Brindishe Schools PE Learning Journey

Vocabulary

Previous vocab + dribble, strike, accuracy, pathway, pattern, sequence, level, control, expression, technique, team event

Year 2

Invasion games: dribbling / striking, underarm/ over-arm throw, understand the importance of rules.

Gymnastics: pathways/ patterns, link

movements to create a sequence.

Dance: Create & explore movement,

levels, direction and speed. **Athletics:** running technique & jump sequences, throw with increasing accuracy, compete in team events, evaluate others

VocabularyAll previous KS1 & KS2 vocab

Year 6

Invasion games: Increase skill, co-ordination, control & fluency. Understand tactics, attacking / defending skills.

Gymnastics: · Perform longer sequences, work with a partner or a small group.

Dance: use expression, flow, linked movements & pattern. Perform with a growing awareness of technique & fluidity& a range of choreographic devices.

Athletics: Sustain running pace, perform jumps & improve technique/distance. Perform all throws.

Year 2

Year 1

Invasion games: · travel in different ways,
throw/receive ball, simple games
Gymnastics: simple positions & shapes,
travel, explore & link basic movements
Dance: explore body parts & actions,
compose, perform & evaluate simple dance
phrases

Athletics: speed & direction when running, overarm/underarm throws, participate in team events

Vocabulary

EYFS vocab +

travel, hand-eye

coordination,

spatial

awareness, link,

repeat, compose,

perform,

evaluate, speed,

direction,

overarm,

underarm

Vocabulary

run, gallop, hop,

jump, skip direction, 1 foot

to 2 feet, roll,

aim, space,

throw, target,

teamwork, catch

2 hands, 1 hand, higher, lower, kick, control, aim Year 1

Year 3

Year 3

Invasion games: develop ball skills, attacking/ defending, change direction & speed.

Gymnastics: create sequences independently / with others.

Dance: Explore solos, duets, trios, quartets and small group choreography.

Athletics: run with increased distance, different throwing techniques, jumps, evaluate and suggest improvements.

Compete in team events. Relate athletic activity to change in heart rate & breathing.

Year 6

Vocabulary
KS1 & LKS2 vocab +
position, tactics,
select, strategy,
formation, pace,
timing, sustain, pass,
receive

Year 5

Invasion games: understand positions in a game, link ball skills & apply when attacking / defending. Run, jump, throw & catch in isolation & combination.

Gymnastics: Understand composition & perform complex sequences. Use appropriate vocabulary. **Dance:** Use levels & motifs, choreographic devices.

Respond to feedback, watch/analyse professional dance performances.

Athletics: Choose pace to sustain running. Show control when jumping. Increased technique when throwing. Pass/receive a baton accurately.

Year 5

Negotiate space and obstacles safely, with consideration for themselves and others

Early Learning Goal

Demonstrate strength, balance and coordination when playing
Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

Year 4

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Year 4

Invasion games: link ball skills together, run, jump, throw & catch in isolation & combination.

Gymnastics: compose & perform more complex sequences.

Dance: explore & use choreographic devices (unison, canon, repetition). Perform more complex dance phrases & explore genre.

Athletics: develop running style, demonstrate throwing techniques, perform a range of jumps with control.

EYFS

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Vocabulary

KS1 vocab +

receive, strike,

different passes,

flexible, solo,

duet, trio, quartet,

choreography,

athletic activity

Vocabulary

Previous vocab + link, attack, defend, isolation, combination, fluency, compose, complex, choreographic devices, unison, canon, motif, dance phrase, genre, stimuli

