

Stukeley Federation 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 - Tag Rugby</p> <ul style="list-style-type: none"> • To know and apply basic tactics and strategies for attacking play. • To work cooperatively as part of a team • To observe and evaluate performance <p>Dance - Jive</p>
Autumn 2	<p>Games - Dodgeball</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 – Bridges - Unit T</p> <ul style="list-style-type: none"> • To use balancing and different body parts to create bridge shapes as individuals and with a partner • To sustain concentration and practice to improve quality of performance. • To work cooperatively with a partner • To sequence movements
Spring 1	<p>Games - Football</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>Outdoor Adventurous</p> <ul style="list-style-type: none"> • Following maps • Generating own map

Spring 2	<p>Games - Basketball</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 – Flight - Unit U</p> <ul style="list-style-type: none"> • Understand and perform five basic jumps showing different shapes and directions • To sustain concentration to improve precision and fluency of movements • To design and create a sequence of movements • To transfer flight safety to apparatus
Summer 1	<p>Games – Rounders / Kickball</p> <ul style="list-style-type: none"> • Demonstrate correct striking stance • Direct a ball • Use overarm and underarm throws appropriately <p>Dance – Volcanoes - Unit 4</p> <ul style="list-style-type: none"> • Respond to a range of stimuli • Explore, expand and improve dances • Demonstrate competence in actions • Refine the quality of a dance
Summer 2	<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 - Spinning and Turning - Unit W</p> <ul style="list-style-type: none"> • Understand and perform different spins and turns • To sustain concentration to improve precision and fluency of movements • To design and create a sequence of movement • To transfer movements safely to apparatus