

## Physical Education - Overview of Learning Key Stage 2

Overview of Learning	Games: Invasion			
Year 3	<p style="text-align: center;"><b><u>Invasion: Tag Rugby</u></b></p> <ul style="list-style-type: none"> <li>• Introduce moving with the ball, passing and receiving</li> <li>• Introduce tagging</li> <li>• Create space when attacking</li> <li>• Develop passing and moving</li> <li>• Combine passing and moving to create attacking opportunities</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Introduce dribbling; keeping control</li> <li>• Introduce passing and receiving</li> <li>• Combine dribbling and passing to create space</li> <li>• Develop passing, receiving and dribbling</li> <li>• Introduce shooting</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Hockey</u></b></p> <ul style="list-style-type: none"> <li>• Introduce dribbling; keeping control</li> <li>• Introduce passing and receiving</li> <li>• Combine dribbling and passing to create space</li> <li>• Develop passing, receiving and dribbling</li> <li>• Introduce shooting</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Netball</u></b></p> <ul style="list-style-type: none"> <li>• Introduce passing and receiving</li> <li>• Introduce passing and creating space</li> <li>• Develop passing and moving</li> <li>• Combine passing and moving</li> <li>• Combine passing and shooting</li> <li>• Develop passing and shooting</li> </ul>
Year 4	<p style="text-align: center;"><b><u>Invasion: Tag Rugby</u></b></p> <ul style="list-style-type: none"> <li>• Develop passing, moving and creating space</li> <li>• Apply learning to 3v3 mini games</li> <li>• Develop defending</li> <li>• Develop defending in game situations</li> <li>• Combine passing and moving to create an attack and score</li> </ul>	<p><b>(Swimming)</b></p>	<p style="text-align: center;"><b><u>Invasion: Hockey</u></b></p> <ul style="list-style-type: none"> <li>• Refine dribbling</li> <li>• Refine passing</li> <li>• Develop shooting; combine passing and dribbling to create shooting opportunities</li> <li>• Develop passing and dribbling creating space for attacking opportunities</li> <li>• Introduce defending; blocking and tackling</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Netball</u></b></p> <ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Develop passing and dribbling creating space</li> <li>• Develop passing, moving and shooting</li> <li>• Refine passing and shooting</li> <li>• Develop footwork</li> </ul>
Year 5	<p style="text-align: center;"><b><u>Invasion: Tag Rugby</u></b></p> <ul style="list-style-type: none"> <li>• Refine passing and moving to create attacking opportunities</li> <li>• Explore different passes that can be used to outwit defenders</li> <li>• Refine defending as a team</li> <li>• Create and apply defending as a team</li> <li>• Create and apply defending tactics. Develop officiating</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Recap and refine dribbling and passing to create attacking opportunities</li> <li>• Develop marking</li> <li>• Refine shooting</li> <li>• Refine attacking skills, passing, dribbling and shooting introduce officiating</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Hockey</u></b></p> <ul style="list-style-type: none"> <li>• Recap and refine dribbling and passing to create attacking opportunities</li> <li>• Develop defending; block and tackling</li> <li>• Refine shooting</li> <li>• Refine attacking skills, passing dribbling and shooting</li> <li>• Refine defending skills developing transition from defence to attack</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Netball</u></b></p> <ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Apply passing, footwork and shooting into mini games, introduce officiating</li> <li>• Introduce defending</li> <li>• Introduction to High Five Netball, consolidating learning</li> <li>• Explore the function of other passing styles</li> </ul>
Year 6	<p style="text-align: center;"><b><u>Invasion: Tag Rugby</u></b></p> <ul style="list-style-type: none"> <li>• Consolidate passing and moving</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking tactics in game situations</li> <li>• Create, understand and apply defending tactics in game situations</li> <li>• Consolidate attacking and defending in min games</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Consolidate keeping possession</li> <li>• Consolidation of possessional skills, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking tactics in game situations</li> <li>• Create, understand and apply defending tactics in game situations</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Hockey</u></b></p> <ul style="list-style-type: none"> <li>• Consolidate keeping possession</li> <li>• Consolidation of possessional skills, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking tactics in game situations</li> <li>• Create, understand and apply defending tactics in game situations</li> </ul>	<p style="text-align: center;"><b><u>Invasion: Netball</u></b></p> <ul style="list-style-type: none"> <li>• Consolidate keeping possession</li> <li>• Consolidation of possessional skills, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking tactics in game situations</li> <li>• Create, understand and apply defending tactics in game situations</li> </ul>

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Overview of Learning	Games: Striking & Fielding		Games: Net / Wall	Athletics
<b>Year 3</b>	<p style="text-align: center;"><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>Understand the concept of batting and fielding</li> <li>Introduce throwing overarm</li> <li>Introduce throwing underarm</li> <li>Introduce catching</li> <li>Striking with intent</li> </ul>	<p style="text-align: center;"><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>Introduce to rounders</li> <li>Introduce overarm throwing</li> <li>Apply overarm and underarm throwing</li> <li>Introduce stopping the ball</li> <li>Application of stopping the ball in a game</li> </ul>	<p style="text-align: center;"><b><u>Badminton</u></b></p> <ul style="list-style-type: none"> <li>Introduction to badminton: Outwitting an opponent</li> <li>Introduce the forehand</li> <li>Introduce the backhand</li> <li>Applying the forehand and backhand: Creating space to win a point</li> <li>Controlling the game from the serve</li> </ul>	<p style="text-align: center;"><b><u>Running</u></b></p> <ul style="list-style-type: none"> <li>Explore running for speed</li> <li>Develop running for speed</li> <li>Introduction relay; running for speed in a team</li> <li>Develop relay running for speed in a team</li> <li>Explore running for distance</li> <li>Understand and apply tactics when running for distance</li> </ul>
<b>Year 4</b>	<p style="text-align: center;"><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>Develop an understanding of batting and fielding</li> <li>Introduce bowling underarm</li> <li>Develop stopping and returning the ball</li> <li>Develop retrieving and returning the ball</li> <li>Striking the ball at different angles and speeds</li> </ul>	<b>(Swimming)</b>	<b>(Swimming)</b>	<p style="text-align: center;"><b><u>Jumping</u></b></p> <ul style="list-style-type: none"> <li>Jumping for distance; standing long jump</li> <li>Jumping for distance; standing triple jump</li> </ul>
<b>Year 5</b>	<p style="text-align: center;"><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>Refine batting, understand and develop batting tactics</li> <li>Refine bowling, understand and develop bowling tactics</li> <li>Refine fielding stooping, catching and throwing</li> <li>Combine bowling and fielding creating and applying tactics. Introduce umpiring and scoring</li> </ul>	<p style="text-align: center;"><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>Develop fielding tactics maximising players</li> <li>Understand what happens if the batter misses the ball</li> <li>Refine fielding tactics, what players where?</li> <li>Applying tactics in min games</li> </ul>	<p style="text-align: center;"><b><u>Tennis</u></b></p> <ul style="list-style-type: none"> <li>Introduce the volley</li> <li>Develop the volley</li> <li>Controlling the game from the serve</li> <li>Doubles; understanding a applying tactics to win a pint</li> </ul>	<p style="text-align: center;"><b><u>Throwing</u></b></p> <ul style="list-style-type: none"> <li>Throwing accuracy vs distance</li> <li>Throwing for distance; javelin</li> <li>Throwing for distance; shot put</li> <li>Throwing for distance; discus</li> </ul>
<b>Year 6</b>	<p style="text-align: center;"><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>Consolidate batting</li> <li>Consolidate fielding</li> <li>Consolidate bowling</li> <li>Create, understand and apply attacking tactics in game situations</li> <li>Create, understand and apply defensive tactics in game situations</li> </ul>	<p style="text-align: center;"><b><u>Rounders</u></b></p> <ul style="list-style-type: none"> <li>Introduction to full rounders</li> <li>Consolidate fielding tactics</li> <li>Refine our understanding of what happens if the batter misses or hits the ball backwards</li> <li>Batting considerations</li> </ul>	<p style="text-align: center;"><b><u>Tennis</u></b></p> <ul style="list-style-type: none"> <li>Game application; cone tennis</li> <li>Game application; round robin games</li> <li>Game application; mixed ability doubles, round robin games</li> <li>Game application; tag team tennis</li> </ul>	<p style="text-align: center;"><b><u>Competitions</u></b></p> <ul style="list-style-type: none"> <li>Level 1 Running</li> <li>Level 1 Throwing</li> <li>Level Jumping</li> <li>Mini Olympics</li> </ul>

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	Outdoor & Adventurous Activities	Health Related Exercise
Year 3	<u>Problem Solving</u>	<u>Health Related Exercise</u>
	<ul style="list-style-type: none"> <li>• Benches and mats challenge</li> <li>• Round the clock card challenge</li> <li>• The pen challenge</li> <li>• The river rope challenge</li> <li>• Caving challenges</li> </ul>	<ul style="list-style-type: none"> <li>• Initial Fitness Assessment</li> <li>• Cardio Fitness 1</li> <li>• Flexibility</li> <li>• Strength</li> <li>• Cardio Fitness 2</li> <li>• Fitness Assessment</li> </ul>
Year 4	<u>Swimming</u>	<u>Health Related Exercise</u>
	<ul style="list-style-type: none"> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Initial Fitness Assessment</li> <li>• Cardio Fitness 1</li> <li>• Flexibility</li> <li>• Strength</li> <li>• Cardio Fitness 2</li> <li>• Fitness Assessment</li> </ul>
Year 5	<u>Orienteering</u>	<u>Health Related Exercise</u>
	<ul style="list-style-type: none"> <li>• Face orienteering</li> <li>• Cone orienteering</li> <li>• Point and return</li> <li>• Point to point</li> <li>• Timed course</li> <li>• Orienteering competition</li> </ul>	<ul style="list-style-type: none"> <li>• Initial Fitness Assessment</li> <li>• Cardio Fitness 1</li> <li>• Flexibility</li> <li>• Strength</li> <li>• Cardio Fitness 2</li> <li>• Fitness Assessment</li> </ul>
Year 6	<u>Orienteering</u>	<u>Health Related Exercise</u>
	<ul style="list-style-type: none"> <li>• Netball numbers</li> <li>• Map symbols and dibber race</li> <li>• Star activity</li> <li>• Point to point relay</li> <li>• Timed course</li> <li>• Orienteering competition</li> </ul>	<ul style="list-style-type: none"> <li>• Initial Fitness Assessment</li> <li>• Cardio Fitness 1</li> <li>• Flexibility</li> <li>• Strength</li> <li>• Cardio Fitness 2</li> <li>• Fitness Assessment</li> </ul>

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Overview of Learning	Gymnastics	Dance
Year 3	<p style="text-align: center;"><b><u>Symmetry &amp; Asymmetry</u></b></p> <ul style="list-style-type: none"> <li>• Introduction to symmetry</li> <li>• Introduction to asymmetry</li> <li>• Application of learning onto apparatus</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<p style="text-align: center;"><b><u>Wild Animals</u></b></p> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing character dance into a motif</li> <li>• Extending sequences with a partner in character</li> <li>• Developing sequences with a partner in character that show relationships</li> <li>• Extending dance skills in choreography</li> </ul>
Year 4	<p style="text-align: center;"><b><u>Bridges</u></b></p> <ul style="list-style-type: none"> <li>• Introduction to bridges</li> <li>• Application of bridge learning onto apparatus</li> <li>• Develop sequences with bridges</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<p style="text-align: center;"><b><u>Space</u></b></p> <ul style="list-style-type: none"> <li>• Responding to stimuli working together</li> <li>• Extending sequences with a partner in character</li> <li>• Developing character dance</li> <li>• Developing sequences with a partner in character that show relationships and interlinking dance moves</li> <li>• Sequences, relationships, choreography and performance</li> </ul>
Year 5	<p style="text-align: center;"><b><u>Counter Balance &amp; Counter Tension</u></b></p> <ul style="list-style-type: none"> <li>• Introduction to counter balance</li> <li>• Application of counter balance learning onto apparatus</li> <li>• Sequence formation</li> <li>• Counter Tension</li> <li>• Sequence completion</li> </ul>	<p style="text-align: center;"><b><u>Country Dancing</u></b></p> <ul style="list-style-type: none"> <li>•</li> </ul>
Year 6	<p style="text-align: center;"><b><u>Matching &amp; Mirroring</u></b></p> <ul style="list-style-type: none"> <li>• Introduction to matching</li> <li>• Application of matching learning onto apparatus</li> <li>• Introducing mirroring</li> <li>• Application of mirroring learning onto apparatus</li> <li>• Sequence development</li> </ul>	<p style="text-align: center;"><b><u>1930's and 1940s</u></b></p> <ul style="list-style-type: none"> <li>• Describe, perform and link specific dance steps from the Charleston, The Lambeth Walk and the Lindy Hop</li> <li>• Link a series of dance motifs to create a dance sequence which reflects a theme or tells a story</li> <li>• Work with others to choreograph effective routines</li> <li>• Challenge             <ul style="list-style-type: none"> <li>○ Add their own variations to the official moves</li> <li>○ manipulate spacing and tempo to create variety and interest</li> <li>○ lead and motivate others whilst exploring and refining their own skills</li> </ul> </li> </ul>