

## P.E. overview

	Know	Do (Able to)
On the Move focus: jumping 1	Jumping is a skill that is needed in a number of sports  The arms are used to gain height / distance when jumping.	Perform a range of steps / leaps, hops, jumps under control  Link together a range of steps / leaps, hops, jumps.
On the Move focus: jumping 2	The triple jump consists of 3 distinct phases  It is important to cushion your landing after jumping.	Combine a range of leaps, hops and jumps  Complete a triple jump either from standing or on the move.
On the Move focus: orienteering 1	Orienteering control markers are orange and white  Pacing is important when running long distances.	Run for an extended period of time  Plan how to negotiate a course efficiently.
On the Move focus: orienteering 2	The points of the compass  A map needs to be set to indicate the direction of travel.	Set / orient a map  Locate control points using a map  Run for a sustained period.
On the Move focus: problem solving 1	There are 1,000 millilitres in a litre  Precision can be better than speed.	Plan a strategy before solving a problem  Coordinate and take their weight on hands and feet.
On the Move focus: problem solving 2	It is possible to communicate using only sound  Our sense of hearing is heightened when sight is impaired.	Listen to and follow instructions  Negotiate an obstacle course.
On the Move focus: scooting 1	When riding a scooter, a helmet is worn to protect the head from injury in the event of a fall  Having good balance is useful for a range of sports.	Perform a range of stationary balances  Demonstrate good balance when riding a scooter  Challenge themselves to improve their own physical performance.
On the Move focus: scooting 2	Strategies for estimating distance and time  It is illegal to ride privately owned e-scooters on public roads and footpaths.	Move into a balance  Plan and navigate a slalom course on a scooter.

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On the Move focus: spectacular skills 1	<p>Using different balls / items makes juggling easier / harder</p> <p>It would be easier to juggle on the Moon than on the Earth because the gravitational pull is weaker on the Moon.</p>	<p>Throw and catch 2 items under control at the same time</p> <p>Juggle with 2 items.</p>
On the Move focus: spectacular skills 2	<p>Using the non-dominant hand or foot is often challenging</p> <p>Good hand-eye coordination is needed to succeed in many skills.</p>	<p>Incorporate equipment into a movement sequence</p> <p>Vary the level, speed and direction of movement.</p>
On the Move focus: throw, bounce, catch 1	<p>How to make it easier / harder for their partner to catch the ball</p> <p>Being in the right position makes it easier to catch the ball.</p>	<p>Perform an underarm throw accurately with a small ball</p> <p>Move into position to catch a small ball successfully.</p>
On the Move focus: throw, bounce, catch 2	<p>The legs are used to increase the accuracy and power of a throw</p> <p>Practising skills with the dominant and non-dominant hand is useful.</p>	<p>Throw a ball accurately to hit a target</p> <p>Bounce a ball under control.</p>
Athletics (over 3 sessions)	<p>The power for throwing comes from both legs and arms.</p> <p>To lift the knees high when sprinting.</p> <p>To use the arms and land safely with bent knees when jumping.</p>	<p>Throw for distance and accuracy</p> <p>Set their own goals when running for speed and distance</p> <p>Land safely when jumping for distance</p>
Basketball (over 3 sessions)	<p>When receiving the ball there are 3 options: dribble, pass or shoot</p> <p>Dribbling is a way of travelling with the ball</p> <p>When and how to use a chest pass and a bounce pass</p>	<p>Make strategic decisions about whether to dribble, pass or shoot.</p> <p>Dribble with the head up</p> <p>Select an appropriate pass</p> <p>Use the correct technique to shoot</p>

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Dance (over 3 sessions)	<p>For every action there is a reaction</p> <p>The effect of changing speed, level and direction in a movement sequence.</p> <p>Unison means working together and canon means one after the other.</p>	<p>Link movements fluently</p> <p>Vary the speed, level and direction of movement</p> <p>Link movements to music</p> <p>Work with a partner</p>
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