

PE Curriculum Overview KS2

Key Stage 2

In Key Stage 2, Students are taught to:

- Develop basic specific technical skills in a range of sports and physical activities, developing consistency in movement patterns, consistency, and control.
- Develop cognitive understanding of when basic skills should be used in a range of competitive situations, modified where appropriate.
- Develop cognitive understanding of basic principles for attacking and defensive strategies, applied through competitive situations modified where appropriate.
- Take part in outdoor and adventurous activity challenges both individually and within a team.
- Develop a cognitive understanding of how a technical skill should be performed, in order to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
5	Netball Table Tennis OAA	Netball Table Tennis OAA SWIMMING	Handball Football Dance	Handball Football Dance	Cricket Athletics	Rounders Athletics
<p>All pupils will attend 10 swimming lessons in Year 5 over a specific time period. Students will also have the opportunity to make further progress in Year 6, particularly when not reaching the NC expectation.</p> <ul style="list-style-type: none"> - Swim competently, confidently and proficiently over a distance of at least 25 m (at the end of KS2) - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and show confidence in personal water safety 						
6	Football Table Tennis	Football Health Related Fitness SWIMMING	Basketball Gymnastics	Basketball Gymnastics	Cricket Athletics	Rounders Athletics

Any students that do not complete their swimming lessons in Year 5, will attend catch up lessons in Year 6 to ensure they meet the NC expectation.

- Swim competently, confidently and proficiently over a distance of at least 25 m (at the end of KS2)
- Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] and show confidence in personal water safety

Students will also have the opportunity to attend an Outdoor Adventurous Activities residential trip during Year 6, to develop resilience and problem solving, both as an individual and as part of a team.