

National Curriculum: Key stage 2

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.

	Term 1 Lesson 1- Multi Skills Invasion games	Term 1 Lesson 2- Gymnastics	Term 2 Lesson 1- Swimming	Term 2 Lesson 2- Dance	Term 3 Athletics	Term 3 Multi Skills Net and wall/ Striking and fielding
Year 3	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Practise passing to a partner using a number of sending and receiving techniques.</p> <p>Improve accuracy of passes and use space to keep possession better.</p> <p>Remain in control of ball while travelling.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Develop and perform actions.</p> <p>Practice and concentrate on quality of movement.</p> <p>Link different balances moving in and out of positions of stillness.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Put face in water and blow bubbles.</p> <p>Fully submerge under water.</p> <p>Be able to swim 20metres across the pool without support.</p> <p>To swim 10metres front crawl and back stroke.</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Improvise freely on their own and with a partner, translating ideas from a stimulus to a movement. A&D</p> <p>Keep up an activity over a period of time and know what they need to warm up and cool down for dance. H&F</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p>Choose skills and equipment to meet the challenges they are set. E.g by increasing the distance thrown.</p> <p>Use different techniques, speeds and effort to meet challenges set for running, jumping and throwing. S&A</p> <p>Recognise and describe what their bodies feel</p>	<p>CHILDREN WILL BE TAUGHT TO:</p> <p><u>Net and wall:</u> Practise throwing and catching with a variety of different balls and using different types of throwing.</p> <p>Hit the ball with a racket. Use different shots. A&D</p> <p>Play games using throwing and catching skills.</p>

	<p>Use communication skills to help others know where they are going.</p> <p>Look when travelling and what happens after they have passed ball. A&D</p> <p>Play games that involve keeping possession and scoring in targets. 3vs 1 and 4vs 1 games.</p> <p>Know which passes are best, tactics to keep possession.</p> <p>Find space to receive and support.</p> <p>Know what to think about when team has and hasn't got the ball.</p> <p>How to organise themselves differently to play</p>	<p>Transfer weight smoothly from one part of body to another.</p> <p>Use actions on floor and over, through, across and along apparatus. A&D</p> <p>Vary and apply actions on floor and apparatus.</p> <p>Copy a partner's sequence on floor and apparatus.</p> <p>Perform easy combinations of contrasting actions.</p> <p>Choose combinations that work in their sequences.</p>			<p>like during different types of activity.</p> <p>Describe what happens to their heart, breathing and temperature during different types of athletic activity. E&I</p> <p>Core Task - Using different ways of travelling, e.g, running, walking, hopping and skipping. See how fast or far children can go in the challenge. E.g how many bean bags can you move in 5secs? How many cones can you touch in 15secs etc.</p>	<p>Vary strength, length and direction of throw.</p> <p>Know how can they make it difficult for opponent to receive ball.</p> <p>Stand when receiving.</p> <p>Understand attack and defence tactics.</p> <p>Understand rules about the games. S&A</p> <p>Core Task - Play 1vs 1 try to score points by throwing ball over a net and making it bounce twice. Then 2vs2 one with racket and partner to feed ball.</p> <p>Striking and fielding:</p> <p>Consolidate and develop the range and consistency of their skills in striking and fielding games. A&D</p>
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	<p>each of the games successfully.</p> <p>Understand patterns of play- if ball is in a certain position where should players be. S&A</p> <p>Core Task - Score points by kicking ball into target area or knocking over skittle. Play 4vs 2 and then 4vs3.</p>	<p>How they devise sequences. S&A</p> <p>Core Task - Using floor and apparatus, create and perform a sequence of contrasting actions.</p>				<p>Recognise how specific activities affect their bodies. Understand the importance of keeping warm. H&F</p> <p>Core Task - The aim of the game is for the batter to hit the ball (off a low tee) into an arc, and to score points by jumping in and out of a hoop, or by bouncing a ball, as many times as possible before the fielding team have returned the ball to base.</p>
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