

Physical Education (PE): scheme *Real PE*

Scheme Curriculum Coverage: UKS2

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"> • Use running, jumping, throwing and catching in isolation and combination • Develop flexibility, strength, technique, control and balance • Play competitive games e.g. badminton / basketball/ cricket/ hockey / football/ rounders and tennis...and apply basic principles suitable for attacking and defending • Take part in outdoor challenges • <i>(REAL PE fundamental movement skill: Coordination – ball skills AND Agility – reaction / response.</i> 	<p>All children will be able to explain the following terminology:</p> <p>Flexible Control Range Technique Dynamic Agility Static Competitive Modified Coordination Attack Defending Heath Fitness Balance</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 – on a line AND counter balance – with a partner.</i> 	
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. • Develop flexibility, strength, technique, control and balance • <i>(REAL PE fundamental movement skill: Static balance – stance AND Coordination – footwork)</i> 	
Spring Two Learning Focus: Creative skills	<ul style="list-style-type: none"> • Compare performances ...demonstrate improvement to achieve their personal best • Develop flexibility, strength, technique, control and balance through athletics or gymnastics. • <i>(REAL PE fundamental movement skill: Static balance – seated AND static balance – floor work)</i> 	<p>Children will also understand the 6 principles of REAL PE:</p> <p>Physical Creative Social Cognitive Personal Health and Fitness</p>

<p>Summer One</p> <p>Learning Focus: Physical skills</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: Dynamic balance to agility – jumping and landing AND static balance – one leg)</i> 	
<p>Summer 2</p> <p>Learning Focus: Health and fitness skills</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 e.g. badminton / basketball/ cricket/ hockey / football/ rounders and tennis...and apply basic principles suitable for attacking and defending • Take part in outdoor challenges • <i>(REAL PE fundamental movement skill: coordination - sending and receiving AND agility – ball chasing)</i> 	

Swimming

Year 5 and 6 children will partake in swimming