|  |
| --- |
| **Stukeley Federation 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** | Games Handball* Select and apply simple tactics
* Work cooperatively
* Improve small game skills

Dance The language of dance Unit 1* 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** | Games Volleyball* To vary shots appropriately
* To throw and catch with increasing accuracy
* To play to a set of rules

Gym Balance Unit P* 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** | Games Netball* To vary shots appropriately
* To throw and catch with increasing accuracy
* To play to a set of rules

Dance The Explorers Unit 2* 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** | Games Hockey* To dibble a ball accurately
* To consider position and tactics
* To work collaboratively as part of a small group

Gym Receiving Body weight unit Q* 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** | Games Cricket / Danish Longball* To strike a ball with growing accuracy
* To field and intercept a ball with accuracy
* To cooperate and work as part of a team

Outdoor Adventourous* Orienteering skills
* Use of simple maps
* Collaboration work
 |
| **Summer 2** | Games Athletics* 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.

Gym Rolling Unit S* To perform different rolls with growing accuracy
* Link movements together in a sequence
* Use their bodies to transfer weight
 |