



**Term 6**  
**Unit Overview: KS2 PE**  
**Health & Fitness**

<p><u>National Curriculum Links:</u></p> <ul style="list-style-type: none"> <li>❖ Develop and apply control and balance in different ways.</li> <li>❖ Learn how to use skills in different ways and to link them to make actions and sequences of movement.</li> <li>❖ Enjoy communicating, collaborating and competing with each other.</li> <li>❖ Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> <li>❖ I can send with good accuracy and weight.</li> <li>❖ I can get in a good position to receive.</li> <li>❖ I can send and receive with fluency/rhythm throughout.</li> <li>❖ I can start and stop quickly.</li> <li>❖ I can arrive in the correct position to collect the ball (timing)</li> <li>❖ I can collect the ball with balance/control.</li> </ul>	<p><u>Vocabulary</u>  describe, explain, stable, force, receiving, fluent, accurate, backswing, position.</p>
<p><b><u>Fundamental Movement Skills</u></b>  <u>Agility: Ball chasing</u>  <u>Static balance: Stance</u></p> <p>Children will the skills to be able to react and move quickly to a loose ball in football and netball and to remain balanced when contact occurs in rugby and basketball.</p> <p><b><u>Physical skill progression</u></b></p> <ul style="list-style-type: none"> <li>❖ I use equipment appropriately and move and land safely.</li> <li>❖ I can say how my body feels before, during and after exercise.</li> <li>❖ I can describe how and why my body changes during and after exercise.</li> <li>❖ I can explain why we need to warm-up and cool down.</li> <li>❖ I can record and monitor how hard I am working.</li> <li>❖ I can describe the basic fitness components.</li> </ul>	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> <li>❖ Use backswing and follow through when striking/kicking.</li> <li>❖ Move my feet to get in line with the ball when receiving.</li> <li>❖ Keep my eyes focused on the ball throughout.</li> <li>❖ Accelerate by pushing off hard with my feet and driving my arms.</li> <li>❖ Move my feet quickly to get in the collecting position in good time.</li> <li>❖ Keep watching the ball and concentrate on timing so I arrive at the ball.</li> </ul>	<p><b><u>Pillars of Progression</u></b>  <u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> <li>❖ Apply balance skills in a variety of modified games to improve dynamic balance and counterbalance.</li> </ul> <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> <li>❖ Prepare traditional invasion games that use feints, change of speed and direction to outwit opponents.</li> <li>❖ Learn about attacking and defending strategies to help make effective decisions.</li> </ul> <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> <li>❖ Develop social skills to learn to cooperate by listening to others and being supportive.</li> <li>❖ Be prepared to lead a small group through a task and give helpful feedback when appropriate.</li> </ul>
<p><u>Prior learning (KS1)</u></p> <ul style="list-style-type: none"> <li>❖ 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.</li> </ul>	<p><u>British Values</u></p> <ul style="list-style-type: none"> <li>❖ Democracy – Have your opinions heard when discussing topics and tactics.</li> <li>❖ Rule of law – learn about rules for different sports, sporting behaviour, etiquette and fair play.</li> <li>❖ Mutual respect and tolerance – celebrate sporting achievements together.</li> </ul> <p><u>Christian Values</u></p>	<p><u>Key Sportsmen/women</u>  Joe Wicks</p>



DOWN AMPNEY PRIMARY SCHOOL

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<ul style="list-style-type: none"><li>❖ Participate in team games, developing simple tactics for attacking and defending.</li></ul> <p><u>Future learning: KS3</u></p> <ul style="list-style-type: none"><li>❖ Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li><li>❖ Develop their technique and improve their performance in other competitive sports.</li><li>❖ Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</li></ul>	<ul style="list-style-type: none"><li>❖ <u>Courage</u> If you don't succeed after several attempts, ask for help from others.</li><li>❖ <u>Respect</u> Following instructions.</li><li>❖ <u>Trust</u> Supporting others in achieving their goals.</li></ul>	<p>Kareem Abdul-Jabbar – The leading scorer in National Basketball Association (NBA)</p>
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