

Key Stage 2 PE

Curriculum Overview

		HT1 Advanced balance, running and hopping through skilled games	HT2 Advanced skipping, jumping/leaping through skilled challenges	HT3 Challenging skilled games focussing on kicking, throwing/catching and striking	HT4 Advanced balance, running and hopping through skilled games	HT5 Advanced skipping, jumping/leaping through skilled challenges	HT6 Challenging skilled games focussing on kicking, throwing/catching and striking
Learning outcomes/composite knowledge: Pupils will be able to...		KS2 National Curriculum PE through the three pillars of learning. Focusing on developing students' motor competence/tactics/healthy participation through the skills of Balance, Running and Hopping.	Focusing on developing students' motor competence/tactics/healthy participation through Skipping, Jumping and Leaping.	Focusing on developing students' motor competence/tactics/healthy participation through Kicking, Throwing, Catching and Striking	Focusing on developing students' motor competence/tactics/healthy participation through the skills of Balance, Running and Hopping.	Focusing on developing students' motor competence/tactics/healthy participation through Skipping, Jumping and Leaping.	Focusing on developing students' motor competence/tactics/healthy participation through Kicking, Throwing, Catching and Striking
Focus		Development of knowledge around rules and tactics and participating in physical activity whilst refining motor competencies through the medium of skilled games and challenges					
Knowledge Components	Declarative Knowledge: know what	<ul style="list-style-type: none"> I know what balance is and what to do to use it in a challenge/game I know what coordination is in a game I know what spatial awareness is and implementing it in a game I know what static and dynamic balance are I know what running is I know what running good posture is I know what hopping is under pressure I know what a landing is whilst under pressure 	<ul style="list-style-type: none"> I know what skipping is used in a game I know what jumping over a rope is repeatedly I know what hurdles are and how they are used I know what jumping is and how to use it in a game I know the techniques of jumping used in a game I know what leaping is I know the technique of leaping I know what a landing is 	<ul style="list-style-type: none"> I know what kicking is and how it is used in games I can kick a ball in football I know the technique of kicking a ball to pass or shoot I know what throwing in a game situation is like I know there are different types of throws used in different games I know what an accurate throw is for a specific sport I know what catching is in different sports I know what catching close to the chest is I know what striking a ball is with a bat, racquet and rounders bat 	<ul style="list-style-type: none"> I know what balance is and what to do to use it in a challenge/game I know what coordination is in a game I know what spatial awareness is and implementing it in a game I know what static and dynamic balance are I know what running is I know what running good posture is I know what hopping is under pressure I know what a landing is whilst under pressure 	<ul style="list-style-type: none"> I know what skipping is used in a game I know what jumping over a rope is repeatedly I know what hurdles are and how they are used I know what jumping is and how to use it in a game I know the techniques of jumping used in a game I know what leaping is I know the technique of leaping I know what a landing is 	<ul style="list-style-type: none"> I know what kicking is and how it is used in games I can kick a ball in football I know the technique of kicking a ball to pass or shoot I know what throwing in a game situation is like I know there are different types of throws used in different games I know what an accurate throw is for a specific sport I know what catching is in different sports I know what catching close to the chest is I know what striking a ball is with a bat, racquet and rounders bat

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				I know what hand-eye coordination is and how it helps in games			<ul style="list-style-type: none"> I know what hand-eye coordination is and how it helps in games
	Procedural Knowledge: know how & when	<ul style="list-style-type: none"> I know how to balance myself and what to do to use it in a challenge/game I know how to coordinate myself to balance during exercise I know how to maintain space between myself and my peers during games I know how to perform static and dynamic balance and how to use it in a game I know how to run in games I know how to maintain running posture in competition I know how to hop and land in skilled game scenarios 	<ul style="list-style-type: none"> I know how to skip I know how to use a hula hoop to skip I know how to use hurdles in a race I know how to jump using correct technique in games I know how to leap using the correct technique I know how to perform a landing in games 	<ul style="list-style-type: none"> I know how and when to kick a ball with correct technique in a game scenario I know how to throw using different types of throws in different sports I know how to accurately aim and then throw towards a target in certain sports I know how to catch close to my chest I know how to strike a ball with a bat, racquet and rounders bat I know how to apply hand-eye coordination in game scenarios 	<ul style="list-style-type: none"> I know how to balance myself and what to do to use it in a challenge/game I know how to coordinate myself to balance during exercise I know how to maintain space between myself and my peers during games I know how to perform static and dynamic balance and how to use it in a game I know how to run in games I know how to maintain running posture in competition I know how to hop and land in skilled game scenarios 	<ul style="list-style-type: none"> I know how to skip I know how to use a hula hoop to skip I know how to use hurdles in a race I know how to jump using correct technique in games I know how to leap using the correct technique I know how to perform a landing in games 	<ul style="list-style-type: none"> I know how and when to kick a ball with correct technique in a game scenario I know how to throw using different types of throws in different sports I know how to accurately aim and then throw towards a target in certain sports I know how to catch close to my chest I know how to strike a ball with a bat, racquet and rounders bat I know how to apply hand-eye coordination in game scenarios
National Curriculum reference		<p>KS2 PE</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] 					

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	<ul style="list-style-type: none"> • 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. 					
Common misconceptions	<ul style="list-style-type: none"> • This age group should only work on foundational movements • Physical activity is the same as physical education • Balance is only for gymnastics 	<ul style="list-style-type: none"> • The students of this age group are too young to learn technical ability • Physical activity is the same as physical education • Students have mastered motor competencies 	<ul style="list-style-type: none"> • Physical activity is the same as physical education • KS2 pupils have good levels of fundamental movements 	<ul style="list-style-type: none"> • Free time to play will develop skill levels • Physical activity is the same as physical education • Skill vs ability • Balance is primarily for gymnastics • Hopping is just a leisure time activity 	<ul style="list-style-type: none"> • Free time to play will develop skill levels • Physical activity is the same as physical education • Skill vs ability • Leaping is primarily for track and field disciplines 	<ul style="list-style-type: none"> • Physical activity is the same as physical education • Skill vs ability • Throwing and catching are for cricket, rounders and alike sports.
Exemplar Composite Task(s)	<ul style="list-style-type: none"> • Successfully balance walking across a beam whilst balancing ball on racquet • Perform a no-look successful shot when throwing ball at opponent • Successfully catch a live ball thrown by opponent to return a team mate back to the game. 	<ul style="list-style-type: none"> • Successfully demonstrate a jump over a skipping rope • Demonstrate a jump through a skipping rope • Perform a skip using coordinated limbs pushing off each foot • Demonstrate leaping with good technique using both arms propelling 	<ul style="list-style-type: none"> • Demonstrate an accurate kick of the ball running up • Demonstrate a throw and catch close to the chest • Demonstrate striking a ball with a bat or racquet • Successfully catch a live ball thrown by opponent to return a team mate back to the game. 	<ul style="list-style-type: none"> • Successfully balance walking across a beam • Walking along narrow beam whilst balancing ball on racquet • Perform a no-look successful shot when throwing ball at opponent • Successfully catch a live ball thrown by opponent to return a team mate back to the game. 	<ul style="list-style-type: none"> • Successfully demonstrate a jump over a skipping rope • Demonstrate a jump through a skipping rope • Perform a skip using coordinated limbs pushing off each foot • Demonstrate leaping with good technique using both arms propelling • 	<ul style="list-style-type: none"> • Demonstrate an accurate kick of the ball running up • Demonstrate a throw and catch close to the chest • Demonstrate striking a ball with a bat or racquet