

An example of a unit plan from PE Planning- each plan indicates how each unit meets the National Curriculum objectives, how children will make progress in both their procedural knowledge and declarative knowledge.

Key Stage:	KS1	Unit:	Badminton
Prior Learning Required - EYFS Progression Maps Objectives: - Showing increased control when catching a ball. - Shows increasing control over an object, pushing, pasting, throwing, catching, or kicking it. - Moves freely and with pleasure and confidence in a range of skilful ways. - Able to respond to simple instructions, showing a good understanding of safety when using tools and equipment.			
National Curriculum Links	1a: Master basic movements including running, jumping, throwing, and catching, as well as developing balance, agility, and co-ordination, and begin to apply these in a range of activities. 1b: Participate in team games, developing simple tactics for attacking and defending.		Pillars of Progression Development of Motor Competence and Fundamental Movement Skills.
Key Unit Objectives (Key skills addressed to achieve success throughout the unit)	- Step 1: Move into space - Step 2: To control your body and equipment when throwing, running and jumping. - Step 3: To land safely when jumping - Step 4: To run and jump on the balls of your feet - Step 5: To show a correct pull throw technique - Step 6: To compete against yourself and others	Progression Map Links (Ensure pupils progress & move forward throughout their primary school years)	Declarative Knowledge: - Understand what a rally is and how to continue one in pairs. - Use different skills and movements, including aiming into space to try win games. - Describe how to hold and grip the racket on forehand shots. Procedural Knowledge: - Move fluently, changing direction and speed. - Watch, track and catch a shuttle successfully, and throw a shuttle relating to an overhead clear. - Improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot, including an accurate forehand serve. - Can hit the shuttle, when in the air, varying height, speed, and direction into space and to a partner.
Resources & Equipment	- Badminton rackets - Cones - Hoops - Shuttlecocks - Nets - Balloons	Key Vocabulary	- Shuttle - Serve - Be Ready - Aim - Racket - Control - Ready - Teamwork - Cooperation - Move - Direction - Speed - Get in line - Receive - Partner - Stance - Grip - Swing - Follow-through - Score - Tactics - Power - Accuracy - Height