

Knebworth Primary School Outdoor PE Matrix



Children will develop physical, mental and social wellbeing which will inspire a healthy active lifestyle.

“Physically educated persons are those who have learned to arrange their lives in such a way that the habitual physical activities they freely engage in make a distinctive contribution to their wider flourishing”

James McAllister

<i>Deep Roots</i>	Autumn		Spring		Summer		Key vocabulary
	Skills	Knowledge	Skills	Knowledge	Skills	Knowledge	
Y1	<p>Fundamentals To change direction of travel.</p> <p>Run at different speeds.</p> <p>To perform hopping and jumping movements.</p> <p>Sending and receiving To catch a ball after a bounce.</p>	<p>To know how and why we change direction.</p> <p>To know why and how we run at different speeds. To know the changes to your body when you run at different speeds.</p> <p>To know the difference between hopping and jumping.</p> <p>To know how to throw, catch, roll and kick a ball.</p>	<p>Ball skills To show a range of ball skills; roll, kick, bounce, throw, catch and dribble a ball to a target. To explore soft and light touches. To stop a rolling ball.</p> <p>Team building To communicate instructions in a team.</p>	<p>To point to a target before performing the skill. To recognise changes in the body whilst exercising. To know how to move in line with the ball to stop it.</p> <p>To know the ways in which we communicate effectively to achieve a</p>	<p>Striking and fielding To catch a beanbag/medium sized ball. Track a moving ball that is rolling towards the player. Strike a ball using a hand. To apply skills to a simple game setting</p> <p>Athletics Link running and jumping movements together.</p>	<p>To know how to catch a ball.</p> <p>To know how to follow a ball in motion.</p> <p>To know the motion needed for swinging a bat.</p> <p>To understand rules of a simple game - Scatter ball.</p> <p>To know the changes in my body when I do exercise.</p>	<p>Sprinting Jogging Hopping Jumping</p> <p>Balancing Target</p> <p>Target Track Receive</p> <p>Communication Respect Dribbling Target</p> <p>Striking Fielding</p>

	<p>To throw a ball towards a target. To roll a ball towards a target. To kick a ball to a target. To throw a ball to a partner.</p>	<p>To know how to throw a ball from close to your body. To know that eyes need to be kept on the target. To know why you have to track a ball in order to help with accuracy.</p>	<p>To listen to other people's ideas. To follow instructions. To work with a partner.</p>	<p>group outcome in sports. To know why it is important to listen. To know how to be considerate to other people's feelings. (link to PSHE – reinforce respectful relationships)</p>	<p>To throw accurately towards a target. To develop balance and coordination while changing direction (link to indoor P.E unit).</p>	<p>To know different running and jumping movements. To know accurate throwing techniques. To know stabilising balancing techniques while in motion.</p>	<p>Batter Bowler</p>
Y2	<p>Fundamentals To show balance when changing direction. To hop, skip and jump with control and balance. Show balance and coordination while running at speed. Work cooperatively with a partner. Sending and receiving Trap and cushion a ball that is coming towards them. Kick a ball to a partner. Throw a ball to a partner.</p>	<p>To know the importance of balancer when changing direction. To know techniques that will help balance while moving. To know what movement is used when running at speed. To know how to coordinate arms with legs. To know and demonstrate how to work cooperatively with a partner. To know what trapping and cushioning means.</p>	<p>Ball skills To develop techniques and control when rolling, kicking, bouncing, throwing, catching and dribbling a ball. To negotiate space with moving targets. To provide feedback to peers and self-evaluation. Team building/ Orienteering Be able to listen to and follow instructions.</p>	<p>To know the ball needs to be close to your body. To know that you use different parts of your foot to control the ball. To know how to use the skills learnt to create tactics for game situations. To know why it is important to share ideas for improvement. To know what makes it easier to work with a partner/group.</p>	<p>Striking and fielding To track a ball and collect it. Develop underarm and overarm throwing skills. Roll a ball to hit a target with increasing distance. To track a ball to hit it with a racket. To apply skills in a game setting Athletics To jump from a standing position and land with control. To jump from a running start with control and balance.</p>	<p>To know how to track ball in motion. To know when and why to use underarm and overarm throwing skills. To know how to direct a ball and to negotiate space and distance. To know how to hold a racket. To know how to coordinate and swing the racket. To know the rules of Scatter ball and why we have them. To know how to improve the jump by swinging arms. To know running and jumping movements.</p>	<p>Sprinting Stable Balance Coordination Dodging Target Dribbling Racket Striking Fielding Track Underarm Overarm Communicate Respect Sportsmanship Navigate Control Stabile Balance</p>



	<p>Catch a ball without a bounce.</p> <p>Roll a ball to hit a moving target</p>	<p>To know what part of the foot you use when kicking a football.</p> <p>To know how to aim to a target or a partner.</p> <p>To know how to throw a ball with arm extension.</p> <p>To know how to track a ball in flight and motion.</p>	<p>To articulate ideas with others.</p> <p>To work with a partner or a small group.</p> <p>To use, follow and create a simple diagram/map.</p>	<p>To know how to speak clearly (link to English speaking skills)</p> <p>To know navigation skills.</p> <p>To know how to communicate clearly to achieve a group outcome.</p>	<p>To perform an overarm throw from with a weighted piece of equipment.</p> <p>To run at different speeds showing control and balance.</p>	<p>To know to squeeze core muscles for a stable landing.</p> <p>To know how to bend to help height of throw.</p> <p>To know the correct position of the body for throwing overarm.</p> <p>To know how to use arms to help change the speed of running.</p>	
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<p>Y 3</p>	<p>Netball To develop ball handling skills with a netball to pass and receive the ball.</p> <p>To defend an opponent and try to win the ball.</p> <p>To develop a shooting action</p> <p>To play within a game setting</p> <p><u>Tag rugby</u> To develop handling skills of a rugby ball. To pass and receive the ball with control</p>	<p>To know to catch and pass with two hands. To know how to observe the position of the ball. To know what a chess pass is and when to use it.</p> <p>To know how to change speed to lose a defender. To know the importance of quick footwork.</p> <p>To know how to aim the ball towards the goal using hand for guidance.</p> <p>To know the aim of netball. Name 5 positions in netball and where they can go for 5 a-side. To know the footwork rule and play accordingly.</p> <p>To know to hold a rugby ball correctly. To know to run into a space when receiving the ball. To know how to pass using underarm rugby throw.</p>	<p>Football To develop control whilst dribbling with pressure. To dribble in different directions. To pass with control to a teammate.</p> <p>To move and pass the ball simultaneously</p> <p>To receive a ball and pass simultaneously.</p> <p>To shoot with accuracy</p> <p>To play within a game setting</p> <p>Hockey To dribble with one side of the stick. To open dribble. To dribble around an obstacle.</p>	<p>To know to use different parts of the foot to dribble while changing direction. To know how to run with the ball. To know which part of the foot is used to pass</p> <p>To know that you need to look at your target.</p> <p>To know the ball needs touching (cushioning) before kicking again.</p> <p>To know which part of the foot is used to shoot. To know the aims and rules of football. Explain where you should be looking when passing, dribbling and shooting.</p> <p>To know to correctly hold a hockey stick. To know what an open dribble is. To know how to manoeuvre the ball around obstacles.</p>	<p>Tennis To perform the ready position.</p> <p>Develop racket and ball control.</p> <p>To use forehand groundstroke. To use backhand stroke with two hands.</p> <p>Play against an opponent to perform a rally. To develop game playing tactics</p> <p>Athletics To jump for distance and height from a range of approaches</p>	<p>To know that knees need to be bent.</p> <p>To know how to move wrists to coordinate the racket.</p> <p>To know the actions that the names relate to. To know start and end positions and direction of the racket. To know two hands helps with control.</p> <p>To know forehand is better for a rally. To know how to score. To know where to aim the ball to make it hard for your opponent.</p> <p>To know why it is important to warm up. To know how to coordinate arm swings and knee bends to improve</p>	<p>All ball games Opponent Interception Possession Attack Defend Coordination</p> <p>Chess pass Footwork GS, GD, C, WA, WD</p> <p>Dribbling Cushioning</p> <p>Forehand Backhand Groundstroke Rally</p> <p>Forward pass Tag</p> <p>Open dribble Push pass Open stick tackle</p> <p>Stance Relay Baton Speed Power</p>
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	<p>Move the ball forwards with control.</p> <p>To defend a player. To tag another player.</p> <p>To play in a game setting</p>	<p>To know what direction to pass in rugby. To know how to forward pass.</p> <p>To know how and when you would defend a player in tag rugby. To know to not block when defending tags.</p> <p>To know the aims and rules of tag rugby.</p>	<p>To pass the ball with a push pass.</p> <p>To develop coordination to receive the ball.</p> <p>To perform an open stick tackle.</p> <p>To shoot towards a goal.</p> <p>To play within a game setting</p>	<p>To know what a push pass is.</p> <p>To know how to trap the ball when receiving.</p> <p>To know what a tackle is. To know that Hockey sticks can't come into contact.</p> <p>To know the direction of play.</p> <p>To know the aims and rules of Hockey. To use the pull technique to move a defender.</p>	<p>To develop throwing for distance and accuracy in a pull throw</p> <p>To perform a relay with a partner.</p> <p>To develop sprinting and running techniques.</p>	<p>height and distance of jump.</p> <p>To know how to transfer weight while throwing. To know the importance of having a balanced stance.</p> <p>To know what a relay is. To know effective ways of passing the batons.</p> <p>To know to run on the balls of your feet for optimum speed.</p>	
Y4	<p>Netball To defend and attack one on one and know when to win the ball.</p> <p>To develop ball handling skills with a netball to pass and receive the ball while moving towards a goal.</p> <p>To develop shooting actions with increased accuracy.</p>	<p>To know how far away you have to be from the attacker. To know how to move into space to keep possession.</p> <p>To know what a shoulder pass is. To know the different types of passes in netball and when they would be used.</p> <p>To know how to aim the ball towards the goal for the chest. To know the correct stance for throwing.</p>	<p>Football To develop control whilst dribbling around obstacles.</p> <p>To dribble in different directions using an inside and outside hook.</p> <p>To pass with control and accuracy to a teammate with defending pressure</p>	<p>To know the ball should stay ahead of you.</p> <p>To know which part of the foot is used to dribble in different directions. To know what an inside and outside hook is.</p> <p>To know that arms will help balance your body when passing. To know the importance of moving quickly into a space.</p>	<p>Cricket To develop overarm and underarm throwing with a cricket ball.</p> <p>To develop underarm and overarm bowling techniques.</p> <p>Strike the ball with the cricket bat.</p>	<p>To know how to over arm and underarm throw (link to previous learning). To know the difference between a cricket ball and a tennis ball. To know how to step forward with the correct stance for accuracy.</p> <p>Know how to hold a bat with the V shape. To know to hit the ball away from fielders.</p>	<p>All ball games Opponent Interception Possession Attack Defend Coordination Conceding Consecutive</p> <p>Fielders Batsman Striking Bowling Fielders Short barrier</p> <p>Chest pass Shoulder pass</p>

	<p>To play within a game setting</p> <p>Tag rugby To pass and receive the ball with increasing control, moving towards a goal</p> <p>To delay an opponent.</p> <p>To find space to give options to the team. To score tries when the team is in attack.</p> <p>To play within a game setting using the offside rule</p>	<p>To know the game rules of contact, obstruction, held ball and footwork. To know the 7 different positions in netball and where they can go.</p> <p>To know the importance of keeping eyes on the ball to improve accuracy.</p> <p>To know how to move effectively to defend tags.</p> <p>To know the most effective way to score a try as a team.</p> <p>To know and apply the off-side rule.</p> <p>All Sports: To know which muscle groups are used during each activity</p>	<p>To receive a ball while moving.</p> <p>To shoot with accuracy from an increasing distance. To use tactics to make decisions within a game.</p> <p>Hockey To develop open stick dribbling and use the reverse of the stick. To perform the Indian dribble. To dribble around a defender.</p> <p>To pass the ball with a push pass with increasing accuracy to a moving target.</p> <p>To receive the ball while in motion.</p> <p>To play within a game setting</p>	<p>To know what part of the foot is needed to cushion a ball.</p> <p>To know which part of the foot is used to shoot and why. To know how to jockey or track an opponent.</p> <p>To know how to control the ball with both sides of the hockey stick.</p> <p>To know the Indian Dribble. To know to dribble towards a goal.</p> <p>To know the correct stance by stepping forward with the opposite leg. To know how to track a ball.</p> <p>To know how to trap the ball using the barrier technique.</p> <p>To know to move into a space after you have passed. To know how to communicate as a team and be able to</p>	<p>To field effectively within a game.</p> <p>To play within a game setting.</p> <p>Athletics To warm up the body effectively.</p> <p>To sprint and jog at pace with increasing stamina levels.</p> <p>To run with coordination of arms and legs.</p> <p>To perform a relay with a group</p> <p>Jump for distance and height with balance and control in the vertical jump.</p>	<p>To know how to use a twohanded pick up. To know how to create a short barrier with your legs.</p> <p>To know the different positions in a cricket match. Know the rules of the game to play honestly and fairly (link to school values).</p> <p>To know how to warm up different muscle groups (link to science).</p> <p>To know the importance of breathing while running. To know the effects of running on the body.</p> <p>To know the importance of bent elbows when running.</p> <p>To know how to communicate effectively.</p> <p>To know the correct body position for a vertical jump.</p>	<p>Bounce pass Contact Obstruction Held ball GS, GD, C, WA, WD, GA, GD</p> <p>Inside hook Outside hook Jockey an opponent</p> <p>Try Offside</p> <p>Indian dribble Tactics Push pass</p> <p>Sprint Jog Stamina</p>
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				<p>use tactics to make decisions.</p> <p>All Sports: To know which muscle groups are used during each activity</p>	<p>To throw with power and accuracy.</p>	<p>To know how to develop power in a throw.</p> <p>To know how to transfer weight in the standing position.</p> <p>All Sports: To know which muscle groups are used during each activity</p>	
Y5	<p>Basketball</p> <p>To dribble the ball. To use protective dribbling.</p> <p>To pass using the bounce and chest pass</p> <p>To move effectively with the ball.</p> <p>To attack and defend an opponent.</p> <p>To play within a game setting</p>	<p>To know that wide control the ball when dribbling.</p> <p>To know coaching techniques for bounce pass, chest pass and dribbling. To know how to use opposite arm for support. To know how to use body as barrier.</p> <p>To know what protective dribbling is.</p> <p>To know the different between the bounce and chess pass</p> <p>To know how to bounce stop and pivot.</p> <p>To know how to move quickly with the ball. To know the rules of fouling.</p>	<p>Football</p> <p>To dribble the ball forwards with defending pressure.</p> <p>To pass, receive and shoot to a target with increasing accuracy while under defending pressure</p> <p>To play within a game setting</p>	<p>To know the ball needs to be kept close to your feet.</p> <p>To know the importance of light footwork.</p> <p>To know how to keep the ball near. To know how to move away from defenders.</p> <p>To know when is appropriate to track and intercept. To know why it is important to look around the pitch whilst paying. To know how to communicate with teammates.</p>	<p>Rounders</p> <p>Develop the correct bowling action.</p> <p>To strike the ball with the rounders bat.</p> <p>To know how to field effectively (link to cricket in previous learning.)</p> <p>To play within a game setting.</p>	<p>To know to use opposite foot to arm for accuracy. To know the rules of bowling.</p> <p>To know where to hit the ball on the bat. To know how to track and hit the ball accurately.</p> <p>To know how to use a two-handed pick up and short barrier technique (link to cricket in previous learning.)</p> <p>To know the rules of the bases (to run around the outside) To know when to stop running. To know how to play the different roles. To know which type of throw is best to</p>	<p>All ball games</p> <p>Opponent Interception Possession Attack Defend</p> <p>Coordination Conceding Consecutive Fouling Tracking</p> <p>Protective dribbling Chest pass Bounce pass Shoulder pass</p> <p>Bowling Striking Bases</p> <p>Drawing defence</p> <p>Block tackle Analyse</p> <p>Stamina Power Breathing Strides</p>

	<p>Tag rugby Pass and receive the ball whilst under pressure.</p> <p>To move into space to keep possession.</p> <p>To dodge a defender. To develop drawing defence. To play within a game setting.</p>	<p>To know the rules and positions of basketball.</p> <p>To know how to look for space to pass the ball through opponents.</p> <p>To know where space is and how to move effectively to it.</p> <p>To know how to change direction and speed quickly. To know game tactics in order to score.</p> <p>To describe which muscle groups are used during each activity</p>	<p>Hockey To dribble, pass, receive and shoot the ball with some control.</p> <p>To track, block tackle and intercept when playing in defence.</p> <p>To play in a game setting. To analyse game playing.</p>	<p>To know how to turn the stick using the top of a hand. To know a pass used in hockey and when and why it would be used in a game setting.</p> <p>To know what a block tackle is. To know what makes effective tracking and intercepting.</p> <p>Understand how to communicate as a team and be able to use tactics to make decisions. To know what makes an effective game.</p> <p>To describe which muscle groups are used during each activity</p>	<p>Athletics To run at pace.</p> <p>To develop coordination and fluency for running.</p> <p>To perform a relay with a group with effective change overs.</p> <p>To jump with power and control. To perform the triple jump.</p> <p>To throw a javelin with force.</p>	<p>use in different situations and why.</p> <p>To understand how stamina and power help people to perform well in different athletic activities. To develop breathing techniques that suit the style of running.</p> <p>To know to take big strides.</p> <p>To know how to effectively change over the baton by running slowly while receiving the baton.</p> <p>To know what makes a powerful jump. To know the triple jump criteria</p> <p>To know how to hold a javelin correctly for power. To know strength will create speed.</p> <p>To describe which muscle groups are used during each activity</p>	<p>Javelin</p>
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<p>Y6</p>	<p>Basketball To dribble the ball with increasing control and accuracy.</p> <p>To create and use space.</p> <p>To shoot using a jump shot.</p> <p>To play within a game setting and apply defensive techniques.</p> <p>To recognise own strengths and areas for improvement.</p> <p>Tag rugby To pass and receive the ball with control whilst under pressure from 2 or more defenders.</p>	<p>To know the double dribble rule and travelling rules.</p> <p>To know how to support a teammate by finding space.</p> <p>To know what a jump shot is.</p> <p>To know half court rule and hitting the ball out of hands rules.</p> <p>To use a variety of passes.</p> <p>To know when to pass or dribble.</p> <p>To know when to change speed of play. Understand how to communicate effectively as a team.</p> <p>To know when to make the decision to run or pass.</p> <p>To know to stand sideways from your receiver.</p>	<p>Football To dribble the ball in different directions with defending pressure using all the parts of the foot.</p> <p>To turn using a drag back, inside and outside hook.</p> <p>To pass the ball to a moving target with increasing accuracy.</p> <p>To develop first touch control</p> <p>To develop attacking and defending skills.</p> <p>To play in a game setting while tracking and intercepting through defence.</p> <p>Hockey Dribble, pass, receive and shoot the ball with increasing control and power while under pressure.</p>	<p>To know the ball needs to be kept close to your feet.</p> <p>To know which parts of the foot needs to contact the ball at different times for optimum performance.</p> <p>To know how and why to drag back.</p> <p>To know how to cushion the ball.</p> <p>To know how to track a moving target.</p> <p>To know how to pass while looking up.</p> <p>To know that the ball doesn't always need stopping before passing.</p> <p>To know how to adjust angles and space to attack and defend.</p> <p>To know how to use space in a football game for the benefit of the team.</p> <p>To know how to track over the ball for increased control.</p> <p>To know the stick should be lower than</p>	<p>Rounders To develop throwing and catching with accuracy while under pressure.</p> <p>To hit a bowled ball with the rounders bat with power</p> <p>To play in a game setting with decision making tactics. Develop a variety of fielding techniques including short and long barrier.</p> <p>Athletics To run at a pace for different running events.</p>	<p>To know which type of throw to use and when.</p> <p>To know to stand sideways to the bowler.</p> <p>To know the correct stance for power.</p> <p>To know when to stump the batter out.</p> <p>To know how to field as a team to get the batter out.</p> <p>To know there are different areas of fitness and how this helps me in different activities.</p>	<p>All ball games Opponent Interception Possession Attack Defend Coordination Conceding Consecutive Fouling Tracking</p> <p>Double dribble Jump shot</p> <p>Drag back Inside hook Outside hook First touch control</p> <p>Bowler Batter Stump Tactics</p> <p>Drawing defence Defending unit</p> <p>Jab tackle Forehand receive Tactics</p> <p>Hurdles Pace Stamina Triple jump</p>
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	<p>To work as a team to tag individuals. To develop drawing defence as a defending unit.</p> <p>To play within a game setting.</p> <p>To analyse and respond to improvements.</p>	<p>To know how to close down space as a team. To know how to create a line of defence.</p> <p>To know how to track the attacker. To know how to create space to help the team. To know and apply all previously taught rules of Tag Rugby.</p> <p>To know how to recognise areas for development in team play.</p> <p>To explain why the specific muscle groups are used during each activity</p>	<p>To use the Indian dribble to quickly change direction from defenders.</p> <p>To jab tackle an opponent.</p> <p>To play in a game setting. To move into space as a game playing tactic. To analyse and respond to improvements.</p>	<p>waist height for more power. To know how to forehead receive.</p> <p>To know what a jab tackle is.</p> <p>To know the rules of the game. To know how to recognise areas for development in team play.</p> <p>To explain why the specific muscle groups are used during each activity</p>	<p>To run over obstacles (hurdles) with control and coordination.</p> <p>To jump for height and distance (triple jump) showing good control.</p> <p>To throw for power and control over a distance.</p>	<p>To know how to select a pace suited for individual levels of fitness (link to indoor P.E).</p> <p>To know how to maintain a running rhythm. To know how to count strides in between obstacles.</p> <p>To know how to use core muscles for control when jumping. To know how to use your hips for power in flight. To know how to have a balanced stance. To track hand position.</p> <p>To explain why the specific muscle groups are used during each activity</p>	
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Deep Roots