



St Nicholas Catholic Primary School

Curriculum Flight Path: Subject

Year A - Autumn 1

Teacher Taught

Year A	Nursery	Reception	Year 1/2	Year 3/4	Year 5/6
Possible Themes	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics
Substantive knowledge <i>As a gymnast, I am learning about</i>			Y1 Jumping: static and seating Balances: Points and patches Body shapes: Wide, narrow, curved Y2 Jumping: Turning, spinning, twisting Balances: On isolated parts of the body Rolls: Rocking and roll	Y3 Balance: Points /patches Rolls: Straight, barrel, forward Jump: Straight, star, tucked Y4 Balances: Individual/ partner, shoulder, bridges Rolls: Straight, barrel, forward, straddle Jumps: using rotation Travel: Pathways	Y5 Balances: Symmetrical/ asymmetrical, shoulder, handstand, bridges Rolls: Straight, forward, straddle, backwards Travel: canon, synchronisation, mirror and matching Y6 Balances: counter balance /counter tension, shoulder stand, handstand Rolls: forward, backward, straddle Jumps: Vault Body shapes: bridges Travel: canon, synchronisation, mirror and matching
Disciplinary Knowledge			Y1	Y3	Y5

<p><i>As a gymnast, I am learning to</i></p>			<p>Make my body curled tense, stretched and relaxed.</p> <p>Control my body when travelling and balancing.</p> <p>Copy sequences and repeat them.</p> <p>Roll, curl, travel and balance in different ways.</p> <p>Y2 Plan and perform a sequence of movements.</p> <p>Improve my sequence based on feedback.</p> <p>Think of more than one way to create a sequence which follows some rules.</p> <p>Work on my own and with a partner.</p>	<p>Adapt sequences to suit different types of apparatus and criteria.</p> <p>Explain how strength and suppleness affect performance.</p> <p>Compare and contrast gymnastic sequences.</p> <p>Y4 Work in a controlled way.</p> <p>Include change of speed and direction.</p> <p>Include a range of shapes.</p> <p>Work with a partner to create, repeat and improve a sequence with at least three phases.</p>	<p>Make complex extended sequences.</p> <p>Combine action, balance and shape.</p> <p>Perform consistently to different audiences.</p> <p>Y6 Combine my own work with that of others.</p> <p>Plan sequences to specific timings.</p>
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Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)		Movement, Direction, Speed, Balance, Stretch	Composition, Coordination, Travel, Technique, Alignment, Stretch, Explore, Balance,	Specific movement, Success criteria, Positive effect, negative effect, Posture, Maneuver, Fluency, Straddle, Skills, Positions,	Complex, Precise and controlled, Pivots, Centre of gravity, Base their balance
PPA COVER					
Possible Themes			Rugby	Rugby	Rugby
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Attack, Consecutive, Dodge, Defend	-Pass, Tag, Possession, Pass backwards, Interception	-Collaboration, Opponent, Hold, Strategic, Evade
Year A - Autumn 2					
Teacher Taught					
Year A	Nursery	Reception	Year 1/2	Year 3/4	Year 5/6
Possible Themes	Dance? Gymnastics?	Dance	Dance	Dance	Dance

<p>Substantive knowledge <i>As a dancer, I am learning about</i></p>			<p>Y1 Copy basic motifs. Repeat basic dance motifs.</p> <p>Y2 Copy basic motifs. Repeat basic dance motifs. Remember dance motifs. Develop short, linked phrases Basic dynamics: change of speed, change of level, change of shape.</p>	<p>Y3 Canon Unison Pathways Dynamics Formation</p> <p>Y4 Canon Unison Pathways Dynamics Formation Reaction/action</p>	<p>Y5 Relationships: canon, unison, mirroring Pathways Dynamics Formation Reaction/action Structure</p> <p>Y6 Levels Types of movement Shapes/balances Transitions Pace Creativity Stillness Choreography</p>
<p>Disciplinary Knowledge <i>As a dancer, I am learning to</i></p>			<p>Y1 Move to music. Copy dance moves. Perform my own dance moves.</p>	<p>Y3 Improvise freely and translate ideas from a stimulus into movement. Share and create phrases with a partner small group.</p>	<p>Y5 Compose my own dances in a creative way. Perform to an accompaniment.</p>

			<p>Make up a short dance.</p> <p>Move safely in a space.</p> <p>Y2 Change rhythm, speed, level and direction in my dance.</p> <p>Dance with control and coordination.</p> <p>Make a sequence by linking sections together.</p> <p>Use dance to show a mood or feeling.</p>	<p>repeat , remember and perform phrases.</p> <p>Y4 Take the lead when working with a dance partner.</p> <p>Use dance to communicate an idea.</p>	<p>Show clarity, fluency, accuracy and consistency in my dance.</p> <p>Y6 Develop sequences in a specific style.</p> <p>Choose my own music and style.</p>
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)	-Movement, Direction, Speed, Balance, Stretch	-Movement, Direction, Speed, Balance, Stretch	-Motif, Explore range, Bodies and limbs, Transition, Timing, Improve	-Compare, Adapt, Express opinion, Awareness of rhythm, Dance style, Precision, Dynamics, Self-evaluation	-Pace and timing, Devise, Peer-evaluation, Flexible, Fluency, Rhythmically and accurately

Possible Themes			Netball	Netball	Netball
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Ball control, Bounce pass, Push ball,	-Movement, Getting into space, Footwork, Dribble	-Scoring, Tactics, Playing to the rules

Year A - Spring 1

Teacher Taught

Possible Themes	Games	Games	Games	Striking and Fielding Games	Striking and Fielding Games
Substantive knowledge <i>As a sports player, I am learning about</i>			Y1 Handling a ball Sending a ball Receiving a ball Chasing a ball Y2 Handling a ball Sending a ball Receiving a ball Chasing a ball	Y3 Tracking a ball Throwing a ball Catching a ball Dribbling a ball Forehand Backhand Ready position Underarm bowling Overarm bowling	Y5 Fielding positions for attack Tracking and catching Bowling short On and Off drive Rules of cricket Y6 Fielding positions for attack

				<p>Y4 Direct hit Running between the wickets Intercepting the ball with 1 hand Overarm bowling The pull shot Stopping bouncing ground ball</p>	<p>Tracking and catching Bowling short Working as pairs to field a long ball On and Off drive Rules</p>
<p>Disciplinary Knowledge <i>As a sports player, I am learning to</i></p>			<p>Y1 Throw underarm. Hit a ball with a bat. Move and stop safely. Throw and catch with both hands. Throw and kick in different ways.</p> <p>Y2 Use kicking, hitting and/or rolling in a game.</p>	<p>Y3 Throw and catch with control. Be aware of space and use it to support team-mates and to cause problems for the opposition. Know and use rules fairly.</p> <p>Y4 Catch with one hand. Throw and catch accurately. Hit a ball with control.</p>	<p>Y5 Gain possession by working as a team. Pass in different ways. Use forehand and backhand with a racket. Field within a game. Choose a tactic for defending and attacking.</p> <p>Use a number of techniques to pass, dribble and shoot.</p> <p>Y6 Play to agreed rules.</p>

			Decide the best space to be in during a game. Use a tactic in a game. Follow rules.	Keep possession of the ball. Vary tactics and adapt skills depending on what is happening in a game.	Explain rules to others. Umpire a game. Make a team and communicate a plan. Lead others in a game situation.
Possible leading enquiry question					
			Cricket, Rounders, Dartmoor 3 Ball (striking and fielding)		
Vocabulary (progressive – so what are the new words?)			-Catch (cup hands), Balance, sideways on batting, backstop	- Accuracy, Long barrier, Fielding, Scoring	- Point at your target, Playing to the rules, Tactics
Vocabulary (progressive – so what are the new words?)			Benchball/ Dodgeball		
	-Roll, Drop, Chase, Target, Aim, Rule	-Roll, Drop, Chase, Target, Aim, Rule	Distance, Target, Greater control, Accuracy to target	-Accepting the rules, Different techniques, Duck, dive, dodge	-Compromise, Evaluate and change skill, Pressure, Quick thinking, Game play
			Netball		
			Ball control, Bounce pass, Push ball,	-Movement, Getting into space, Footwork, Dribble	Scoring, Tactics, Playing to the rules
			Rugby		
			-Attack, Consecutive, Dodge, Defend	-Pass, Tag, Possession, Pass backwards, Interception	-Collaboration, Opponent, Hold, Strategic, Evade
			Tennis, Squash (net and wall)		

			-Catch (cup hands), Watch the ball, Balance, Racket, grip, Balance	-Racket control, Sideways on, Forehand	-Backhand, Volley, Serve, Net, Backhand, Volley, Serve
PPA Cover					
Possible Themes			Benchball/Dodgeball	Benchball/Dodgeball	Benchball/Dodgeball
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question			-		-
Year A - Spring 2					
Teacher Taught					
Possible Themes	Ball Skills	Ball Skills	Invasion Games	Invasion games	Invasion Games
Substantive knowledge <i>As a sports player, I am learning about</i>					
Disciplinary Knowledge <i>As a sports player, I am learning to</i>			Y1 Throw underarm. Hit a ball with a bat. Move and stop safely.	Y3 Throw and catch with control. Be aware of space and use it to support team-mates and to	Y5 Gain possession by working as a team. Pass in different ways.

			<p>Throw and catch with both hands.</p> <p>Throw and kick in different ways.</p> <p>Y2 Use kicking, hitting and/or rolling in a game.</p> <p>Decide the best space to be in during a game.</p> <p>Use a tactic in a game.</p> <p>Follow rules.</p>	<p>cause problems for the opposition.</p> <p>Know and use rules fairly.</p> <p>Y4 Catch with one hand.</p> <p>Throw and catch accurately.</p> <p>Hit a ball with control.</p> <p>Keep possession of the ball.</p> <p>Vary tactics and adapt skills depending on what is happening in a game.</p>	<p>Use forehand and backhand with a racket.</p> <p>Field within a game.</p> <p>Choose a tactic for defending and attacking.</p> <p>Use a number of techniques to pass, dribble and shoot.</p> <p>Y6 Play to agreed rules.</p> <p>Explain rules to others.</p> <p>Umpire a game.</p> <p>Make a team and communicate a plan.</p> <p>Lead others in a game situation.</p>
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			Benchball/ Dodgeball		
			Distance, Target, Greater control, Accuracy to target	-Accepting the rules, Different techniques, Duck, dive, dodgel	-Compromise, Evaluate and change skill, Pressure, Quick thinking, Game play
			Netball		

			Ball control, Bounce pass, Push ball,	-Movement, Getting into space, Footwork, Dribble	Scoring, Tactics, Playing to the rules
			Rugby		
			-Attack, Consecutive, Dodge, Defend	-Pass, Tag, Possession, Pass backwards, Interception	-Collaboration, Opponent, Hold, Strategic, Evade
			Hockey		
			-Hand force, Arm force, Hockey stick, target	-Dribble, Side Step, Force, Pass and Stop, Control	-Attack and Defend, Back line, Flick
			Football		
			-Direction, Attacking, Defending, Obstacle, Variety, Effective	-Compare, Evaluate, Predict, Successful tactics, Possession, Contribute, Tackling, Scoring, Overcrowd	-Adapt, Awareness, Anticipation, Attack and defence
			Basketball		
			Ball control, Bounce pass, Push ball, Dribble	-Movement, Getting into space, Footwork, Dribble	-Scoring, Tactics, Playing to the rules
PPA Cover					
Possible Themes			Tennis	Tennis	Tennis
Substantive knowledge <i>As a *****er, I am learning about</i>					

Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Catch (cup hands), Watch the ball, Balance, Racket, grip, Balance	-Racket control, Sideways on, Forehand	-Backhand, Volley, Serve, Net, Backhand, Volley, Serve
Year A - Summer 1					
Teacher Taught					
Possible Themes	Athletics	Athletics	Hockey	Hockey	Hockey
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Hand force, Arm force, Hockey stick, target	-Dribble, Side Step, Force, Pass and Stop, Control	-Attack and Defend, Back line, Flick
PPA Cover					
Possible Themes	Athletics	Athletics	Athletics	Athletics	Athletics
Substantive knowledge				Y3	Y5

<p><i>As an athlete, I am learning about</i></p>				<p>Running: Spiriting, over an obstacle Throwing a ball: push and pull Jumping: Height and distance</p> <p>Y4 Running: over time/distance, relays Throwing: push and pull Jumping: distance and height</p>	<p>Running: pacing over distance, relay takeovers Throwing: pushing and pulling Jumping: long, triple</p> <p>Y6 Running: pacing over distance, relay takeovers Throwing: pushing and pulling Jumping: long, triple</p>
<p>Disciplinary Knowledge <i>As an athlete, I am learning to</i></p>				<p>Y3 Run at fast, medium and slow speeds; changing speed and direction.</p> <p>Take part in a relay, remembering when to run and what to do.</p> <p>Y4 Run over a long distance.</p>	<p>Y5 Take off and land in a controlled way.</p> <p>Throe with accuracy.</p> <p>Combine running and jumping.</p> <p>Y6 Demonstrate stamina.</p>

				<p>Sprint over a short distance.</p> <p>Throw in different ways.</p> <p>Hit a target.</p> <p>Jump in different ways.</p>	
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)	-Speed, Landing, Jogging, Sprinting, Underarm throw	-Speed, Landing, Jogging, Sprinting, Underarm throw	-Pace, Balance, Posture, Distance, Power	-Flight phase, Accuracy, Long jump, Push throw	-Short distance running, Long distance running, Fling throw, Technique, Control, Routine
Year A - Summer 2					
Teacher Taught					
Possible Themes	Athletics	Athletics	Competitive Games/Analyse and Evaluate	Competitive Games/Analyse and Evaluate	Competitive Games/Analyse and Evaluate
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					

Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)	-Speed, Landing, Jogging, Sprinting, Underarm throw	-Speed, Landing, Jogging, Sprinting, Underarm throw	-Performance, Improve, Describe, Technique	-Effectiveness, Improvements, Modify, Achieve,	Success Criteria, Adaption, Precise, Structure, Thoughtful, Appropriate
PPA Cover					
Possible Themes			Cricket	Cricket	Cricket
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Catch (cup hands), Balance, sideways on batting, backstop	- Accuracy, Long barrier, Fielding, Scoring	- Point at your target, Playing to the rules, Tactics



St Nicholas and Our Lady & St Patrick's Catholic Primary Schools



Curriculum Flight Path: PE

Year B - Autumn 1

Teacher Taught

Year A	Nursery	Reception	Year 1/2	Year 3/4	Year 5/6
Possible Themes	Dance	Dance	Gym	Gym	Gym
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)	-Movement style, Movement phrase	-Movement style, Movement phrase	- Stretch, Explore, Composition, Coordination, Balance, Technique, Alignment	-Fluency, Straddle, Success criteria, Positive effect, negative, Posture, Skills, Positions, Maneuvers	-Pivots, Centre of gravity, Base their balance, Complex, Precise
PPA COVER					
Possible Themes			Football	Football	Football
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					

Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Direction, Attacking, Defending, Obstacle, Variety, Effective	-Compare, Evaluate, Predict, Successful tactics, Possession, Contribute, Tackling, Scoring, Overcrowd	-Adapt, Awareness, Anticipation, Attack and defence
Year B - Autumn 2					
Teacher Taught					
Year A	Nursery	Reception	Year 1/2	Year 3/4	Year 5/6
Possible Themes	Dance	Dance	Dance	Dance	Dance
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)	-Movement style, Movement phrase	-Movement style, Movement phrase	-Motif, Explore range, Bodies and limbs, Transition, Timing, Improvise	-Compare, Adapt, Express opinion, Awareness of rhythm, Dance style, Precision, Dynamics, Self-evaluation	-Pace and timing, Devise, Peer-evaluation, Flexible, Fluency, Rhythmically and accurately

PPA COVER					
Possible Themes			Basketball	Basketball	Basketball
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			Ball control, Bounce pass, Push ball, Dribble	-Movement, Getting into space, Footwork, Dribble	-Scoring, Tactics, Playing to the rules
Year B - Spring 1					
Teacher Taught					
Possible Themes	Ball Skills	Ball Skills	Gym	Gym	Gym
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					

Vocabulary (progressive – so what are the new words?)	-Roll, Drop, Chase, Target, Aim, Rule	-Roll, Drop, Chase, Target, Aim, Rule	- Stretch, Explore, Composition, Coordination, Balance, Technique, Alignment	-Fluency, Straddle, Success criteria, Positive effect, negative, Posture, Skills, Positions, Maneuvers	-Pivots, Centre of gravity, Base their balance, Complex, Precise
PPA Cover					
Possible Themes			Volleyball	Volleyball	Volleyball
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question			-Link Hands, Cave Hands, Blocking	-Passing, Digging,	-Spiking, Agressessive Shot
Year B - Spring 2					
Teacher Taught					
Possible Themes	Ball Skills	Ball Skills	Dance	Dance	Dance
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					

Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)	-Roll, Drop, Chase, Target, Aim, Rule	-Roll, Drop, Chase, Target, Aim, Rule	-Motif, Explore range, Bodies and limbs, Transition, Timing, Improvise	-Compare, Adapt, Express opinion, Awareness of rhythm, Dance style, Precision, Dynamics, Self-evaluation	-Pace and timing, Devise, Peer-evaluation, Flexible, Fluency, Rhythmically and accurately
PPA Cover					
Possible Themes			Tennis	Tennis	Tennis
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Catch (cup hands), Watch the ball, Balance, Racket, Grip, Balance	-Racket control, Sideways on, Forehand	-Backhand, Volley, Serve, Net, Backhand, Volley, Serve
Year B - Summer 1					
Teacher Taught					
Possible Themes	Athletics	Athletics	Rounders	Rounders	Rounders
Substantive knowledge					

<i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)	-Speed, Landing, Jogging, Sprinting	-Speed, Landing, Jogging, Sprinting	-Catch (cup hands), Balance-sideways on batting, Backstop	- Accuracy, Long barrier, Fielding, Scoring	- Sideways on, Point at your target, Teamwork, Tactics
PPA Cover					
Possible Themes			Athletics	Athletics	Athletics
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Pace, Balance, Posture, Distance, Power	-Flight phase, Accuracy, Long jump, Push throw	-Short distance running, Long distance running, Fling throw, Technique, Control, Routine

Year B - Summer 2

Teacher Taught

Possible Themes	Athletics	Athletics	Competitive Games/Analyse and Evaluate	Competitive Games/Analyse and Evaluate	Competitive Games/Analyse and Evaluate
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					
Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)	-Speed, Landing, Jogging, Sprinting	-Speed, Landing, Jogging, Sprinting	-Performance, Improve, Describe, Technique	-Effectiveness, Improvements, Modify, Achieve,	-Success Criteria, Adaption, Precise, Structure, Thoughtful, Appropriate

PPA Cover

Possible Themes			Frisbee	Frisbee	Frisbee
Substantive knowledge <i>As a *****er, I am learning about</i>					
Disciplinary Knowledge <i>As a *****er, I am learning to</i>					

Possible leading enquiry question					
Vocabulary (progressive – so what are the new words?)			-Disc, Frisbee, Energetically,	-Spirit of the Game Principle, Bank Hand Pass, Crocodile Catch, Pivot	-Advanced back hand pass, Fake throw, Curve pass, Competence