

Below outlines the learning focus for each term

KS2 PE Curriculum End Points (NC)			
<ul style="list-style-type: none"> • 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. 			
Athletics			
<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination 			
Competitive Games			
<ul style="list-style-type: none"> • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. 			
Gymnastics			
<ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance 			
Dance			
<ul style="list-style-type: none"> • Perform dances using a range of movement patterns 			
Outdoor and Adventurous Activity			
<ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team 			
Evaluate			
<ul style="list-style-type: none"> • Compare their performances with previous ones and demonstrate improvement to achieve their personal best 			
Swimming			
<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively – for example, front crawl, backstroke and breaststroke • Perform safe self-rescue in different water-based situations 			
Term	Learning Focus		Cross curricular links
	Knowledge	Skills	
Autumn & Spring	Swimming <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively – for example, front crawl, backstroke and breaststroke • Perform safe self-rescue in different water-based situations • Submerge their head in water and hold their breath confidently • Float on their backs competently • Front crawl and backstroke for 15 meters • More proficient children can breaststroke • Keep themselves above water when in need of rescue 		
Autumn 1 Outdoor	Tennis: <ul style="list-style-type: none"> • Become familiar with balls and short tennis rackets 	<ul style="list-style-type: none"> • Improve hand-eye co-ordination by sending and receiving a ball with a hand and racket • To get the ball into play. 	

	<ul style="list-style-type: none"> Learn how the racket feels and the best methods of holding it Learn how to drop and strike the ball. Use the correct technique for holding the racket (forehand). Learn how to play collaborative games, demonstrating forehand and backhand strokes To build a rally, focusing on accuracy of strokes Learn when to play the correct shot in order to beat a partner 	<ul style="list-style-type: none"> To accurately serve underarm To build up a rally focusing on accurate shots Practise backhand technique. Be aware of the correct body position and contact point for an accurate shot Practise the volley technique. Play a competitive game with point scoring To play a variety of shots in a game situation and to explore when different shots should be played Play a variety of tennis shots, demonstrating correct technique Develop resilience in the context of sport and demonstrate being a good competitor. 	
Autumn 2 Indoor	Gymnastics: <ul style="list-style-type: none"> To identify and practise body shapes. Learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence To know how to construct sequences using balancing and linking movements To know how to use counterbalances and incorporate them into a sequence of movements. To perform movements in canon and in unison 	<ul style="list-style-type: none"> Use and refine the following skills: flexibility, strength, balance, power and mental focus To identify and practise symmetrical and asymmetrical body shapes Use linking moves to maintain the fluency of a sequence. Adapt a sequence. Perform gymnastic moves using a piece of equipment Use own and others' body weight to balance. Add interest to a sequence by varying movement or balance 	
Spring 1 Indoor	Dance: <ul style="list-style-type: none"> To understand the importance of a warm-up. To improve fitness, particularly strength and stamina Understand the value of step-type exercise 	<ul style="list-style-type: none"> Learn basic step moves, practise and perfect them. Raise the heart rate and understand the importance of doing this To complete a step routine to music to improve fitness. To develop co-ordination and balance Practise and apply a sequence of step moves to a beat Create and perform a sequence of step moves Demonstrate an awareness of the music's rhythm and phrasing when improvising 	Music, recognising beats and rhythms
Spring 2 Indoor	Dance: <ul style="list-style-type: none"> To understand the importance of a warm-up. To identify and practise the patterns and actions of line dancing To demonstrate an awareness of rhythm and phrasing when improvising To create partnered dances, that reflects the 	<ul style="list-style-type: none"> Perform a line dance using a range of movement patterns. Develop dancing and performance skills. Create an individual dance that reflects the line dancing style Develop an understanding of how to prepare for a dance performance. 	Music, recognising beats and rhythms

	<p>line dancing style and applies the key components of dance.</p> <ul style="list-style-type: none"> To perform and evaluate own and others' work 	<ul style="list-style-type: none"> Identify the key skills needed to provide accurate and tactful evaluative feedback to peers 	
<p>Summer 1 Outdoor</p>	<p>Kwik Cricket - Striking and fielding</p> <ul style="list-style-type: none"> To develop and investigate different ways of throwing, and to know when each is appropriate Know to play a kwik cricket game To use ABC (agility, balance, co-ordination) to field a ball well To use ABC (agility, balance, co-ordination) to move into good positions for catching and apply it in a game situation. Consolidate and develop a range of skills in striking and fielding. To develop fielding skills and understand their importance when playing a game To play in a competitive situation, and to demonstrate sporting behaviour 	<ul style="list-style-type: none"> Practise underarm and overarm throws and when to use them. Practise receiving skills. Be able to field a ball in a variety of ways in order to stop it travelling further. Be able to return the ball accurately Be able to catch the ball in a variety of situations To use hand-eye co-ordination to strike a moving and a stationary ball Practise the correct technique for batting and use it in a game situation Field an approaching ball. Strike a stationary ball Play a game using all the skills learned Work in collaboration, managing feelings and acting appropriately and respectfully during and after the games. 	
<p>Summer 1 Indoor</p>	<p>Fitness:</p> <ul style="list-style-type: none"> Know the value of fitness and the many forms fitness-based activities can take To understand that a fitness circuit can be sport-specific To complete a hockey-based circuit with understanding and accuracy To complete a netball/basketball circuit with understanding and accuracy To complete a football-based circuit with accuracy and understanding To complete a cricket-based circuit with accuracy and understanding To complete an athletics-based circuit with control and accuracy Understand how sport-specific skills can be put into a circuit. Knows the importance of warming up specific muscle groups 	<ul style="list-style-type: none"> Perform a simple ball-skill circuit with understanding and accuracy. Work collaboratively with a partner in a skills-based situation Self-motivate and motivate others Evaluate own and others' performance Demonstrate correct technique in most activities 	<p>Science – Keeping healthy</p>

	<ul style="list-style-type: none"> Can explain why exercise is good for your health 		
Summer 2 Outdoor	<p>Athletics:</p> <ul style="list-style-type: none"> Learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces for different distances. Learn the pull technique for throwing To throw safely and with understanding To demonstrate good running technique in a competitive situation Understand how to perform a standing broad jump – (two feet to two feet) To understand which technique is most effective when jumping for distance Can take part in a relay, remembering/knowing when to run and what to do. 	<ul style="list-style-type: none"> Select and maintain a running pace for different distances. Children understand the difference in pace between sprinting and long distance running Throw and retrieve implements safely Practise throwing with power and accuracy Know how to increase the distance that a thrown object travels through effective technique To be able to describe the effect of different throwing positions Sprint a short distance as part of a team. React quickly to a stimulus. Demonstrate good running technique when jumping over obstacles. Explore different footwork patterns To utilise all the skills learned in this unit in a <ul style="list-style-type: none"> competitive situation Put skills into practise, aiming to improve on previous results. 	<p>PSHE – teamwork</p> <p>Science – Keeping healthy</p>
Summer 2 Indoor	<p>Fitness:</p> <ul style="list-style-type: none"> To complete a circuit that includes different aerobic activities Knows the importance of warming up specific muscle groups Can explain why exercise is good for your health Develop co-ordination and balance To complete an athletics-based circuit with control and accuracy Master basic movements, as well as develop balance, agility and co-ordination 	<ul style="list-style-type: none"> Demonstrate the correct technique for activities. Develop agility and co-ordination. Perform more complex patterns of movement Practise and apply a sequence of step moves to the beat of the music. Create and perform a sequence of step moves Perform indoor athletics events and understand their adaptations. Motivate self and others to perform well. Demonstrate correct technique in most activities. Perform a sequence of moves at each station within a circuit with increased accuracy <ul style="list-style-type: none"> ❖ speed ❖ skipping ❖ jumps ❖ rolling ❖ creating shapes ❖ balance 	<p>Science – Keeping healthy</p>

Ambition / Intent:

PE plays a vital role in promoting physical activities and a healthy lifestyle in a positive and enjoyable way for all pupils. PE gives pupils the ability to develop their physical well-being in a range of physical activities and sports – helping them to grow and achieve their personal fitness and learn important life skills.

Through physical education, we teach students a set of all-important values including self-belief, teamwork, determination, honesty, passion and respect. We want children to learn to include exercise and physical activity as part of their lifestyle

Design / Implementation:

Teachers use curriculum objectives from LTPE to plan, deliver and assess a broad range of knowledge, skills and understanding. Many PE lessons include activities which also help to embed knowledge from other areas of the curriculum such as Geography, History, Science and Math.

Curriculum enrichment activities such as Wellness Days and Sports Week, intra-school competitions and sports leadership opportunities provide children with inspirational experiences where they can apply and build on the skills they have learnt. Through the wide range of activities children experience within the PE curriculum they are able to develop a set of values which will prepare them for their future lives.

The focus on co-operative, collaborative and competitive experiences is an ideal environment to model, practice and embeds our school values of resilience, responsibility, reflection, resourcefulness, readiness and respect

Impact:

At Camrose, we ensure that our PE curriculum is inclusive and progressive and allows all children the opportunity to acquire and develop fundamental knowledge, understanding, skills and techniques and apply these to a wide variety of different sports and activities.

PE lessons are fun, enjoyable and challenging and all pupils can achieve, to the best of their ability, in a supportive, safe and stimulating environment. Pupils understand how to lead a healthy lifestyle and understand the importance of regular exercise and activity for their physical and mental wellbeing.

We aspire for all children to enjoy PE and develop a love of sport and physical activity.