

PE - Key Stage 2

Class	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p>Key Stage 2</p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught:</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending • Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] • Perform dances using a range of movement patterns • Take part in outdoor and adventurous activity challenges both individually and within a team • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 						
<p>Year 6</p> <p>Pupils should know... (Core knowledge and concepts to be learned)</p>	<p>Handball –</p> <ul style="list-style-type: none"> • Display an understanding of fair play, working well with others and leading a medium sized group). • Field, defend and attack tactically by anticipating 	<p>Football –</p> <ul style="list-style-type: none"> • Display an understanding of fair play, working well with others and leading a medium sized group). • Field, defend and attack tactically by anticipating the direction of 	<p>HRE –</p> <ul style="list-style-type: none"> • Uses knowledge of the relationship between the body and exercise to improve various fitness components. • Utilise knowledge of technique to perform at an optimum level in different types of throw, jump and run) 	<p>Dance –</p> <ul style="list-style-type: none"> • Compose creative & imaginative dance sequences with a clear stimulus, performing expressively and precisely). • Display an understanding of fair play, working well with others & 	<p>Swimming –</p> <ul style="list-style-type: none"> • Perform safe self-rescue in different water based situations. • Swim competently, confidently and proficiently over a 	<p>Multi Skills –</p> <ul style="list-style-type: none"> • To develop pupils' Agility • To develop pupils' Co-ordination

	<p>the direction of play).</p> <ul style="list-style-type: none"> Utilise new skills in competitive situations, as an individual or part of a team). 	<p>play).</p> <ul style="list-style-type: none"> Utilise new skills in competitive situations, as an individual or part of a team). 		<p>leading a medium sized group).</p> <ul style="list-style-type: none"> Utilise new skills in competitive situations, individually or part of a team. 	<p>distance of at least 25 metres.</p> <ul style="list-style-type: none"> Use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. 	
<p>Pupils should be able to do... (Skills being developed)</p>	<p>Passes a ball over a short distance (<5 m), a mid-range distance (5-10 m), and a longer distance (>10 m)</p> <p>Passes and receives a ball whilst running.</p> <p>Demonstrates some control whilst stopping, running or changing direction with a ball.</p> <p>Demonstrates perseverance</p> <p>Undertakes directed physical activity for</p>	<p>Passes a ball over a short distance (<5 m), a mid-range distance (5-10 m), and a longer distance (>10 m)</p> <p>Passes and receives a ball whilst running.</p> <p>Demonstrates some control whilst stopping, running or changing direction with a ball.</p> <p>Demonstrates perseverance</p> <p>Undertakes</p>	<p>Demonstrates perseverance</p> <p>Undertakes directed physical activity for 15 minutes.</p> <p>Recognises the effects of exercise on the heart rate.</p> <p>Identifies the parts of the body some exercises affect.</p> <p>Recognises what constitutes a healthy, balanced diet.</p>	<p>Demonstrates some rhythmic and expressive qualities in their dance.</p> <p>Changes level, direction and pace during dance</p> <p>Demonstrates some rhythmic and expressive qualities in their dance.</p> <p>Performs basic routines with some fluency and control.</p> <p>Remembers a basic routine lasting sixteen counts.</p> <p>Demonstrates</p>	<p>Applies safety considerations when participating in an activity/using equipment.</p> <p>Answers questions about the water safety code</p> <p>Collects three objects which are fully submerged, in one breath.</p> <p>Controls breathing when swimming</p> <p>Creates own water safety code</p> <p>Demonstrates a range of swimming</p>	<p>Demonstrates perseverance</p> <p>Begins to choose a particular throw to return the ball quickly and accurately.</p> <p>Demonstrates some control whilst stopping, running or changing direction with a ball.</p> <p>Demonstrates a range of throwing actions using a variety of objects.</p> <p>Demonstrates different combinations of jumps with control.</p>

	<p>15 minutes</p> <p>Communicates effectively with teammates within a competitive game.</p> <p>Congratulates the winning team appropriately.</p> <p>Demonstrates elements of good sportsmanship, e.g. no showboating, being a good winner or loser, etc.</p> <p>Describes and plays within basic rules Develops in-game decision making. Follow the referee's decisions.</p> <p>Keeps to the player they are marking and attempts to avoid their marker.</p> <p>Maintains spacing between teammates</p>	<p>directed physical activity for 15 minutes</p> <p>Communicates effectively with teammates within a competitive game.</p> <p>Congratulates the winning team appropriately.</p> <p>Demonstrates elements of good sportsmanship, e.g. no showboating, being a good winner or loser, etc.</p> <p>Describes and plays within basic rules. Develops in-game decision making Follow the referee's decisions.</p> <p>Keeps to the player they are marking and attempts to avoid their marker.</p>		<p>perseverance</p> <p>Changes level, direction and pace during dance.</p>	<p>strokes which are generally coordinated, e.g. backstroke kick, breaststroke arms.</p> <p>Demonstrates an awareness of how to pace themselves in distance challenges.</p> <p>Explains how to attract attention if in difficulties in water.</p> <p>Skulls on the back, feet first.</p> <p>Skulls on the back, head first.</p> <p>Suggests safe ways to help someone in difficulties in the water.</p> <p>Suggests what they think needs work, e.g. breathing techniques.</p> <p>Swims 10 metres wearing light clothing Swims on back for 15 metres.</p>	
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	<p>and moves into a space to provide passing options with reminders.</p> <p>Begins to choose a particular throw to return the ball quickly and accurately.</p>	<p>Maintains spacing between teammates and moves into a space to provide passing options with reminders.</p>			<p>Swims on front for 15 metres</p> <p>Treads water for 30 seconds</p> <p>Demonstrates perseverance</p>	
Key terminology	<p>Court player</p> <p>Goalie</p> <p>Corner throw</p> <p>Penalty throw</p> <p>Throw in</p> <p>Throw out</p> <p>Throw on Goal</p>	<p>Passing</p> <p>Shooting</p> <p>Strike</p> <p>Technique</p> <p>Possession</p> <p>Attacking</p> <p>Defending</p>	<p>Consume</p> <p>Energy</p> <p>Warm Up</p> <p>Cool down</p> <p>Stamina</p> <p>Intensity</p>	<p>Commands</p> <p>Freeze</p> <p>Inside</p> <p>Outside</p> <p>Sequence</p> <p>Music</p>	<p>Water</p> <p>Safety</p> <p>25 metres</p> <p>Strokes</p> <p>Front crawl</p> <p>Backstroke</p> <p>Breaststroke</p>	<p>Agility</p> <p>Coordination</p> <p>Balance</p> <p>Direction</p> <p>Catch</p>