

CURRICULUM PROGRESSION GRID:PHYSICAL EDUCATION

LOWER KEY STAGE 2

Dance	Gymnastics	Athletics	Invasion	Net and Wall	OAA
<p>NC Link -Perform dances using a range of movement patterns -Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>NC Link -Develop flexibility, strength, technique, control and balance -Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>NC Link -Use running, jumping, throwing and catching in isolation and in combination -Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>NC Link -Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending -Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>NC Link -Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic principles suitable for attacking and defending -Compare their performances with previous ones and demonstrate improvement to achieve their personal best</p>	<p>NC Link -Take part in outdoor and adventurous activity challenges both individually and within a team</p>
<p>Builds on KS1 -Pupils will explore travelling actions, movement skills and balances. - They will understand why it is important to count to music and use this in their dances, alongside music. - Pupils will also explore</p>	<p>Builds on KS1 -Pupils learn to use space safely and effectively. - They explore and develop basic gymnastic actions on the floor and using apparatus. - They will explore basic skills of jumping, rolling, balancing and travelling</p>	<p>Builds on KS1 - Pupils will develop skills required in athletic activities such as running at different speeds, changing direction, jumping and throwing. - Children will develop throwing for distance and will link running and</p>	<p>Builds on KS1 Pupils develop the basic skills required in invasion games such as sending, receiving and dribbling a ball. -They develop their understanding of attacking and defending , learning to stay with another player to try and prevent them from getting the ball. -They will learn to dodge and find a space away from the other team. All pupils will have the opportunity to play uneven and even sided games.</p>	<p>Builds on KS1 <u>Being Imaginative</u> -They represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role play and stories. -Children talk about the ideas and processes which have led them to</p>	

<p>pathways, levels, shapes, directions, speeds and timing and will learn how their body can move to express and idea, mood or feeling.</p> <p>-Pupils will copy and repeat actions linking them together to make short dance phrases. Pupils will work individually and with a partner.</p>	<p>are used individually and in combination to create short sequences and movement phrases.</p> <p>- Pupils develop an awareness of compositional devices when creating sequences to include the use of shapes, levels and directions.</p> <p>- Children will be taught to move confidently and safely themselves and when using equipment.</p>	<p>jumping movements with some control and balance.</p> <p>- In all athletic based activities, pupils will engage in performing skills and measuring performance, competing to improve on their own score and against others.</p>	<p>-They learn how to score points, learn how to keep track of the score and how to play to the rules.</p> <p>-Participate in team: games, developing simple tactics for attacking and defending</p>	<p>make music, designs, images or products.</p>	
<p>Theme Links 'Greeks' Music Autumn 2, Cycle A</p>	<p>Theme Links 'Greeks' History Autumn 2, Cycle A</p>	<p>Theme Links 'Conflict' Summer2, Cycle A</p>	<p>Theme Links 'Romans/Invasion' Autumn 1, Cycle B</p>	<p>Theme Links 'Vicious Vikings' Spring 1, Cycle B</p>	<p>Theme Links 'Journeys' Geography Spring 2, Cycle A</p>
<p>Intent</p> <p>-Pupils create dances in relation to an idea including historical, cultural and scientific sources, alongside creating characters and narrative through movement and gesture.</p> <p>- Pupils work individually, with a partner and in small groups.</p> <p>- Pupils develop their use of counting and rhythm.</p>	<p>Intent</p> <p>-Pupils focus on improving the quality of their movements.</p> <p>-They are introduced to the terms 'extension' and 'body tension.'</p> <p>- Pupils develop the basic skills of rolling, jumping and balancing and use them individually and in combination.</p> <p>-Pupils develop their sequence work using matching and</p>	<p>Intent</p> <p>-Pupils will develop basic running, jumping and throwing techniques.</p> <p>-Pupils are set challenges for distance and time that involve using different styles and combinations of running, jumping and throwing.</p> <p>- Pupils think about how to achieve their greatest possible speed, height, distance or accuracy.</p> <p>- Pupils learn how to work to their maximum</p>	<p>Intent</p> <p>-Pupils will learn to keep possession of the ball using attacking skills.</p> <p>-Pupils will play uneven and even sided games.</p> <p>-Pupils will learn how to dodge a defender and how to defend an opponent.</p> <p>- Pupils will think about how to use skills, strategies and tactics to outwit the opposition.</p> <p>- Pupils will be introduced to simple rules.</p> <p>-They will learn how to</p>	<p>Intent</p> <p>-Pupils develop the key skills required for tennis such as the ready position, racket control and forehand and backhand ground strokes.</p> <p>-Pupils learn how to score points and how to use skills, strategies and tactics to outwit the opposition.</p> <p>- Pupils are given opportunities to play</p>	<p>Intent</p> <p>-Pupils develop problem solving skills through a range of challenges.</p> <p>-Pupils work as a pair and small group to plan, solve, reflect and improve on strategies.</p> <p>-They will learn to communicate their own ideas and listen to others.</p> <p>- Pupils learn to orientate a map, identify key symbols</p>

<ul style="list-style-type: none"> - Pupils learn to use canon, unison, formation and levels in their dances. - Pupils will repeat, remember and perform these phrases in a dance. - Pupils will use dance to explore and communicate ideas and issues, and their own feelings and thoughts. 	<p>contrasting actions and shapes and develop linking sequences smoothly with actions that flow.</p> <ul style="list-style-type: none"> -Pupils develop performance skills considering the quality and control of their actions. - Pupils develop more advanced actions such as inverted movements and explore ways to include apparatus independently and with a partner to build sequences. 	<p>and how to improve in a variety of events such as running for distance, sprinting, relay, long jump, vertical jump and javelin.</p> <ul style="list-style-type: none"> - Pupils are also given opportunities to measure, time and record scores. measure, time and record scores. 	<p>evaluate their own and others' performances and suggest improvements.</p>	<p>games independently and are taught the importance of being honest whilst playing to the rules.</p>	<p>and follow routes.</p>
<p>Vocabulary</p> <ul style="list-style-type: none"> beat expression canon unison formation phrase motif stimulus dynamics pathways direction 	<p>Vocabulary</p> <ul style="list-style-type: none"> apparatus sequence tuck pike straight extension body tension straight roll barrel roll forwards roll straight jump tuck jump star jump rhythmic 	<p>Vocabulary</p> <ul style="list-style-type: none"> direction sprinting obstacles distance height balance agility coordination 	<p>Vocabulary</p> <ul style="list-style-type: none"> striking dodging defending passing receiving competitive 	<p>Vocabulary</p> <ul style="list-style-type: none"> target accuracy the serve forehand backhand volley competitive 	<p>Vocabulary</p> <ul style="list-style-type: none"> communication teamwork trust conclusion listening thinking decision making planning problem solving