



Physical
education
National
Curriculum

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

Pupils should be taught to:

- ♣ use running, jumping, throwing and catching in isolation and in combination
- ♣ play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- ♣ develop flexibility, strength, technique, control and balance
- ♣ 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

Swimming:

- ♣ swim competently, confidently and proficiently over a distance of at least 25 metres
- ♣ use a range of strokes effectively
- ♣ perform safe self-rescue in different water-based

Physical Education UKS2 Curriculum

Year 5

Declarative knowledge – I know how to and Procedural knowledge - I can

Key competencies: **Motor competencies** **Rules/strategies & tactics** **Healthy participation** (linked to PE Ofsted guidance 2022)

Netball/hockey	Dance/Fitness	Gym	Badminton	Rounders	Athletics / Leadership
<ul style="list-style-type: none"> -perform different passes with control and accuracy - land & move correctly when catching/receiving a ball - pass, catch & shoot with accuracy within a game -to change direction to move into space, lose or defend a player - where each position stands on court /pitch at start/restart of game - know 3 basic rules for each game 	<ul style="list-style-type: none"> - perform a variety of activities to improve speed, CV and muscular endurance - use gesture to show an action/feeling - work as a group to create a dance phrase using both unison & canon - listen to the music and move to the beat - combine 2 dance phrases together showing changes in height, direction and speed - organise own warm-up activity to increase HR and breathing rate - analyse and evaluate each others performance - why warming-up prevents injury - respond to a stimulus to create 3 group poses - remember and perform the dance motif 	<ul style="list-style-type: none"> - perform symmetrical shapes, jumps & balances in unison, mirroring 7 - matching with a partner - hold a counter balance with a partner at different heights - change speed when performing rolls - link different actions together - land with control after fight - safely set up large apparatus 	<ul style="list-style-type: none"> - plan tactics for a short corner situation - plan a practice to develop skills - control & hit the shuttle with a racket from service to rally - learn basic rules and tactics for a game. - form the backhand shot. - rules for a game of doubles 	<ul style="list-style-type: none"> -the correct batting action for rounders - 3 rules for bowling - throw to a post accurately - decide when to stop running around the posts when batting - catch a ball under pressure - score in rounders when batting -play a game of rounders and understand the basic rules for batting and fielding 	<ul style="list-style-type: none"> - sprint over short distances with a correct running style - run at a sustained and consistent pace - throw a discus and put a shot -the correct triple jump combination - jump for distance taking off on one foot and landing on 2 - use rhythm when running over obstacles - measure and record performance in a variety of different events

Key skills:

-Lead warm ups (not alone. - officiate a skills festival and score.
 -explain how the body reacts during different types of exercise. -understand the basic principles of warming up, and why it is important. That exercise and rest effect the pulse. -they explain why regular, safe exercise is good for their fitness and health. -take part in heart rate raising activities within ALL warm ups (aim 8 mins continuous activity)
 -compare and comment on skills, techniques and ideas used in their own and others' work, and use this understanding to improve their own performance. Choose and use information to suggest ways to improve for themselves and others. communicate, collaborate and compete. Can support young children.

Year 6

Declarative knowledge – I know how to and **Procedural knowledge - I can**

Key competencies: **Motor competencies** **Rules/strategies & tactics** **Healthy participation** (linked to PE Ofsted guidance 2022)

Basketball / Football	Dance/Fitness	Gym	Tennis	Cricket	Athletics / OAA
<ul style="list-style-type: none"> -pass and receive with increased control and accuracy on move - use correct footwork to move into space with/without ball - pass the ball on the move - shoot with accuracy from different angles -the correct man to man defence technique/block tackle -how to outwit a defender -basic positions - perform dribbling and turning skills to keep possession of the ball -perform basic goalkeeping skills -the correct technique for all key skills 	<ul style="list-style-type: none"> - perform consistently good coordination skills when under pressure -to improve agility and coordination skills when performing a set routine - cooperate well with a partner when performing tasks to improve core - show a rapid change in direction when performing agility exercises -how to use gesture to represent an action/feeling - create a starting pose for the dance - perform ways of turning at different levels, moving to the beat - mirror a partner with fluidity and in time to the music - link phrases together smoothly - create a group phrase using opposing action words/unison & canon - analyse and evaluate another group's performance 	<ul style="list-style-type: none"> - work with a partner to perform weight bearing balances safely - move from a balance into a roll with control - turn during flight and land safely - travel on, over and around apparatus taking weight on hands and feet - perform a group balance - create a group sequence to include both unison and canon - safely set up large apparatus in a given area - adapt and amend sequence to include twisting and turning 	<ul style="list-style-type: none"> - hit a ball with a racket from a self-feed including a serve - improve forehand & backhand shots - feed and return a ball to a partner - perform a forehand volley and drop shot - perform a short rally with a partner - the lines of a tennis court. - score and play in a singles/doubles match 	<ul style="list-style-type: none"> - throw a ball underarm at a wicket from a variety of directions - improve batting accuracy and directional batting using a forward drive - hit a ball bowled underarm using a forward drive -increase distance when throwing over arm - perform close catching and deep fielding catching with consistency - perform overarm bowling technique - stop the ball using 2 different techniques and return accurately to partner - demonstrate wicket keeping stance and sideways movement 	<ul style="list-style-type: none"> - pass a relay baton using a downward sweep - plan and devise an endurance circuit to sustain pace over a longer time -throw a javelin using a pull action & a heave throw - perform a scissor jump from a short run up - perform the triple jump sequence in the correct order - plan and lead an athletics festival - take part in another group's festival and give feedback on each event - direct a partner accurately around a course - use clear instructions to safely guide a partner across obstacles /map - work cooperatively with a partner by showing trust - remember, repeat and follow a sequence of instructions - listen and work effectively as a group to complete challenges - create, explain and lead a task for others

Key skills:

-lead a warm up, officiate/coach for a small group game . -the definitions of agility, balance and coordination, speed, power and RT
 --how to design an activity to improve each area of fitness - give clear and safe instructions - warm up and prepare appropriately for different activities -understand that the heart acts as a pump, circulating the blood around the body -analyse and comment on skills and techniques and how these are applied in their own and others' work. -modify and refine skills and techniques to improve their performance. How to assess your own and others areas of achievements and areas of improvement. Can set challenging personal goals
Communicate, collaborate and compete. Can support young children.

Please note: Where schools have combined KS2 classes & work on a 2 year cycle; both year 5 & 6 LO will be followed every year even though topics/themes may vary. This will ensure consistency and progression.

