Year LKS2 PE Overview

|  |  |  |  |
| --- | --- | --- | --- |
| **Key Concepts**  **NC PoS Reference** | **Vocabulary** | **Substantive Knowledge** | **Procedural & Disciplinary Knowledge** |
| Athletics  2a: 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 |
| Badminton  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. | * 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. |
| **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. |
| Cricket  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. | * 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. |
| Dance  2c: 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. |
| Dodgeball  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. | * 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. |
| Football  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. | * 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. |
| Golf  2f: 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. |
| Handball  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. 2  2f: 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. |
| Hockey  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. | * 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. |
| Netball  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. | * 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. |
| Orienteering  2e: 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. |
| Rounders  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 | * 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. |
| Tag Rugby  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 | * 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. |
| Tennis  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 | * 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. |
| Volleyball  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 | * 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. |
|  |  |  |  |