

Expected Vocabulary. NC Objectives. Additional knowledge for prior learning for KS2

Key stage 2

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 with each other. 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.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Cycle A	Curriculum Objective	Vocab
Autumn One Learning Focus: Personal skills	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform dances using a range movement patterns <i>(REAL PE fundamental movement skill: Coordination and footwork AND Static balance – one leg)</i> 	<p>All children will be able to explain the following terminology:</p> <p>Flexible</p>
Autumn Two Learning Focus: Social skills	<ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance Perform dances using a range movement patterns Compare their performances with previous ones <i>(REAL PE fundamental movement skill: Dynamic balance to agility- jumping and landing AND static balance – seated.</i> 	<p>Control</p> <p>Range</p> <p>Technique</p> <p>Dynamic</p> <p>Agility</p> <p>Static</p>
Spring One Learning Focus: Cognitive skills	<ul style="list-style-type: none"> Use throwing and catching in isolation and in combination Play competitive games – modified where appropriate. <i>(REAL PE fundamental movement skill: Dynamic balance – on a line AND Coordination – ball skills)</i> 	<p>Competitive</p> <p>Modified</p> <p>Coordination</p> <p>Attack</p> <p>Defending</p>
Spring Two Learning Focus: Creative skills	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and combination Develop flexibility, strength, technique, control and balance <i>(REAL PE fundamental movement skill: Coordination – sending and receiving AND Counter balance – with a partner)</i> 	<p>Heath</p> <p>Fitness</p> <p>Balance</p>
Summer One Learning Focus: Physical skills	<ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and combination Develop flexibility, strength, technique, control and balance Play competitive games...and apply basic principles suitable for attacking and defending Take part in outdoor challenges <i>(REAL PE fundamental movement skill: Agility – reaction and response AND static balance – floor work)</i> 	<p>Children will also understand the 6 principles of REAL PE:</p> <p>Physical</p> <p>Creative</p> <p>Social</p> <p>Cognitive</p> <p>Personal</p> <p>Health and Fitness</p>

<p>Summer 2</p> <p>Learning Focus: Health and Fitness</p>	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and combination • Develop flexibility, strength, technique, control and balance • Play competitive games...and apply basic principles suitable for attacking and defending • Take part in outdoor challenges • <i>(REAL PE fundamental movement skill: Agility – ball chasing AND static balance – stance)</i> 	
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