

Windmill L.E.A.D. Academy Physical Education Curriculum

School Physical Education objective:

To develop a physical education and school sport programme that offers opportunities for children to participate in range of activities and competition, thus increasing participation and promoting healthy and active lifestyles.

Aims:

- Increase physical activity levels of our children
- To develop teamwork, resilience and determination through competition
- To improve physical literacy in all children
- To foster enjoyment through physical activity

KS2 Curriculum

In key stage 2 children begin to enhance their skills further by developing their application of skills in more traditional sports and activities. The children will engage in more activities that enable them to communicate, collaborate and compete with each other. They will develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. There is more focus on invasion games to improve children's teamwork and resilience, and more emphasis on healthy and active lifestyles through the schools fitness strand of physical education. Swimming instruction will also be provided during key stage 2, giving the children an opportunity to swim competently, confidently and proficiently over a distance of at least 25 metres, use a range of strokes effectively and perform safe self-rescue in different water-based situation.

Long term plan

Strand	Invasion games	Gymnastics	Dance	Net wall games	Athletics	Outdoor and adventurous activities	Striking and fielding activities	Fitness
Activities Year 3 & 4 Example of activities	Basketball Football Hockey Handball Dodgeball	Paired-balance Flight Rolling Apparatus Paired routine	Locations dance (Y3) Capoeira (Y4)	Volleyball	Sprinting Javelin Jump for distance Jump for height Relay	Orienteering Team building challenges	Cricket Softball	100's and 1000's Circuit training Sport specific components of fitness
Activities Year 5 & 6 Example of activities	Basketball Football Hockey Handball Dodgeball	Group – balances Cartwheels Handstands Paired routine	Street dance	Volleyball	Sprinting Jump for distance Jump for height Relay-changes Shotput discus	Orienteering Team building challenges Capture the flag	Cricket Softball	Health specific components of fitness Circuit training Interval training Continuous training

KS 2 PE learning objectives

Evasion games

Football

Year 3:

LO 1: To dribble the ball keeping the ball close to body

LO 2: To pass and control the ball with inside foot

LO 3: To shoot the ball using laces

LO 4: To find space to receive the ball – moving left and right

Year 4:

LO 1: To dribble the ball changing direction

LO 2: To pass and control the ball over a short distance with accuracy

LO 3: To shoot the ball with accuracy – into corners

LO 4: To find space to receive the ball in game situation

Year 5:

LO 1: To turn with the ball effectively

LO 2: To pass and control the ball over a longer distance

LO 3: To shoot with power when opposed

LO 4: To work as a team finding space in game situation

Year 6:

LO 1: To outwit opponent with the ball at feet

LO 2: To pass and move into space

LO 3: To take outwit opponent and shoot in 1 v 1 situation

LO 4: To identify team tactics and formations using in game situations

Basketball

Year 3:

LO 1: To dribble the small ball with one hand around an area

LO 2: To pass and receive the ball with accuracy/frequently

LO 3: To shoot in low basket. Recapping B.E.E.F.

LO 4: To dribble the ball with both hands keeping the ball from opponent

Year 4:

LO 1: To have control over ball when dribbling at speed/opposed

LO 2: To demonstrate three types of passes

LO 3: To set shoot in basket within D. Recapping B.E.E.F.

LO 4: Learn simple rules of basketball – dribbling/contact

Year 5:

LO 1: To dribble the ball opposed at speed under the restrictions/rules of the game

LO 2: To pass and move in game situation

LO 3: To shoot when opposed at range (Jump shot)

LO 4: To recap full rules of basketball

Year 6:

LO 1: To outwit opponent with ball, dribbling at pace/change of direction

LO 2: How to create space to receive the ball in good positions

LO 3: To perform a lay up

LO 4: To make good decisions when to dribble and pass the ball in game situation.

Hockey

Year 3:

LO 1: Demonstrate how to hold a hockey stick.

LO 2: Demonstrate dribbling the ball with it close to stick (Ball carrying).

LO 3: Demonstrate how to push pass the ball.

Year 4:

LO 1: Demonstrate dribbling the ball changing direction.

LO 2: To control the ball at pace.

LO 3: To strike the ball with accuracy towards the goal.

LO 4: To demonstrate a block tackle.

Year 5:

LO1: To demonstrate scanning when dribbling

LO2: Passing the ball on the move.

LO3: Striking the ball in the corners and with power to outwit opponent

LO4: To jab tackle

Year 6:

LO1: To demonstrate slalom and Indian dribble with control

LO2: To use scanning when dribbling and pass the ball on the move

LO3: To lift the ball when shooting to outwit opponent.

LO4: To outwit opponent 2 v 1 in game situation

Handball

Year 3:

LO 1: To demonstrate catching skills.

LO 2: To demonstrate a range of passing techniques.

LO 3: To shoot with accuracy and power.

LO 4: To move into space to receive the pass.

Year 4:

LO 1: To get into space effectively as a team.

LO 2: To use long throw/short throw to pass and outwit opponent.

LO 3: To shoot with direction and accuracy.

LO 4: To demonstrate Use three and step rule in handball in game.

Year 5:

LO 1: To dribble the ball effectively.

LO 2: How to feint and pass to outwit opponent.

LO 3: How to feint and shoot to outwit opponent.

LO 4: Marking opponent in a game situation.

Year 6:

LO 1: To get into space effectively in a game situation.

LO 2: To restrict the space (man to man marking), high press.

LO 3: To restrict the space (zonal marking), getting back.

LO 4: Examine the advantages of long and short passing to outwit opponent.

Gymnastics

Year 3:

LO 1: To perform a log roll, tuck roll and teddy bear roll with quality and control.

LO 2: To balance with your partner, using matching balance in different directions.

LO 3: To do a 3 actioned performance linking your different travels, rolls and balances together.

Year 4:

LO1: To perform different mirror balances with quality and control.

LO2: To perform forward roll and backwards roll with quality and control.

LO3: To demonstrate different counter balance and counter tension balances, linking these into a 4 actioned routine

Year 5:

LO1: To demonstrate over and under balances with quality and control

LO2: To explore a range of progressive partner balances – mirrored, matching, a symmetrical, over and under counter tension and counter balance

LO3: To demonstrate creativity when designing a 6 actioned routine.

Year 6:

LO 1: To demonstrate more complex balances i.e. Head stand/ hand stand, cartwheel

LO 2: To demonstrate complex weight bearing group/partner balances.

LO 3: To produce an 8 actioned routine that showcases balance, travel and flight with good quality and control.

Dance

Year 3:

LO 1: To use action words to produce a short distinguishable dance

LO 2: To repeat and follow a dance routine

LO 3: To produce an independent dance routine

Year 4:

LO 1: To use action words to produce some Capoeira moves

LO 2: To link Capoeira moves using the ginga, producing an independent dance

LO 3: To create a partner dance using action and reaction technique

Year 5:

LO 1: To produce a short street dance routine in time with the music changing pathways.

LO 2: To change levels during your street dance.

LO 3: To use unison in a small group when producing a short street dance routine.

Year 6:

LO 1: To use cannon in a street dance routine

LO 2: To produce a street dance routine that has different elements linking them together.

Striking and fielding

Cricket

Year 3:

LO1: Develop fielding skills: Catching high and low ball.

LO2: Develop bowling skills: Underarm bowl with accuracy.

LO3: Develop batting skills: Demonstrate batting stance.

LO4: Develop gameplay: Recap kick cricket rules/tactics.

Year 4:

LO1: Developing fielding skills: Reproduce long barrier.

LO2: Develop bowling skills: describe different tactics when underarm bowling.

LO3: Develop batting skills: Demonstrate straight drive.

LO4: Develop gameplay: Recap batting tactics and fielding tactics in game situation.

Year 5:

LO1: Develop batting skills: How to drive the ball with direction and accuracy.

LO2: Develop bowling skills: Develop standing overarm bowl.

LO3: Developing fielding skills: How to return the ball to stumps in different situations.

LO4: Develop gameplay: Develop backing up in the field.

Year 6:

LO1: Developing fielding skills: How to wicket keep effectively.

LO2: Develop bowling skills: How to overarm bowl with pace.

LO3: Develop batting skills: How to perform a pull shot.

LO4: Develop gameplay: Batting tactics and skills, shot selection.

Softball:

Year 4:

LO 1: Recap the rules of softball

LO 2: How to hold the bat/batting stance

Year 5:

LO 1: The importance of good communication in the field

LO 2: How to strike the ball effectively

Year 6:

LO 1: Backing up in the field

LO 2: Batting with accuracy/batting tactics

Athletics

Athletics:

Year 3:

LO 1: How to throw for accuracy

LO 2: How to throw for distance (using a variety of objects)

LO 3: How to work together in a relay race – sprinting technique

LO 4: How to jump for distance

Year 4:

LO 1: Recap three teaching points of a javelin throw

LO 2: Recap three teaching points of a shot put throw

LO 3: Introduce baton change in relay racing

LO 4: How to jump for height

Year 5:

LO 1: Recap 6 teaching points of javelin and shot put throws

LO 2: Recap three teaching points of discus throw

LO 3: Develop baton change in relay racing

LO 4: How to triple jump technique

Year 6:

LO 1: How to perform/benefits of a sprint start

LO 2: Pacing – distance running technique

LO 3: Demonstrate good technique with all throws

LO 4: Demonstrate good technique with all jumps

Net wall games

Volleyball:

Year 3:

LO1: Develop reaction skills/importance of ready position

LO2: How to outwit opponent 1v1

LO3: Rules/tactics of throw volleyball

LO4: To demonstrate an underarm serve

Year 4:

LO1: Develop reactions skills/importance of ready position

LO2: Develop defensive shape and positions

LO3: To demonstrate overarm serve

LO4: To demonstrate the dig

Year 5:

LO1: Develop reactions skills/importance of ready position

LO2: To demonstrate set shot

LO3: To demonstrate smash

LO4: Full gameplay – The rules of volleyball

Year 6:

LO1: To dig with accuracy

LO2: To smash with accuracy

LO3: Full gameplay - Attacking and defensive tactics

LO4: How to outwit opponent using team

Fitness

Year 3 – 4:

LO 1: To understand that there are different components of fitness.

LO 2: To develop their agility, coordination, balance, flexibility.

LO 3: To understand how to exercise safely – using specific exercises.

LO 4: To work as a team when completing 100's and 1000's activity.

LO 5: To understand the short and long term benefits of physical activity.

Year 5 – 6:

LO 1: To understand the different components of fitness.

LO 2: To understand the long term benefits of physical activity.

LO 3: To understand how to exercise safely – using more challenging exercises.

LO 4: To use a physical exertion index to identify how hard they are working.

LO 5: To know/use some different training methods e.g. Circuit and interval training.