

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.

SMSC

We promote spiritual development:

By providing opportunities for children to take part in activities such as dance, games and gymnastics. These encourage pupils to appreciate and through enjoyment, be creative.

By being aware of one's own strengths and limitations e.g. Y3 swimming lessons, participation in Sports Day, Tournaments

By promoting 'Healthy Minds and Well being through all areas of PE and extra-curricular opportunities such as dance –jazz, ballet, jive and through the use of the outside environment

We promote moral development:

By discussing fair play and the value of team work.

By developing qualities of self-discipline, commitment and perseverance.

By developing sportsmanship e.g. through shaking the hand of a competitor at the end of an event, regardless of the result.

By encouraging 'healthy' competition and develop 'sportsmanship'

By encouraging all children regardless of ability to take part in activities

We promote social development:

By developing a sense of belonging and self-esteem through team work

By offering a variety of extra-curricular sporting activities that are cross phase/year group, enabling pupils' to work together in a variety of different groupings and contexts.

By engaging daily in the 'Walk the mile' with adults and children interacting.

By inviting parents and extended families to take part in a range of social events.

By offering a range of educational trips and visits including Y6 annual visit to Tallington Lakes , Hilltop' Outdoor Activity Centre to develop team work, independence, confidence & challenge

By providing opportunities for Playground leaders to develop their own games, rules and boundaries.

We promote cultural development:

By making links with national and global sporting events such as the World Cup, the Olympics and Sports Relief

By providing a range of sporting activities that are celebrated across the world for example Dutchball and Kabadi

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.
Spring 2	<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

Summer 1	<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 Adventourous</p> <ul style="list-style-type: none">• Orienteering skills• Use of simple maps• Collaboration work
Summer 2	<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