

## KS2 PE Overview

ACQUIRING AND DEVELOPING SKILLS	EVALUATING AND IMPROVING PERFORMANCE	KNOWLEDGE AND UNDERSTANDING OF FITNESS AND HEALTH
<p>Consolidate existing skills and gain new ones.</p> <p>Perform actions and skills with more consistent control and quality.</p>	<p>Identify what makes a performance effective.</p> <p>Suggest improvements based on information.</p>	<p>How exercise effects the body in the short-term.</p> <p>To warm up and prepare appropriately for different activities.</p> <p>Why physical activity is good for health and well-being</p> <p>Why wearing appropriate clothing and being hygienic is good for their health and safety.</p>

	Games	Gymnastics Dance	Swimming	Athletics/ fitness	OAA	End of term house tournaments
Aut 1	Football skills		Children selected to achieve dolphin 5 before end of KS2	Track and field (track focus)		Inter-house football
Aut 2	Tag rugby	Floor and cooperative				Inter-house Rugby/bench ball
Spr 1	Netball	Apparatus and performance Yrs 3,5,6		Skipping (yr4 only)	Year 5 Herd Farm	Inter-house Netball
Spr 2	Tennis			Fitness (circuits)		Inter-house Cross country
Sum 1	Cricket	Dance				
Sum 2				Track and field (field focus)	Orienteering	Inter-house sports day

During Covid, emphasis has been on fitness rather than skills, specialised fitness has been incorporated into 'games' sessions to increase overall fitness levels.

# KS1 Curriculum Map.

	Term 1- Aut 1	Term 1- Aut 2	Term 2- Spr 1	Term 2- Spr 2	Term 3- Sum 1	Term 3-Sum 2
<b>Year 1</b>	<p><b>Dance</b> NC Skills:</p> <p>Copies and explores basic movements and body patterns.</p> <p>Remembers simple movements and dance steps.</p> <p>Links movements to sounds and music.</p> <p>Responds to a range of stimuli.</p>	<p><b>Gymnastics</b> NC Skills:</p> <p>Copies and explores basic movements with Some control and coordination.</p> <p>Can perform different body shapes.</p> <p>Performs at different levels.</p> <p>Can perform 2 footed jump.</p> <p>Can use equipment safely</p> <p>Balances with some control.</p> <p>Can link 2-3 simple movements.</p>	<p><b>Invasion Games</b> NC Skills:</p> <p>Can travel in a variety of ways including running and jumping.</p> <p>Receives a ball with basic control.</p> <p>Participates in simple games.</p>	<p><b>Multi-Sports</b> NC Skills:</p> <p>Can travel in a variety of ways including running and jumping.</p> <p>Receives a ball with basic control.</p> <p>Participates in a simple game. Beginning to perform a range of throws.</p> <p>Beginning to develop hand-eye coordination.</p>	<p><b>Multi-Sports</b> NC Skills:</p> <p>Can travel in a variety of ways including running and jumping.</p> <p>Receives a ball with basic control.</p> <p>Participates in simple games.</p> <p>Beginning to perform a range of throws.</p> <p>Beginning to develop hand-eye coordination.</p>	<p><b>Athletics</b> NC Skills:</p> <p>Can run at different speeds.</p> <p>Can jump from a standing position.</p> <p>Performs a variety of throws with basic control.</p>

<b>Year 2</b>	<p><b>Gymnastics</b> NC Skills:</p> <p>Explores and creates different pathways and patterns.</p> <p>Uses equipment in a variety of ways to create a sequence.</p> <p>Link movements together to create a sequence</p>	<p><b>Dance</b> NC Skills:</p> <p>Copies and explores basic movements with clear control.</p> <p>Varies levels and speed in sequence.</p> <p>Can vary the size of their body shapes.</p> <p>Add a change of direction to a sequence.</p> <p>Uses space well and negotiates space clearly.</p> <p>Can describe a short dance using appropriate vocabulary.</p> <p>Responds imaginatively to stimuli.</p>	<p><b>Invasion Games</b> NC Skills:</p> <p>Confident to send the ball to others in a range of ways.</p> <p>Beginning to apply and combine a variety of skills. (to a game situation)</p> <p>Develop strong spatial awareness.</p> <p>Understand the importance of rules in games.</p> <p>Develop simple tactics and use them appropriately.</p> <p>Beginning to develop an understanding of attacking/ defending</p>	<p><b>Multi-Sports</b> NC Skills:</p> <p>Confident to send the ball to others in a range of ways.</p> <p>Beginning to apply and combine a variety of skills. (to a game situation)</p> <p>Develop strong spatial awareness.</p> <p>Beginning to develop own games with peers.</p> <p>Understand the importance of rules in games.</p> <p>Develop simple tactics and use them appropriately.</p> <p>Beginning to develop an understanding of attacking/ defending.</p>	<p><b>Multi-Sports</b> NC Skills:</p> <p>Confident to send the ball to others in a range of ways.</p> <p>Beginning to apply and combine a variety of skills (to a game situation)</p> <p>Develop strong spatial awareness.</p> <p>Beginning to develop own games with peers.</p> <p>Understand the importance of rules in games.</p> <p>Develop simple tactics and use them appropriately.</p> <p>Beginning to develop an understanding of attacking/ defending.</p>	<p><b>Athletics</b> NC Skills:</p> <p>Can change speed and direction whilst running.</p> <p>Can jump from a standing position with accuracy.</p> <p>Performs a variety of throws with control and coordination.</p> <p>Preparation for shot put and javelin</p> <p>Can use equipment safely</p>
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