

Expected in PE

Coordinating & Controlling

Year 3		Year 4	
Key Skills	Knowledge	Key Skills	Knowledge
- Running: develop the sprinting technique and apply it to relay events. - Jumping: develop technique when jumping for distance in a range of approaches and take off positions. - Throwing: explore the technique for a pull throw	- Running: understand that leaning slightly forwards helps to increase speed. Leaning my body in the opposite direction to travel helps to slow down. - Jumping: know that if I jump and land quickly it will help me to jump further. - Throwing: understand that the speed of the movement helps to create power. - Rules: know the rules of the event and begin to apply them.	- Running: develop an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. - Jumping: develop technique when jumping for distance. - Throwing: explore power and technique when throwing for distance in a pull and heave throw.	- Running: understand that I need to pace myself when running further or for a long period of time. Understand that a high knee drive, pumping my arms and running on the balls of my feet gives me power. - Jumping: understand that transferring weight will help me to jump further. - Throwing: understand that transferring weight will help me to throw further. - Rules: know and understand the rules to be able to manage our own events.

Year 5		Year 6	
Key Skills	Knowledge	Key Skills	Knowledge
- Running: apply fluency and co-ordination when running for speed in relay changeovers. Effectively apply speeds appropriate for the event. - Jumping: explore technique and rhythm in the triple jump. - Throwing: Develop technique and power in javelin and shot put.	- Running: understand that taking big consistent strides will help to create a rhythm that allows me to run faster. Understand that keeping a steady breath will help me when running longer distances. - Jumping: know that if I drive my knees high and fast I can build power and therefore distance in my jumps. - Throwing: know how to transfer my weight in different throws to increase the distance. - Rules: understand and apply rules in a variety of events using official equipment.	- Running: demonstrate a clear understanding of pace and use it to develop their own and others sprinting technique. - Jumping: develop power, control and technique in the triple jump. - Throwing: develop power, control and technique when throwing discus and shot put.	- Running: understand that I need to prepare my body for running and know the muscle groups I will need to use. - Jumping: understand that a run up builds speed and power and enables me to jump further. - Throwing: understand that I need to prepare my body for throwing and know the muscle groups I will need to use. - Rules: understand and apply rules in events that pose an increased risk.