

NORTH DENES PRIMARY SCHOOL - Physical Education – Whole School Overview/KS 2
Based on 2 hours per week Curriculum Map 2016 - 2017

Year group	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	1	Multi Skills (encourage teamwork)	Indoor Athletics (balance & coordination)	Dance (inspiring dance plans)	Gymnastics Balance and agility (different levels)	Striking & Fielding - Cricket (throwing, catching & fielding) Swimming & Water Safety	Athletics (posture, balance & stability) Swimming & Water Safety
	2	Health & Fitness (know your body)	Invasion Game (sending & receiving)	Volley Ball (movement to the ball)	Badminton (hand/eye coordination)	Net and Wall – Tennis (directing the ball) ABC's	Athletics Jumping for distance 1 foot to 2 feet & variety of throwing techniques)
4	1	Multi Skills (encourage teamwork)	Indoor Athletics (Agility, balance & coordination)	Dance (inspiring dance plans) Swimming & Water Safety	Gymnastics Balance and agility (different levels) Swimming & Water Safety	Striking & Fielding - Cricket (throwing, catching & fielding)	Athletics (posture, balance & stability)
	2	Health & Fitness (know your body)	Invasion Game (sending & receiving)	Volley Ball (movement to the ball)	Badminton (hand/eye coordination)	Net and Wall – Tennis (directing the ball) ABC's	Athletics Jumping for distance 1 foot to 2 feet & variety of throwing techniques)

5	1	<p>Multi Skills (encourage teamwork) (Knowledge of warming up and cooling down)</p> <p>Health & Fitness (know your body – to demonstrate improvement to achieve their personal best)</p>	<p>Indoor Athletics (balance & coordination) To develop consistency of their actions in a number of events</p>	<p>Dance (inspiring dance plans)</p>	<p>Gymnastics Group Balances & Complex Sequence Building</p>	<p>Striking and fielding Cricket (skill specific) ABC's</p>	<p>Athletics (track and field) developing a greater fluency and coordination of movement</p>
	2	<p>Health & Fitness (know your body – to demonstrate improvement to achieve their personal best)</p>	<p>Invasion Game (sending & receiving)</p>	<p>Volley Ball (movement to the ball)</p>	<p>Badminton (hand/eye coordination)</p>	<p>Net and Wall – Tennis (directing the ball) ABC's</p>	<p>Athletics Improving performance of a variety of throwing techniques and jumping</p>
6	1	<p>Multi Skills (encourage teamwork) (Knowledge of warming up and cooling down)</p>	<p>Indoor Athletics (balance & coordination) To develop consistency of their actions in a number of events</p>	<p>Dance (inspiring dance plans)</p>	<p>Gymnastics Group Balances & Complex Sequence Building</p>	<p>Striking and fielding Cricket (skill specific) ABC's</p>	<p>Athletics (track and field) developing a greater fluency and coordination of movement</p>
	2	<p>Health & Fitness (know your body – to demonstrate improvement to achieve their personal best)</p>	<p>Invasion Game (sending & receiving)</p>	<p>Volley Ball (movement to the ball)</p>	<p>Badminton (hand/eye coordination)</p>	<p>Net and Wall – Tennis (directing the ball) ABC's</p>	<p>Athletics Improving performance of a variety of throwing techniques and jumping</p>

Acquiring and developing skills

1 Pupils should be taught to:

- a consolidate their existing skills and gain new ones
- b perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics and compositional ideas

2 Pupils should be taught to:

- a plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities
- b develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
- c apply rules and conventions for different activities.

Evaluating and improving performance

3 Pupils should be taught to:

- a identify what makes a performance effective
- b suggest improvements based on this information.

Knowledge and understanding of fitness and health

4 Pupils should be taught:

- a how exercise affects the body in the short term
- b to warm up and prepare appropriately for different activities
- c why physical activity is good for their health and well-being
- d why wearing appropriate clothing and being hygienic is good for their health and safety

5 During the key stage, pupils should be taught the Knowledge, skills and understanding through five areas of activity:

- a dance activities
 - b games activities
 - c gymnastic activities
- and two activity areas from:
- d swimming activities and water safety
 - e athletic activities
 - f outdoor and adventurous activities.