



PE Department Curriculum Plan 2020/2021

Key Stage 2 Overview

| | Autumn 1 | Autumn 2 | Spring 1 | Spring 2 | Summer 1 | Summer 2 |
|---------------|--|---|---|--|---|--|
| Year 5 | <p>Run, Jump, Throw - fundamentals of movement phrases and patterns.</p> <p>Team Building- learning the fundamental skills that are required to be a successful team. Listening, communication, leadership,</p> | <p>Dance - introduction to replication, counting, timing and use of unison and mirroring.</p> <p>Quick sticks Hockey passing, receiving and dribbling skills. 1:1 tackling, basic rule application and game play.</p> | <p>Gymnastics - balancing on points and patches, exploring pathways, basic locomotion and rotation, individual routine creation.</p> <p>Football- Passing, receiving, control and movement. Small sided and conditioned games.</p> | <p>Basketball - Passing, receiving, shooting and dribbling. Basic gameplay.</p> <p>Tag rugby- passing, receiving, movement on and off of the ball, match play, rule application.</p> | <p>Athletics- application of running, jumping and throwing skills into athletic specific disciplines.</p> <p>Track - focus on running for distance and pacing.</p> <p>Field - focus jumping for distance and pull throws in javelin.</p> | <p>Tennis- grip, body position, controlling the racket face, forehands, backhands and rallies.</p> <p>Striking and Fielding- over and under arm throwing technique. Bowling and batting techniques, fielding and barrier techniques, basic rule application.</p> |
| Year 6 | <p>Run, Jump, Throw - application of movement phrases and patterns into specific track and field based events.</p> <p>Indoor Athletics- running, jumping and throwing techniques. All indoor athletic competition events for Heptathlon.</p> | <p>Dance - replication, timing, relationships, choreography creation, class dance.</p> <p>Hockey- passing, receiving and dribbling skills. 1:1 tackling, basic rule application and game play.</p> | <p>Gymnastics - balances, locomotion and pathways. Partner work counterbalance and counter tension. Paired routines.</p> <p>Football- passing and receiving skills, dribbling, shooting, 1:1 defending and body position, basic formation and match play.</p> | <p>Badminton- racket control, scoring and basic rules. Rallying and simple competition structures.</p> <p>Tag rugby- recap passing, receiving, movement on and off of the ball. Tagging and positioning for defensive play. Small and full sided match play.</p> | <p>Athletics- application of running, jumping and throwing skills into athletic specific disciplines. E.g sprints and relay changeovers and jumping sequences and push throws.</p> <p>Rounders - Throwing and receiving techniques. Bowling and batting techniques, rule application and game play.</p> | <p>Tennis- grip, body position, controlling the racket face, forehands, backhands and rallies.</p> <p>Cricket- Throwing and receiving techniques. Bowling and batting techniques, rule application and game play.</p> |

*** Please note that year 5 now undertake a 4 week block of swimming lessons on a Tuesday afternoon at Saxon Pool. They learn stroke development, water competency and safe self rescue techniques.**