Year LKS2 PE Overview

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| **Key Concepts****NC PoS Reference** | **Vocabulary** | **Substantive Knowledge** | **Procedural & Disciplinary Knowledge** |
| Athletics2a: Use running, jumping, throwing, and catching in isolation and in combination. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Athletics
* Jumping
* Throwing
* Running
* Co-ordination
* Movement
* Measurements
* Timing
* Technique
 | * Choose the appropriate running speed to meet the demand of the task.
* Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.
 | * Apply and develop a broad range of athletic skills in different ways.
* Show control, coordination and consistency when running, throwing, and jumping.
* Combine basic jump actions to form a jump combination, using a controlled jumping technique
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| Badminton2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Badminton
* Serve
* Net
* Court
* Racket
* Rally
* Shuttle
* Coordination
* Movement
* Grip
 | * Understand the different types of rallies, participating in both.
* Understand skills needed to win games.
 | * Continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift.
* Can hit the shuttle, when in the air, varying height, speed, and direction into space to beat an opponent.
* Use different skills to try and win games.
* Work together to keep a rally going, returning the shuttle to a partner.
* With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control.
* Can move around the court with purpose, demonstrating a fast-paced chasse movement in isolation and in games.
* Show a good stance and structure when throwing and hitting the shuttle.
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| **Basketball**2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Basketball
* Dribbling
* Passing
* Shoot
* Net
* Chest pass
* Space
* Possession
* Score
 | * Explain simple tactics in game situations.
 | * Move the ball keeping it under control whilst changing direction.
* Pass, shoot and receive a ball with increasing accuracy, control, and success. Pass in different ways e.g. high, low, fast, slow.
* Find and use space in game situations and work well as part of a team.
* Apply basic attacking and defending principles.
* Use a range of tactics to keep possession of the ball.
* Take up spaces/positions that make it difficult for opponents.
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| Cricket2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Cricket
* Fielding
* Striking
* Teamwork
* Score
* Wickets
* Runs
* Batting
* Aiming
* Overarm
* Accuracy
* Underarm
* Throwing
* Bowling
* Wicket keeper
* Long Barrier
 | * Chose both fielding and striking skills which make it difficult for your opponent.
* Explain the tactics you have used in games.
 | * Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.
* Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.
* Intercept and stop the ball consistently.
* Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.
* Communicate, collaborate, and compete with others, following the rules of the game.
* Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.
* Show control, coordination and consistency when throwing and catching a ball.
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| Dance2c: Develop flexibility, strength, technique, control, and balance. 2d: Perform dances using a range of movement patterns. | * Dance
* Routine
* Music
* Co-ordination
* Tutting
* Beat of 8
* Canon
* Unison
* Count
* Fluency
* Choreography
* Performance
 | * Describe phrases and expressive qualities
 | * Respond imaginatively to a range of stimuli.
* Move confidently and safely in your own and general space, using changes of speed, level, and direction.
* Perform movement phrases using a range of different body actions and body parts – with control and accuracy.
* Create linked movements, combining different ways of travelling, with beginnings, middles and ends.
* Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas.
* Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.
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| Dodgeball2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Speed
* Bounce
* Balls
* Throw
* Catch
* Dodge
* Positioning
* Underarm throw
* Side shot
* Target
* Strike
* Roll
 | * Understand how finding space can help in game situations.
* Use a range of tactics to try win games.
 | * Improve consistency when catching a variety of different shots.
* Show control when moving at speed.
* Move the ball in different ways – with increasing control and accuracy – whilst moving.
* Practise and improve the underarm throw and side shot throw.
* Get into good positions to both receive and throw the ball.
* Develop the skills needed for games including ball handling, striking, dodging, and catching.
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| Football2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Football
* Passing
* Attacking
* Defending
* Throwing
* Control
* Saving
* Tackle
* Scoring
* Aim
* Dribbling
* Turning
* Direction
 | * Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending.)
* Employ and explain simple tactics in game situations.
 | * Move the ball keeping it under control whilst changing direction.
* Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success
* Challenge a player in possession of the ball.
* Receive a ball under control.
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| Golf2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Golf
* Chipping
* Putting
* Target
* Coordination
* Technique
* Accuracy
* Speed
 | * Understand the importance of accuracy when chipping.
 | * Explore the skills required to play golf successfully.
* Develop and apply the chipping technique to competitive games.
* Develop, explore, and demonstrate the ability to ‘putt’ accurately and effectively.
* Demonstrate good teamwork skills.
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| Handball2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 22f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Ball
* Control
* Throw
* Catch
* Dribbling
* Receive
* Space
* Hands
* Accuracy
* Aim
* Power
* Intercept
* Support
 | * Keep and follow the rules of the game.
* Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score.
 | * Get into good positions to pass and receive the ball. Pass the ball using different techniques.
* Develop set moves that can be used in attacking play.
* Showing growing control and consistency during games.
* Keep the ball under control, passing and receiving with increasing accuracy.
* Choose space/ positions where you can receive a pass or to support a teammate.
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| Hockey2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Hockey
* Passing
* Dribbling
* Shoot
* Stick
* Control
* Teamwork
* Speed
* Direction
* Decision Making
* Aim
* Turn
* Stop
* Possession
* Slap pass
* Push pass
* Attack
* Defence
 | * Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending).
* Explain simple tactics in game situations.
 | * Move the ball keeping it under control whilst changing direction.
* Perform basic skills needed for the games with control and accuracy.
* Pass, shoot and receive a ball with increasing accuracy, control, and success.
* Develop control and technique.
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| Netball2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best. | * Ball
* Control
* Speed
* Direction
* Passing
* Pass
* Chest Pass
* Bounce Pass
* Technique
* Aim
* Accuracy
* Teamwork
* Shoot
* Score
* Accuracy
* Power
* Rules
 | * Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents.
* Select passes that keep possession.
 | * Move to support teammates, getting into good positions to pass, receive, and shoot the ball.
* Pass the ball using different techniques.
* Shoot and score with increasing accuracy.
* Develop the understanding of the importance of speed when playing invasion games.
* Pass and receive the ball with control.
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| Orienteering2e: Take part in outdoor and adventurous activity challenges both individually and within a team. | * Teamwork
* Map Skills
* Indoor mapping
* Picture Orienteering
* Control Plotting
* Communication
* Problem Solving
 | * Recognise that activities need thinking through and planning.
* Have knowledge of safety rules and procedures for taking part in orienteering event
 | * Recognise where you are on a map.
* Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination.
* Move confidently in different ways, developing agility, balance, and coordination.
* Participate in competitive orienteering events, following instructions of the game
* Develop a basic understanding of map reading/making and apply these skills and techniques in games.
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| Rounders2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best | * Throwing
* Fielding
* Catching
* Power
* Get in line
* Communication
* Accuracy
* Technique
* Batting
* Score
* Aiming
* Space
* Targets
* Long Barrier
 | * Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games.
 | * Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.
* Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control.
* Intercept and stop the ball consistently.
* Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter.
* Communicate, collaborate, and compete with others, following the rules of the game.
* Show control, coordination and consistency when throwing and catching a ball.
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| Tag Rugby2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best | * Rugby
* Tag
* Pass
* Share
* Defend
* Mark
* Attack
* Dummy
 | * To begin to understand and follow the rules of tag rugby.
* Improve decision making skills and choose the right skills that meet the needs of the situation
 | * Move in different directions learning to move away from your opponent and keep control of the ball when running.
* Learn how to pass in rugby, catching successfully and improving skills whilst on the move.
* Move forward to attack as part of a team – running in a line.
* To work as part of a team when defending, keeping in a line, and spreading out.
* Develop attacking and defending skills within tag rugby, successfully scoring tries, tagging opponents, and passing the ball backwards to a teammate.
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| Tennis2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best | * Swing
* Cooperative
* Cooperative play
* Movement
* Aim
* Partner
* Direction
* Send
* Catch
* Court target
* Power
* Accuracy
* Space
* Free Space
* Control
* Bounce
* Racket
 | * Apply basic principles for attacking including finding and using space in game situations.
 | * Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, throwing, and stopping the ball.
* Perform a basic forehand action with control and accuracy.
* Throw/send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent.
* Begin to apply basic movements in a range of activities and in combination.
* Keep a rally going using a range of shots. • Compete with others – Keeping and following the rules of the game.
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| Volleyball2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best | * Ball Flight
* Ready Position
* Watch the ball
* Catch
* Control
* Throw
* Ready
* Watch
* Hands
* Aiming
* Accuracy
* Power
* Speed
* Direction
* Space
* Wide
* Tactics
* Successful
 | * Employ simple tactics in game situations and explain why they have used the tactics.
* Apply basic principles suitable for attacking and defending.
 | * Choose and perform the basic skills needed for the games with control and accuracy.
* Throw/send the ball using a variety of techniques.
* Send a ball into space at different speeds and heights to make it difficult for the opponent.
* Take up space / positions that make it difficult for the opponents. Intercept and stop the ball consistently.
* Adopt a good ‘ready position’ to move and catch a ball.
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