



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"> - Enjoy competing with each other and develop an understanding of how to improve in an activity. - Use throwing and catching in isolation and in combination. - 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 move and work the ball in both directions. ❖ I can move the ball smoothly and fluently. ❖ I can maintain fluidity when changing hands. ❖ I can react quickly with good acceleration. ❖ I can catch the ball consistently. ❖ I can maintain balance and control after catching. 	<p><u>Vocabulary</u> Performance, recognise, figure of 8, alternate, consistently, gradually, extend, react, acceleration.</p>
<p><u>Fundamental Movement Skills</u> Co-ordination Balls Skills Agility Reaction/ response</p> <p><u>Progression of skills and support</u></p> <ul style="list-style-type: none"> ❖ I know where I am with my learning, and I have begun to challenge myself. ❖ I cope well and react positively when things become difficult. ❖ I can persevere with a task and improve my performance through regular practice. ❖ I recognise my strengths and weaknesses and can set myself appropriate targets. ❖ I can accept critical feedback and make changes. 	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> ❖ Keep the ball moving and away from my body. ❖ Keep my head up, looking forward. ❖ Concentrate on performing movements smoothly to begin with and then gradually increase speed. ❖ React and move early so it gives me time to get balanced. ❖ Start quickly and accelerate by pushing off hard with my feet. ❖ Extend my front leg across my body and bend my knees to help me to stop quickly in a balanced position. 	<p><u>Pillars of Progression</u> <u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> ❖ Stand with my legs apart and move a ball in a figure of 8 around both legs 12 times ❖ 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. <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> ❖ React and move quickly to help me balance. ❖ Consistently catch a ball by pushing off hard with my feet. <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> ❖ Playing cooperative and competitive games. ❖ Use my own and others' feedback to help recognise my strengths and weaknesses.
	<p><u>Christian Values</u></p> <ul style="list-style-type: none"> ❖ <u>Courage</u> 	



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