**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
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| **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. TimeE. EquipmentP. 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 tacticsFootball/netball | Gymnastic body shapesUse equipment safelyDevelop core strengthInversionCreate a sequence; individual and group | Dribble, tackle, goal scoring, goal keepingSmall sided gamesIndoor: bench ball | SprintLong distanceThrowJump (triple and long) | Keep the ball in the airDevelop your own techniques of volleying the ballRally in small groups | Throwing and catching skillsBattingBowlingWhole 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 gamesDevelop own strategies and tactics to outwit opponents | Goal scoring, goal keeping, attacking and defending in teamsModified games to develop tactics and strategiesMore game focused | Create short routineLearn basic body movement patterns, pupils can choose them (basic as hop, jump, step, slide)Perform routine in pairs | SprintLong distanceThrowJump (triple and long)Evaluate own, peers and professionals technique to beat personal best | SpikeServeDigSmashSmall sided matches | Throwing and catching skills – over arm throw mostlyKwik Cricket matchesTeams umpire own games |
| **YR5** | **Invasion: Hockey** | **Gymnastics** | **Indoor Athletics** | **Tag rugby – on grass** | **Net game: Tennis** | **Striking and fielding: Rounders** |
| Basic ball controlTackleSmall sided game (2v2)Steal the bacon | Create a sequence / routine on large apparatus in groups of 4 or more | Practise all indoor eventsPreparation for school competition | TackleDodgeTeam workTeam defence and attackSmall sided matches | Ball and racket controlStreet tennisPair rallyFore and back hand shots | Throwing and catching skillsBowlingHittingOutUse of rounders bat / tennis racketClass 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** |
| PassingTackleGoal scoring5 a sided quick stick matches | Pupils choose a theme / stimuli as inspiration for performance | Practise all indoor eventsPreparation for school competitionIntra class competition | Circuit trainingFitness, diet and lifestyle log book | Singles matchesPoints scoringTop spin, sliceUnder arm serve | OutThrowing and catchingUse of rounders batRounders matchPupils umpire |