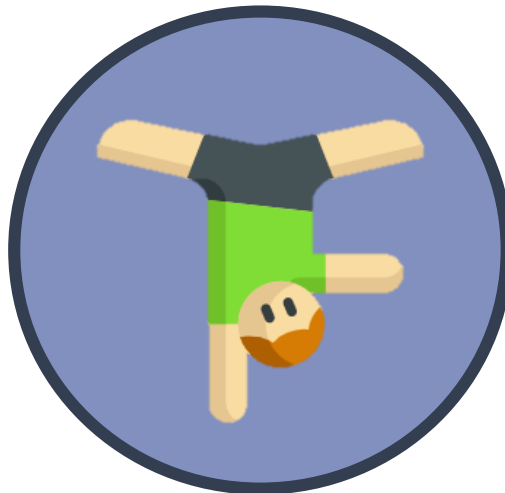


# PE Curriculum Overview

	Autumn	Spring	Summer
Themes	<p>Multi-skills &amp; Gymnastics</p> 	<p>Dance &amp; Badminton</p> 	<p>Athletics &amp; Football</p> 
National Curriculum	<p>PE National Curriculum 2014</p> <p>Key stage 2</p> <p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>❖ Use running, jumping, throwing and catching in isolation and in combination.</li> <li>❖ Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li> <li>❖ Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</li> <li>❖ Perform dances using a range of movement patterns.</li> <li>❖ Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>❖ Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>		
	Multi-skills & Gymnastics	Dance & Badminton	Athletics & Football
Vocabulary	<p>Aut 1. KEEP POSSESSION SCORE KEEPING MAKE SPACE PASS/SEND/RECEIVE PUSH PASS TRAVEL WITH A BALL BACK UP SUPPORT PARTNER MAKE USE OF SPACE TACTICS CONFIDENCE BALL SKILLS STABLE FLUENT CONTROLLED COMPETITIVE DEMONSTRATING UNDERSTANDING TACTICS ATTACKING DEFENDING</p> <p>Aut 2. 90 DEGREES 180 DEGREES LEAVING APPROACHING BALANCE FORWARDS BACKWARDS COMBINE ROTATION AGAINST TOWARDS ACROSS EVALUATE IMPROVE HEIGHT STRENGTH SUPPLENESS STAMINA SPEED LEVEL WIDE TUCKED STRAIGHT TWISTED CONSTRUCTIVE POINTS TWIST TURN SAFETY REFINE AWAY LINK IDEAS SKILLS TECHNIQUES CONTROL PRECISION FLUENCY COMPOSITION PERFORMING COMPLEX SEQUENCES DEVELOP STRENGTH FLEXIBILITY DESCRIBE REFINE IMPROVE MODIFY</p>	<p>Spr 1, SPACE REPEAT DANCE PHRASE IMPROVISATION CHARACTER GESTURE REPETITION ACTION AND REACTION MYTH LEGEND COSTUME PROP PATTERN MODIFY PERFORMANCE OBSERVATION BASIC UNDERSTANDING STRUCTURE BODY VARY DYNAMICS DEVELOP ACTIONS PARTNER GROUP USE MOVEMENT PRECISION CONTROL ACCURACY RESPOND STIMULI DEMONSTRATING AWARENESS RHYTHM SPATIAL AWARENESS CHANGE SEQUENCE SELF-EVALUATION COLLABORATIVELY</p> <p>Spr 2. COURT TARGET NET RACKET DEFENDING HITTING STANCE PITCH FOREHAND BACKHAND VOLLEY OVERHEAD SINGLES DOUBLES RALLY POSITION POINTS BASELINE FORECOURT REARCOURT LOB</p>	<p>Sum 1. PULL DISTANCE SPRINT STEADY PACE ACCURACY HEIGHT RECORD JOINTS RHYTHM LEADING LEG MEASURE UNDERARM OVERARM HEART BEAT PULSE RATE JOGGING WALK HURDLES LANDING CONTROL PREFERRED LANDING FOOT TIME STAMINA OBSTACLES STANCE DIAGONAL APPROACH SPEED RELAY</p> <p>Sum 2. KEEP POSSESSION KEEP THE BALL SCORING GOALS KEEPING SCORE MAKING SPACE PASS/SEND/RECEIVE DRIBBLE TRAVEL WITH A BALL BACK UP SUPPORT PARTNER MAKE USE OF SPACE POINTS GOALS RULES TACTICS POSITIONS ASSISTING DEFENDING/ATTACKING</p>

Year  
4

# Multi-skills and Gymnastics



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	Play games using a range of equipment and skills to bat/strike		
	Work well as a team to make it hard for opponents (communication/tactics/formations)		
	Recognise players who play well and give some reasons why		
	Choose combinations that work in a sequence		
	Explain the need to warm up and stretch, breathe more slowly to gradually cool down body after activity		
	Transfer floor work to a low bench to assist in the development of routine		
Subject Specific Knowledge	Pupils can keep possession of the ball playing handball.		
	Pupils can attack and defend effectively.		
	Pupils can use the climbing frame with safety.		
	Pupils can transfer floor work to apparatus while lining actions.		
	Pupils can recognize the importance of a warm up and cool down.		

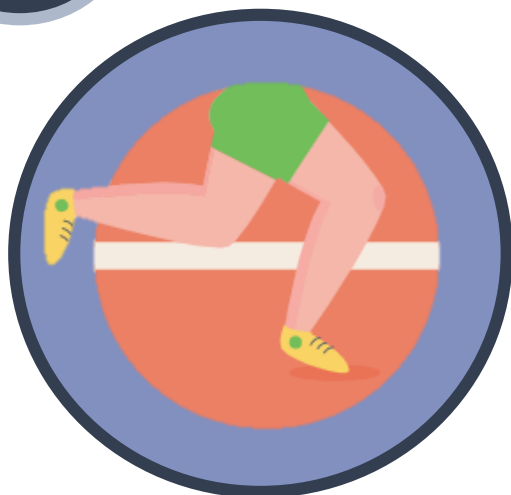
# Dance and Badminton



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity on own and with others		
	Remember, practise and combine longer and more complex phrases		
	Use a range of skills with increasing control (with clear intent of where they are playing the shuttlecock)		
	Work well as a team to make it hard for opponents (communicating and sharing space effectively)		
	Use other peoples suggestions to practise and improve own performance		
Subject Specific Knowledge	Pupils can use a range of actions which include tension and changes of speed.		
	Pupils can change level and use the space to the sound of music.		
	Pupils can hit the shuttle out of the sweet spot of the racket.		
	Pupils can move around the court to make it difficult for their opponent.		
	Pupils can play overhead and under head shots across the net.		

Year  
4

# Athletics and Football



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	Perform a range of jumps showing power, control and consistency at both take off and landing		
	Identify technical skills and physical attributes/ability needed for different events		
	Understand rules, positions and tactics		
	Work well as a team to make it hard for opponents		
	Use a range of skills with increasing control (when passing, receiving and shooting)		
Subject Specific Knowledge	Pupils can use the correct sprinting technique starting from the floor.		
	Pupils can jump over the extended hurdles and lift them up higher after completing them.		
	Pupils can defend and attack when playing football.		
	Pupils can keep possession off the opposition.		
	Pupils can use different parts of their feet to score such as outside, inside, laces etc.		