

## 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.

<b>Autumn 1</b>	<p>Games - Tag Rugby</p> <ul style="list-style-type: none"><li>• To know and apply basic tactics and strategies for attacking play.</li><li>• To work cooperatively as part of a team</li><li>• To observe and evaluate performance</li></ul> <p>Dance - Jive</p>
<b>Autumn 2</b>	<p>Games - Dodgeball</p> <ul style="list-style-type: none"><li>• Use attacking and defending skills appropriately</li><li>• Be an effective team player</li><li>• Direct a ball within a court</li></ul> <p>Gym – Bridges - Unit T</p> <ul style="list-style-type: none"><li>• To use balancing and different body parts to create bridge shapes as individuals and with a partner</li><li>• To sustain concentration and practice to improve quality of performance.</li><li>• To work cooperatively with a partner</li><li>• To sequence movements</li></ul>
<b>Spring 1</b>	<p>Games - Football</p> <ul style="list-style-type: none"><li>• To apply tactics for attack and defense</li><li>• To evaluate their own and others performance</li><li>• To combine and perform skills</li><li>• Understand safety needs of an activity.</li></ul> <p>Outdoor Adventurous</p> <ul style="list-style-type: none"><li>• Following maps</li><li>• Generating own map</li></ul>

<b>Spring 2</b>	<p>Games - Basketball</p> <ul style="list-style-type: none"> <li>• Use attacking and defending skills appropriately</li> <li>• Be an effective team player</li> <li>• Direct a ball within a court</li> </ul> <p>Gym – Flight - Unit U</p> <ul style="list-style-type: none"> <li>• Understand and perform five basic jumps showing different shapes and directions</li> <li>• To sustain concentration to improve precision and fluency of movements</li> <li>• To design and create a sequence of movements</li> <li>• To transfer flight safety to apparatus</li> </ul>
<b>Summer 1</b>	<p>Games – Rounders / Kickball</p> <ul style="list-style-type: none"> <li>• Demonstrate correct striking stance</li> <li>• Direct a ball</li> <li>• Use overarm and underarm throws appropriately</li> </ul> <p>Dance – Volcanoes - Unit 4</p> <ul style="list-style-type: none"> <li>• Respond to a range of stimuli</li> <li>• Explore, expand and improve dances</li> <li>• Demonstrate competence in actions</li> <li>• Refine the quality of a dance</li> </ul>
<b>Summer 2</b>	<p>Games – Athletics</p> <ul style="list-style-type: none"> <li>• Run consistently considering pace over distances</li> <li>• Know and understand rules of relay running</li> <li>• Throw with control and in different styles and with accuracy</li> <li>• Consistently perform different jumps</li> <li>• Suggest how they can improve.</li> </ul> <p>Gym - Spinning and Turning - Unit W</p> <ul style="list-style-type: none"> <li>• Understand and perform different spins and turns</li> <li>• To sustain concentration to improve precision and fluency of movements</li> <li>• To design and create a sequence of movement</li> <li>• To transfer movements safely to apparatus</li> </ul>