

Physical Education LKS2

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"> • Select and apply simple tactics • Work cooperatively • Improve small game skills <p>Dance The language of dance Unit 1</p> <ul style="list-style-type: none"> • Use simple movement patterns to structure dance phrases • Repeat dance phrases • Work in unison • Demonstrate an understanding of descriptive words when talking about dance
Autumn 2	<p>Games Volleyball</p> <ul style="list-style-type: none"> • To vary shots appropriately • To throw and catch with increasing accuracy • To play to a set of rules <p>Gym Balance Unit P</p> <ul style="list-style-type: none"> • Identify and use different body parts to balance • To show different body shapes as a balance • To move into and from a balance with control and accuracy • To create a sequence of balances
Spring 1	<p>Games Netball</p> <ul style="list-style-type: none"> • To vary shots appropriately • To throw and catch with increasing accuracy • To play to a set of rules <p>Dance The Explorers Unit 2</p> <ul style="list-style-type: none"> • Display clarity of body shape extension, balance and footwork. • Use simple movement patterns to structure dance • Perform group formations. • Interpret other children's dance.

<p>Spring 2</p>	<p>Games Hockey</p> <ul style="list-style-type: none"> • To dribble a ball accurately • To consider position and tactics • To work collaboratively as part of a small group <p>Gym Receiving Body weight unit Q</p> <ul style="list-style-type: none"> • To understand how different body parts can transfer and receive body weight • To create sequences using different body shapes, speed and level • To move and construct own apparatus
<p>Summer 1</p>	<p>Games Cricket / Danish Longball</p> <ul style="list-style-type: none"> • To strike a ball with growing accuracy • To field and intercept a ball with accuracy • To cooperate and work as part of a team <p>Outdoor Adventurous</p> <ul style="list-style-type: none"> • Orienteering skills • Use of simple maps • Collaboration work
<p>Summer 2</p>	<p>Games Athletics</p> <ul style="list-style-type: none"> • Run consistently and smoothly - sprint and sustained • Show different styles of running • Use different throwing techniques • Jump with growing control • Suggest how they can improve. <p>Gym Rolling Unit S</p> <ul style="list-style-type: none"> • To perform different rolls with growing accuracy • Link movements together in a sequence • Use their bodies to transfer weight