



Year LKS2 PE Overview

Key Concepts NC PoS Reference	Vocabulary	Substantive Knowledge	Procedural & Disciplinary Knowledge
<p>Athletics</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. • 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • Athletics • Jumping • Throwing • Running • Co-ordination • Movement • Measurements • Timing • Technique 	<ul style="list-style-type: none"> • Choose the appropriate running speed to meet the demand of the task. • Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. 	<ul style="list-style-type: none"> • Apply and develop a broad range of athletic skills in different ways. • Show control, coordination and consistency when running, throwing, and jumping. • Combine basic jump actions to form a jump combination, using a controlled jumping technique
<p>Badminton</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. • 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • Badminton • Serve • Net • Court • Racket • Rally • Shuttle • Coordination • Movement • Grip 	<ul style="list-style-type: none"> • Understand the different types of rallies, participating in both. • Understand skills needed to win games. 	<ul style="list-style-type: none"> • Continue to improve control of the shuttle, with and without the racket, developing different movements and skills to play varied types of shot including a forehand and a lift. • Can hit the shuttle, when in the air, varying height, speed, and direction into space to beat an opponent. • Use different skills to try and win games. • Work together to keep a rally going, returning the shuttle to a partner. • With increasing accuracy, perform a forehand and backhand serve, hitting the shuttle with confidence and control. • Can move around the court with purpose, demonstrating a fast-paced chasse movement in isolation and in games. • Show a good stance and structure when throwing and hitting the shuttle.
<p>Basketball</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. • 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • Basketball • Dribbling • Passing • Shoot • Net • Chest pass • Space • Possession • Score 	<ul style="list-style-type: none"> • Explain simple tactics in game situations. 	<ul style="list-style-type: none"> • Move the ball keeping it under control whilst changing direction. • Pass, shoot and receive a ball with increasing accuracy, control, and success. Pass in different ways e.g. high, low, fast, slow. • Find and use space in game situations and work well as part of a team. • Apply basic attacking and defending principles. • Use a range of tactics to keep possession of the ball. • Take up spaces/positions that make it difficult for opponents.
<p>Cricket</p>	<ul style="list-style-type: none"> • Cricket • Fielding • Striking • Teamwork 	<ul style="list-style-type: none"> • Chose both fielding and striking skills which make it difficult for your opponent. • Explain the tactics you have used in games. 	<ul style="list-style-type: none"> • Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy.

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<p>Dance 2c: Develop flexibility, strength, technique, control, and balance. 2d: Perform dances using a range of movement patterns.</p>	<ul style="list-style-type: none"> • Dance • Routine • Music • Co-ordination • Tutting • Beat of 8 • Canon • Unison • Count • Fluency • Choreography ● Performance 	<ul style="list-style-type: none"> • Describe phrases and expressive qualities 	<ul style="list-style-type: none"> • Respond imaginatively to a range of stimuli. • Move confidently and safely in your own and general space, using changes of speed, level, and direction. • Perform movement phrases using a range of different body actions and body parts – with control and accuracy. • Create linked movements, combining different ways of travelling, with beginnings, middles and ends. • Compose short dances that express and communicate mood, ideas, and feelings, varying simple compositional ideas. • Explore, remember, and repeat short dance phrases, showing greater control and spatial awareness.
<p>Dodgeball 2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • Speed • Bounce • Balls • Throw • Catch • Dodge • Positioning • Underarm throw • Side shot • Target • Strike • Roll 	<ul style="list-style-type: none"> • Understand how finding space can help in game situations. • Use a range of tactics to try win games. 	<ul style="list-style-type: none"> • Improve consistency when catching a variety of different shots. • Show control when moving at speed. • Move the ball in different ways – with increasing control and accuracy – whilst moving. • Practise and improve the underarm throw and side shot throw. • Get into good positions to both receive and throw the ball. • Develop the skills needed for games including ball handling, striking, dodging, and catching.
<p>Football 2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • Football • Passing • Attacking • Defending • Throwing • Control • Saving • Tackle • Scoring • Aim • Dribbling • Turning • Direction 	<ul style="list-style-type: none"> • Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending.) • Employ and explain simple tactics in game situations. 	<ul style="list-style-type: none"> • Move the ball keeping it under control whilst changing direction. • Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success • Challenge a player in possession of the ball. • Receive a ball under control.

<p>Golf</p> <p>2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • Golf • Chipping • Putting • Target • Coordination • Technique • Accuracy • Speed 	<ul style="list-style-type: none"> • Understand the importance of accuracy when chipping. 	<ul style="list-style-type: none"> • Explore the skills required to play golf successfully. • Develop and apply the chipping technique to competitive games. • Develop, explore, and demonstrate the ability to 'putt' accurately and effectively. • Demonstrate good teamwork skills.
<p>Handball</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • Ball • Control • Throw • Catch • Dribbling • Receive • Space • Hands • Accuracy • Aim • Power • Intercept • Support 	<ul style="list-style-type: none"> • Keep and follow the rules of the game. • Choose and adapt techniques and tactics to keep possession of the ball and give you a chance to shoot or score. 	<ul style="list-style-type: none"> • Get into good positions to pass and receive the ball. Pass the ball using different techniques. • Develop set moves that can be used in attacking play. • Showing growing control and consistency during games. • Keep the ball under control, passing and receiving with increasing accuracy. • Choose space/ positions where you can receive a pass or to support a teammate.
<p>Hockey</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> • Hockey • Passing • Dribbling • Shoot • Stick • Control • Teamwork • Speed • Direction • Decision Making • Aim • Turn • Stop • Possession • Slap pass • Push pass • Attack • Defence 	<ul style="list-style-type: none"> • Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending). • Explain simple tactics in game situations. 	<ul style="list-style-type: none"> • Move the ball keeping it under control whilst changing direction. • Perform basic skills needed for the games with control and accuracy. • Pass, shoot and receive a ball with increasing accuracy, control, and success. • Develop control and technique.
<p>Netball</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate</p>	<ul style="list-style-type: none"> • Ball • Control • Speed • Direction • Passing • Pass • Chest Pass • Bounce Pass • Technique • Aim • Accuracy • Teamwork • Shoot 	<ul style="list-style-type: none"> • Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents. • Select passes that keep possession. 	<ul style="list-style-type: none"> • Move to support teammates, getting into good positions to pass, receive, and shoot the ball. • Pass the ball using different techniques. • Shoot and score with increasing accuracy. • Develop the understanding of the importance of speed when playing invasion games. • Pass and receive the ball with control.

improvement to achieve their personal best.	<ul style="list-style-type: none"> • Score • Accuracy • Power • Rules 		
<p>Orienteering</p> <p>2e: Take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<ul style="list-style-type: none"> • Teamwork • Map Skills • Indoor mapping • Picture Orienteering • Control Plotting • Communication • Problem Solving 	<ul style="list-style-type: none"> • Recognise that activities need thinking through and planning. • Have knowledge of safety rules and procedures for taking part in orienteering event 	<ul style="list-style-type: none"> • Recognise where you are on a map. • Demonstrate all the physical skills needed for orienteering: agility, balance, and co-ordination. • Move confidently in different ways, developing agility, balance, and coordination. • Participate in competitive orienteering events, following instructions of the game • Develop a basic understanding of map reading/making and apply these skills and techniques in games.
<p>Rounders</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<ul style="list-style-type: none"> • Throwing • Fielding • Catching • Power • Get in line • Communication • Accuracy • Technique • Batting • Score • Aiming • Space • Targets ● Long Barrier 	<ul style="list-style-type: none"> • Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games. 	<ul style="list-style-type: none"> • Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy. • Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control. • Intercept and stop the ball consistently. • Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. • Communicate, collaborate, and compete with others, following the rules of the game. • Show control, coordination and consistency when throwing and catching a ball.
<p>Tag Rugby</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<ul style="list-style-type: none"> • Rugby • Tag • Pass • Share • Defend • Mark • Attack • Dummy 	<ul style="list-style-type: none"> • To begin to understand and follow the rules of tag rugby. • Improve decision making skills and choose the right skills that meet the needs of the situation 	<ul style="list-style-type: none"> • Move in different directions learning to move away from your opponent and keep control of the ball when running. • Learn how to pass in rugby, catching successfully and improving skills whilst on the move. • Move forward to attack as part of a team – running in a line. • To work as part of a team when defending, keeping in a line, and spreading out. • Develop attacking and defending skills within tag rugby, successfully scoring tries, tagging opponents, and passing the ball backwards to a teammate.
<p>Tennis</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous</p>	<ul style="list-style-type: none"> • Swing • Cooperative • Cooperative play • Movement • Aim • Partner • Direction • Send • Catch • Court target • Power 	<ul style="list-style-type: none"> • Apply basic principles for attacking including finding and using space in game situations. 	<ul style="list-style-type: none"> • Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, throwing, and stopping the ball. • Perform a basic forehand action with control and accuracy. • Throw/send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. • Begin to apply basic movements in a range of activities and in combination. • Keep a rally going using a range of shots. • Compete with others – Keeping and following the rules of the game.

<p>ones and demonstrate improvement to achieve their personal best</p>	<ul style="list-style-type: none"> • Accuracy • Space • Free Space • Control • Bounce • Racket 		
<p>Volleyball</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination.</p> <p>2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</p> <p>2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<ul style="list-style-type: none"> • Ball Flight • Ready Position • Watch the ball • Catch • Control • Throw • Ready • Watch • Hands • Aiming • Accuracy • Power • Speed • Direction • Space • Wide • Tactics • Successful 	<ul style="list-style-type: none"> • Employ simple tactics in game situations and explain why they have used the tactics. • Apply basic principles suitable for attacking and defending. 	<ul style="list-style-type: none"> • Choose and perform the basic skills needed for the games with control and accuracy. • Throw/send the ball using a variety of techniques. • Send a ball into space at different speeds and heights to make it difficult for the opponent. • Take up space / positions that make it difficult for the opponents. Intercept and stop the ball consistently. • Adopt a good 'ready position' to move and catch a ball.