

Physical Education UKS2

Throughout the year the children will cover a variety of aspects of the PE curriculum to ensure all children:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

Autumn 1	<p>Games - Handball</p> <ul style="list-style-type: none"> • Use attacking and defending skills appropriately • Be an effective team player • Direct a ball within a court <p>Dance - The World of Sport - Unit 1</p> <ul style="list-style-type: none"> • perform with clear intention and meaning • perform set patterns • work collaboratively • Value the contribution of dance in different cultures
Autumn 2	<p>Games - Volleyball</p> <ul style="list-style-type: none"> • Use attacking and defending skills appropriately • Be an effective team player • Direct a ball within a court <p>Gym - Mirroring and contrasting - Unit X</p> <ul style="list-style-type: none"> • To demonstrate matching and mirroring balances and movements • Use different special relationships with a partner • Construct, practice and evaluate and improve composition of sequences • Adapt and transfer sequences from floor to apparatus
Spring 1	<p>Games -- Netball</p> <ul style="list-style-type: none"> • Use attacking and defending skills appropriately • Be an effective team player • Direct a ball within a court <p>Dance - Flight from Danger - Unit 4</p> <ul style="list-style-type: none"> • Perform with expression • Demonstrate ability to translate ideas into symbolic movement • Demonstrate confidence in movements

<p>Spring 2</p>	<p>Games - Hockey</p> <ul style="list-style-type: none"> • To apply tactics for attack and defense • To evaluate their own and others performance • To combine and perform skills • Understand safety needs of an activity. <p>Gym - Synchronisation and Canon - Unit Y</p> <ul style="list-style-type: none"> • Travel rhythmically and develop timing with a partner and small group • Extend understanding of levels, speed and pathways
<p>Summer 1</p>	<p>Games - Cricket / Danish Longball</p> <ul style="list-style-type: none"> • Demonstrate correct striking stance • Direct a ball • Use overarm and underarm throws appropriately • Plat cooperatively as a team <p>Outdoor adventurous</p> <ul style="list-style-type: none"> • Following maps • Generating own maps
<p>Summer 2</p>	<p>Games – Athletics</p> <ul style="list-style-type: none"> • Run consistently considering pace over distances • Know and understand rules of relay running • Throw with control and in different styles and with accuracy • Consistently perform different jumps • Suggest how they can improve. <p>Gym - Counter balance - Unit A</p> <ul style="list-style-type: none"> • To transfer weight from different body parts. • Work cooperatively with a partner. • Link movements into a sequence • Perform balances safely • Transfer skills safely to apparatus • Evaluate their and partners work.