

Below outlines the learning focus for each term

<b>KS2 PE Curriculum End Points (NC)</b>			
<ul style="list-style-type: none"> <li>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.</li> <li>They should enjoy communicating, collaborating and competing with each other.</li> <li>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.</li> </ul>			
Athletics			
<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> </ul>			
Competitive Games			
<ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</li> </ul>			
Gymnastics			
<ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance</li> </ul>			
Dance			
<ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns</li> </ul>			
Outdoor and Adventurous Activity			
<ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>			
Evaluate			
<ul style="list-style-type: none"> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> </ul>			
Term	Learning Focus		Cross curricular links
	Knowledge	Skills	
Autumn 1 Outdoor	<b>Tag Rugby:</b> <ul style="list-style-type: none"> <li>To understand the basic rules of tag rugby</li> <li>To work as a team, using ball-handling skills</li> <li>To know how to pass and carry a ball using balance and co-ordination</li> <li>Know how to catch, throws and strike a ball in isolation and uses them in combination competently in a game situation</li> <li>To apply rules and skills learned to a game</li> </ul>	<ul style="list-style-type: none"> <li>To know how to tag.</li> <li>To practise ball-handling skills</li> <li>To improve spatial awareness.</li> <li>To practise moving into a space</li> <li>To be able to place a ball down as if scoring a try</li> <li>To practise footwork and dodging skills while carrying the ball</li> <li>To use skills learned to play a game of tag rugby</li> <li>To reinforce catching and tagging skills and to apply them in a game</li> <li>To play as a team.</li> <li>To apply the basic rules of different games, through experiencing them as mini games</li> <li>To use skills and tactics from previous lessons</li> <li>Know when to choose a specific tactic for defending and attacking</li> </ul>	
	<b>Dance:</b> <ul style="list-style-type: none"> <li>To understand the value of aerobic exercise.</li> <li>To learn how to measure heart rate and</li> </ul>	<ul style="list-style-type: none"> <li>Perform aerobic activity to music.</li> <li>Improve stamina, demonstrating correct technique</li> <li>Devise a routine based on moves already learned.</li> <li>Analyse and evaluate others' performance and suggest areas of</li> </ul>	

Autumn 1 Indoor	<p>note any changes.</p> <ul style="list-style-type: none"> <li>To devise a sequence of step-based activities to music</li> </ul>	<p>improvement.</p> <ul style="list-style-type: none"> <li>Select and use a wide range of compositional ideas and skills to create a routine.</li> <li>Suggest ways to improve performance showing sound knowledge and understanding</li> </ul>	
Autumn 2 Outdoor	<p><b>Rounders:</b></p> <ul style="list-style-type: none"> <li>Know how to catch, throws and strike a ball in isolation and uses them in combination competently in a game situation</li> <li>To know how to react quickly</li> <li>To revise the long barrier technique</li> <li>To learn batting control</li> <li>To learn the role of backstop</li> <li>To play in a tournament and work as team, using tactics in order to beat another team</li> </ul>	<ul style="list-style-type: none"> <li>To throw and catch under pressure</li> <li>To demonstrate good agility and balance in order to throw accurately</li> <li>To apply fielding skills to stop the ball effectively</li> <li>To practise batting technique.</li> <li>To know how to direct the ball</li> <li>To know how to play as a backstop in a game</li> <li>To apply the basic rules of different Bat skills through experiencing them as mini games.</li> <li>To assess and analyse others' strengths.</li> <li>To play in a mini tournament and understand the rules of the game</li> </ul>	
Autumn 2 Indoor	<p><b>Gymnastics:</b></p> <ul style="list-style-type: none"> <li>To identify and practise gymnastic shapes and balances</li> <li>To identify and practise symmetrical and asymmetrical body shapes</li> <li>To construct sequences using balancing and linking movements</li> <li>To use counterbalances and incorporate them into a sequence of movements</li> <li>To perform movements in canon and in unison</li> <li>To perform and evaluate own and others' sequences</li> <li>Knows how to create their own complex sequences involving the full range of actions and movements</li> <li>Knows how to demonstrate precise and controlled placement of body parts in their actions, shapes and balances.</li> </ul>	<ul style="list-style-type: none"> <li>To use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>Applies skills and techniques consistently, showing precision and control</li> <li>To co-operate with others.</li> <li>To develop skills for movement, including rolling, bridging and dynamic movement</li> <li>To use own and others' bodyweight to balance.</li> <li>Add interest to a sequence by varying the movements.</li> <li>To complete a sequence of balances and moves in unison with a partner.</li> <li>To complete a sequence of balances and moves in canon with a partner or group</li> <li>Knows how to confidently use equipment to vault and incorporate this into sequences.</li> <li>To make up longer sequences and perform them with fluency and clarity of movement.</li> <li>To develop the skill of critique, including the ability to identify strengths and areas for improvement</li> <li>Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul>	
Spring	<p><b>Kwik Cricket:</b></p> <ul style="list-style-type: none"> <li>To develop skills in batting and fielding</li> <li>To know which type of fielding technique to use</li> <li>To know how to run, throw and catch.</li> </ul>	<ul style="list-style-type: none"> <li>Hold the bat correctly and place the ball accurately.</li> <li>Return the ball accurately.</li> <li>To choose fielding techniques.</li> <li>To run between the wickets</li> <li>Return the ball accurately.</li> </ul>	

Outdoor	<ul style="list-style-type: none"> <li>• Know how to catch, throw and strike a ball in isolation and uses them in combination competently in a game situation</li> <li>• To develop a safe and effective overarm throw</li> <li>• To learn batting control</li> <li>• To know how to direct the ball</li> <li>• Can score and play a game in a sporting manner</li> </ul>	<ul style="list-style-type: none"> <li>• Develop a technique for overarm throwing and know when to use it.</li> <li>• To practise batting technique</li> <li>• Apply fielding skills to stop the ball effectively</li> <li>• To use all the skills learned by playing in a mini tournament</li> <li>• Collaboration, managing feelings and acting appropriately and respectfully during and after the games</li> </ul>	
Spring Indoor	<p><b>Badminton:</b></p> <ul style="list-style-type: none"> <li>• To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</li> <li>• To use good hand/eye co-ordination to be able to contact the shuttle with the face of the racket</li> <li>• Understand how to serve the shuttle in order to start the game.</li> <li>• Recognise the difference between the low serve and the high serve.</li> <li>• To develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play</li> <li>• To understand that the drop shot is an attacking shot, and why.</li> <li>• To know where the drop should be aimed for, for it to be most productive, and why.</li> <li>• To understand how to use different shots to outwit an opponent in a game.</li> <li>• To develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.</li> </ul>	<ul style="list-style-type: none"> <li>• Hit the shuttle with reasonable consistency and accuracy in a co-operative rally.</li> <li>• Demonstrate the correct technique when serving the shuttle to start a game</li> <li>• Be able to explain and demonstrate the correct technique for the overhead clear shot.</li> <li>• To know the purpose and benefits of playing the overhead clear shot to outwit an opponent.</li> <li>• Develop children's ability to perform a 'drop shot' and their understanding of when to play the shot in a game in order to win a point</li> <li>• Be able to demonstrate a variety of badminton shots in order to perform rallies and clearly understand, know how, and be able to win a point</li> <li>• To apply the basic rules of different Bat &amp; Racquet games, through experiencing them as mini games</li> <li>• Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements</li> </ul>	
Summer 1 Outdoor	<p><b>Athletics:</b></p> <ul style="list-style-type: none"> <li>• To investigate running styles and changes of speed</li> <li>• Learn the pull technique for throwing</li> <li>• To throw safely and with understanding</li> <li>• To demonstrate good running technique in</li> </ul>	<ul style="list-style-type: none"> <li>• To run efficiently for speed.</li> <li>• To demonstrate good arm and leg technique</li> <li>• To practise throwing with power and accuracy</li> <li>• Throw and retrieve implements safely</li> <li>• Describe the effect of different throwing positions</li> <li>• Sprint a short distance as part of a team.</li> </ul>	

	<ul style="list-style-type: none"> <li>a competitive situation</li> <li>To understand which technique is most effective when jumping for distance</li> <li>Understand how to perform a standing broad jump – (two feet to two feet).</li> <li>To utilise all the skills learned in this unit in a competitive situation</li> </ul>	<ul style="list-style-type: none"> <li>React quickly to a stimulus.</li> <li>Demonstrate good running technique when jumping over obstacles.</li> <li>Demonstrate stamina and increase strength</li> <li>Knows how to use a range of throwing techniques with increasing accuracy</li> <li>Explore different footwork patterns</li> <li>Put skills into practice</li> </ul>	
Summer 2 Outdoor	<p><b>Outdoor Adventure:</b></p> <ul style="list-style-type: none"> <li>Knows how to design a map for others to follow in a (more demanding) familiar context</li> <li>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</li> <li>Use an orienteering map with confidence and accuracy to complete a challenge</li> </ul>	<p><b>Trails</b></p> <ul style="list-style-type: none"> <li>Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</li> <li>Design an orienteering course that can be followed and offers some challenge to others.</li> <li>Begin to use navigation equipment to orientate around a trail.</li> </ul> <p><b>Problem Solving</b></p> <ul style="list-style-type: none"> <li>Use clear communication to effectively complete a particular role in a team.</li> <li>Complete orienteering activities both as part of a team and independently.</li> <li>Identify a key on a map and begin to use the information in activities.</li> </ul> <p><b>Preparation and Organisation</b></p> <ul style="list-style-type: none"> <li>Choose the best equipment for an outdoor activity.</li> <li>Create an outdoor activity that challenges others.</li> <li>Create a simple plan of an activity for others to follow.</li> <li>Identify the quickest route to accurately navigate an orienteering course.</li> </ul> <p><b>Communication</b></p> <ul style="list-style-type: none"> <li>Communicate clearly and effectively with others.</li> <li>Work effectively as part of a team.</li> <li>Successfully use a map to complete an orienteering course. Begin to use a compass for navigation.</li> </ul> <p><b>Compete and Perform</b></p> <ul style="list-style-type: none"> <li>Complete an orienteering course on multiple occasions, in a quicker time due to improved technique.</li> <li>Offer a detailed and effective evaluation of both personal performances and activities.</li> <li>Improve a trail to increase the challenge of the course.</li> </ul>	

**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.