

Below outlines the learning focus for each term

<p>KS2 PE Curriculum End Points (NC)</p> <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. <p>Athletics</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination <p>Competitive Games</p> <ul style="list-style-type: none"> • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. <p>Gymnastics</p> <ul style="list-style-type: none"> • Develop flexibility, strength, technique, control and balance <p>Dance</p> <ul style="list-style-type: none"> • Perform dances using a range of movement patterns <p>Outdoor and Adventurous Activity</p> <ul style="list-style-type: none"> • Take part in outdoor and adventurous activity challenges both individually and within a team <p>Evaluate</p> <ul style="list-style-type: none"> • Compare their performances with previous ones and demonstrate improvement to achieve their personal best <p>Swimming</p> <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	
All Year	<p>Swimming</p> <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 25 meters • More proficient children can breaststroke • Keep themselves above water when in need of rescue 		

<p>Autumn 1 Outdoor</p>	<p>Netball:</p> <ul style="list-style-type: none"> • To know the basic rules of different ball games, through experiencing them as mini games/invasion games • Know a number of techniques to pass, dribble and shoot and work in a team • To develop an understanding and knowledge of the basic footwork rule of netball • To use good hand/eye co-ordination to pass and receive a ball successfully. • To understand the importance of ‘getting free’ in order to receive a pass. • To understand how to make space by moving away and coming back and by dodging. • To understand how to intercept a pass • To learn how to shoot • To understand the different positions in a netball team (five-a-side). • To recognise which positions are attacking and which are defending. 	<ul style="list-style-type: none"> • To run, dodge, throw, catch, pass to a moving partner in isolation and uses them in combination with increasing competence • To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel. • Begin to use a variety of dodges to outwit opponents and get free to receive a pass in a modified game situation. • Apply a variety of defending skills into a modified game. • Use the correct technique to successfully shoot a ball into a netball post from various points within the shooting circle. • Take part in a full game of High 5 Netball, playing in a range of positions. • To be able to demonstrate a range of defending skills and understand how to mark an opponent 	
<p>Autumn 2 Indoor</p>	<p>Dance:</p> <ul style="list-style-type: none"> • To understand the importance of a warm-up. • To develop co-ordination, balance and timing • To understand the benefits of improving muscle tone in the abdominals and legs. • To learn new strength-based moves and develop understanding of the value of this type of exercise. • To construct own moves from knowledge gained in the previous lessons 	<ul style="list-style-type: none"> • Improve timing and stepping to the beat. • Count moves and perform in repetitions of eight, four, two and singles • Produce and perform a sequence of steps in time with the music independently and with a partner. • Analyse and evaluate own and others’ performance • Create some new moves based on those taught in previous lessons. • Devise a routine using knowledge from the whole unit. • Begin to positively react to critical feedback from others 	
<p>Spring 1 Indoor</p>	<p>Dance:</p> <ul style="list-style-type: none"> • To identify and practise the patterns and actions of the Bollywood dance style • To demonstrate an awareness of the music’s rhythm and phrasing when improvising • To create and perform an individual dance that reflects the Bollywood dance style • To create partnered dances that reflects the Bollywood dancing style and applies the key components of dance. 	<ul style="list-style-type: none"> • Perform a Bollywood dance using a range of movement patterns. • Produce and perform a sequence of steps in time with the music independently and with a partner. • Develop and improve dancing and performance skills • Identify the key components of successful dancing and understand how to apply them to own sequences • Identify the key skills needed to provide accurate and tactful evaluative feedback to peers • Show resilience, evaluation, co-operation, communication and 	

	<ul style="list-style-type: none"> To create group dances that reflects the Bollywood dance style. Develop an understanding of how to prepare for a dance performance To perform and evaluate own and others' work 	respect to improve their performance	
Spring 2 Outdoor	Tennis: <ul style="list-style-type: none"> Know the correct technique for forehand, backhand and volley in tennis To develop the techniques for ground strokes and volleys To develop a backhand technique and use it in a game. To know and use the scoring system for tennis Learn the correct techniques for an overhead serve To understand and use doubles scoring in a tennis game. 	<ul style="list-style-type: none"> Apply techniques for hitting a tennis ball: forehand, backhand, drop serve and volley Improve forehand accuracy Explore tactics for beating an opponent. Consolidate backhand technique. Use all strokes appropriately. Accurately play shots on the move. Run towards the net to play a volley (approach shot). Play a game of singles tennis Play a tennis game using an overhead serve and the correct selections of shots Apply all the tennis skills learned to a game. Choose the correct shot to play when trying to beat an opponent To know how to move equipment safely 	
Summer 1 Outdoor	Outdoor Adventure <ul style="list-style-type: none"> Knows how to design a map for others to follow in a (more demanding) familiar context Knows the approximate amount of time that their own devised route will take and is able to follow a set route within an allocated time limit 	Trails <ul style="list-style-type: none"> Orientate themselves with increasing confidence and accuracy around a short trail. Design an orienteering course that can be followed and offers some challenge to others. Begin to use navigation equipment to orientate around a trail. Problem Solving <ul style="list-style-type: none"> Begin to use clear communication to effectively complete a particular role in a team. Complete orienteering activities both as part of a team and independently. Identify a key on a map and begin to use the information in activities. Use a simple map with increasing confidence and accuracy to complete a challenge Preparation and Organisation <ul style="list-style-type: none"> Choose the best equipment for an outdoor activity. Create an outdoor activity that challenges others. 	

		<ul style="list-style-type: none"> • Create a simple plan of an activity for others to follow. • Identify the quickest route to accurately navigate an orienteering course. <p>Communication</p> <ul style="list-style-type: none"> • Communicate clearly and effectively with others. • Work effectively as part of a team. • Successfully use a map to complete an orienteering course. Begin to use a compass for navigation. <p>Compete and Perform</p> <ul style="list-style-type: none"> • Complete an orienteering course on multiple occasions, in a quicker time due to improved technique. • Offer a detailed and effective evaluation of both personal performances and activities. • Improve a trail to increase the challenge of the course. 	
Summer 2 Outdoor	<p>Athletics:</p> <ul style="list-style-type: none"> • To know correct technique to run at speed. • To develop the ability to run for distance • To throw with accuracy and power • To identify and apply techniques of relay running • Know the position to stand in when receiving a baton • To understand which technique is most effective when jumping for distance • Understand how to successfully perform a standing long jump • Learn how to use skills to improve the distance of a pull throw. • Demonstrate good techniques in a competitive situation 	<ul style="list-style-type: none"> • Sustain running at a continuous pace. • Improve the technique for running at speed • Demonstrate correct push technique • Explore different footwork patterns through basic running, jumping & hopping techniques. • Throw for accuracy and speed in a game • Apply the skills learned to a competition • Know how to combine running and jumping • Knows the importance of warming up specific muscle groups in preparation for exercise and sport, as well as cooling down 	

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.