



Term 6
Unit Overview: KS2 PE
Health & Fitness

<p><u>National Curriculum Links:</u></p> <ul style="list-style-type: none"> ❖ Use running, jumping, throwing, and catching in isolation and combination. ❖ Enjoy communicating, collaborating and completing with each other and develop and 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 defending. 	<p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> ❖ I can send with good accuracy and weight. ❖ I can get in a good position to receive. ❖ I can send and receive with fluency/rhythm throughout. ❖ I can start and stop quickly. ❖ I can arrive in the correct position to collect the ball (timing) ❖ I can collect the ball with balance/control. 	<p><u>Vocabulary</u> Fitness, components, identify, cross over, circuit, opposite, long barrier.</p>
<p><u>Fundamental Movement Skills</u> <u>Coordination: Sending and receiving</u> <u>Agility: Ball chasing.</u></p> <p>Children will develop and apply their sending and receiving and ball chasing 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 describe how and why my body changes during and after exercise. ❖ I can explain why we need to warm-up and cool down. ❖ I can describe the basic fitness components. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Use backswing and follow through when striking/kicking. ❖ Move my feet to get in line with the ball when receiving. ❖ Keep my eyes focused on the ball throughout. ❖ Accelerate by pushing off hard with my feet and driving my arms. ❖ Move my feet quickly to get in the collecting position in good time. ❖ Keep watching the ball and concentrate on timing so I arrive at the ball. 	<p><u>Pillars of Progression</u> <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> <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. 	



Term 6
Unit Overview: KS2 PE
Health & Fitness

<ul style="list-style-type: none"> ❖ I can explain how often and how long I should exercise to be healthy. ❖ I can identify possible dangers when planning an activity. 	<ul style="list-style-type: none"> ❖ 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> Joe Wicks</p>