



Lingham Primary School
EYFS

Physical Development on a page

Sticky Knowledge	Key skills	Key Vocabulary
<p>Managing Self</p> <p>To know and talk about the different factors that support health and well being</p> <ul style="list-style-type: none"> - regular physical activity - healthy eating and drinking - good sleep routine 	<p>Gross Motor Skills</p> <p>To revise and refine fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping and climbing</p> <p>To develop overall body strength, co-ordination, balance and agility.</p> <p>To combine different movements.</p> <p>To use a range of large and small apparatus.</p> <p>To develop and refine skills using a ball: throwing, catching, kicking, passing, batting and aiming.</p> <p>To negotiate space and obstacles safely.</p> <p>To move energetically: running, jumping, dancing, hopping, skipping and climbing.</p> <p>Fine Motor Skills</p> <p>To use a range of tools safely and competently: pencil, paintbrush, scissors, fork, knife and spoon.</p> <p>To develop a tripod grip.</p> <p>To show accuracy and care when drawing.</p>	<p>Confidence Resilience Perseverance Challenge Control Safely Health Well-being Independence Active</p> <p>Heart, muscle, move, lift, stretch</p> <p>Up, down, around, big, small, in front, next to, behind, forwards, opposite, left, right, under, straight, backwards</p>



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Year 1

Physical Development on a page

Sticky Knowledge	Key skills	Key Vocabulary
<p>Children understand the term flexibility and know how they can improve their own.</p> <p>Children understand what their breathing rate is like when they are resting and to explain how it changes.</p> <p>Children understand what the word friendship means and why it is important when they are working together. They understand the importance of respect.</p> <p>Children know that they use a warm up to prepare themselves for activity and that a cool down has the opposite effect.</p> <p>Children know the term oxygen and why we need it during exercise.</p> <p>Children know how their bodies feel before, during and after exercise.</p> <p>Children understand what the word respect means in a sports context and can demonstrate it a variety of ways.</p> <p>Children understand what the word determination means and how it can help them to get better.</p> <p>Give examples of famous people who show good determination.</p> <p>Children know the overall benefits of physical activity.</p>	<p>To explore, perform and combine shapes and movements for a dance style or gymnastics sequence with a clear beginning middle and end.</p> <p>Move confidently and expressively and safely in a space.</p> <p>To know the simple changes to their body during exercise including heart and breathing rate.</p> <p>Describe what they and others are doing during performance and how they could be more expressive.</p> <p>To use speed, level and direction when creating movement.</p> <p>To move confidently when performing different types of travel.</p> <p>Practise fundamental skills in a range of individual and team activities.</p> <p>Choose and describe the skills and tactics that are best suited to the type of game or situation.</p>	<p>Sequence</p> <p>Coordination</p> <p>Balance</p> <p>Jumping</p> <p>Flexibility</p> <p>Tuck, Pike, Straddle, Straight, Star.</p> <p>Heart beat</p> <p>Friendship</p> <p>Respect</p> <p>Oxygen</p> <p>Running</p> <p>Throwing</p> <p>Determination</p> <p>Warm up/cool down</p> <p>Perseverance</p> <p>Healthy</p> <p>Confidence</p> <p>Fitter</p>

Key References

Your School Games Login
 Oak National Academy PE lessons
 England sports websites



Lingham Primary School

Year 2

Physical Development on a page

Sticky Knowledge	Key skills	Key Vocabulary
<p>Describe how their bodies feel before exercise, during, and after exercise.</p> <p>Know that the heart is a muscle and that heart rate increases during exercise.</p> <p>Explain that courage is one of the Olympic/ Paralympic values and explain when they need to be courageous during PE.</p> <p>Be able to give an example of when they need to be resilient.</p> <p>Explain why a warm up and cool down is needed.</p> <p>Talk about why physical activity is good for health and wellbeing (physical and social reasons.).</p> <p>Explain how their bodies feel after completing different activities, including heart rate, breathing rate and body temperature.</p> <p>Give examples of what would make their heart beat faster.</p> <p>Explain how friendship can be shown in PE by supporting and encouraging others. (Including listening to each other, appreciating strength and shaking hands to say well done).</p> <p>Know that strength and flexibility can be developed by working on producing high quality shapes.</p> <p>Stretching helps to improve flexibility.</p> <p>Name someone who shows good determination and why?</p>	<p>To refine and link basic skills consistently.</p> <p>To explore different ways of travelling.</p> <p>To recognise and describe how their bodies feel, before, during and after exercise.</p> <p>To identify skills and tactics that are performed well.</p> <p>To use what they have seen and advise given to improve their own performance.</p> <p>Explore and perform a range of actions with control and coordination, responding imaginatively.</p> <p>Remember, repeat and link a variety of actions.</p> <p>Create movement phrases to communicate themes, ideas, feelings or moods.</p> <p>Identify and move into space efficiently and with control when playing team games.</p> <p>Choose simple tactics for attacking and defending.</p> <p>Link combinations of different actions and balances together.</p> <p>Develop different ways of creating a sequence using actions and shapes.</p> <p>Be able to lift and move equipment safely.</p> <p>Sit and watch others perform and respectfully give feedback on performance.</p>	<p>Agility</p> <p>Balance</p> <p>Coordination</p> <p>Courage</p> <p>Resilience</p> <p>Determined</p> <p>Respect</p> <p>Heart</p> <p>Temperature</p> <p>Striking</p> <p>Friendship</p> <p>Muscles</p> <p>Increasing</p> <p>Flexibility</p> <p>Strength</p> <p>Oxygen</p> <p>Lungs</p>

Key References

Your School Games Login
 Oak National Academy PE lessons
 England sports websites



Lingham Primary School

Year 3

Physical Development on a page

Sticky Knowledge	Key skills	Key Vocabulary
<p>Know why a warm up is such an important part of a lesson - flexibility, increase heart rate, prevent injury and focus.</p> <p>Know that a cool down can often use the same activities as a warm up but at a much lower intensity.</p> <p>Explain how muscles contract (muscle is shorter) and relax (muscle is longer) and that regular stretching (contracting) will eventually lead to more flexible muscles.</p> <p>Explain why body temperature and heart rate change throughout physical activities.</p> <p>Understand what it means to motivate and name a famous person that has shown motivation.</p> <p>Understand what it means to inspire others and recognise that they themselves can inspire others by: encouraging, acting as a role model, praise, motivating, sharing ideas, modelling good behaviour.</p> <p>Understand what stamina means and how levels of stamina can impact performance.</p> <p>Know how to show respect to others and their ideas and abilities during PE lessons and why this is important.</p>	<p>Explore, improve and consolidate the standard of skills and techniques including travelling, running, jumping and throwing activities as well as developing speed, distance, balance, agility and co-ordination.</p> <p>Improve the range and quality of the actions, shapes and movements they perform.</p> <p>Apply their range of skills on the floor and on apparatus.</p> <p>Choose appropriate actions and improve the ability to link movements together.</p> <p>Know and describe the short-term effects that different types of exercise have on the body.</p> <p>Know what stamina is and suggest ways of improving it.</p> <p>Describe key movements and techniques and use their ability to evaluate others to improve their own work.</p>	<p>Inspiration</p> <p>Role models</p> <p>Encouragement</p> <p>Motivation</p> <p>Determination</p> <p>Creativity</p> <p>Resilience</p> <p>Intensity</p> <p>Body temperature</p> <p>Heart rate</p> <p>Flexibility</p> <p>Stamina</p> <p>Respect</p> <p>Contracting (short) muscles</p> <p>Relaxing (long) muscles</p>

Key References

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 Oak National Academy PE lessons
 England sports websites



Lingham Primary School

Year 4

Physical Development on a page

Sticky Knowledge	Key skills	Key Vocabulary
<p>Know the three parts of a warm up – Pulse raiser, mobiliser, stretch</p> <p>Know the location of their heart and its function.</p> <p>Know terms such as breathing rate and heartbeat.</p> <p>Work co-operatively in small groups to develop their teamwork and co-operation skills.</p> <p>Try and resolve any issues or differences to move their learning forward.</p> <p>To enjoy and have fun whilst taking part in lessons.</p> <p>To develop the ability to sort out problems to move their performance forward.</p> <p>Use specialist vocabulary such as pacing, stamina, suppleness and measure improve and evaluate performance.</p> <p>Work against each other in a friendly competitive environment.</p> <p>Develop a sense of honesty and fairness through the recording of results.</p> <p>Name people who embody the spirit of famous Olympians and Paralympians.</p>	<p>Perform actions, balances, body shapes and agilities clearly and with control and fluency.</p> <p>Remember, repeat and perform longer sequences that include changes of speed and level, clear shapes and good quality movements.</p> <p>Working individually, with a partner or in a group to select and adapt simple motifs and actions to create and structure a sequence.</p> <p>Describe, interpret and evaluate a performance using appropriate language.</p> <p>Make specific suggestions using defined criteria that lead to improvements in their own and others work.</p> <p>Lead a partner through a short warm-up, commenting on how the warm up will prepare the body for exercise and recognise what is happening to the body.</p> <p>Show some understanding of how strength and suppleness can be improved.</p> <p>Positively influence other children through encouragement, support and acting as a role model.</p> <p>Use a range of running, jumping and throwing actions and techniques with control, fluency and accuracy.</p> <p>Select and use the skills/techniques used to suit the task/activity.</p> <p>Know and use rules fairly.</p> <p>Know how strength, stamina and speed can be identified.</p>	<p>Resilience</p> <p>Flexibility</p> <p>Balance</p> <p>Coordination</p> <p>Agility</p> <p>Respect</p> <p>Pulse Raiser</p> <p>Mobiliser</p> <p>Stretch</p> <p>Pacing</p> <p>Stamina</p> <p>Suppleness</p>

Key References

Your School Games Login
 Oak National Academy PE lessons
 England sports websites
 Gymnastic Steps



Lingham Primary School

Year 5

Physical Development on a page

Sticky Knowledge	Key skills	Key Vocabulary
<p>Know the three parts of a warm up – Pulse raiser, mobiliser, stretch</p> <p>Give examples of famous people who show Olympic values such as courage, determination, perseverance, excellence, resilience, respect</p> <p>Know at least 3 of the 7 Olympic values: friendship, excellence, respect, courage, determination, inspiration and equality</p> <p>Know why regular physical activity is good for general health</p> <p>Name at least 3 qualities needed to be a good leader (communication, confidence, motivation, determination etc.)</p> <p>To know what it means to work towards your personal best</p> <p>Know the benefits to everyday life and health by improving strength and flexibility</p> <p>To know the basic strategic and tactical principles of attack</p> <p>Name, locate and explain the general function of core muscles including biceps, triceps, quadriceps, calf, hamstring.</p>	<p>To explore, perform and combine actions, shapes and movements for a dance style or gymnastics sequence</p> <p>Perform confidently and expressively using a variety of performance skills</p> <p>To know and explain the importance of preparing for and recovering from activity</p> <p>Describe, analyse and evaluate their own and others routines</p> <p>Develop and consolidate a broad range of techniques for attacking and defending</p> <p>Apply the basic strategic and tactical principles of attack</p> <p>Choose and apply appropriate skills with increasing consistency in activities</p>	<p>Determination</p> <p>Persevere</p> <p>Excellence</p> <p>Commitment</p> <p>Inspiration</p> <p>Resilience</p> <p>Flexibility</p> <p>Posture</p> <p>Agility</p> <p>Respect</p> <p>Contracting/Relaxing (in terms of how muscles work) -biceps, triceps, quadriceps, calf, hamstring</p>

Key References

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 Oak National Academy PE lessons
 England sports websites



Lingham Primary School

Year 6

Physical Development on a page

Sticky Knowledge	Key skills	Key Vocabulary
<p>Know (and be able to lead) the three parts of a warm up – Pulse raiser, mobiliser, stretch</p> <p>Give examples of famous people who show Olympic values such as courage, determination, perseverance, excellence, resilience, respect</p> <p>Know at least 5 of the 7 Olympic values: friendship, excellence, respect, courage, determination, inspiration and equality</p> <p>Understand the term flexibility and give examples of movements which require a degree of flexibility</p> <p>Name at least 5 qualities needed to be a good leader (communication, confidence, motivation, determination, decisiveness, fairness, respect, integrity)</p> <p>To understand that personal best can be qualitative as well as quantitative</p> <p>To know the basic strategic and tactical principles of attack and defence</p> <p>Name, locate and explain the general function of core muscles including biceps, triceps, quadriceps, calf, hamstring, pectorals, abdominals</p> <p>Know a muscle contracts which makes bones move</p> <p>Name and perform 5 gymnastic shapes</p> <p>Recall the aims of a cool down</p> <p>Know how to make a game or activity safe: clothing, footwear, jewellery, check the area, equipment, rules explained carefully</p>	<p>Use correct techniques with speed and power</p> <p>Perform confidently and expressively using a variety of performance skills</p> <p>Know why reaction time is important</p> <p>Suggest ways they and others can improve technique</p> <p>Use a range of skills and apply them tactically where appropriate</p> <p>Act upon advice given to them by others</p> <p>Use knowledge and skills to move into correct positions</p> <p>Explain basic skills</p> <p>Identify and select key types of movements</p> <p>Participate in competitions</p> <p>Implement tactics</p>	<p>Pacing</p> <p>Stamina</p> <p>Suppleness</p> <p>Co-ordination</p> <p>Unison</p> <p>Cannon</p> <p>Choreography</p> <p>Motif</p> <p>Agility</p> <p>Qualitative</p> <p>Quantative</p> <p>Trajectory</p> <p>Striking</p> <p>Fielding</p> <p>Tactics</p> <p>Long barrier</p>

Key References

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 Gymnastics Steps