

St Nicholas Catholic Primary School

Curriculum Flight Path: Subject

Year A - Autumn 1

Teac	her Taug	ht

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

As a gymnast, I am	Make my body curled Adapt sequences to Make complex extended
learning to	tense, stretched and suit different types of sequences.
	relaxed. apparatus and criteria.
	Combine action, balance
	Control my body when Explain how strength and shape.
	travelling and and suppleness affect
	balancing. performance. Perform consistently to
	different audiences.
	Copy sequences and Compare and contrast
	repeat them. gymnastic sequences. Y6
	Combine my own work with
	Roll, curl, travel and Y4 that of others.
	balance in different Work in a controlled
	ways. way. Plan sequences to specific
	timings.
	Y2 Include change of
	Plan and perform a speed and direction.
	sequence of
	movements. Include a range of
	shapes.
	Improve my sequence
	based on feedback. Work with a partner
	to create, repeat and
	Think of more than improve a sequence
	one way to create a with at least three
	sequence which phases.
	follows some rules.
	Work on my own and
	with a partner.

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	
		PP	A COVER			
Possible Themes			Rugby	Rugby	Rugby	
Substantive knowledge As a *******er, I am learning about						
Disciplinary Knowledge As a *******er, I am learning to						
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						
V A	Teacher Taught					
Year A Possible Themes	Nursery Dance? Gynmnastics?	Reception Dance	Year 1/2 Dance	Year 3/4 Dance	Year 5/6 Dance	

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

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

Possible Themes			Netball	Netball	Netball
Substantive					
knowledge					
As a *******er, I am					
learning about					
Disciplinary					
Knowledge					
As a *******er, I am					
learning to					
Possible leading					
enquiry question					
Vocabulary			-Ball control, Bounce	-Movement, Getting	-Scoring, Tactics, Playing to
(progressive – so what			pass, Push ball,	into space,	the rules
are the new words?)				Footwork, Dribble	
,		Year	A - Spring 1	·	
		Teac	cher Taught		
Possible Themes	Games	Games	Games	Striking and Fielding	Striking and Fielding Games
				Games	
Substantive			Y1	Y3	Y5
knowledge			Handling a ball	Tracking a ball	Fielding positions for attack
As a sports player, I			Sending a ball	Throwing a ball	Tracking and catching
am learning about			Receiving a ball	Catching a ball	Bowling short
			Chasing a ball	Dribbling a ball	On and Off drive Rules of
				Forehand	cricket
			Y2	Backhand	
			Handling a ball	Ready position	Y6
			Sending a ball	Underarm bowling	Fielding positions for attack
			Receiving a ball	Overarm bowling	
			Chasing a ball		

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

			Decide the best space to be in during a	Keep possession of	Explain rules to others.
			game.	the ball.	Umpire a game.
			Use a tactic in a game.	Vary tactics and adapt skills depending on	Make a team and communicate a plan.
			Follow rules.	what is happening in a game.	Lead others in a game situation.
Possible leading enquiry question					
			Cricket, Rounde	ers, Dartmoor 3 Ball (s	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				Benchball/ Dodgeba	ill
(progressive – so what are the new words?)	-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, dodgel	-Compromise, Evaluate and change skill, Pressure, Quick thinking, Game play
			The contract of the contract o	Netball	, come pray
			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 As a *******er, I am learning about					
Disciplinary Knowledge As a *******er, I am learning to					
Possible leading enquiry question			-		-
			r A - Spring 2		
			acher Taught		
Possible Themes	Ball Skills	Ball Skills	Invasion Games	Invasion games	Invasion Games
Substantive knowledge As a sports player, I am learning about					
Disciplinary Knowledge As a sports player, I			Y1 Throw underarm.	Y3 Throw and catch with control.	Y5 Gain possession by working as a team.
am learning to			Hit a ball with a bat. Move and stop safely.	Be aware of space and use it to support team-mates and to	Pass in different ways.

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

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

Disciplinary Knowledge As a *******er, I am learning to Possible leading					
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
			A - Summer 1		
	A (1) (1		cher Taught		
Possible Themes	Athletics	Athletics	Hockey	Hockey	Hockey
Substantive knowledge As a *******er, I am learning about					
Disciplinary Knowledge As a *******er, I am learning to					
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
		Pl	PA Cover		
Possible Themes	Athletics	Athletics	Athletics	Athletics	Athletics
Substantive knowledge				Y3	Y5

As an athlete, I am		Running: Spiriting,	Running: pacing over
learning about		over an obstacle	
rearring about			distance, relay takeovers
		Throwing a ball: push	Throwing: pushing and
		and pull	pulling
		Jumping: Height and	Jumping: long, triple
		distance	
			Y6
		Y4	Running: pacing over
		Running: over	distance, relay takeovers
		time/distance, relays	Throwing: pushing and
		Throwing: push and	pulling
		pull	Jumping: long, triple
		Jumping: distance	
		and height	
Disciplinary		Y3	Y5
Knowledge		Run at fast, medium	Take off and land in a
As an athlete, I am		and slow speeds;	controlled way.
learning to		changing speed and	
1559 65		direction.	Throe with accuracy.
		an colloin	se with decardey.
		Take part in a relay,	Combine running and
		remembering when	jumping.
		to run and what to	Jamang.
		do.	Y6
		uo.	Demonstrate stamina.
		V4	Demonstrate Stamma.
		Y4	
		Run over a long	
		distance.	

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

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
		PI	PA Cover		
Possible Themes			Cricket	Cricket	Cricket
Substantive knowledge As a *******er, I am learning about Disciplinary Knowledge As a *******er, I am learning to					
Possible leading enquiry question			Catab (ave banda)	Accuracy Long	Deint at vous tornet
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					
As a *******er, I am					
learning about					
Disciplinary					
Knowledge					
As a *******er, I am					
learning to					
Possible leading					
enquiry question					
Vocabulary	-Movement style,	-Movement style,	- Stretch, Explore,	-Fluency, Straddle,	-Pivots, Centre of
(progressive – so what	Movement phrase	Movement phrase	Composition,	Success criteria,	gravity, Base their
are the new words?)			Coordination,	Positive effect,	balance, Complex, Precise
			Balance, Technique,	negative, Posture, Skills, Positions,	Precise
			Alignment	Maneuvers	
		PPA C	COVER	1	
Possible Themes			Football	Football	Football
Substantive					
knowledge					
As a *******er, I am					
learning about					
Disciplinary					
Knowledge					
As a *******er, I am					
learning to					

Possible leading enquiry question Vocabulary (progressive – so what are the new words?)			-Direction, Attacking, Defending, Obstacle, Variety,	-Compare, Evaluate, Predict, Successful tactics, Possession,	-Adapt, Awareness, Anticipation, Attack and defence
			Effective	Contribute, Tackling, Scoring, Overcrowd	
			Autumn 2		
	·		r Taught		
Year A	Nursery	Reception	Year 1/2	Year 3/4	Year 5/6
Possible Themes	Dance	Dance	Dance	Dance	Dance
Substantive knowledge As a *******er, I am learning about Disciplinary					
Knowledge As a *******er, I am learning to					
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								
As a *******er, I am								
learning about								
Disciplinary								
Knowledge As a *******er, I am								
learning to								
Possible leading enquiry question								
Vocabulary			Ball control,	-Movement,	-Scoring, Tactics,			
(progressive – so what			Bounce pass, Push	Getting into space,	Playing to the rules			
are the new words?)			ball, Dribble	Footwork, Dribble				
		Year B -	Spring 1					
		Teache	r Taught					
Possible Themes	Ball Skills	Ball Skills	Gym	Gym	Gym			
Substantive								
knowledge								
As a *******er, I am								
learning about								
Disciplinary								
Knowledge								
As a *******er, I am								
learning to								
Possible leading								
enquiry question								

-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			
		Volleyball	Volleyball	Volleyball
		-Link Hands Cave	-Passing Digging	-Spiking,
		Hands, Blocking	i acomg, bigging,	Agressessive Shot
	Year B -			, -
	Teache	r Taught		
Ball Skills	Ball Skills	Dance	Dance	Dance
	Target, Aim, Rule	Target, Aim, Rule PPA PPA Year B- Teache	Target, Aim, Rule Target, Aim, Rule Composition, Coordination, Balance, Technique, Alignment PPA Cover Volleyball -Link Hands, Cave Hands, Blocking Year B - Spring 2 Teacher Taught	Target, Aim, Rule Target, Aim, Rule Composition, Coordination, Balance, Technique, Alignment PPA Cover Volleyball Volleyball Volleyball -Link Hands, Cave Hands, Blocking Year B - Spring 2 Teacher Taught Success criteria, Positive effect, negative, Posture, Skills, Positions, Maneuvers Volleyball Volleyball -Passing, Digging,

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 As a ******er, I am					
learning about					
Disciplinary					
Knowledge As a *******er, I am learning to					
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 - S	Summer 1		
		Teache	r Taught		
Possible Themes	Athletics	Athletics	Rounders	Rounders	Rounders
Substantive knowledge					

A ********					
As a *******er, I am					
learning about					
Disciplinary					
Knowledge					
As a *******er, I am					
learning to					
Possible leading					
enquiry question					
Vocabulary	-Speed, Landing,	-Speed, Landing,	-Catch (cup hands),	- Accuracy, Long	- Sideways on,
(progressive – so what	Jogging, Sprinting	Jogging, Sprinting	Balance-sideways	barrier, Fielding,	Point at your
are the new words?)			on batting, Backstop	Scoring	target, Teamwork,
					Tactics
		PPA (Cover		A (1.1. (1
Possible Themes			Athletics	Athletics	Athletics
Substantive					
knowledge					
As a *******er, I am					
learning about					
Disciplinary					
Knowledge					
As a *******er, I am					
learning to					
Possible leading					
enquiry question					
Vocabulary			-Pace, Balance,	-Flight phase,	-Short distance
(progressive – so what			Posture, Distance,	Accuracy, Long	running, Long
are the new words?)			Power	jump, Push throw	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 As a *******er, I am learning about							
Disciplinary Knowledge As a *******er, I am learning to							
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 Substantive knowledge As a *******er, I am learning about Disciplinary			Frisbee	Frisbee	Frisbee		
Knowledge As a *******er, I am learning to							

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