



By KS2, pupils should be demonstrating proficiency in Fundamental Movement Skills. Pupils should continue to progress and demonstrate proficient Motor Competence. Increased attention towards Rules, Strategies and Tactics. Increased emphasis on Healthy Participation. Making safe long-term decisions and developing an understanding of the relationships between physical activity and its effect on the body.

National Curriculum – Statutory Framework

Pupils should be taught to:

2a: Use running, jumping, throwing, and catching in isolation and in combination.

2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

2c: Develop flexibility, strength, technique, control, and balance.

2d: Perform dances using a range of movement patterns.

2e: Take part in outdoor and adventurous activity challenges both individually and within a team 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

All schools must provide swimming instruction either in key stage 1 or key stage 2.

Pupils should be taught to:

1d: Swim competently, confidently, and proficiently over a distance of at least 25 metres.


1e: Use a range of strokes effectively.

1f: Perform safe self-rescue in different water-based situations

KS2 Overview of Units of Learning

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
LKS2	Cycle A	Invasion Games - Football	Invasion Games - Rugby	Net/Wall - Tennis	Striking and Fielding - Cricket	Athletics	OAA
		Gymnastics	Dance	Swimming	Swimming	Gym	Dance
	Cycle B	Invasion Games - Hockey	Invasion Games - netball	Volley Ball	Striking and Fielding - Rounders	Athletics	Golf – Target games
		Gymnastics	Dance	Swimming	Swimming	Gym	Dance
UKS2	Cycle A	Invasion Games - Football	Invasion Games - basketball	Net/Wall - Tennis	Striking and Fielding - Cricket	Athletics	OAA
		Swimming – see swimming doc	Swimming	Gymnastics	Dance	Dodge Ball – Target Games	Handball
	Cycle B	Invasion Games - Hockey	Invasion Games - netball	Invasion - Rugby	Striking and Fielding - Rounders	Athletics	Volley ball
		Swimming	Swimming	Gymnastics	Dance	Gym	Dance



	Life Skills – Declarative Knowledge							
	Health and Fitness				Citizenship			
	Health Fitness and Well-being	Body Awareness	Warm up and Cool Down	Safety	Evaluation and Feedback	Peer and Reciprocal Coaching	Leadership and Team work	Measuring and Improving
Years 3/4	<ul style="list-style-type: none"> •Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle. •Develop physical fitness and be able to describe its importance in orienteering. •Know how handball helps your fitness and health. Recognise exercise and activities that help strength, speed, and stamina. •Develop physical characteristics needed for the game, e.g., speed, fitness, agility 	<ul style="list-style-type: none"> •Move in a way that reflects the music. •Understand how the muscles work, e.g., work by getting shorter, relax by getting longer. •Explain how your body reacts and feels when taking part in different activities and undertaking different roles. 	<ul style="list-style-type: none"> •Create short warm up routines that follow basic principles e.g., raises body temperature, mobilise joints muscles. •Suggest ideas for warming up and explain your choices. •Know what makes a good warm down e.g., it calms the body, prevents stiffness, settles the mind. <p>Safety</p> <ul style="list-style-type: none"> •Demonstrate an appreciation of safety when using apparatus and equipment. •Follow instructions to complete a task. •Understand how to play in a safe way. •Demonstrate an appreciation of safety when lifting, moving, and placing apparatus and equipment. •Play games in a safe and fair manner. 	<ul style="list-style-type: none"> •Coordinate lifting and moving apparatus in a safe and sensible way. 	<ul style="list-style-type: none"> •Compare your performance with previous ones and demonstrate improvement to achieve your personal best. •Watch and evaluate the success of games and good performance and explain why a performance is good. •Identify what they have done well and adapt plans for future challenges. •Recognise and evaluate performances providing constructive feedback. •Identify strengths and weaknesses of your own and other performances and explain your reasoning. •Engage in constructive feedback. •Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback. •Give feedback to individual, team, and your own performance, describing the best points, suggesting how to improve, and commenting on techniques and tactics 	<ul style="list-style-type: none"> •Share, discuss and apply techniques with others. •Understand how to improve in different physical activities and sport and discuss with others. •Engage in reciprocal teaching, taking turns to teach each other a new skill or tactic. 	<ul style="list-style-type: none"> •Work effectively as part of a team, recognising success. Share ideas in small groups, working together to create a routine incorporating different elements. •Communicate, collaborate, and compete with others. •Adapt games and activities making sure everyone has a role to play. •Work within a team, leading, trusting others, and valuing each other. 	<ul style="list-style-type: none"> •Develop an understanding of how to improve in different physical activities and sports.

	Progression (ensure pupils progress and move forward throughout their primary school years)	Key Unit Objectives – Key components addressed to achieve success throughout the unit)	Prior Learning – from LKS2 progression maps	Key Vocabulary	Resources and Equipment	Declarative Knowledge (Knowing what) - Factual knowledge concerning movement, rules, tactics, strategies, health and participation. Best practiced through spoken or written observations of a practical demonstration.	Procedural Knowledge (Knowing how) - Knowing how to apply declarative facts. Best practiced through demonstration or participation.
Athletics	<ul style="list-style-type: none"> Understand and apply appropriate pace and judgement for the running distance to be covered. Run, jump, catch and throw in isolation and combination. Combine and perform skills with control. Demonstrate a range of throwing actions e.g. push, pull, sling - using different equipment. Choose the appropriate speed to run at for the distance to be covered. Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height. Select and apply skills that meet the needs of the situation combining and performing each skill with control and speed. 	<ol style="list-style-type: none"> To use the correct combination of jumps to complete the triple jump. To compete in long distance running. To compete in short distance races. To use a run up when throwing. To practise to improve throwing distance. To use a run up when jumping. 	<ul style="list-style-type: none"> Apply and develop a broad range of athletic skills in different ways. Show control, coordination and consistency when running, throwing and jumping. Choose the appropriate running speed to meet the demand of the task. Understand the pace judgement when running over an increased distance choosing the appropriate speed to meet the demand of the task. Combine basic jump actions to form a jump combination using a controlled jumping technique. 	Athletics Jumping Throwing Running Co-ordination Movement Measurements Timing Technique -	Athletic throwing equipment Balls, beanbags, Quoits Cones Marker spots Hoops Bibs Measuring tape	<ul style="list-style-type: none"> know that there is a range of throwing actions e.g., push, pull, sling, using different equipment. know when to apply appropriate pace judgement for the running distance to be covered. know when to apply the appropriate throwing and jumping technique to achieve maximum distance and height. 	<ul style="list-style-type: none"> know how to run, jump, catch and throw in isolation and combination. know how to combine and perform skills with control. know how to apply skills that meet the needs of the situation, combining and performing each skill with control at speed. know how to choose the appropriate speed to run at for the distance to be covered.
	Football <ul style="list-style-type: none"> Apply basic principle for attacking – use a variety of tactics to keep possession of the ball. Apply basic principle for defending – defend by marking, covering and tracking opponents as appropriate. Participate in competitive games, modified where appropriate. Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game. Develop control and confidence whilst performing skills at speed. Change speed and direction to get away from a defender. Keep possession of the ball when faced with opponents. Adapt games and activities making sure everyone has a role to play. 	<ol style="list-style-type: none"> To pass the ball to team mates in game situations. To dribble the ball whilst under pressure. To defend in a team. To compete in games. To decide on ways to attack when playing games. To decide on ways to defend in games. 	<ul style="list-style-type: none"> Move the ball keeping it under control whilst changing direction. Pass/send a ball with increasing accuracy and at different speeds. Shoot/score with some success. Challenge a player in possession of the ball. Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending). Employ and explain simple tactics in game situations. Receive a ball under control. 	Football Passing Attacking Defending Throwing Control Saving Tackle Scoring Aim Dribbling Turning Direction -	Footballs Goals Bibs Cones Marker spots	<ul style="list-style-type: none"> know that working well as part of a team will contribute to success. know that to using different skills will help keep possession of the ball. know that tactics can help keep possession of the ball. understand the positions in a team and the roles they play. know that there are different ways to defend individually and as a team. know that there are different ways to attack individually and as a team know that there are defensive duties in tag rugby and the process of tagging (tag rugby). understand to importance of 	<ul style="list-style-type: none"> know how to keep good control when performing skills at speed. know how to perform skills (e.g., passing) with accuracy, confidence, and control, and increasing speed. know how to confidently change speed and direction to get away from a defender. know how to keep possession of the ball when faced with opponents. know how to combine and perform skills with control, adapting them to meet the needs of the situation. know how to work effectively as part of a team. know how to participate in competitive games, modified where appropriate.



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	<p>Rugby</p> <ul style="list-style-type: none"> •To pass and catch the ball whilst running at different speeds. •Keep control of the ball when running and passing, ensuring passing is accurate. •Understand the defensive duties in tag rugby and the process of tagging. •Understand the importance of keeping in a line in both attacking and defending plays. •Use tactics in games to achieve success as a team. •Participate in competitive games, understand the rules of the game and participate in full games playing fairly. •Use simple tactics in games to achieve success as a team. •Carefully consider the best way to score a try and win the game, remembering to find and use space when running. 	<ol style="list-style-type: none"> 1. To travel at speed with a ball. 2. The dodge and fake passes when running with the ball. 3. To catch the ball whilst under pressure. 4. To watch and evaluate the professional game. 5. To decide on ways to attack when playing games. <p>To decide on the best ways to defend in games.</p>	<ul style="list-style-type: none"> •Move in different directions learning to move away from your opponent and keep control of the ball when running. •Learn how to pass in rugby, catching successfully and improving skills whilst on the move. •Move forward to attack as part of a team – running in a line. •To work as a team when defending, keeping in a line, successfully scoring tries, tagging opponents and passing the ball backwards to a teammate. •To begin to understand and follow the rules of tag rugby. •Improve decision making skills and chose the right skills that meet the need of the situation. 	<p>Rugby</p> <p>Tag</p> <p>Pass</p> <p>Share</p> <p>Defend</p> <p>Mark</p> <p>Attack</p> <p>Dummy</p> <p>Share</p> <p>-</p>	<p>Rugby balls</p> <p>Cones</p> <p>Tag belts</p> <p>Marker spots</p> <p>Bibs</p> <p>Hoops</p>	<p>keeping in a line in both attacking and defending plays (tag rugby).</p> <ul style="list-style-type: none"> • know when to choose formations that suit the game and make amendments ensuring everyone has a role to play. •know when to apply principles for attacking. •know when to adapt games and activities making sure everyone has a role to play. •know when to keep possession of the ball when faced with opponents. •know when to use the defending principles in game situations, including marking, tracking, and covering, to gain possession. •know when and what tactics to use in games to achieve success as a team. •consider the best way to score and win the game, remembering to find and use space when running. 	
	<p>Netball</p> <ul style="list-style-type: none"> •Choose different formations to suit the need of the game. •Work effectively as a team. •Use a variety of tactics to keep possession of the ball, applying principles of attacking. •Use the defending principles in game situations including marking, tracking and covering to gain possession. •Increase accuracy and confidence of passing and shooting skills. •Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space. 	<ol style="list-style-type: none"> 1. To pass the ball in a variety of different ways with confidence and control. 2. To move with the ball at speed. 3. To mark, track and cover when defending. 4. To keep possession of the ball when faced with opponents. 5. To work together as a team showing good awareness of others. 6. Apply basic principles for attacking and defending in game situations. <p>-</p>	<ul style="list-style-type: none"> •Move to support teammates, getting into good positions to pass, receive and shoot the ball. •Pass the ball using different techniques. •Shoot and score with increasing accuracy. •Use a range of tactics, including finding space, to keep possession of the ball to shoot/score and make it difficult for opponents. •Develop the understanding of the importance of speed when playing invasion games. •Pass and receive the ball with control. •Select passes that keep possession. 	<p>Ball</p> <p>Control</p> <p>Speed</p> <p>Direction</p> <p>Passing</p> <p>Pass</p> <p>Chest pass</p> <p>Bounce pass</p> <p>Technique</p> <p>Aim</p> <p>Accuracy</p> <p>Teamwork</p> <p>Shoot</p> <p>Score</p> <p>Power</p> <p>Rules</p>	<p>Netballs</p> <p>Hoops</p> <p>Netball nets</p> <p>Cones</p> <p>Bibs</p> <p>Marker spots</p>		



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	<p>Basketball</p> <ul style="list-style-type: none"> •Explain how your body reacts and feels when taking part in different activities and undertaking different roles. •Learn how to evaluate and recognise success, explain why a performance is good. •Understand how physical activity can contribute to a healthy lifestyle. •Perform skills (e.g. passing) with accuracy, confidence and control, and increasing speed. •Work effectively as part of a team and keep possession of the ball when faced with opponents. •Apply basic principle for attacking – Using skills to keep possession of the ball. •Begin to apply defending principles in games; Communicating well as a team to regain possession of the ball. 	<p>1: To confidently pass the ball 2: To move with the ball at speed. 3: To mark, track and cover when 4: To keep possession of the ball when faced with opponents. 5: To work together as a team, showing good awareness of 6: Apply some basic principles for attacking and defending in game situations.</p>	<ul style="list-style-type: none"> •Move the ball keeping it under control whilst changing direction. •Pass, shoot and receive a ball with increasing accuracy, control and success. Pass in different ways e.g. high, low, fast, slow. •Find and use space in game situations and work well as part of a team. •Use a range of tactics to keep possession of the ball; and explain simple tactics in game situations. •Explain and apply basic attacking and defending principles. •Identify what you need to practice to improve your performance. •Describe how your body feels when exercising and understand the link between heart rate and breathing when exercising 	<p>Mark Evaluate Tactics Double Dribble Foul / Hold Awareness Attack / Defend Principles</p>	<p>Basketballs Marker spots Basketball hoops (if available) Cones Marker spots Bibs</p>		
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Invasion Games</p>	<p>Hockey</p> <ul style="list-style-type: none"> •Choose different formations to suit the needs of the game and choose skills that meet the need of the situation. •Adapt games and activities making sure everyone has a role to play. •Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique and performing at speed. •Apply basic principle for attacking in games – choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faced with opponents. •Apply basic principles for defending in games. - defend by marking, covering and tracking opponents as appropriate. •Participate in competitive games, modified where appropriate. •Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender. 	<p>1. To play games understanding different positions and roles. 2. To use different passes whilst on the move. 3. To shoot with confidence and control. 4. To dribble a ball at speed whilst changing direction. 5. To decide the best way to defend in a game situation. 6. To decide the best way to attack in a game situation.</p>	<ul style="list-style-type: none"> •Move the ball keeping it under control whilst changing direction. •Perform basic skills needed for the game with control and accuracy. •Pass, shoot and receive a ball with increasing accuracy, control and success. •Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending). •Explain simple tactics in game situations. •Develop control and technique. 	<p>Hockey Passing Dribbling Shoot Stick Control Teamwork Speed Direction Decision making Aim Turn Stop possession Slap pass Push pass Attack Defence</p>	<p>Balls Hockey sticks Cones Marker spots Bibs</p>		



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	<p>Handball</p> <ul style="list-style-type: none"> •Develop control whilst performing skills at speed •Understand there are different ways to defend choose and apply a range of tactics and strategies when defending including how to mark a player and space. •Understand there are different ways to attack as a team, choose and apply a range of tactics and strategies when attacking. •Combine and perform skills with control, adapting them to meet the needs of the situation. •Perform skills such as passing and shooting with accuracy, control and confidence. •Change speed and direction to get away from a defender. 	<ol style="list-style-type: none"> 1. To pass/send a ball whilst on the move. 2. To shoot whilst under pressure. 3. To pass the ball over different distances whilst moving. 4. To decide on ways to attack during games. 5. To decide on ways to defend during games. - To play handball games against others. 	<ul style="list-style-type: none"> •Get into good positions to pass and retrieve the ball. Pass the ball using different techniques. •Develop set moves that can be used in attacking play. •Showing growing control and consistency in games. •Keep and follow the rules of the game. •Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. •Keep the ball under control, passing and retrieving with increasing accuracy. •Choose space/positions where you can receive a pass or to support a teammate. 	<p>Ball Control Throw Catch Dribbling Retrieve Space Hands Accuracy Aim Power Intercept Support -</p>	<p>Handballs Bibs Cones Marker spots</p>		
<p>Net/Wall</p>	<p>Tennis</p> <ul style="list-style-type: none"> •Hit the ball with purpose, varying speed, height and direction. •Direct the ball towards the opponent's court or target area. •Perform skills such as forehand and backhand shots with control and confidence. •Play shots on the forehand and backhand side of your body. •Direct the ball towards the opponent's court or target area. •Participate in competitive games, modified where appropriate. •Adopt a good ready position and show good position on court. •Use good footwork that allows the ball to be hit with good technique. •Apply principles of attacking. •Identify spaces and understand the tactic of hitting into gaps. 	<ol style="list-style-type: none"> 1. To know and describe the correct grip and stance when holding a racket. 2. To adopt a good ready position. 3. To play shots on the forehand and backhand side of the body. 4. To use a variety of different shots and serves hitting with increasing consistency. 5. To employ tactics in games. 6. To participate in games following the rules and scoring correctly. 	<ul style="list-style-type: none"> •Perform basic skills needed for the games with control and accuracy including hitting a ball towards a target, throwing and stopping the ball. •Perform a basic forehand action with accuracy and control. •Throw, send, hits a ball into space at different speeds and heights to make it difficult for your opponent. •Begin to apply basic movements in a range of activities and in combination. •Apply basic principles for attacking including finding space in game situations. •Keep a rally going using a range of shots. •Compete with others – keeping and following the rules of the game. 	<p>Swing Cooperative play Aim Movement Direction Partner Send Cooperate Rally Catch Court target Power Accuracy Space Free space Control Racket Free space -</p>	<p>Cones Tennis rackets Tennis balls Nets Marker spots</p>	<ul style="list-style-type: none"> •know the benefits of having a good ready position/stance during a rally. •know when to apply principles suitable for attacking, e.g., identifying gaps •know when to apply principles suitable for defending e.g., position on court. •know when to perform tactical serves to help deceive opponents and score points. 	<ul style="list-style-type: none"> •know how to use the correct footwork to hit the ball/shuttle with good technique. •know how to participate in competitive games, modified where appropriate. •know how to direct a ball/shuttle to a target area. •know how to perform consistently (resulting in longer rallies). •know how to keep a good grip on the racket to be able to play both a forehand and a backhand. •know how to perform a backhand and forehand shot with confidence. •know how to hit the shuttle whilst on the move (badminton). •know how to perform a



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<p>Badminton</p> <ul style="list-style-type: none"> •Experiment with the racket using different skills. Play shots at different height, direction and speed and improve hitting the shuttle whilst moving. •Improve the consistency of shots noticing longer rallies and directing shots to help win competitions. •Show good technique and accuracy of the forehand, backhand and overhead clear. •Be continuous within a rally and regularly play consistent shots. •Demonstrate skills learnt during the unit when competing against others, including serving, returning a serve and shot accuracy when moving at a quick pace. •Understand tactics in badminton such as aiming into space to beat an opponent and tactical serve to deceive opponents. Use tactics to win games. •Demonstrate fast paced movements, including the chasse step and lunge whilst increasing shuttle accuracy. •Able to hit a shuttle with good stance and grip on both forehand and backhand side. 	<ol style="list-style-type: none"> 1. To know and describe the correct grip and stance when holding a racket. 2. To adopt a good ready position. 3. To play shots on the forehand and backhand side of the body. 4. To use a variety of different shots and serves, hitting with increasing consistency. 5. To employ tactics in a game. <p>- To participate in games following the rules and scoring correctly.</p>	<ul style="list-style-type: none"> •Continue to improve control of the shuttle with and without the racket developing different movements and skills to play varied types of shot including a forehand and a lift. •Can hit the shuttle, when in the air, varying height, speed and direction into space to beat an opponent. •Use different skills to try to win games. •Understand the different types of rallies, participating in both. •Work together to keep a rally going, returning the shuttle to a partner. •With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control. •Can move around the court with purpose, demonstrating a fast-paced chasse movement in isolation and in games. •Show a good stance and structure when throwing and hitting the shuttle. 	<p>Badminton Serve Net Court Racket Shuttle Coordination Movement Grip Rally -</p>	<p>Badminton rackets Nets Shuttlecocks Cones Marker spots</p>		<p>backhand and overhead clear (badminton).</p> <ul style="list-style-type: none"> •know how to perform a chasse step and lunge.
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	<p>Volleyball</p> <ul style="list-style-type: none"> •Adopt good ready position on court and show good awareness of others in game situations. •Apply basic principles suitable for defending. Show good position on court. •Apply basic principles for attacking. Identify space and understand the tactic of hitting into gaps. •Use good footwork that allows the ball to be hit with good technique. •Participate in competitive games, modified where appropriate. •Direct the ball towards the opponent’s court or target area. 	<ol style="list-style-type: none"> 1.To react quickly to a travelling shuttle. 2. To move feet quickly to get into good positions. 3. To be confident to play different shots. 4. To play shots appropriate to the situation. 5. To play shots accurately. 6. To compete against others knowing when to attack and when to defend. 	<ul style="list-style-type: none"> •Choose and perform the basic skills needed for the games with accuracy and control. •Throw/send the ball using a variety of techniques. •Send the ball into space at different speeds and heights to make it difficult for the opponent. •Take up space/positions that make it difficult for the opponents. Intercept and stop the ball with consistency. •Employ simple tactics in game situations and explain why they have used the tactics. •Apply basic principles suitable for attacking and defending. •Adopt a good “ready position” to move and catch a ball. 	<p>Ball flight Ready position Watch the ball Catch Control Throw Ready Watch Aiming Hands Accuracy Power Speed Direction Space Wide Tactics</p>	<p>Volleyballs Cones Nets Hoops</p>		
Dance	<ul style="list-style-type: none"> •Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus. •Use basic compositional principle when creating dances – combining movements fluently and effectively. •Perform a range of movements accurately with a sense of rhythm, clarity and confidence. •Use imagination to create and structure dance motifs, phrases and sections of dances developing expressive qualities. •Explore, improvise and combine movement ideas fluently and effectively inspired by a stimulus. •Perform movements to an audience with rhythm and confidence. 	<ol style="list-style-type: none"> 1. To be inspired by music and different stimuli. 2. To show ideas through dance. 3. To create sections of dance on your own and in a group. 4. To apply the principles of dance to a routine. 5. To combine movements – keeping to a beat. 6. To perform to an audience. 	<ul style="list-style-type: none"> •Explore and create characters and narratives in response to a range of stimuli. •Perform dances using a range of movement patterns – accurately, fluently, consistently and with control on your own and with a partner. •Develop dance phrases using canon, unison, repetition, action/reaction and question/answer. •Combine actions and maintain the quality of performance when performing at the same time as a partner. •Experiment with a wide range of actions, varying and combining spatial patterns speed, tension and continuity when working with a partner and in a group. 	<p>Dance Routine Music Movements Co-ordination Tutting Beat of 8, Canon Unison Count Fluency Choreography Performance</p>	<p>Speaker Cones Marker spots Music</p>	<ul style="list-style-type: none"> •know that imagination is needed to help create and structure dance motifs, phrases, and sections of dances, developing expressive qualities. •know that dance can be inspired by a stimulus. •know that performing with confidence and clarity can improve an overall performance. •know when to use basic compositional principles to create dances. •know when to combine movements fluently and effectively throughout dance routines. 	<ul style="list-style-type: none"> •know how to use a broader range of skills and movement patterns. •know how to explore movement ideas inspired by a stimulus. •know how to perform a range of movements accurately with a sense of rhythm, clarity, and confidence. •know how to perform confidently to an audience.

Gymnastics	<ul style="list-style-type: none"> •Explore, improvise and combine movement5 ideas fluently and effectively using skills in different ways performing confidently with clarity and a sense of rhythm. •Perform movements accurately with a sense of rhythm. •Make up longer sequences and preform them fluency and clarity of movement, choosing skills that meet the needs of the situation. •Develop your own gymnastic sequences by understanding, choosing and applying a range of compositional principles varying direction, level and pathways to improve the look of a sequence. •Develop flexibility, strength, control, technique and balance. •Use combinations of dynamics using the space effectively. 	<ol style="list-style-type: none"> 1. To show flexibility and technique when performing elements. 2. To travel fluently on the floor and on/off apparatus. 3. To travel with confidence choosing different pathways. 4. To create longer sequences. 5. To show rhythm and creativity when working with others. 6. To perform in front of an audience. 	<ul style="list-style-type: none"> •Perform a range of actions, agilities and skills with consistency. •Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner or a group. •Create gymnastic sequences that meet a theme or set of conditions showing a clear beginning, middle and end. •Create, per form and repeat a combination of actions that include changes of dynamic e.g. Changes of level, speed and direction and clarity of shape. •Develop flexibility, strength, control, technique and balance. •Find different ways of using shape, balance or travel and link them to make actions and sequences of movement. 	Gymnastics. Key shapes Balances Jumps Coordination Travelling Apparatus Sequence Partners Teamwork	Gym mats Marker spots/cones Benches Hoops Tables Beanbags Wall bars	<ul style="list-style-type: none"> •know the importance of rhythm when creating, practising, and performing a routine. •know the terms exploration and improvisation in relation to creating and performing gymnastic routines. •know various compositional principles, including varying direction, level, and pathways to improve the look of a sequence. •know what skills are required when developing a performance, to meet the need of the situation. •know when flexibility, strength, control, technique, and balance are required for wide variety of elements in gymnastics. 	<ul style="list-style-type: none"> •know how to create longer sequences, performing with fluency and clarity of movement. •know how to use combinations of dynamics using the space effectively. •know how to combine movement ideas fluently and effectively. •know how to use skills in different ways, performing confidently, with clarity and a sense of rhythm.
Striking and Fielding	<p>Cricket</p> <ul style="list-style-type: none"> •Bowl using an overarm technique, beginning to vary speed and length of delivery. •Hit the ball with purpose, varying speed height and direction as well as thinking of tactics needed to score more runs. •Choose skills and tactics to meet the needs of the situation i.e. to outwit opponents when fielding). •Begin to bowl at different speeds. •Work as part of a team that covers the areas to make it hard for the batter to score runs. •Show good awareness of others in game situations. •Participate in competitive games, modified where appropriate. •Perform skills and techniques, including retrieve, intercept and stop a ball with accuracy, confidence and control. •Perform skills at speed. 	<ol style="list-style-type: none"> 1. To throw the ball in different ways. 2. To play shots that allow the ball to be hit to different areas of the field into spaces. 3. To retrieve, catch, intercept and stop a ball when fielding. 4. To use skills and tactics to outwit opponents when fielding. 5. To use skills and tactics to outwit opponents when batting. 6. To participate in competitive games. 	<ul style="list-style-type: none"> •Apply and develop a broader range of skills, whilst ensuring basic skills are performed with accuracy and control. •Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control. •Intercept and stop a ball consistently. •Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. •Communicate, collaborate and compete with others following the rules of the game. •Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games. •Show control, coordination and consistency when throwing and catching a ball. 	Cricket Fielding Striking Teamwork Score Wickets Runs Batting Aiming Overarm Accuracy Underarm Throwing Bowling Wicket keeper Long barrier	Cones Balls Bats Hoops Wickets Beanbags	<ul style="list-style-type: none"> •know that taking up positions in a game will impact on a team’s success. •know what is needed to score more runs. •know when tactics will help the situation and outwit the opponents. 	<ul style="list-style-type: none"> •know how to bowl overarm (increasing accuracy, speed, and distance). •know how to hit the ball with purpose. •know how to bowl at different speeds. •know how to work well as part of a team. •know how to participate in competitive games. •know how to perform skills such as retrieving and intercepting at speed.



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	<p>Rounders</p> <ul style="list-style-type: none"> •To bowl using an overarm technique, beginning to vary speeds and length of delivery. •Hit the ball with purpose, varying speed, height and direction, as well as thinking of tactics needed to score more runs. •Choose skills and tactics to meet the needs of the situation i.e. to outwit opponents when fielding). Begin to bowl at different speeds. •Work as part of a team that covers the areas to make it hard for the batter to score runs. •Show good awareness of others in game situations. •Participate in competitive games, modified where appropriate. •Perform skills and techniques including retrieve, intercept and stop a ball with accuracy, confidence and control. •Perform skills at speed. 	<ol style="list-style-type: none"> 1. To throw and bowl in different ways. 2. To play shots that allow the ball to be hit to different areas of the field into spaces. 3. To retrieve, catch, intercept and stop a ball when fielding. 4. To use skills and tactics to outwit opponents when fielding. 5. To use skills and tactics to outwit opponents when batting. 6. To participate in competitive games. 	<ul style="list-style-type: none"> •Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy. •Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control. •Intercept and stop the ball consistently. •Work well as part of a team, enjoying simple tactics, particularly when fielding to make it harder for the batter. •Communicate, collaborate and compete with others, following the rules of the game. •Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games. •Show control, coordination and consistency when throwing and catching a ball. 	<p>Throwing Catching Power Get in line Communication Accuracy Technique Batting score Aiming Space Throwing Targets Long barrier</p>	<p>Cones Marker spots Balls Batts Hoops Rounders posts and bases Beanbags</p>		
<p>Target games</p>	<p>Golf</p> <ul style="list-style-type: none"> •Develop an accurate putting technique, chipping for height technique and driving for distance technique. •Determine how much speed and power is required when working to a target. •Become familiar with golf phrases and the concept of golf. •Compete with others in modified golf games applying techniques learnt. •Increase accuracy and distance when practicing the driving technique and participate in driving games. •Show control and control how to make accurate shots. 	<ol style="list-style-type: none"> 1. To successfully hit the target when putting and chipping. 2. To develop the drive technique. 3. To develop the techniques of the different shots on more difficult courses. 4. To compete against others applying knowledge learnt. 5. To apply the correct techniques when competing. 	<ul style="list-style-type: none"> •Explore skills required to play golf successfully. •Develop and apply the chipping techniques to competitive games. •Develop, explore and demonstrate the ability to “putt” accurately and effectively. •Understand the importance and accuracy when chipping. •Demonstrate teamwork skills. 	<p>Golf Chipping Putting Target Coordination Technique Accuracy Speed</p>	<p>Cones Golf clubs Golf balls Hoops Hurdles</p>	<ul style="list-style-type: none"> •know that speed and power applied when hitting/throwing a ball will need to change depending on the target distance. •know the importance of quick reactions (dodgeball). •know the concept of the game of golf, the basic rules of the game, and some key phrases (golf). •know which skills to choose in game situations. •know when to change the pace of the ball depending on the target distance. I know when to apply tactics and strategies into games to try win. 	<ul style="list-style-type: none"> •know how to throw the ball in different ways, showing good accuracy, pace and consistently. •know how to catch a ball at different heights and speeds. •know how to take part in competitive game, working together as a team, following rules, and playing fairly. •know how to move quickly and use different ways to dodge to ball – jump, skip, jockey, gallop (dodgeball). •know how to play a drive shot (golf). •know how to putt accurately (golf).



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	<p>Dodgeball</p> <ul style="list-style-type: none"> •Understand the importance of quick reactions in dodgeball. •Apply appropriate skills with control in game situations. •Demonstrate a variety of different throwing techniques with good accuracy, pace and consistency. •Successfully catch a ball at different heights. •Take part in competitive games, working together as a team and playing fairly. •Discuss and apply strategies and tactics needed to win dodgeball games. •Move quickly and use different ways to dodge – jump, skip, jockey, gallop. 	<ol style="list-style-type: none"> 1. To throw a ball at moving target. 2. To use the most appropriate throwing technique for the situation. 3. To play catching games. 4. To dodge a ball by jumping and skipping. 5. To dodge a ball by jockeying and galloping. 6. To use peer evaluation to discuss strategies and tactics and apply 	<ul style="list-style-type: none"> •Improve consistency when catching a variety of different shots. •Show control when moving at speed. •Understand how finding space can help in game situations. •Move the ball in different ways – with increasing control and accuracy – whilst moving. •Practise and improve the underarm throw and side shot throw. •Use a range of tactics to try to win games. •Get into good positions to both receive and throw the ball. •Develop the skills needed for games including ball handling, striking, dodging and catching. 	<p>Speed Balls Catch Dodge Underarm throw Bounce Side shot Target Strike Roll Positioning</p>	<p>Soft dodgeballs Cone Bibs Marker spots Tall cones</p>		<ul style="list-style-type: none"> •know how to chip for height and drive for distance (golf).
OAA	<ul style="list-style-type: none"> •Use a map to confidently orientate yourself around – Use previous knowledge to navigate and design a route to the controls. •Takes part in orienteering events, such as picture orienteering and control orienteering with success. •Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge. •Build confidence during team activities and develop communication skills to use to achieve success. •Develop map reading and map building skills – understanding elements and scaling confidently. •Use relevant techniques to navigate to and from control points. 	<ol style="list-style-type: none"> 1. To build confidence during team activities. 2. To work within your team, communicating, trusting and valuing each other. 3. To plan strategies to complete tasks. 4. To develop map reading skills and confidence. 5. To develop map building skills. 7. To complete and orienteering event. 	<ul style="list-style-type: none"> •Recognise where you are on a map •Demonstrate the skills needed for orienteering: agility, balance and coordination. •Recognise that activities need thinking through and planning. •Move confidently in different ways, developing agility, balance and coordination. •Participate in competitive orienteering events, following instructions of the game. •Develop a basic understanding of map reading/making and apply these skills and techniques in games. •Have knowledge of safety rules and procedures for taking part in an orienteering event. 	<p>Teamwork Map skills Indoor mapping Picture orienteering Control plotting Communication Problem solving</p>	<p>Hoops Hurdles Cones Beanbags Benches Map symbols, symbol names Clip boards, rulers, pencils, paper Keywords, score sheets, symbol cards</p>	<ul style="list-style-type: none"> •know that planning strategies can help achieve success. •know that communication is vital to achieving success in team activities. •know when to move a map and when to move myself to orientate. •know what appropriate skills and approaches to choose for the challenge. •know when relevant techniques and elements are required to navigate to and from controls. 	<ul style="list-style-type: none"> •know how to use a map confidently. •know how to design a route to the controls. •know how to take part in orienteering events, such as picture orienteering and control orienteering, with success. •know how to build a detailed map. •can work well as part of a team, contributing effectively.