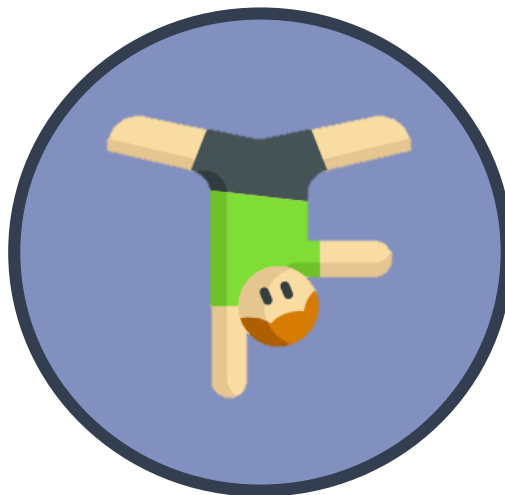
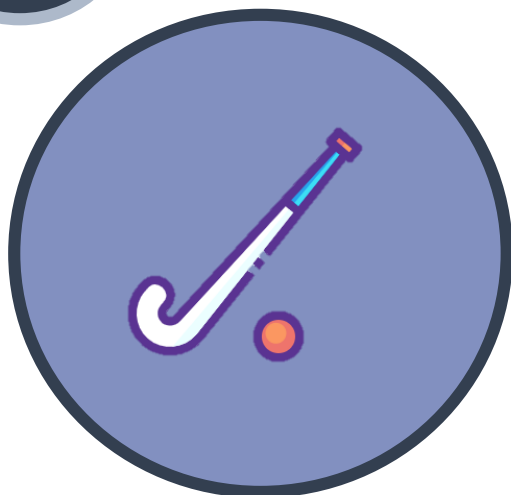


PE Curriculum Overview

	Autumn	Spring	Summer
Themes	<p>Hockey & Gymnastics</p>  	<p>Dance & Cricket</p>  	<p>Athletics & Netball</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"> ❖ Use running, jumping, throwing and catching in isolation and in combination. ❖ 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. ❖ Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]. ❖ Perform dances using a range of movement patterns. ❖ Take part in outdoor and adventurous activity challenges both individually and within a team. ❖ Compare their performances with previous ones and demonstrate improvement to achieve their personal best. 		
Vocabulary	<p>Hockey & Gymnastics</p> <p>Aut 1. STICK PITCH GOAL KEEPER MIDFIELDER ATTACKER BACKLINE BULLY CENTRE LINE DEFENDER DRIBBLE FLICK OBSTRUCTION PENALTY CORNER PUSH SCOOP SHOOT</p> <p>Aut 2. DYNAMICS COMBINATION CONTRASTING CONTROL MIRRORING MATCHING ACCURATELY REFINE EVALUATE DISPLAY ASYMMETRY PERFORMANCE CREATE SYMMETRY REFINEMENTS ASSESSMENT SUPPLENESS STRENGTH COOL DOWN WARM UP MUSCLES JOINTS EXPLORE ROTATION SPIN TURN SHAPE LANDING TAKE-OFF FLIGHT FLEXIBILITY FLUENT SEQUENCE STYLE LEVELS TRAVELLING MOTIFS SPACE TIMING PERFORM CREATE COMPLEX SKILLS ACCURACY CONSISTENCY COMPOSITIONAL SKILLS</p>	<p>Dance & Cricket</p> <p>Spr 1, DANCE PHRASE TECHNIQUE FORMATION PATTERN RHYTHM EXPRESSION IMPROVISATION MODIFY PACE TIMING ACTION REACTION MOTIF DYNAMICS INTERPRET EXPLORATION AGILITY FLEXIBILITY COMBINATION STRENGTH TECHNIQUE CONTROL BALANCE EVALUATE IMPROVE TIMING PERFORM</p> <p>Spr 2. BATTING FIELDING TACTICS BOWLER WICKET TEE BASE BOUNDARY INNINGS ROUNDER BACKSTOP SLIP UMPIRE STRIKING RUNS FOUR SIX</p>	<p>Athletics & Netball</p> <p>Sum 1. SPRINT TEAM DISTANCE MEASURE HEIGHT TARGET PACING RHYTHM OBSTACLES LEADING LEG HURDLES THROWING SPEED ACCURACY TAKE OFF STAMINA TIME TRAJECTORY RELEASE PERFORMANCE ACCURACY TAKE OFF DISTANCE TARGET TIME POSITION MEASURE CONTROL HEIGHT RUN UP HURDLES</p> <p>Sum 2. KEEPING POSSESSION PASSING CHEST PASS BOUNCE PASS SHOULDER PASS THROW IN SHOOTING SHIELD BALL COVERING REPOSSESSION ATTACKERS DEFENDERS MARKING TEAM PLAY OFFSIDE COURT POSITION DRILLS</p>

Year
5

Hockey and Gymnastics



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	Show growing consistency and control in games		
	Keep and use the rules they are given and suggest how they could be changed to improve the game (make it harder/fairer/more focused)		
	Know and explain the tactics and skills that they are confident with and use them well in games		
	Develop sequence using equipment (springboard, box tops) being creative with mounts and dismounts on the equipment		
	Explain how combinations are devised for sequences		
Subject Specific Knowledge	Determine how they can improve own performance and challenge themselves and others		
	Pupils can use the correct technique when shooting or passing in hockey.		
	Pupils can keep possession off the opponents.		
	Pupils can move into space to either receive the ball or to create space for others.		
	Pupils can link 6 actions together in a routine.		
	Pupils can balance off the climbing frame.		
	Pupils can use apparatus and transfer that to their work on the mat too.		

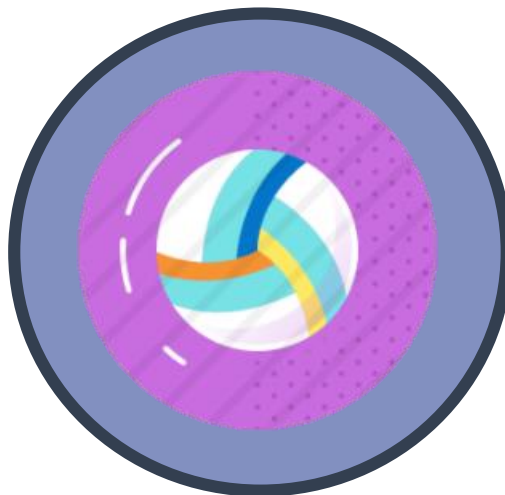
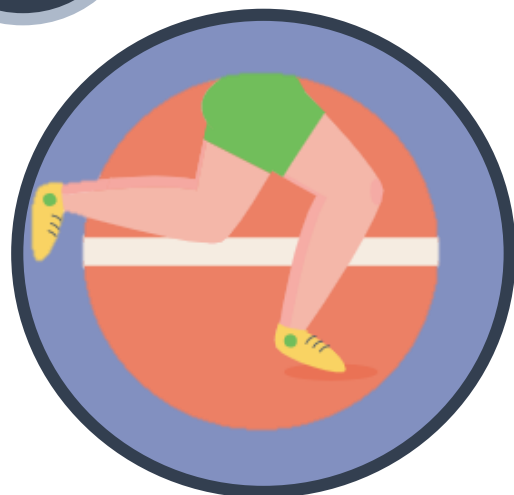
Dance and Cricket



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	DANCE Explore, improvise and choose appropriate material to create new motifs in chosen dance style		
	DANCE Create motifs that show character and dramatic effect and sequence movement in a logical order		
	DANCE Describe and interpret dance movements using appropriate vocabulary		
	C Show growing consistency and control in games		
	C Keep and use the rules they are given and suggest how they could be changed to improve the game		
Subject Specific Knowledge	C Know and explain the tactics and skills that they are confident with and use them well in games		
	DANCE Pupils can lead a warm up that includes dynamic stretching and static stretching.		
	DANCE Pupils can choose a dance genre: eg: dance music and perform a routine towards it.		
	DANCE Pupils can link all a number of actions together in a group.		
	C Pupils can use the correct bowling technique in cricket.		
	C Pupils can keep the score and also abide by the rules in a game situation.		
	C Pupils can set a field to stifle a batsman from getting runs.		

Year
5

Athletics and Netball



Key Learning Points for this theme:		S.A.	T.A.
Key Progress Indicators	ATH Use bodies effectively to jump and throw e.g. starting low and slow finishing high and fast		
	ATH Identify and explain good athletic performance regarding technical skills and physical attributes/ability		
	NET Show growing consistency and control in games		
	NET Keep and use the rules they are given and suggest how they could be changed to improve the game (make it harder/fairer/more focused)		
	NET Know and explain the tactics and skills that they are confident with and use them well in games		
Subject Specific Knowledge	ATH Pupils can get great distance when throwing the javelin		
	ATH Pupils can use great stamina when performing longer runs		
	ATH Pupils can use a stop watch to time their partner's running time		
	NET Pupils can understand the rules in netball		
	NET Pupils can move effectively to receive the ball		
	NET Pupils can make their own warm ups up and then do them		