



## UKS2 PE Overview

Unit NC PoS Reference	Vocabulary	Declarative Knowledge	Procedural and disciplinary knowledge
<p>Athletics</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination.</p> <p>2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> <li>• Jumping</li> <li>• Throwing</li> <li>• Coordination</li> <li>• Measurements</li> <li>• Timing</li> <li>• Movement</li> <li>• Technique</li> <li>• Pace</li> </ul>	<ul style="list-style-type: none"> <li>• Choose the appropriate speed to run at for the distance to be covered.</li> <li>• Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</li> <li>• Understand how physical activity can contribute to a healthy lifestyle and the importance of being physically fit.</li> <li>• Explain how their body reacts and feels when taking part in different activities and undertaking different roles and understanding how this effects the muscles.</li> <li>• Understand appropriate pace judgement for the running distance to be covered.</li> <li>• Understand the appropriate throwing and jumping technique to achieve maximum distance and height.</li> <li>• Share and discuss athletic techniques with others.</li> <li>• Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</li> <li>• Be able to describe the importance of being physically fit and explain how their body reacts and feels when taking part in different activities and undertaking different roles</li> </ul>	<ul style="list-style-type: none"> <li>• Run, jump, catch, and throw in isolation and combination. Combine and perform skills with control.</li> <li>• Communicate, collaborate, and compete with others. Working effectively as part of a team.</li> <li>• Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment.</li> <li>• Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.</li> <li>• Work effectively as part of a team.</li> <li>• Successfully run, jump, and throw in isolation and in combination – applying appropriate techniques to achieve personal bests.</li> </ul>
<p>Badminton</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"> <li>• Speed</li> <li>• Dodge</li> <li>• Positioning</li> <li>• Catch</li> <li>• Underarm throw</li> <li>• Bounce</li> <li>• Side shot</li> <li>• Target</li> <li>• Strike</li> <li>• Roll</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the importance of quick reactions in dodgeball.</li> <li>• Develop an understanding of how to improve when playing games.</li> <li>• Understand how the muscles work.</li> <li>• Explain how physical activity can help contribute to a healthy lifestyle.</li> <li>• Evaluate a performance, Providing constructive feedback.</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in games fairly, following the rules. Show good teamwork.</li> <li>• Apply appropriate skills and tactics in game situations.</li> <li>• Move quickly (dodge) with good control. Improve control when moving at speed.</li> <li>• Increase accuracy and consistency of throws, including a side shot throw, towards a moving target.</li> <li>• Successfully catch a ball at different heights.</li> <li>• Demonstrate a variety of different throwing techniques with good accuracy, pace, and consistency.</li> <li>• Take part in competitive games, playing fairly and working cooperatively as part of a team.</li> <li>• Use different ways to dodge the ball (jump, gallop, jockey.)</li> <li>• Use appropriate tactics in games and discuss and apply strategies needed to win.</li> </ul>
<p>Football</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>	<ul style="list-style-type: none"> <li>• Passing Accuracy</li> <li>• Attacking</li> <li>• Throw in</li> <li>• Dribble</li> <li>• Speed</li> <li>• Tackle</li> <li>• Defending</li> <li>• Save</li> <li>• Turning</li> <li>• Direction</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to evaluate and recognise success.</li> <li>• Understand how physical activity can contribute to a healthy lifestyle.</li> <li>• Choose different formations to suit the needs of the game. • Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game.</li> <li>• Identify and evaluate parts of your game where you're performing well, and parts that can be improved.</li> <li>• Recognise exercise and activities that help strength, speed and stamina.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply basic principles for defending - Defend by marking, covering, and tracking opponents as appropriate.</li> <li>• Use different skills to keep possession of a ball as part of a team. • Develop control whilst performing skills at speed. Change speed and direction to get away from a defender.</li> <li>• Adapt games and activities making sure everyone has a role to play.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.</li> <li>• Keep possession of the ball when faced with opponents.</li> </ul>

2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best			<ul style="list-style-type: none"> <li>• Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball.</li> </ul>
Golf  2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<ul style="list-style-type: none"> <li>• Golf</li> <li>• Chipping</li> <li>• Putting</li> <li>• Target</li> <li>• Co-ordination</li> <li>• Technique</li> <li>• Speed</li> <li>• Accuracy</li> </ul>	<ul style="list-style-type: none"> <li>• Understand the technique to be able to chip at different heights.</li> <li>• Become familiar with golf phrases and the concept of golf.</li> <li>• Compare and evaluate other performances.</li> </ul>	<ul style="list-style-type: none"> <li>• Apply both the putting and chipping techniques to competitive games.</li> <li>• Show control and control to make accurate shots.</li> <li>• Begin to develop the driving technique.</li> <li>• Increase accuracy and distance when practicing the driving technique and participate in driving games.</li> <li>• Develop an accurate putting technique, chipping for height technique, and driving for distance technique.</li> <li>• Determine how much speed and power is required when working to a target.</li> <li>• Compete with other in modified golf games.</li> </ul>
Gymnastic  2c: Develop flexibility, strength, technique, control, and balance	Pace • Jumping • Throwing • Coordination • Measurements • Timing • Movement • Technique	Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles. • Identify which aspects of a performance were performed consistently, accurately, fluently, and clearly; being able to provide constructive feedback. • Work effectively as part of a team, recognising success, and give constructive feedback. • Create short warm up routines that follow basic principles	Perform movements accurately with a sense of rhythm. • Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation. • Develop flexibility, strength, control, technique, and balance. • Explore, improvise, and combine movement ideas fluently and effectively. Use skills in different ways, performing confidently, with clarity and a sense of rhythm. • Combine and perform gymnastic actions, shapes, and balances more fluently and effectively. • Use combinations of dynamics using the space effectively. • Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence.
Handball  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	<ul style="list-style-type: none"> <li>• Handball</li> <li>• Control</li> <li>• Space</li> <li>• Dribbling</li> <li>• Receive</li> <li>• Accuracy</li> <li>• Aim</li> <li>• Power</li> <li>• Intercept</li> <li>• Support</li> </ul>	<ul style="list-style-type: none"> <li>• Find ways to get the ball towards your opponent's goal, knowing when to pass, when to dribble or travel with the ball.</li> <li>• Watch and evaluate the success of a game, whilst recognising parts of a performance that could be improved and identifying practices that will help.</li> <li>• Suggest ideas for warming up and explain your choices.</li> <li>• Explain how your body reacts and feels when you play different games and understand how the muscles work – work by getting shorter, relax by getting longer.</li> <li>• Understand there are different ways to defend. Understand there are different ways to attack as a team.</li> <li>• Know how handball helps your fitness and health.</li> <li>• Give feedback to individual, team and your own performance, describing the best points, suggesting how to improve, and commenting on techniques and tactics</li> <li>• Know what makes a good warm down e.g. it calms the body, prevents stiffness, settles the mind.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform skills, such as passing and shooting with accuracy, control, and confidence.</li> <li>• Change speed and direction to get away from a defender.</li> <li>• Use a variety of tactics, like use of space and positions to keep the ball.</li> <li>• Develop control whilst performing skills at speed.</li> <li>• Combine and perform skills with control, adapting them to meet the needs of the situation.</li> <li>• Choose and apply a range of tactics and strategies when both attacking and defending.</li> </ul>
Hockey  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	<ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Turn</li> <li>• Shoot</li> <li>• Control</li> <li>• Teamwork</li> <li>• Speed</li> <li>• Direction</li> <li>• Decision Making</li> <li>• Possession</li> <li>• Slap pass</li> <li>• Push pass</li> <li>• Attack</li> <li>• Defence</li> </ul>	<ul style="list-style-type: none"> <li>• Choose different formations to suit the needs of the game.</li> <li>• Learn how to evaluate and recognise success.</li> <li>• Understand the importance of being physically fit.</li> <li>• Identify and evaluate parts of your own game and others, providing feedback.</li> <li>• Understand how physical activity can contribute to a healthy lifestyle.</li> <li>• Understand how muscles work.</li> <li>• Adapt games and activities making sure everyone has a role to play.</li> <li>• Create short warm up routines that follow basic principles e.g. raises body temperature, mobilise joints muscles</li> </ul>	<ul style="list-style-type: none"> <li>• Participate in competitive games, modified where appropriate. Work effectively as part of a team.</li> <li>• Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique.</li> <li>• Apply basic principle for attacking – choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faced with opponents.</li> <li>• Apply basic principles for defending - Defend by marking, covering and tracking opponents as appropriate.</li> <li>• Develop control whilst performing skills at speed. • Apply the attacking and defending principles in game situations.</li> <li>• Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender</li> </ul>

improvement to achieve their personal best.			<ul style="list-style-type: none"> <li>• Choose different formations to suit the needs of the game and choose skills that meet the need of the situation.</li> </ul>
<p>Netball</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"> <li>• Control</li> <li>• Speed</li> <li>• Direction</li> <li>• Chest Pass</li> <li>• Rules</li> <li>• Power</li> <li>• Accuracy</li> <li>• Bounce Pass</li> <li>• Technique</li> <li>• Aim</li> <li>• Accuracy</li> <li>• Teamwork</li> <li>• Shoot</li> </ul>	<ul style="list-style-type: none"> <li>• Know the difference between attacking and defending skills.</li> <li>• Know how to mark and defend your goal.</li> <li>• Begin to understand how muscles work and explain how the body reacts to physical activity.</li> <li>• Identify strengths and weaknesses of your own and other performances and explain your reasoning.</li> <li>• Create short warm up routines that follow the basic principles e.g. raising body temperature, mobilise joints and muscles.</li> <li>• Recognise and evaluate performances providing constructive feedback. Understand how to improve in different physical activities and sport.</li> </ul>	<ul style="list-style-type: none"> <li>• Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.</li> <li>• Increase accuracy and confidence of passing and shooting skills.</li> <li>• Apply basic principles for attacking and defending, choosing different formations to suit the need of the game.</li> <li>• Work effectively as a team.</li> <li>• Use a variety of tactics to keep possession of the ball, applying the principles of attacking.</li> <li>• Use the defending principles in game situations, including marking, tracking, and covering, to gain possession. Use different skills to keep possession of the ball. Develop control whilst performing skills at speed.</li> <li>• Show good awareness of others in game situations and work effectively as a team, adapting games if needed so everyone has a role to play.</li> </ul>
<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"> <li>• Teamwork</li> <li>• Map Skills</li> <li>• Indoor mapping</li> <li>• Picture Orienteering</li> <li>• Control Plotting</li> <li>• Communication</li> <li>• Problem Solving</li> </ul>	<ul style="list-style-type: none"> <li>• Understand relevant techniques to navigate to and from control points.</li> <li>• Understand elements and scaling confidently.</li> <li>• Identify what they have done well and adapt plans for future challenges.</li> <li>• Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge.</li> </ul>	<ul style="list-style-type: none"> <li>• To orientate themselves and map correctly keeping track of their position with increasing accuracy.</li> <li>• Work within a team trusting and valuing each other.</li> <li>• Develop communication skills and use these skills to achieve success.</li> <li>• Make a map with symbols and legend and begin to understand scale.</li> <li>• Compete in orienteering events, problem solving with team members.</li> <li>• Build confidence during team activities.</li> <li>• Takes part in orienteering events, such as picture orienteering and control orienteering, with success.</li> <li>• Use a map to confidently orientate yourself around - Use previous knowledge to navigate and design a route to the controls.</li> <li>• Develop map reading and map building skills. • Develop physical fitness and be able to describe its importance in orienteering.</li> </ul>
<p>Rounders</p> <p>2a: Use running, jumping, throwing, and catching in isolation and in combination.</p> <p>2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> <li>• Fielding</li> <li>• Power</li> <li>• Get in line</li> <li>• Communication</li> <li>• Accuracy</li> <li>• Catching</li> <li>• Technique</li> <li>• Batting</li> <li>• Score</li> <li>• Aiming</li> <li>• Space</li> <li>• Targets</li> </ul>	<ul style="list-style-type: none"> <li>• Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding).</li> <li>• Watch and evaluate the success of games and good performance and explain why a performance is good.</li> <li>• Understand how physical activity can contribute to a healthy lifestyle and explain how your body reacts and feels when taking part in physical activity.</li> <li>• Develop an understanding of how to improve in different physical activities and sports.</li> <li>• Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop control and technique whilst performing skills at speed.</li> <li>• Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.</li> <li>• Show good awareness of others in game situations.</li> <li>• Work as part of a team, communicating with others and adapting games and activities making sure everyone has a role to play.</li> <li>• Begin to bowl at different speeds.</li> <li>• Perform skills with accuracy, confidence, and control.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Retrieve, intercept, and stop a ball when fielding.</li> <li>• Use skills and tactics to outwit opponents when fielding and batting.</li> <li>• Use team work when defending to cover areas and make it hard for the batter to score runs.</li> </ul>
<p>Tag Rugby</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>	<ul style="list-style-type: none"> <li>• Rugby</li> <li>• Tag</li> <li>• Pass</li> <li>• Share</li> <li>• Attack</li> <li>• Defend</li> <li>• Mark</li> <li>• Dummy</li> </ul>	<ul style="list-style-type: none"> <li>• Begin to understand the importance of lines in tag rugby – both for attack and defence.</li> <li>• Use simple tactics in games to achieve success as a team.</li> <li>• Understand the defensive duties in tag rugby and the process of tagging.</li> <li>• To understand the rules of the game and participate in full games.</li> <li>• Understand the importance of keeping in a line in both attacking and defending plays</li> </ul>	<ul style="list-style-type: none"> <li>• Increase accuracy and control when passing and catching whilst moving at speed.</li> <li>• Participate in competitive games, following the rules and playing fair.</li> <li>• Continue to improve different ways to pass – fast, slow, high, low.</li> <li>• Incorporate the rules of the game into small sided games like passing backwards.</li> <li>• To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate.</li> <li>• Carefully consider the best way to score a try and win the game, remembering to find and use space when running.</li> </ul>

<p>2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>			<ul style="list-style-type: none"> <li>• Successfully remove tags in accordance with the rules.</li> </ul>
<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 ones and demonstrate improvement to achieve their personal best</p>	<ul style="list-style-type: none"> <li>• Rally</li> <li>• Racket</li> <li>• Court target</li> <li>• Power</li> <li>• Accuracy</li> <li>• Free Space</li> <li>• Control</li> <li>• Swing</li> <li>• Cooperative play</li> <li>• Aim</li> <li>• Movement</li> <li>• Direction</li> <li>• Cooperative</li> <li>• Strategy</li> </ul>	<ul style="list-style-type: none"> <li>• Identify spaces and understand the tactic of hitting into gaps.</li> <li>• Watch and evaluate the success of games, being able to explain why a performance is good, and what part of a performance could be improved and why.</li> <li>• Explain how your body reacts and feels when taking part in different activities and undertaking different roles.</li> <li>• Evaluate your own success and areas of improvement, as well as others.</li> <li>• Create short warm up routines that follow basic principles e.g. raise body temperature, mobilise joints and muscles.</li> </ul>	<ul style="list-style-type: none"> <li>• Use good footwork that allows the ball to be hit with good technique.</li> <li>• Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area.</li> <li>• Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence.</li> <li>• Apply the principles of attacking.</li> <li>• Participate in competitive games, modified where appropriate.</li> <li>• Adopt a good ready position and show good position on court.</li> </ul>
<p>Volley Ball</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"> <li>• Ball Flight</li> <li>• Ready Position</li> <li>• Watch the ball</li> <li>• Control</li> <li>• Ready</li> <li>• Successful</li> <li>• Accuracy</li> <li>• Power</li> <li>• Speed</li> <li>• Direction</li> <li>• Space</li> <li>• Wide</li> </ul>	<ul style="list-style-type: none"> <li>• Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</li> <li>• Understand how the muscles work e.g. work by getting shorter, relax by getting longer.</li> <li>• Develop an understanding of how to improve in different physical activities and sports. Recognise part of a performance that could be improved and explain how.</li> <li>• Learn how to evaluate and recognise their own success.</li> <li>• Recognise part of a performance that could be improved and explain how. Learn how to evaluate and recognise their own success.</li> <li>• Understand the importance of being physically fit and how physical activity can contribute to a healthy lifestyle.</li> </ul>	<ul style="list-style-type: none"> <li>• Adopt a good ready position on court and show good awareness of others in game situations.</li> <li>• Direct the ball towards the opponent's court or target area.</li> <li>• Apply basic principles suitable for attacking and defending. Identify spaces and understand the tactic of hitting into gaps.</li> <li>• Participate in competitive games, modified, and adapted where appropriate.</li> <li>• Apply basic principles suitable for defending. Show good position on court.</li> <li>• Use good footwork that allows the ball to be hit with good technique.</li> </ul>