**Key stage Two Physical Education Overview**

Refer to Rainbow continuum regarding what your pupils can do linked to differentiated outcomes and challenges.

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| **Key points from National Curriculum:** | * Competition, competition, competition * Co-operative physical activities * Physically active for sustained periods of time * Team games * Tactics for attacking and defending | * Evaluate performance (individually and team) * Develop flexibility, strength, technique, control and balance (athletics and gymnastics) * Jump throw, catch – in isolation and in games * Encourage communication * Recognise own success |
| **MTP layout (suggestion only, mostly for game based units)**  **Whole – Part – Whole** | 1. Pupil learns basic skill for game 2. Pupil learns the whole game 3. Pupil learns additional skills to improve game 4. Pupil returns to whole game (2) | Games and athletics events should have some element of intra-class competition (evidenced in planning) |
| **Differentiate - STEP** | S. Space  T. Time  E. Equipment  P. Pupils /players (amount) |  |
| **Key Stage Two Programmes of Study** | 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.   * 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 * Swim competently, confidently and proficiently over a distance of at least 25 metres * Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] * Perform safe self-rescue in different water-based situations | |

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|  | **Term 1** | **Term 2** | **Term 3** | **Term 4** | **Term 5** | **Term 6** |
| **YR3**  **Swimming in Summer Term** | **Invasion games:** | **Gymnastics** | **Invasion: Handball** | **Athletics** | **Net game**: **Volley ball** | **Striking and fielding: Cricket** |
| Simple rules and tactics  Football/netball | Gymnastic body shapes  Use equipment safely  Develop core strength  Inversion  Create a sequence; individual and group | Dribble, tackle, goal scoring, goal keeping  Small sided games  Indoor: bench ball | Sprint  Long distance  Throw  Jump (triple and long) | Keep the ball in the air  Develop your own techniques of volleying the ball  Rally in small groups | Throwing and catching skills  Batting  Bowling  Whole class kwik cricket |
| **YR 4**  **Swimming in Summer Term** | **Invasion games** | **Invasion: Handball** | **Dance** | **Athletics** | **Net game: Volleyball** | **Striking and fielding: Cricket** |
| More complex rules and modified games  Develop own strategies and tactics to outwit opponents | Goal scoring, goal keeping, attacking and defending in teams  Modified games to develop tactics and strategies  More game focused | Create short routine  Learn basic body movement patterns, pupils can choose them (basic as hop, jump, step, slide)  Perform routine in pairs | Sprint  Long distance  Throw  Jump (triple and long)  Evaluate own, peers and professionals technique to beat personal best | Spike  Serve  Dig  Smash  Small sided matches | Throwing and catching skills – over arm throw mostly  Kwik Cricket matches  Teams umpire own games |
| **YR5** | **Invasion: Hockey** | **Gymnastics** | **Indoor Athletics** | **Tag rugby – on grass** | **Net game: Tennis** | **Striking and fielding: Rounders** |
| Basic ball control  Tackle  Small sided game (2v2)  Steal the bacon | Create a sequence / routine on large apparatus in groups of 4 or more | Practise all indoor events  Preparation for school competition | Tackle  Dodge  Team work  Team defence and attack  Small sided matches | Ball and racket control  Street tennis  Pair rally  Fore and back hand shots | Throwing and catching skills  Bowling  Hitting  Out  Use of rounders bat / tennis racket  Class game of rounders |
| YR 6  **Outdoor/adventurous in Autumn Term** | **Invasion: Hockey** | **Dance** | **Indoor Athletics** | **Fitness circuits & healthy living** | **Net game: Tennis** | **Striking and fielding: Rounders** |
| Passing  Tackle  Goal scoring  5 a sided quick stick matches | Pupils choose a theme / stimuli as inspiration for performance | Practise all indoor events  Preparation for school competition  Intra class competition | Circuit training  Fitness, diet and lifestyle log book | Singles matches  Points scoring  Top spin, slice  Under arm serve | Out  Throwing and catching  Use of rounders bat  Rounders match  Pupils umpire |