

Physical Education – KS 2 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 Passing	Net and wall Directing the ball with control	Gymnastics Balance and creating shape Creative	Outdoor Adventure Camp	Athletics Teamwork	Striking/fielding games Playing as a team
	2	Swimming Assessment	Invasion game Sending and receiving	Net and wall Directing the ball	Invasion Travelling and changing direction	Net and wall Directing the ball	Athletics Running increased distances
4	1	Invasion Passing	Net and wall Directing the ball with control	Gymnastics Balance and creating shape Creative	Outdoor Adventure Camp	Athletics Track and field	Striking/fielding games Playing as a team
	2	Swimming Assessment	Invasion game Sending and receiving	Net and wall Directing the ball	Invasion Travelling and changing direction	Net and wall Directing the ball	Athletics Running increased distances
5	1	Net and wall Games Knowing positions	Invasion games Tactics	Dance Creative	Invasion Hand eye co-ordination/ Shooting	Outdoor Adventure Camp	Athletics Track and field
	2	Invasion games Creating new rules	Swimming Assessment	Gymnastics Group Balances & Complex Sequence Building Creative	Health and Fitness Improving	Athletics Understanding of physical movement	Striking and fielding Skill specific/adapting and assessing
6	1	Net and wall Games Knowing positions	Invasion games Tactics	Dance Creative	Invasion Hand eye co-ordination/ Shooting	Outdoor Adventure Camp	Athletics Track and field

6		Invasion games Creating new rules	Swimming	Gymnastics Group Balances & Complex Sequence Building	Health and Fitness Improving	Swimming Top ups for Year 6 non- swimmers	Striking and fielding Skill specific/adapting and assessing
	2		Assessment	Creative		Assessment	

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 good for their 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.