

CAPTAIN WEBB PRIMARY SCHOOL
PE Curriculum – Key knowledge and skills

EYFS			KS1		KS2			
Range 4 Multiskills	Range 5 Multiskills	Range 6 Multiskills	Year 1 Boccia	Year 2 Tri Golf	Year 3 New Age Kurling	Year 4 Archery	Year 5 Tri Golf	Year 6 Archery
Target Games								
<p>I know that I use my hands to throw. I can begin to show a preference for a dominant hand.</p>	<p>I know that you use one hand to throw a beanbag. I can grasp and release to throw a beanbag.</p>	<p>I know that you can use one hand or two hands to push an object. I can show control over an object by pushing it.</p> <p>I know that throwing with one hand will improve my accuracy. I can show control over an object by throwing it.</p>		<p>Safety (ongoing) I know that I must stay behind the safety line until the teacher allows me to collect the balls. I can follow rules and stay safe whilst performing</p> <p>Grip I know that you hold a golf club with the lead hand on the top and the trail hand underneath. I can hold the golf club correctly and attempt to hit the ball with a putter.</p> <p>Stance I know my feet need to be shoulder width apart. I can stand correctly and attempt to hit the ball with a putter.</p> <p>Swing I know that for a smooth swing I need to swing my putter forwards and backwards at the same distance. I can swing the putter smoothly and hit the ball.</p> <p>Distance I know that swinging the putter further back will increase the distance. I can hit the ball into the half hoop from 2 different distances.</p> <p>Direction I know the head of the putter should face directly towards</p>		<p>Safety (ongoing) I know that I must stay behind the safety line until the teacher allows me to collect the arrows. I can follow rules and stay safe whilst performing</p> <p>Grip I know that I pull the string back with my dominant hand and hold the bow with my other hand. I can hold the bow and arrow with some stability whilst performing.</p> <p>Stance I know that standing 'side-on' to the target will help me aim. I can get into the T stance, hold the bow and arrow and release it with some stability.</p> <p>Distance I know the higher I aim the further the arrow will go. I can control the distance of my arrow by landing 1 out of 3 arrows into a zone.</p> <p>Direction I know that keeping my elbow up high will help me pull the string</p>	<p>Safety (ongoing) I know that I must stay behind the safety line until the teacher allows me to collect the balls. I can follow rules and stay safe whilst performing</p> <p>Grip I know that you hold a golf club with the lead hand on the top and the trail hand underneath and with feet shoulder width apart. I can hold the golf club correctly and hit the ball with a putter and a chipper.</p> <p>Stance I know my feet need to be shoulder width apart, with the weight on the balls of the feet I can stand correctly with the ball in line with the centre of my feet and hit the ball with a putter and a chipper.</p> <p>Swing I know that I need to swing the putter and chipper forwards and backwards at the same distance and same speed. I can swing the putter and the chipper smoothly and hit the ball with both clubs.</p> <p>Distance I know that swinging the putter and the chipper further back will increase the distance of the ball. I can land a ball in each of the 3 zones.</p> <p>Direction I know the head of the putter and the chipper should face directly towards the</p>	<p>Safety (ongoing) I know that I must stay behind the safety line until the teacher allows me to collect the arrows. I can follow rules and stay safe whilst performing</p> <p>Grip I know that the bow should rest in the pocket of my non dominant hand I can hold the bow and arrow with stability whilst performing.</p> <p>Stance I know that I need to stand side on, and my feet need to be shoulder width apart to help me aim. I can get into the T stance, correctly hold the bow and arrow and release it with stability.</p> <p>Distance I know the higher I aim and the further I pull the string back the further the arrow will go. I can control the distance of my arrow by landing 2 out of 3 arrows into different zones.</p> <p>Direction I know that keeping my elbow up high will help me pull the string back further.</p>

			<p>the target I can hit 1 out of 3 shots into the half hoop.</p> <p>Performance I know some of the rules that can help me take part in an intra competition. I can use a combination of tri golf skills to take part in an intra competition.</p> <p>Delivering I know the 3 different ways you can deliver the boccia I can roll or throw the boccia underarm/overarm into the scoring zone.</p> <p>Direction I know that I need to aim my boccia before throwing it. I can throw/propel my boccia ball into the target zone.</p> <p>Power I know that I need to adjust the pace of my next throw if I miss the target. I can throw the boccia so that it hits the target zone with 1 out of 2 turns.</p> <p>Tactics I know that I need to aim my boccia before throwing it. I can throw the boccia so that it hits my opponent's boccia and removes it.</p> <p>I know that the closest boccia to the jack wins. I can land my boccia next to the jack</p> <p>Performance I know some of the rules that can help me take part in an intra competition. I can use a combination of Boccia skills to take part in an intra competition.</p>	<p>back further. I can score with at least 1 out of 3 arrows.</p> <p>Performance I know some of the rules that can help me take part in an intra competition. I can use a combination of archery skills to take part in an intra competition with some accuracy.</p> <p>Delivering I know the 4 different ways you can deliver the stone. I can deliver the stone onto the target by pushing or bowling it.</p> <p>Direction I know that I need to aim my stone before delivering it. I can deliver my stone between a gate.</p> <p>Power I know that I need to aim my stone before delivering it with accuracy and power. I can aim the stone so that it hits at least 6 out of 10 skittles down.</p> <p>Tactics I know that I need to aim my stone before delivering it with the right amount of power I can nudge a stone into a scoring position.</p> <p>I know that I need to aim my stone before delivering it with some accuracy and some power. I can deliver the stone so that it hits my opponent's stone and removes it.</p> <p>Performance I know some of the rules that can help me take part in an intra competition. I can use a combination of New Age Kurling skills to take part in an intra competition.</p>	<p>target I can land 2 out of 3 shots on the fairway.</p> <p>Performance I know all the rules that can help me take part in an intra competition. I can use a combination of tri golf skills to take part in an intra competition with accuracy.</p>	<p>I can score with at least 2 out of 3 arrows.</p> <p>Performance I know all the rules that can help me take part in an intra competition. I can use a combination of archery skills to take part in an intra competition with accuracy.</p>
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