



LKS2 - Medium Term Curriculum Planning

Physical Education

Physical Education for Lower Key Stage 2 in the National Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- *use running, jumping, throwing and catching in isolation and in combination*
- *play competitive games, modified where appropriate for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending*
- *develop flexibility, strength, technique, control and balance for example, through athletics and gymnastics*
- *perform dances using a range of movement patterns*
- *take part in outdoor and adventurous activity challenges both individually and within a team*
- *compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

Following Chris Quigley Education, the following milestones are aimed to be achieved by the end of Lower Key Stage 2

Dance and Gymnastics:

- Plan, perform and repeat sequences
- Move in a clear, fluent and expressive manner
- Refine movements into sequences
- Create dances and movements that convey a definite idea
- Show changes of direction, speed and levels within a performance
- Develop physical strength and suppleness by practising moves and stretching
- Travel in a variety of ways including flight, by transferring weight to generate power in movements
- Show a kinaesthetic sense in order to improve the placement and alignment of body parts
- Swing and hang from equipment safely, using hands

Games:

- Throw and catch with control and accuracy
- Strike a ball and field with control
- Choose appropriate tactics to cause problems for the opposition
- Follow the rules of the game and play fairly
- Maintain possession of a ball
- Pass to team mates at appropriate times
- Lead others and act as a respectful team member

Athletics:

- Sprint over a short distance
- Run over a longer distance, conserving energy in order to sustain performance
- Use a range of throwing techniques (under arm/over arm)
- Throw with accuracy to hit a target or cover a distance
- Jump in a number of ways, using a run up where appropriate
- Compete with others and aim to improve personal best performances

Outdoor and Adventurous Activities

- Arrive properly equipped for outdoor and adventurous activities
- Understand the need to show accomplishment in managing risks
- Show an ability to both lead and form part of a team
- Support others and seek support if required when the situation dictates
- Show resilience when plans do not work and initiative to try new ways of working
- Use maps, compasses and digital devices to orientate themselves
- Remain aware of changing conditions and change plans if necessary

Autumn

Spring

Summer

<p>Year 3 Lesson 1</p>	<p>Games Football</p> <ul style="list-style-type: none"> To be able to keep possession of a football To be able to send a ball to a desired area To receive a ball under control To combine and improve the quality of sending and receiving skills To work within a team task or game scenario 	<p>Dance The language of dance</p> <ul style="list-style-type: none"> To respond imaginatively to a simple stimulus To use simple movement patterns to structure dance phrases on their own and with a partner To demonstrate the ability to choose movements which reflect the dance idea To remember and repeat simple dance phrases To work in unison with a partner To demonstrate an understanding of descriptive words when talking about dance 	<p>Gymnastics Symmetry and Asymmetry</p> <ul style="list-style-type: none"> To perform basics actions with increasing control Choose appropriate dance actions and phrase to convey meaning of a story To work co-operatively with a partner To watch other's dances and suggest a way to be improved 	<p>Games Netball</p> <ul style="list-style-type: none"> To understand how to complete different passes To understand the appropriate time for each pass in a game scenario To understand the role of an attacker and a defender To identify the correct position to be in during a game scenario to receive a pass 	<p>Games Rounders</p> <ul style="list-style-type: none"> To be able to use throwing and catching in a game To be able to apply throwing and catching into a game To be able to understand different roles in a team game To be able to change into different roles in a team game. 	<p>Athletics</p> <ul style="list-style-type: none"> To identify what key body parts need to be warmed up for athletics To show the correct technique in the key areas (running, jumping, throwing) Can use the best technique to improve performance To explain and help others improve their own performance
	<p>Autumn</p>		<p>Spring</p>		<p>Summer</p>	
<p>Year 3 Lesson 2</p>	<p>Swimming</p> <ul style="list-style-type: none"> To safely enter and exit the pool To be confident in putting face into the water To be able to swim a width on front with the use of a swimming aide To be able to swim a width on back with the use of a swimming aide 	<p>Swimming</p> <ul style="list-style-type: none"> To be able to develop a technique for front and back paddle To be able to put face in the water when swimming To be able to hold a floating position in the pool 	<p>Swimming</p> <ul style="list-style-type: none"> To be able to swim a width without a swimming aide on front and back To be able to jump in and self-rescue to the side To be confident in the water without the use of a swimming aide 			
	<p>Autumn</p>		<p>Spring</p>		<p>Summer</p>	

<p>Year 3 -- 4 Lesson 1</p>	<p>Games Hockey</p> <ul style="list-style-type: none"> To demonstrate agility, balance, coordination and precision To be able to comment constructively on the work of others To apply skills effectively in different situations and within a range of physical activities 	<p>Gymnastics Balance leading into change of front and direction</p> <ul style="list-style-type: none"> To move into and from specific planned balances with an awareness of change of front To identify and use planned variations in direction <p>To create a sequence with a partner on floor and apparatus to show changes of front and direction</p>	<p>Dance Egyptians</p> <ul style="list-style-type: none"> To demonstrate agility, balance, coordination, and precision Will vocalise opinions across different areas of the curriculum To communicate effectively and listen to others To work well with others in a range of contexts To reflect and recognise success in self and others 	<p>Games Basketball</p> <ul style="list-style-type: none"> To perform skills with control, combine them and adapt them to meet the needs of the situation To choose when to pass or dribble in order to keep possession and make progress towards a basket To use attacking and defending skills appropriately 	<p>Games Dodgeball</p> <ul style="list-style-type: none"> To understand how to work alongside and against others when attacking and defending To work well with others in a range of contexts To demonstrate understanding and interpretation of the rules and accepts decisions given 	<p>Athletics Run, Jump, Throw</p> <ul style="list-style-type: none"> To demonstrate a good posture, balance and stability when running for speed To demonstrate a range of jumping styles To show good balance and control when jumping To demonstrate a range of different throwing techniques
<p>Year 3 -4 class will have one lesson as a whole class, for their other PE lesson children will follow the year and year curriculum. The year 3 children will attend swimming and year 4 children will have an additional PE lesson timetabled in the week following Year 4 second lesson.</p>						

	Autumn		Spring		Summer	
Year 4 Lesson 1	Games Football <ul style="list-style-type: none"> To link skills to perform actions and sequences of movement Is comfortable in the role of leader and shows some ability to inspire others To demonstrate understanding and interpretation of rules and accept decisions given. 	Dance Dance around the world <ul style="list-style-type: none"> To demonstrate agility, balance, coordination, and precision Will vocalise opinions across different areas of the curriculum To communicate effectively and listen to others To work well with others in a range of contexts To reflect and recognise success in self and others 	Gymnastics Rolling <ul style="list-style-type: none"> To rotate and roll on different body parts To rotate and roll in different directions shapes, sizes and speeds To create a sequence with a partner on floor and apparatus using a variety of linking movements To observe the work of others and make judgements against given criteria 	Games Basketball <ul style="list-style-type: none"> To choose, combine and perform skills more fluently and effectively in mini-basketball type games To understand, choose and apply a range of tactics and strategies for attack and defence To develop their abilities to evaluate their own and others' work and to suggest ways to improve it To understand the need to prepare properly for games 	Games Cricket Chance to Shine <ul style="list-style-type: none"> To be able to use throwing and catching in a game To be able to use a tactic in a game To be able to understand different roles in a team game To be able to change into different roles in a team game. 	Athletics <ul style="list-style-type: none"> To warm up prior to exercise and able to sustain performance over a period of time To work well with others in a range of contexts To enjoy competing and challenging self to improve
	Autumn		Spring		Summer	
Year 4 Lesson 2	Gymnastics Body Weight <ul style="list-style-type: none"> Respond to different types of stimulus Work in pairs and small groups to create ideas Use a variety of base dance actions such as turning, jumping, travelling, gesture, shape and stillness 	Games Tag-Rugby <ul style="list-style-type: none"> To be able to use the correct technique to pass the ball To be able to catch a ball on the move in an attacking position To understand when and how to intercept the oppositions pass 	Outdoor Adventurous Activities <ul style="list-style-type: none"> To collaborate with others to select and use simple strategies and appropriate equipment to meet a range of outdoor activity challenges To recognise and describe the effectiveness of their performance and evaluate their solutions 	Dance Olympic Dance or Wimbledon <ul style="list-style-type: none"> To develop a motif using speed and action To perform showing clear control and balance in both shape and action To perform showing clear control and balance in both shape and action 	Games Tri-Golf <ul style="list-style-type: none"> Can move fluently and can perform a wide range of skills confidently and competently To evaluate the work of others using technical language including setting targets for improvement 	Games Tennis <ul style="list-style-type: none"> To develop a receiving technique using forehand and backhand To identify how to move around on the court to maintain a rally and generate an opportunity to score a point To develop a serve technique

	<ul style="list-style-type: none">• Change and vary actions s. speed size weight• Observe each other dancing and comment on a performance	<ul style="list-style-type: none">• To generate tactics as a team to gain possession		<ul style="list-style-type: none">• To perform with an understanding of the mood of the dance• To work in pairs showing clear relationships• To describe the dance using appropriate movement language	<ul style="list-style-type: none">• To understand the sporting values and sporting etiquettes	<ul style="list-style-type: none">• To hit a ball accurately with control consistently
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