

Factual Knowledge

- Rules of game
- Naming body parts
- Muscle groups
- Equipment
- Importance of being healthy
- Moving body parts as instructed

PE

Key Ideas

- Agility
- Speed
- Strength
- Speed
- Climbing
- Accuracy
- Sequencing
- Mirroring
- Travelling
- Warming up
- Cooling down
- Rhythm
- Map reading
- Competing
- Creating space
- Orienteering
- Clapping to a beat

Subject Specific Skills

- Marking opposition
- Rolling
- Tackling
- Sportsmanship
- Scoring
- Maintaining possession
- Throwing
- Passing
- Kicking
- Catching
- Balance
- Coordination
- Jumping
- Landing
- Hop
- Leap
- Changing direction
- Motif
- Dribbling
- Canon
- Unison
- Sequencing movement
- Attacking
- Defending

Substantive Knowledge

Disciplinary Process or skills (procedural)

Disciplinary Concepts

Key Concepts

- Teamwork
- Communication
- Collaboration
- Encouragement
- Evaluating
- Performing
- Peer coach
- Determination
- Resilience
- Creativity
- Motivation
- Perseverance

