

Long Marston School



PE KSV Curriculum Map

Games Class 2

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Control	Passing and Receiving	Speed, Agility and Quality/ Quickness	Ball Skills	Attacking and Defending	Athletics
Knowledge And Skills	<p>Be able to roll a ball and pick up from the ground with control.</p> <p>Be able to control their own body movements at different speeds.</p> <p>Be able to perform a range of controlled movements such as jump, hop etc. towards spaces.</p>	<p>Be able to throw and catch a range of different sized objects with some control.</p> <p>Be able to receive using hands, feet or a striking object with some control.</p> <p>Be able to use apparatus to control pushing or hitting or stopping a ball with control.</p> <p>Be able to throw or kick a ball at a target.</p>	<p>Be able to develop different movements at different speeds and ensure control of movement.</p> <p>Be able to use greater speed and changes of direction to move towards spaces.</p>	<p>Be able to throw underarm with some control towards a target.</p> <p>Be able to strike a stationary ball using a racket or</p> <p>Be able to demonstrate the correct grip for holding a racket.</p> <p>Be able to move a ball with the racket in various directions.</p> <p>Be able to explore different ways of hitting a stationary ball towards a target.</p>	<p>Be able to throw or kick a ball at a target.</p> <p>Be able to throw or pass using different objects to invade an opponent's area.</p> <p>Be able to move with control and vary speed to find space.</p>	<p>Be able to move at different speeds and in different directions.</p> <p>Be able to participate in a relay race and working in a team.</p> <p>Be able to perform different types of jumps with greater control.</p> <p>Be able to demonstrate balance when jumping and landing correctly.</p> <p>Be able to throw objects with some accuracy.</p> <p>Be able to explore different ways of throwing objects.</p> <p>Be able to use body movements to generate power when throwing.</p>
Key Vocabulary	<p>Running, jumping, rolling, striking, throwing, bouncing, catching, space, opposite, team, direction, passing, controlling, shooting scoring, co-ordination, participate, health and fitness – warm up/ cool down</p>					<p>Running, speed, throw, skip, aim, bounce, jump, leap, hop, target, overarm, underarm, walking, jogging, baton, relay, take off, landing, health and fitness – warm up/ cool down</p>

Games Class 2

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Control	Passing and Receiving	Speed, Agility and Quality/ Quickness	Ball Skills	Attacking and Defending	Athletics
Knowledge and Skills	<p>Be able to link body actions with control to successfully play in a game.</p> <p>Be able to perform a range of sport specific movements with control and speed variation in simple or adapted games</p>	<p>Be able to throw underarm with some control towards a target.</p> <p>Be able to strike a self-served ball using a racket or bat with some basic technique.</p> <p>Be able to begin to use the correct catching technique with two hands.</p> <p>Be able to play a simplified fielding game and understanding the rules.</p>	<p>Be able to demonstrate co-ordinated body movements.</p> <p>Be able to identify spaces within games and demonstrate a variety of controlled movements towards them.</p>	<p>Be able to hold a racket with the correct technique with greater consistency.</p> <p>Be able to move a ball with the racket in various directions with more control.</p> <p>Be able to begin hitting a self-served ball towards a large target.</p>	<p>Be able to tackle and defend using both hands and feet or a racket/bat safely and with control.</p> <p>Be able to defend a goal using different body parts with some accuracy.</p> <p>Be able to use space to pass or receive an object or aim at a target/goal.</p>	<p>Be able to move at different speeds with awareness of good technique.</p> <p>Be able to understand how various body movements aid their running style especially when sprinting.</p> <p>Be able to use body movements to aid jumping for distance and balance.</p> <p>Be able to throw various objects beginning to control both power and accuracy.</p> <p>Be able to identify and demonstrate the importance of arm and leg movements to aid distance.</p> <p>Be able to demonstrate an overarm throw of various objects including a foam javelin.</p>
Key Vocabulary	<p>Avoiding, accuracy, tracking a ball, rolling, striking, overarm throw, chest pass, bounce pass, bouncing, catching, free space, own space, opposite, team, rebound, follow, aiming, speed, direction, passing, controlling, shooting, scoring, participate, co-ordination, technique, combinations, rules, tactics, health and fitness – warm up/ cool down</p>					<p>Running, speed, throw, skip, aim, bounce, jump, leap, hop, target, overarm, underarm, walking, jogging, baton, relay, take off, landing, health and fitness – warm up/ cool down</p>

Games Class 3

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Control	Passing and Receiving	Speed, Agility and Quality/ Quickness	Ball Skills	Attacking and Defending	Athletics
Knowledge and Skills	<p>Be able to dribble using both hands and feet at different speeds and directions.</p> <p>Be able to understand how moving quickly can negatively affect control and how using the correct technique will assist.</p>	<p>Be able to demonstrate additional techniques to pass with greater accuracy whilst static or moving – using hands, stick or feet.</p> <p>Be able to receive using hands, feet or a stick with control both in a static position or whilst on the move.</p> <p>Be able to shoot with correct technique, using hands, feet or a stick in a game.</p>	<p>Be able to demonstrate co-ordinated body movements with greater control.</p> <p>Be able to identify spaces within games and explore how different movements can be used</p>	<p>Be able to hold a racket using the correct grip and body position.</p> <p>Be able to perform a forehand and backhand shot from stationary position.</p> <p>Be able to perform a forehand volley and aim at a large target.</p> <p>Be able to perform an underarm serve with some control.</p> <p>Be able to perform some skills with in adapted/singles games.</p> <p>Be able to understand when and how some points are scored (e.g. hitting the ball into the net).</p>	<p>Be able to tackle and mark using hands, feet, or a stick with control to attack or defend in a game situation.</p> <p>Be able to use a lack of space to assist when defending a goal.</p> <p>Be able to work as part of a team to attack or defend.</p>	<p>Be able to perform various body movements to improve acceleration.</p> <p>Be able to demonstrate greater control of body movements especially when sprinting</p> <p>Be able to demonstrate relay techniques both as an individual and part of a team.</p> <p>Be able to use basic hurdle techniques.</p> <p>Be able to perform different jumps with control and accuracy from a standing position.</p> <p>Be able to refine their underarm throwing style for accuracy and control distance of an object.</p> <p>Be able to demonstrate a greater control of body movements when performing an overarm throw – various objects including a javelin.</p> <p>Be able to perform a push throw - seated shot putt.</p>
Key Vocabulary	<p>Defending, attacking, travel, bouncing, control, possession, co-ordination, co-operation, scoring, batting, space, pass, dribble, team, points, goals, rules, tactics, fielding, bowler, wicket, innings, rounder, backstop, court, target, net, striking, pitch, health and fitness – warm up/ cool down/ heart rate</p>					<p>Running, speed, throw, skip, aim, bounce, jump, leap, hop, target, overarm, underarm, walking, jogging, baton, relay, take off, landing, javelin, health and fitness – warm up/ cool down</p>

Games Class 3

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Control	Passing and Receiving	Speed, Agility and Quality/ Quickness	Ball Skills	Attacking and Defending	Athletics
Knowledge and Skills	<p>Be able to dribble using both hands and feet at different speeds with control and moving towards the target.</p>	<p>Be able to use a range of passes with accuracy and power both static and on the move, using hands, stick or feet.</p> <p>Be able to explore different techniques with hands, feet or a stick (e.g., non-dominant hand / foot or side of the stick) with control both in a static position or whilst on the move.</p> <p>Be able to shoot with technique and control using hands, feet, or a stick in a game.</p> <p>Be able to shoot on the move – should the sport dictate.</p>	<p>Be able to demonstrate co-ordinated body movements with greater speed whilst maintaining control.</p> <p>Be able to identify spaces within games and how different movements can be used to exploit the space.</p>	<p>Be able to use and adapt body position and grip.</p> <p>Be able to perform a forehand and backhand shot and control the power to aim at a target.</p> <p>Be able to perform a volley correctly and aim at a target.</p> <p>Be able to perform an underarm serve with greater accuracy and control.</p> <p>Be able to perform a range of skills with correct technique adapted/singles games.</p> <p>Be able to understand when and how points can be scored.</p>	<p>Be able to tackle and mark using hands, feet, or a stick with control and power to attack or defend in a game situation.</p> <p>Be able to work as part of a team to attack and defend and understand players may have different roles.</p>	<p>Be able to perform various body movements to improve agility whilst sprinting.</p> <p>Be able to perform a standing sprint start.</p> <p>Be able to exchange a relay baton correctly and apply to a competitive situation.</p> <p>Be able to adapt running style to longer track events.</p> <p>Be able to combine hop, step and jump to form the basis of a triple jump with control.</p> <p>Be able to accurately measure a jumping distance using the correct technique.</p> <p>Be able to perform a basic hammer throw with control and looking to develop distance.</p> <p>Be able to perform a standing discus throw with control. Identify body movements required to increase distance.</p> <p>Be able to understand safety with throwing events.</p>
Key Vocabulary	<p>Possession, scoring, space, pass/send/receive, dribble, travel, team, striking, bowling, throwing, fielding, combinations, co-ordination, fluency, co-operation, competition, technique, partner, points, goals, rules, tactics, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, health and fitness – warm up/ cool down/ heart rate</p>					<p>Running, speed, throw, skip, aim, bounce, jump, leap, hop, target, overarm, underarm, walking, jogging, baton,</p>

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relay, take off, landing,
javelin, health and
fitness – warm
up/ cool down

Games Class 4

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Control	Passing and Receiving	Speed, Agility and Quality/ Quickness	Ball Skills	Attacking and Defending	Athletics
Knowledge and Skills	<p>Be able to dribble using both hands and feet at different speeds with control and moving towards the target.</p>	<p>Be able to use a range of passes with accuracy and power both static and on the move, using hands, stick or feet.</p> <p>Be able to explore different techniques with hands, feet or a stick (e.g., non-dominant hand / foot or side of the stick) with control both in a static position or whilst on the move.</p> <p>Be able to shoot with technique and control using hands, feet, or a stick in a game.</p> <p>Be able to shoot on the move – should the sport dictate.</p>	<p>Be able to demonstrate co-ordinated body movements with greater speed whilst maintaining control.</p> <p>Be able to identify spaces within games and how different movements can be used to exploit the space.</p>	<p>Be able to use and adapt body position and grip.</p> <p>Be able to perform a forehand and backhand shot and control the power to aim at a target.</p> <p>Be able to perform a volley correctly and aim at a target.</p> <p>Be able to perform an underarm serve with greater accuracy and control.</p> <p>Be able to perform a range of skills with correct technique adapted/singles games.</p> <p>Be able to understand when and how points can be scored.</p>	<p>Be able to tackle and mark using hands, feet, or a stick with control and power to attack or defend in a game situation.</p> <p>Be able to work as part of a team to attack and defend and understand players may have different roles.</p>	<p>Be able to perform various body movements to improve agility whilst sprinting.</p> <p>Be able to perform a standing sprint start.</p> <p>Be able to exchange a relay baton correctly and apply to a competitive situation.</p> <p>Be able to adapt running style to longer track events.</p> <p>Be able to combine hop, step and jump to form the basis of a triple jump with control.</p> <p>Be able to accurately measure a jumping distance using the correct technique.</p> <p>Be able to perform a basic hammer throw with control and looking to develop distance.</p> <p>Be able to perform a standing discus throw with control. Identify body movements required to increase distance.</p> <p>Be able to understand safety with throwing events.</p>
Key Vocabulary	<p>Possession, scoring, space, pass/send/receive, dribble, travel, team, striking, bowling, throwing, fielding, combinations, co-ordination, fluency, co-operation, competition, technique, partner, points, goals, rules, tactics, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch</p>					<p>Running, technique, pace, accuracy, power, throw, high, low, skip, aim, fast, slow, bounce, jump, leap, Hop, run, target, overarm, underarm, walking, jogging, accelerate, baton,</p>

relay, push, take off,
landing, health and fitness
– warm up/ cool down

Games Class 4

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Control	Passing and Receiving	Speed, Agility and Quality/ Quickness	Ball Skills	Attacking and Defending	Athletics
Knowledge and Skills	<p>Be able to dribble and change direction using hands, a stick or feet with control and speed, whilst moving towards the target.</p> <p>Be able to understand when to dribble within various invasion games to be effective for the team.</p>	<p>Be able to use a range of passes over varying distances with accuracy and power using hands, stick or feet.</p> <p>Be able to receive using hands, feet or a stick to progress towards a space / goal.</p> <p>Be able to use a range of shooting techniques with accuracy in full or adapted size games.</p> <p>Be able to shoot on the move with increased accuracy and power (Football, Basketball, Hockey).</p>	<p>Be able to demonstrate more complex body movements with and without equipment and maintaining control.</p> <p>Be able to identify how movement within games can create space for yourself or team mates.</p>	<p>Be able to move the body before performing a forehand or backhand with correct technique.</p> <p>Introduce the technique for overarm serving.</p> <p>Be able to perform volleys and serve (under or overarm) with some accuracy in a game.</p> <p>Be able to use a range of skills in adapted singles and doubles games with accuracy.</p> <p>Be able to understand when points are scored and who should serve next.</p>	<p>Be able to tackle using hands, feet, or a stick safely and with control to attack or defend as part of a team.</p> <p>Be able to work as part of a team co-operatively in both attack and defence.</p>	<p>Be able to perform accurate body movements to improve fast walking technique and how that is transferable to sprinting.</p> <p>Be able to perform a crouch style sprint start and use in a race with control.</p> <p>Be able to adapt running speed and style to sprint, middle distance and relay races.</p> <p>Be able to demonstrate a controlled hurdling pattern to aid control and speed.</p> <p>Be able to understand and perform a moving relay baton exchange to aid speed.</p> <p>Be able to perform a standing long jump showing power and accuracy.</p> <p>Be able to explore the advantages and disadvantages of a small run up before take-off when jumping.</p> <p>Throwing</p> <p>Be able to perform standing javelin and shot</p>

						<p>putt throws showing technique for power and accuracy. Be able to demonstrate a greater consistency of body movements throughout the process of throwing and their timings associated with this.</p>
Key Vocabulary	<p>Possession, scoring, space, pass/send/receive, dribble, travel, team, striking, bowling, throwing, fielding, combinations, co-ordination, fluency, co-operation, competition, technique, partner, points, goals, rules, tactics, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch</p>					<p>Running, technique, pace, accuracy, power, throw, high, low, skip, aim, fast, slow, bounce, jump, leap, Hop, run, target, overarm, underarm, walking, jogging, accelerate, baton, relay, push, take off, landing, health and fitness – warm up/ cool down</p>

Games Class 5

Year A	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Control	Passing and Receiving	Speed, Agility and Quality/ Quickness	Ball Skills	Attacking and Defending	Athletics
Knowledge and Skills	<p>Be able to dribble and change direction using hands, a stick or feet with control and speed, whilst moving towards the target.</p> <p>Be able to understand when to dribble within various invasion games to be effective for the team.</p>	<p>Be able to use a range of passes over varying distances with accuracy and power using hands, stick or feet.</p> <p>Be able to receive using hands, feet or a stick to progress towards a space / goal.</p> <p>Be able to use a range of shooting techniques with accuracy in full or adapted size games.</p> <p>Be able to shoot on the move with increased accuracy and power (Football, Basketball, Hockey).</p>	<p>Be able to demonstrate more complex body movements with and without equipment and maintaining control.</p> <p>Be able to identify how movement within games can create space for yourself or team mates.</p>	<p>Be able to move the body before performing a forehand or backhand with correct technique.</p> <p>Introduce the technique for overarm serving.</p> <p>Be able to perform volleys and serve (under or overarm) with some accuracy in a game.</p> <p>Be able to use a range of skills in adapted singles and doubles games with accuracy.</p> <p>Be able to understand when points are scored and who should serve next.</p>	<p>Be able to tackle using hands, feet, or a stick safely and with control to attack or defend as part of a team.</p> <p>Be able to work as part of a team co-operatively in both attack and defence.</p>	<p>Be able to perform accurate body movements to improve fast walking technique and how that is transferable to sprinting.</p> <p>Be able to perform a crouch style sprint start and use in a race with control.</p> <p>Be able to adapt running speed and style to sprint, middle distance and relay races.</p> <p>Be able to demonstrate a controlled hurdling pattern to aid control and speed.</p> <p>Be able to understand and perform a moving relay baton exchange to aid speed.</p> <p>Be able to perform a standing long jump showing power and accuracy.</p> <p>Be able to explore the advantages and disadvantages of a small run up before take-off when jumping.</p> <p>Be able to perform standing javelin and shot putt throws showing technique for power and accuracy.</p> <p>Be able to demonstrate a greater consistency of body movements throughout the process of throwing and them</p>

						timings associated with this.
Key Vocabulary	Possession, speed, direction, range of techniques, combinations, competition, tactics, co-operation, create, control, decisions, passing, dribbling, shooting, shield, ball, support, marking, repossession, attackers, defenders, team play, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley, overhead, singles, doubles rally, health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery					Pull, accuracy, technique, distance, sprint, steady pace, accuracy, height, record, joints, rhythm, leading leg, measure, underarm, overarm, jogging, walk, hurdles, landing, control, preferred, landing foot, time, stamina, obstacles, stance, approach, speed, relay, strength, technique, control, balance, evaluate, improve, health and fitness – warm up/ cool down

Games Class 5

Year B	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Unit	Control	Passing and Receiving	Speed, Agility and Quality/ Quickness	Ball Skills	Attacking and Defending	Athletics
Knowledge and Skills	Be able to dribble and change direction/pace using hands, a stick or feet (both sides of the body) with control and accuracy, whilst moving towards the target.	Be able to select the correct type of pass within a game to ensure both accuracy and power using hands, stick or feet. Be able to receive using hands, feet or a stick to evade opponents within games.	Be able to demonstrate more complex body movements with and without equipment with greater speed whilst maintaining control. Be able to identify how movements of others can affect your own individual movement.	Be able to move the body before performing a forehand or backhand with correct technique and controlling the power. Be able to show greater consistency of the technique required to perform an overarm serving to ensure improved accuracy. Be able to perform volleys and serve (under or overarm) with accuracy in a game. Be able to use different tactics within a game to use against your	Be able to tackle and mark in a range of sports with control and accuracy, adapting skills to both attack and defense. Be able to work successfully as part of a team to attack and defend and suggest ways to work better as part of a team.	Be able to demonstrate all body movements required for running – acceleration, technique, agility. Be able to use the correct hurdle technique and stride patterns to compete in an adapted hurdles race. Be able to perform a crouch sprint start and transition into sprint pace with control and power. Be able to apply the concept of pacing into a competitive race and suggest how/if pace would need to be changed. Be able to perform a

				<p>opponent (e.g., drop shots).</p> <p>Be able to use a range of skills in singles and doubles game with accuracy.</p> <p>Be able to understand when points are scored and who should serve next.</p>		<p>relay changeover using a changeover box.</p> <p>Be able to perform a standing triple jump with increased controlled movements to improve distance.</p> <p>Be able to perform standing discus and hammer throws using control and power, whilst applying safety rules for competition.</p> <p>Be able to provide constructive feedback to others on their throwing technique and areas for improvement.</p>
Key Vocabulary	<p>Possession, speed, direction, range of techniques, combinations, competition, tactics, co-operation, create, control, decisions, passing, dribbling, shooting, shield, ball, support, marking, repossession, attackers, defenders, team play, batting, fielding, bowler, wicket, tee, base, boundary, innings, rounder, backstop, court, target, net, defending, hitting, stance, offside, pitch, forehand, backhand, volley, overhead, singles, doubles rally, health and fitness – warm up/ cool down/ heart rate/ pulse/ recovery</p>					<p>Pull, accuracy, technique, distance, sprint, steady pace, accuracy, height, record, joints, rhythm, leading leg, measure, underarm, overarm, jogging, walk, hurdles, landing, control, preferred, landing foot, time, stamina, obstacles, stance, approach, speed, relay, strength, technique, control, balance, evaluate, improve, health and fitness – warm up/ cool down</p>