

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



## **Curriculum Flight Path: Subject**

## Year A - Autumn 1

## **Teacher Taught**

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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:
As a gymnast, I am			seating	/patches	Symmetrical/
learning about			Balances: Points and	Rolls: Straight, barrel,	asymmetrical,
			patches	forward	shoulder, handstand,
			Body shapes: Wide,	Jump: Straight, star,	bridges
			narrow, curved	tucked	Rolls: Straight,
					forward, straddle,
			Y2	Y4	backwards
			Jumping: Turning,	Balances: Individual/	Travel: canon,
			spinning, twisting	partner, shoulder,	synchronisation,
			Balances: On isolated	bridges	mirror and matching
			parts of the body	Rolls: Straight, barrel,	
			Rolls: Rocking and roll	forward, straddle	Y6
				Jumps: using rotation	Balances: counter
				Travel: Pathways	balance /counter
					tension, shoulder
					stand, handstand
					Rolls: forward,
					backward, straddle
					Jumps: Vault Body

			shapes: bridges
			Travel: canon,
			synchronisation,
			mirror and matching
Disciplinary	Y1	Y3	Y5
Knowledge	Make my body curled	Adapt sequences to	Make complex
As a gymnast, I am	tense, stretched and	suit different types of	extended sequences.
learning to	relaxed.	apparatus and	
-		criteria.	Combine action,
	Control my body		balance and shape.
	when travelling and	Explain how strength	·
	balancing.	and suppleness affect	Perform consistently
		performance.	to different
	Copy sequences and	·	audiences.
	repeat them.	Compare and contrast	
		gymnastic sequences.	Y6
	Roll, curl, travel and		Combine my own
	balance in different	Y4	work with that of
	ways.	Work in a controlled	others.
	,	way.	
	Y2	,	Plan sequences to
	Plan and perform a	Include change of	specific timings.
	sequence of	speed and direction.	
	movements.	'	
		Include a range of	
	Improve my sequence	_	
	based on feedback.	·	
		Work with a partner	
	Think of more than	to create, repeat and	
	one way to create a	improve a sequence	

Possible leading enquiry question		sequence which follows some rules.  Work on my own and with a partner.	with at least three phases.	
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 C	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			
Teacher Taught						
Year A	Nursery	Reception	Year 1/2	Year 3/4	Year 5/6	
Possible Themes	Dance? Gynmnastics?	Dance	Dance	Dance	Dance	
Substantive			Y1	Y3	Y5	
knowledge			Copy basic motifs.	Canon	Relationships: canon,	
As a dancer, I am				Unison	unison, mirroring	
learning about			Repeat basic dance	Pathways	Pathways	
			motifs.	Dynamics	Dynamics	
				Formation	Formation	
			Y2		Reaction/action	
			Copy basic motifs.	Y4	Structure	
			Repeat basic dance	Canon		
			motifs.	Unison	Y6	
				Pathways	Levels	
			Remember dance	Dynamics	Types of movement	
			motifs.	Formation	Shapes/balances	
				Reaction/action	Transitions	
			Develop short, linked		Pace	
			phrases		Creativity	
					Stillness	
			Basic dynamics:		Choreography	
			change of speed,			
			change of level,			
			change of shape.			
Disciplinary			Y1	Y3	Y5	
Knowledge			Move to music.	Improvise freely and	Compose my own	
As a dancer, I am				translate ideas from a	dances in a creative	
learning to			Copy dance moves.	stimulus into	way.	
				movement.		

			Perform my own dance moves.	Share and create	Perform to an accompaniment.
			Make up a short dance.	phrases with a partner small group. repeat, remember	Show clarity, fluency, accuracy and consistency in my
			Move safely in a space.	and perform phrases.	dance.
			Y2 Change rhythm, speed, level and direction in my dance.  Dance with control and coordination.  Make a sequence by linking sections together.	Y4 Take the lead when working with a dance partner. Use dance to communicate an idea.	Y6 Develop sequences in a specific style. Choose my own music and style.
			Use dance to show a mood or feeling.		
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, Improvise	-Compare, Adapt, Express opinion, Awareness of rhythm, Dance style,	-Pace and timing, Devise, Peer- evaluation, Flexible, Fluency,

				Precision, Dynamics, Self-evaluation	Rhythmically and accurately
		PPA (	OVER		
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 (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		
		Teache	r Taught		
Possible Themes	Games	Games	Games	Striking and Fielding Games	Striking and Fielding Games
Substantive knowledge As a sports player, I am learning about			Y1 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	Y5 Fielding positions for attack Tracking and catching Bowling short On and Off drive Rules of cricket

		Handling a ball	Ready position	Y6
		Sending a ball	Underarm bowling	Fielding positions for
		Receiving a ball	Overarm bowling	attack
		_	Overariii bowiing	
		Chasing a ball	\ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \ \	Tracking and catching
			Y4	Bowling short
			Direct hit	Working as pairs to
			Running between the	field a long ball
			wickets	On and Off drive
			Intercepting the ball	Rules
			with 1 hand	
			Overarm bowling	
			The pull shot	
			Stopping bouncing	
			ground ball	
Disciplinary		Y1	Y3	Y5
Knowledge		Throw underarm.	Throw and catch with	Gain possession by
As a sports player, I			control.	working 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
		Throw and catch with	cause problems for	backhand with a
		both hands.	the opposition.	racket.
				racketi
		Throw and kick in	Know and use rules	Field within a game.
		different ways.	fairly.	The within a game.
		aniferent ways.	i ani i y i	Choose a tactic for
		Y2	Y4	defending and
		14	Catch with one hand.	attacking.
			Catti with one nand.	attacking.

			Use kicking, hitting	Throw and catch	Use a number of
			and/or rolling in a	accurately.	techniques to pass,
			game.		dribble and shoot.
				Hit a ball with control.	
			Decide the best space		Y6
			to be in during a	Keep possession of	Play to agreed rules.
			game.	the ball.	, 0
					Explain rules to
			Use a tactic in a game.	Vary tactics and adapt	others.
				skills depending on	
			Follow rules.	what is happening in a	Umpire a game.
				game.	
					Make a team and
					communicate a plan.
					Lead others in a game
					situation.
Possible leading					
enquiry question					
				<mark>, Dartmoor 3 Ball (stri</mark>	
Vocabulary			-Catch (cup hands),	- Accuracy, Long	- Point at your
(progressive – so what			Balance, sideways	barrier, Fielding,	target, Playing to
are the new words?)			on batting, backstop	Scoring	the rules, Tactics
Vocabulary				Benchball/ Dodgeball	
(progressive – so what	-Roll, Drop, Chase,	-Roll, Drop, Chase,	Distance, Target,	-Accepting the rules,	-Compromise,
are the new words?)	Target, Aim, Rule	Target, Aim, Rule	Greater control,	Different techniques,	Evaluate and change
			Accuracy to target	Duck, dive, dodgel	skill, Pressure, Quick
					thinking, Game play
				Netball	

			Ball control, Bounce pass, Push ball,  -Attack, Consecutive, Dodge, Defend	-Movement, Getting into space, Footwork, Dribble Rugby -Pass, Tag, Possession, Pass	Scoring, Tactics, Playing to the rules  -Collaboration, Opponent, Hold,
				backwards, Interception	Strategic, Evade
			Tei	nnis, Squash (net and wa	all)
			-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			-		-
		Year A -	Spring 2		
		Teacher	r Taught		
Possible Themes	Ball Skills	Ball Skills	Invasion Games	Invasion games	Invasion Games
Substantive knowledge					

As a sports player, I am learning about			
Disciplinary	Y1	Y3	Y5
Knowledge As a sports player, I	Throw underarm.	Throw and catch with control.	Gain possession by working 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
	Throw and catch with	cause problems for	backhand with a
	both hands.	the opposition.	racket.
	Throw and kick in different ways.	Know and use rules fairly.	Field within a game.
			Choose a tactic for
	Y2	Y4	defending and
	Use kicking, hitting and/or rolling in a	Catch with one hand.	attacking.
	game.	Throw and catch	Use a number of
		accurately.	techniques to pass,
	Decide the best space	,	dribble and shoot.
	to be in during a	Hit a ball with control.	
	game.		Y6
		Keep possession of	Play to agreed rules.
	Use a tactic in a game.	the ball.	
			Explain rules to
	Follow rules.	Vary tactics and adapt skills depending on	others.
		what is happening in a game.	Umpire a game.

		Make a team and communicate a plan.
		Lead others in a game situation.
Possible leading enquiry question		
Vocabulary	Benchbal	I/ Dodgeball
(progressive – so what	Distance, Target, -Accepting	ng the rules, -Compromise,
are the new words?)	Greater control, Different	techniques, Evaluate and change
	Accuracy to target Duck, div	e, dodgel skill, Pressure, Quick
		thinking, Game play
	Ne	etball
	Ball control, Bounce -Moveme	ent, Getting Scoring, Tactics,
	pass, Push ball, into spac	e, Playing to the rules
	Footwork	k, Dribble
	R	ugby
	-Attack, Consecutive, -Pass, Ta	g, -Collaboration,
	Dodge, Defend Possession	on, Pass Opponent, Hold,
	backward	ds, Strategic, Evade
	Intercept	ion
		ockey
	-Hand force, Arm -Dribble	
		orce, Pass Defend, Back line,
		o, Control Flick
		ootball
	-Direction, -Compa	
	, , , , , , , , , , , , , , , , , , ,	e, Predict, Awareness,
	J, J,	ful tactics, Anticipation, Attack
	Possess	sion, and defence

		PPA (	Obstacle, Variety, Effective  Ball control, Bounce pass, Push ball, Dribble Cover	Contribute, Tackling, Scoring, Overcrowd  Basketball -Movement, Getting into space, Footwork, Dribble	-Scoring, Tactics, Playing to the rules	
Possible Themes			Tennis	Tennis	Tennis	
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			-Catch (cup hands), Watch the ball,	-Racket control, Sideways on,	-Backhand, Volley, Serve, Net, Backhand,	
are the new words?)			Balance, Racket, grip,	Forehand	Volley, Serve	
			Balance			
	Year A - Summer 1					
		Teacher	<sup>r</sup> 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
		PPA (	Cover		
Possible Themes	Athletics	Athletics	Athletics	Athletics	Athletics
Substantive knowledge As an athlete, I am learning about				Running: Spiriting, over an obstacle Throwing a ball: push and pull Jumping: Height and distance  Y4 Running: over time/distance, relays Throwing: push and pull Jumping: distance and height	Running: pacing over distance, relay takeovers Throwing: pushing and pulling Jumping: long, triple  Y6 Running: pacing over distance, relay takeovers Throwing: pushing and pulling Jumping: long, triple
Disciplinary Knowledge				Y3 Run at fast, medium and slow speeds;	Y5 Take off and land in a controlled way.

As an athlete, I am				changing speed and	
learning to				direction.	Throe with accuracy.
				Take part in a relay, remembering when to run and what to do.  Y4 Run over a long distance.  Sprint over a short distance.  Throw in different ways.  Hit a target.  Jump in different ways.	Combine running and jumping.  Y6 Demonstrate stamina.
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 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				
		PPA	Cover						
Possible Themes Substantive knowledge			Cricket	Cricket	Cricket				
As a *******er, I am learning about									
Disciplinary Knowledge As a *******er, I am learning to									

Possible leading				
enquiry question				
Vocabulary		-Catch (cup hands),	- Accuracy, Long	- Point at your
(progressive – so what		Balance, sideways	barrier, Fielding,	target, Playing to
are the new words?)		on batting, backstop	Scoring	the rules, Tactics

<b>19</b>	St Nicho	las and Our Lady & St Pa	trick's Catholic Primary	Schools	O LS P
		Curriculum F	light Path: PE		
			Autumn 1		
		Teache	r 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, Balance,	Positive effect, negative, Posture,	balance, Complex, Precise

			Technique, Alignment	Skills, Positions, Maneuvers						
	PPA COVER									
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, Effective	-Compare, Evaluate, Predict, Successful tactics, Possession, Contribute, Tackling, Scoring, Overcrowd	-Adapt, Awareness, Anticipation, Attack and defence					
			Autumn 2							
Voor A	Nurcony	l e	Taught	Voor 2/4	Voor E/6					
Year A  Possible Themes	Nursery Dance	Reception Dance	Year 1/2 Dance	Year 3/4 Dance	Year 5/6 Dance					
Substantive knowledge As a *******er, I am learning about	Barroo	Bulloo	Bulloo	Danos	Barrot					

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

	Year B - Spring 2							
Teacher Taught								
Possible Themes	Ball Skills	Ball Skills	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	-Roll, Drop, Chase,	-Roll, Drop, Chase,	-Motif, Explore	-Compare, Adapt,	-Pace and timing,			
(progressive – so what	Target, Aim, Rule	Target, Aim, Rule	range, Bodies and	Express opinion,	Devise, Peer-			
are the new words?)			limbs, Transition,	Awareness of	evaluation,			
			Timing, Improvise	rhythm, Dance	Flexible, Fluency,			
				style, Precision,	Rhythmically and			
				Dynamics, Self- evaluation	accurately			
		DDA	Cover	- Evaluation				
Possible Themes		ITA	Tennis	Tennis	Tennis			
Substantive			1011110	10.11110	1 311110			
knowledge								
As a *******er, I am								
learning about								
Disciplinary								
Knowledge								
As a ******er, I am								
learning to								
rearring to								

Descible leading				Ī	1
Possible leading					
enquiry question			0 . 1 (		
Vocabulary			-Catch (cup hands),	-Racket control,	-Backhand, Volley,
(progressive – so what			Watch the ball,	Sideways on,	Serve, Net,
are the new words?)			Balance, Racket, Grip, Balance	Forehand	Backhand, Volley, Serve
		Year B - S	Summer 1		
		Teache	r Taught		
Possible Themes	Athletics	Athletics	Rounders	Rounders	Rounders
Substantive					
knowledge					
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		
Possible Themes			Athletics	Athletics	Athletics
Substantive					
knowledge					
As a *******er, I am					
learning about					

Dissiplinam					
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
		Voor P. G	Summer 2		Control, Rodtine
Describle Theorem	Athletica		Taught Compositive	Commoditive	Compositivo
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	-Speed, Landing,	-Speed, Landing,	-Performance,	-Effectiveness,	-Success Criteria,
(progressive – so what are the new words?)	Jogging, Sprinting	Jogging, Sprinting	Improve, Describe, Technique	Improvements, Modify, Achieve,	Adaption, Precise, Structure,

				Thoughtful, Appropriate
	PPA (	Cover		
Possible Themes		Frisbee	Frisbee	Frisbee
Substantive				
knowledge				
As a *******er, I am				
learning about				
Disciplinary				
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, Crocodile Catch,	throw, Curve pass, Competence
			Pivot	Compotonico