



**Term 1**

**Unit Overview: KS2 PE**

**Co-ordination and Agility**

<p><u>National Curriculum Objectives</u> Pupils should:</p> <ul style="list-style-type: none"> <li>- Enjoy competing with each other and develop an understanding of how to improve in an activity.</li> <li>- Use throwing and catching in isolation and in combination.</li> <li>- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</li> </ul>	<p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> <li>❖ I can move and work the ball in both directions.</li> <li>❖ I can move the ball smoothly and fluently.</li> <li>❖ I can maintain fluidity when changing hands.</li> <li>❖ I can react quickly with good acceleration.</li> <li>❖ I can catch the ball consistently.</li> <li>❖ I can maintain balance and control after catching.</li> </ul>	<p><u>Vocabulary</u> Performance, recognise, figure of 8, alternate, consistently, gradually, extend, react, acceleration.</p>
<p><u>Fundamental Movement Skills</u> <b>Co-ordination</b> Balls Skills <b>Agility</b> Reaction/ response</p> <p><u>Progression of skills and support</u></p> <ul style="list-style-type: none"> <li>❖ I know where I am with my learning, and I have begun to challenge myself.</li> <li>❖ I cope well and react positively when things become difficult.</li> <li>❖ I can persevere with a task and improve my performance through regular practice.</li> <li>❖ I recognise my strengths and weaknesses and can set myself appropriate targets.</li> <li>❖ I can accept critical feedback and make changes.</li> </ul>	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> <li>❖ Keep the ball moving and away from my body.</li> <li>❖ Keep my head up, looking forward.</li> <li>❖ Concentrate on performing movements smoothly to begin with and then gradually increase speed.</li> <li>❖ React and move early so it gives me time to get balanced.</li> <li>❖ Start quickly and accelerate by pushing off hard with my feet.</li> <li>❖ Extend my front leg across my body and bend my knees to help me to stop quickly in a balanced position.</li> </ul>	<p><b><u>Pillars of Progression</u></b> <u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> <li>❖ Stand with my legs apart and move a ball in a figure of 8 around both legs 12 times</li> <li>❖ Stand with my legs apart, hold the ball between them with 1 hand round the front and the other round the back and swap hand positions, initially with a bounce and then without.</li> </ul> <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> <li>❖ React and move quickly to help me balance.</li> <li>❖ Consistently catch a ball by pushing off hard with my feet.</li> </ul> <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> <li>❖ Playing cooperative and competitive games.</li> <li>❖ Use my own and others' feedback to help recognise my strengths and weaknesses.</li> </ul>
	<p><u>Christian Values</u></p> <ul style="list-style-type: none"> <li>❖ <u>Courage</u></li> </ul>	



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<p><u>Prior learning KS1</u></p> <ul style="list-style-type: none"> <li>❖ Engage in competitive and co-operative physical activities in a range of increasingly challenging situations.</li> <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> <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> </ul>	<p>If you don't succeed after several attempts, ask for help from others.</p> <ul style="list-style-type: none"> <li>❖ <u>Respect</u> Following instructions and teamwork.</li> <li>❖ <u>Trust</u> Supporting others in achieving their goals.</li> </ul> <p><u>British Values</u></p> <ul style="list-style-type: none"> <li>❖ Democracy - learn how to listen to others and how to take turns.</li> <li>❖ Rule of law – learn that rules are important to keep each other safe and to have fun when playing games and sports.</li> <li>❖ Mutual respect and tolerance – celebrate sporting achievements together.</li> </ul>	<ul style="list-style-type: none"> <li>❖ Demonstrate a desire to keep trying as a positive reaction to difficulty.</li> </ul> <hr/> <p><u>Key Sportsmen/women</u>  <b>Ma Long</b> (all-time Olympic medal leader in table tennis)  <b>Fran Williams</b> ( England Netball captain)</p>
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