



Term 5
Unit Overview: KS2 PE
Physical

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> ❖ Enjoy communication, collaborating and competing with each other and develop an understanding of how to improve in an activity. ❖ Develop strength, control and balance, and technique. ❖ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 	<p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> ❖ I can perform and repeat sequences with clear shapes and controlled movement. ❖ I can select and apply a range of skills with good control and consistency. ❖ I can perform a variety of movements and skills with good body tension. ❖ I can link actions together so that they flow. ❖ I can use a combination of skills confidently in specific contexts. ❖ I can achieve good take off and height. ❖ I can land with balance and control. ❖ I can land softly and quietly. ❖ I can balance with minimum wobble. ❖ I can balance and move with smooth, controlled movements. ❖ I can balance with non-standing foot off the floor. 	<p><u>Vocabulary</u></p> <p>Flow, link actions, consistency, vigorous, base of support, stability.</p>
<p><u>Fundamental Movement Skills</u></p> <p><u>Dynamic Balance to Agility</u></p> <p><u>Static Balance</u></p> <p>Children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</p> <p><u>Physical skill progression</u></p> <ul style="list-style-type: none"> ❖ I can perform and repeat sequences with clear shapes and controlled movement. ❖ I can select and apply a range of skills with good control and consistency. ❖ I can perform a variety of movements and skills with good body tension. ❖ I can link actions together so that they flow. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Focus on keeping in balance and controlling landings. ❖ Keep centre of gravity forward when combining jumps. ❖ Try to make one movement flow into the next. ❖ Agree on what accurate movement should look like and judge performance against this. ❖ Bend my knees and swing my arms on take-off. ❖ Bend my knees and use my arms to help remain balanced on landing. ❖ Keep my head up and back straight as I land. ❖ Look forward and imagine a focus point. ❖ Keep my tummy (core muscles) tight and back straight. ❖ Use my arms to help balance. 	<p><u>Pillars of Progression</u></p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> ❖ Apply balance skills in a variety of modified games to improve dynamic balance and counterbalance. <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> ❖ Prepare traditional invasion games that use feints, change of speed and direction to outwit opponents. ❖ Learn about attacking and defending strategies to help make effective decisions. <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> ❖ Develop social skills to learn to cooperate by listening to others and being supportive. ❖ Be prepared to lead a small group through a task and give helpful feedback when appropriate.
	<p><u>British Values</u></p>	



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<ul style="list-style-type: none"> ❖ I can use combinations of skills confidently in specific contexts. ❖ I can perform a range of skills fluently and accurately. 	<ul style="list-style-type: none"> ❖ Democracy – Have your opinions heard when discussing topics and tactics. ❖ Rule of law – learn about rules for different sports, sporting behaviour, etiquette and fair play. ❖ Mutual respect and tolerance – celebrate sporting achievements together. 	
<p><u>Prior learning (KS1)</u></p> <ul style="list-style-type: none"> ❖ 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. ❖ Participate in team games, developing simple tactics for attacking and defending. <p><u>Future learning: KS3</u></p> <ul style="list-style-type: none"> ❖ Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games. ❖ Develop their technique and improve their performance in other competitive sports. ❖ Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. 	<p><u>Christian Values</u></p> <ul style="list-style-type: none"> ❖ <u>Courage</u> If you don't succeed after several attempts, ask for help from others. ❖ <u>Respect</u> Following instructions. ❖ <u>Trust</u> Supporting others in achieving their goals. 	<p><u>Key Sportsmen/women</u> Greg Rutherford – Olympic long jumper Helen Housy – English netball player.</p>