



## “Inspired to Inspire”

**Self-Belief Commitment Respect Integrity Passion Teamwork**

### PE Overview 2023/24 – KS2

<u>Autumn Term 1</u>	<u>Autumn Term 2</u>	<u>Spring Term 1</u>	<u>Spring Term 2</u>	<u>Summer Term 1</u>	<u>Summer Term 2</u>
<p><b><u>Teamwork &amp; Communication</u></b> <b>(First two lessons)</b></p> <p><b><u>Tennis</u></b></p> <ol style="list-style-type: none"> <li>1.Striking</li> <li>2.Returning</li> <li>3.Serving</li> <li>4.Rally</li> <li>5.Matches</li> </ol>	<p><b><u>Netball</u></b></p> <ol style="list-style-type: none"> <li>1.Three different passes</li> <li>2.Pass and move</li> <li>3.Shooting (pass &amp; shoot)</li> <li>4.Possession/interception</li> <li>5.Matches (small sides or high5 rules with positions)</li> </ol>	<p><b><u>Hockey</u></b></p> <ol style="list-style-type: none"> <li>1.Dribbling</li> <li>2.Passing/Dribbling</li> <li>3.Shooting/Pass &amp; Shoot</li> <li>Dribble &amp; Shoot</li> <li>4.Tackling</li> <li>5.Matches (1v1,2v2,3v3, 5 aside)</li> </ol>	<p><b><u>Football</u></b></p> <ol style="list-style-type: none"> <li>1.Dribbling</li> <li>2.Passing/Dribbling</li> <li>3.Shooting/Pass &amp; Shoot</li> <li>Dribble &amp; Shoot</li> <li>4.Tackling</li> <li>5.Matches (1v1,2v2,3v3, 5 aside)</li> </ol>	<p><b><u>Cricket</u></b></p> <ol style="list-style-type: none"> <li>1. Throw &amp; Catch</li> <li>2.Fielding</li> <li>3.Striking</li> <li>4.Bowling</li> <li>5.Matches (Small sided lots of rotation)</li> </ol>	<p><b><u>Athletics</u></b></p> <ol style="list-style-type: none"> <li>1.Accuracy throw</li> <li>2.Long Distance throw</li> <li>3.Sprinting</li> <li>4.Middle distance run</li> <li>5.Relay Races</li> <li>6.Jumping</li> </ol> <p>(Sports Day prep)</p>

The weekly order which skills are practiced may vary due to weather. Depending on the year group “Game week” will consist of either matches of a chosen sport or a competitive event based on the skill they have been learning.

When we need to use the hall due to bad weather we will explore indoor games linking to a specific sport/subject/outcome e.g. aiming or catching.

Our focus is to consistently build on skills as we progress through the topic. Finishing with a game week or event’s where children will put in to practice all they have learnt.

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. 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 [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
  - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
    - 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



## “Inspired to Inspire”

**Self-Belief   Commitment   Respect   Integrity   Passion   Teamwork**

### PE Overview 2023/24 – KS1

<u>Autumn Term 1</u>	<u>Autumn Term 2</u>	<u>Spring Term 1</u>	<u>Spring Term 2</u>	<u>Summer Term 1</u>	<u>Summer Term 2</u>
<p><b>Teamwork &amp; Communication &amp; Locomotion</b></p> <p>(Mastering basic movements including running and jumping)</p>	<p><b>Throwing and catching</b></p> <p>(looking at different techniques such as under arm and over arm using different equipment/sized balls, working by themselves as well as pairs and larger teams)</p>	<p><b>Agility Balance Coordination</b></p> <p>(Children will work on the three fundamental skills in a range of games and activities)</p>	<p><b>Team Games</b></p> <p>(Children will be participating in variations of invasion games introducing attacking and defending tactics)</p>	<p><b>Striking</b></p> <p>(Children will be using different equipment such as tennis rackets, cricket bats for striking as well as body parts such as hands and feet)</p>	<p><b>Athletics</b></p> <p>(Athletics will be looking at different types of races as well as practicing their sports day as supplied by class teacher/sports lead)</p>

**The weekly order which activities are played may vary due to weather.**

**When we need to use the hall due to bad weather we will explore indoor games linking to a specific sport/subject/outcome**

**Using the above children should have an in-depth journey through the curriculum. (See below curriculum)**

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
  - participate in team games, developing simple tactics for attacking and defending