

Physical Education – Summercourt Academy 2023 - KS2 Overview
Based on 2 hours per week Physical Education (A.N.)

Year group	Hour	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
3	1	Invasion games Tactics	Gymnastics Group Balances & Complex Sequence Building Creative	Dance Creative	Net and wall Games Knowing positions	Athletics Track and field	Swimming Assessment
	2	Invasion games Creating new rules	Invasion Hand eye co-ordination/ Shooting	Gymnastics Group Balances & Complex Sequence Building Creative	Health and Fitness Improving	Net and wall Games Knowing positions	Striking and fielding Skill specific/adapting and assessing
4	1	Invasion games Tactics	Gymnastics Group Balances & Complex Sequence Building Creative	Dance Creative	Net and wall Games Knowing positions	Athletics Track and field	Swimming Assessment
	2	Invasion games Creating new rules	Invasion Hand eye co-ordination/ Shooting	Gymnastics Group Balances & Complex Sequence Building Creative	Health and Fitness Improving	Net and wall Games Knowing positions	Striking and fielding Skill specific/adapting and assessing
5	1	Invasion games Tactics	Gymnastics Group Balances & Complex Sequence Building Creative	Dance Creative	Net and wall Games Knowing positions	Athletics Track and field	Swimming Assessment
	2	Invasion games Creating new rules	Invasion Hand eye co-ordination/ Shooting	Gymnastics Group Balances & Complex Sequence Building Creative	Health and Fitness Improving	Net and wall Games Knowing positions	Striking and fielding Skill specific/adapting and assessing

6	1	Invasion games Tactics	Gymnastics Group Balances & Complex Sequence Building Creative	Dance Creative	Net and wall Games Knowing positions	Athletics Track and field	Swimming & Top ups for Year 6 non- swimmers Assessment
6	2	Invasion games Creating new rules	Invasion Hand eye co- ordination/ Shooting	Gymnastics Group Balances & Complex Sequence Building Creative	Health and Fitness Improving	Net and wall Games Knowing positions	Striking and fielding Skill specific/adapting and assessing

Acquiring and developing skills

1 Pupils should be taught to:

- a) Consolidate their existing skills and gain new ones
- b) Perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics, and compositional ideas

2 Pupils should be taught to:

- a) Plan, use and adapt strategies, tactics, and compositional ideas for individual, pair, small-group, and small-team activities
- b) Develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness.
- c) Apply rules and conventions for different activities.

Evaluating and improving performance

3 Pupils should be taught to:

- a) Identify what makes a performance effective
- b) Suggest improvements based on this information.

Knowledge and understanding of fitness and health.

4 Pupils should be taught:

- a) How exercise affects the body in the short term
- b) to warm up and prepare appropriately for different activities
- c) Why physical activity is good for their health and well-being
- d) Why wearing appropriate clothing and being hygienic is important for their own

health and safety

5 During the key stage, pupils should be taught the Knowledge, skills and understanding through six areas of activity:

a) Dance activities

b) Games activities

c) Gymnastic activities

and two activity areas from:

d) Swimming activities and water safety

e) Athletic activities

f) Outdoor and adventurous activities.