequences</li> <li>• Complete sequences and perform</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Ball Skills Hands 1</b></p> <ul style="list-style-type: none"> <li>• Develop dribbling/ passing and receiving</li> <li>• Combine dribbling, passing and receiving, keeping possession</li> <li>• Develop dribbling/passing and receiving to score a point</li> <li>• Combine dribbling, passing and receiving to score a point</li> </ul> <p><b>Ball Skills Hands 2</b></p> <ul style="list-style-type: none"> <li>• Consolidate application and understanding of underarm throwing</li> <li>• Apply the underarm and overarm throw to win a game</li> <li>• Apply the underarm throw to beat an opponent</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Games for understanding</b></p> <ul style="list-style-type: none"> <li>• Attack/defend as a team</li> <li>• Understand the transition between defence and attack</li> <li>• Create and apply attacking/defensive tactics</li> </ul>

# PE: Year 3

Athletics	Dance	Gymnastics	Games
<p>Children who are <u>secure</u> will be able to:</p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Explore running for speed</li> <li>• Explore acceleration</li> <li>• Explore and develop relay (running for speed in a team)</li> <li>• Explore throwing (Accuracy vs distance)</li> <li>• Explore standing long Jump</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Wild Animals</b></p> <ul style="list-style-type: none"> <li>• Respond to stimuli</li> <li>• Develop character dance into a motif</li> <li>• Develop sequences with a partner in character that show relationships</li> <li>• Extend sequences with a partner in character</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Symmetry and Asymmetry</b></p> <ul style="list-style-type: none"> <li>• Explore symmetry</li> <li>• Explore asymmetry</li> <li>• Apply learning onto apparatus</li> <li>• Explore formation in a sequence</li> <li>• Complete a sequence</li> </ul> <p><b>Canon and Unison</b></p> <ul style="list-style-type: none"> <li>• Explore Unison</li> <li>• Explore Canon</li> <li>• Apply sequences in 'Unison' and 'Canon' onto apparatus</li> <li>• Combine Canon and Unison in groups</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Game Sense (Invasion)</b></p> <ul style="list-style-type: none"> <li>• Explore passing and receiving</li> <li>• Explore passing and creating space</li> <li>• Explore scoring and the concept of shooting</li> </ul> <p><b>Cricket (Striking and fielding)</b></p> <ul style="list-style-type: none"> <li>• Understand the concept of batting and fielding</li> <li>• Explore throwing overarm</li> <li>• Explore throwing underarm</li> <li>• Explore catching</li> <li>• Striking with intent</li> </ul>

# PE: Year 4

Athletics	Dance	Gymnastics	Games
<p>Children who are <u>secure</u> will be able to:</p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Develop running at speed</li> <li>• Explore our stride pattern</li> <li>• Explore running at pace</li> <li>• Understand and apply tactics when running for distance</li> <li>• Explore using javelin</li> <li>• Explore Standing Triple Jump</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Space</b></p> <ul style="list-style-type: none"> <li>• Extend sequences with a partner in character</li> <li>• Develop sequences with a partner in character that show relationships and interlinking dance moves</li> <li>• Develop sequences, relationships, choreography and performance</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Bridges</b></p> <ul style="list-style-type: none"> <li>• Explore bridges</li> <li>• Apply bridge learning onto apparatus</li> <li>• Develop sequences with bridges</li> <li>• Explore formation in a sequence</li> <li>• Complete a sequence</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Game Sense (Invasion)</b></p> <ul style="list-style-type: none"> <li>• Develop passing and creating space</li> <li>• Combine passing, moving and shooting</li> <li>• Explore dribbling (keeping control)</li> <li>• Explore defending and the concept of marking</li> </ul> <p><b>Game Sense (Net/Wall)</b></p> <ul style="list-style-type: none"> <li>• Create space to win a point on a court with a net/wall</li> <li>• Explore forehand (underarm shots) using our hands</li> <li>• Explore forehand (underarm shots) using rackets</li> </ul> <p><b>Cricket (Striking and fielding)</b></p> <ul style="list-style-type: none"> <li>• Develop an understanding of batting and fielding</li> <li>• Explore bowling underarm</li> <li>• Develop stopping and returning the ball</li> <li>• Develop retrieving and returning the ball</li> <li>• Strike the ball at different angles and speeds</li> </ul>

# PE: Year 5

Athletics	Dance	Gymnastics	Games	Swimming
<p>Children who are <u>secure</u> will be able to:</p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Finish a race</li> <li>• Evaluate performance</li> <li>• Develop sprinting (personal best)</li> <li>• Consolidate relay changeovers</li> <li>• Explore Shot Put</li> <li>• Explore Hurdles</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Greeks</b></p> <ul style="list-style-type: none"> <li>• Explore the Greeks using compositional principles</li> <li>• Extend sequences with a partner using compositional principles</li> <li>• Create movement using improvisation where movement is reactive</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Counter Balance and Counter Tension</b></p> <ul style="list-style-type: none"> <li>• Introduction to Counter Balance</li> <li>• Application of Counter Balance learning onto apparatus</li> <li>• Sequence formation</li> <li>• Counter Tension</li> <li>• Sequence completion</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Game Sense (Net/Wall)</b></p> <ul style="list-style-type: none"> <li>• Explore backhand shots with a racket and a net</li> <li>• Apply using both hands/backhands and forehand shots in game situations</li> <li>• Explore the volley</li> <li>• Control the game from the serve</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Swimming (external providers)</b></p> <ul style="list-style-type: none"> <li>• swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• perform safe self-rescue in different water-based situations</li> </ul>

# PE: Year 6

Athletics	Dance	Gymnastics	Games	Swimming
<p>Children who are <u>secure</u> will be able to:</p> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Apply technique in running for speed competition</li> <li>• Apply technique in running for distance competition</li> <li>• Apply technique in throwing competition</li> <li>• Apply technique in jumping competition</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Carnival</b></p> <ul style="list-style-type: none"> <li>• Perform with technical control and rhythm in a group</li> <li>• Create rhythmic patterns using the body</li> <li>• Experience dance from a different culture</li> <li>• Explore choregraphical elements including still imagery</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Matching and Mirroring</b></p> <ul style="list-style-type: none"> <li>• Explore matching /mirroring</li> <li>• Apply matching/ mirroring learning onto apparatus</li> <li>• Develop a sequence</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Rounders (Strike and field)</b></p> <ul style="list-style-type: none"> <li>• Explore full rounders</li> <li>• Consolidate fielding tactics</li> <li>• Refine our understanding of what happens if the batter misses or hits the ball backwards</li> <li>• Make batting considerations</li> </ul>	<p>Children who are <u>secure</u> will be able to:</p> <p><b>Swimming (external providers)</b></p> <ul style="list-style-type: none"> <li>• swim competently, confidently and proficiently over a distance of at least 25 metres</li> <li>• use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> <li>• perform safe self-rescue in different water-based situations</li> </ul>