

## PE Curriculum Planning Key Stage 2

		Athletics	Invasion Games	Net Games	Striking and Fielding	Dance	Gymnastics	OAA
Year 6	Physical	<ul style="list-style-type: none"> <li>Perform a range of jumps with control and consistency</li> <li>sustain pace over longer distances (speed and stamina)</li> <li>throw with greater control and accuracy</li> </ul>	<ul style="list-style-type: none"> <li>combine and control to adapt to situation with greater speed</li> </ul>	<ul style="list-style-type: none"> <li>use skills with confidence, control and accuracy</li> <li>show skill related to game/role</li> <li>use common skills adapting technique</li> </ul>	<ul style="list-style-type: none"> <li>range of bowling techniques with accuracy for underarm</li> <li>fielding with more accuracy</li> <li>vary batting shots</li> </ul>	<ul style="list-style-type: none"> <li>respond to range of stimuli improvising freely - controlled movements and patterns</li> <li>explore ideas imaginatively - actions, dynamics, space, relationships</li> </ul>	<ul style="list-style-type: none"> <li>perform fluently difficult combinations</li> <li>co-operative working - partners small group</li> </ul>	<ul style="list-style-type: none"> <li>read and use variety of maps/plans accurately, recognising symbols and features</li> <li>use physical and teamwork skills well in variety of challenges</li> </ul>
	Thinking	<ul style="list-style-type: none"> <li>organise themselves in groups to adopt different roles</li> <li>take part in a relay event</li> </ul>	<ul style="list-style-type: none"> <li>pass or dribble to keep possession and make progress towards goal</li> <li>use attack/defence skills</li> <li>change formation/suit need of game</li> </ul>	<ul style="list-style-type: none"> <li>recognise find and use space</li> <li>use speed to score points</li> <li>plan roles and tactics positively</li> <li>defend effectively</li> </ul>	<ul style="list-style-type: none"> <li>variety of shots, directed away from fielders</li> <li>outwit opponent in all situations</li> <li>tactics used by fielding team</li> </ul>	<ul style="list-style-type: none"> <li>select, use range of compositional ideas to create motifs that demonstrate idea</li> <li>perform with clarity and sensitivity to accompaniment - own, partner, group</li> </ul>	<ul style="list-style-type: none"> <li>longer sequences</li> <li>fluency/clarity</li> <li>vary direction to improve look</li> <li>levels</li> <li>pathways</li> <li>plan variations/contrasts in actions/speed</li> </ul>	<ul style="list-style-type: none"> <li>apply skills and understanding to new challenges and environments successfully</li> <li>recognise similarities between challenges and transfer skills</li> </ul>
	Health	<ul style="list-style-type: none"> <li>say why athletics can improve performance and how this can be used in other activities</li> <li>perform a range of warm up activities and explain effect on performance</li> </ul>	<ul style="list-style-type: none"> <li>importance of fitness and types of fitness</li> <li>healthy lifestyle</li> </ul>	<ul style="list-style-type: none"> <li>identify fitness and preparation for game</li> <li>know the importance of strength, speed and flex</li> <li>identify important body parts</li> </ul>	<ul style="list-style-type: none"> <li>devise and explain warm up</li> <li>knowledge of different types of fitness related to game</li> </ul>	<ul style="list-style-type: none"> <li>describe - contribution to fitness and wellbeing</li> <li>types of exercise need to help their dancing</li> </ul>	<ul style="list-style-type: none"> <li>what should be in a gymnastic warm up</li> <li>importance of cool down</li> <li>how gymnastics helps health</li> <li>how to improve own health/fitness</li> </ul>	<ul style="list-style-type: none"> <li>understand physical demands of completing challenges</li> <li>know how to prepare for physical challenges</li> <li>organise safe and efficient practice within challenges</li> </ul>
	Social	<ul style="list-style-type: none"> <li>watch and describe specific aspects of event styles</li> <li>suggest with guidance targets for improvement</li> </ul>	<ul style="list-style-type: none"> <li>recognise/describe good team and individual performance</li> <li>own and others performance and suggest ways of improvement</li> </ul>	<ul style="list-style-type: none"> <li>recognise, identify strengths and weaknesses</li> <li>use own strengths effectively</li> </ul>	<ul style="list-style-type: none"> <li>recognise own and others strengths and weaknesses</li> <li>suggest improvements</li> </ul>	<ul style="list-style-type: none"> <li>appropriate language/terminology to describe, interpret and evaluate - own, other's work</li> <li>what works well, explain why</li> <li>recognise - how costume, music, + set can help improve performance</li> </ul>	<ul style="list-style-type: none"> <li>watch and use criteria to make judgements and improvements</li> <li>how a sequence is formed</li> <li>use appropriate terminology to describe technique and composition when evaluating</li> </ul>	<ul style="list-style-type: none"> <li>clear understanding of task and importance of planning to achieve success</li> <li>identify successful outcomes and adaptations for future success</li> </ul>