

UKS2	Year A			Year B		
Term	Autumn	Spring	Summer	Autumn	Spring	Summer
Unit	Applying Physical Football Gym	Social Hockey Handball	Creative Athletics Cricket	Cognitive Gym Football	Personal Handball Hockey	Health & Fitness Cricket Athletics
Outcome	I can use combinations of skills confidently in a sport specific context	I can involve others and begin to motivate others to start to perform better	I can adapt my skills, tactics and movements to be different from others expressing my own ideas effectively	I am beginning to understand ways to judge performance and I can identify specific parts to work on	I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and set myself appropriate targets	I understand how much exercise I need to be healthy and can record and monitor how hard I am working
Sequence of Learning	<p>1. I can change direction with the ball at my feet 2. I can adapt my body position in order to move the ball into space 3. I know the difference between running with the ball and dribbling 4. I can apply my fundamental movements (toe taps, side steps etc.) in order to move the ball forward 5. I am developing my decision making skills (when to pass, dribble etc.)</p> <p>REAL GYM*</p>	<p>1. I have full control over my hockey stick at all times 2. I can dribble with the ball using a stick at quicker pace 3. I am learning to pass accurately over longer distances using a variety of passing techniques 4. I can coach my partner to pass accurately and control the ball effectively 5. I can give specific and detailed feedback to my team within a small group session</p> <p>1. I can coach my teammates to be more effective in their position 2. I can lead a small group activity to help improve transition speed 3. I can use my footwork in order to make space 4. I can explain why I made a particular pass in a certain way 5. I can create space for my someone else using movement off the ball</p>	<p>1. I can pace myself effectively to cover a longer distance 2. I can launch from my strongest foot when running and jumping staying within a marked boundary 3. I can improve my throwing distance by increasing my run up speed 4. I can plan and deliver a PT session to a small group 5. I understand the importance of mental and physical preparation</p> <p>1. I can adopt a long barrier stance in order to prevent a ground ball from travelling 2. I can throw accurately over a longer distance considering where I am aiming 3. I can play a variety of shots, refining my technique to aim for spaces in the field 4. I am adapting and refining my bowling technique 5. I understand the points system and beginning to understand the basic positions</p>	<p>REAL GYM*</p> <p>1. I can change direction with the ball at my feet 2. I can adapt my body position in order to move the ball into space 3. I know the difference between running with the ball and dribbling 4. I can apply my fundamental movements (toe taps, side steps etc.) in order to move the ball forward 5. I am developing my decision making skills (when to pass, dribble etc.)</p>	<p>1. I can understand all positions in the game 2. I can transition quickly between attack and defend 3. I can attempt a variety of movements in order to try and find space 4. I can adapt my pass in order to escape a defender 5. I can challenge myself to make more ambitious throws and take responsibility if they go wrong</p> <p>1. I have full control over my hockey stick at all times 2. I can dribble with the ball using a stick at quicker pace 3. I am learning to pass accurately over longer distances using a variety of passing techniques 4. I can coach my partner to pass accurately and control the ball effectively 5. I can give specific and detailed feedback to my team within a small group session</p>	<p>1. I can adapt the catch position to best suit the opportunity 2. I am consistently picking the most appropriate style of throw 3. I can play a safety shot into the ground 4. I am beginning to learn to bowl overarm using step by step technique 5. I can plan and deliver a simple bat and ball game to a small group with specific learning targets</p> <p>1. I can pace myself effectively to cover a longer distance 2. I can launch from my strongest foot when running and jumping staying within a marked boundary 3. I can improve my throwing distance by increasing my run up speed 4. I can plan and deliver a PT session to a small group 5. I understand the importance of mental and physical preparation</p> <p>(Each session will include more detailed discussions about how exercise effects</p>

						the body and the impact of a healthy lifestyle)
Real PE focus	Apply with consistency Combine with fluency Link with quality	Lead others Improve others Organise and guide others	Express and adapt Refine and change	Analyse performance Make good decisions Describe how to improve	Consistently try to improve Embrace challenge Take responsibility for my learning	Explain how to exercise Prepare myself for activity Plan my own fitness
Vocabulary	Outside turn Inside turn One bounce kickup Through ball Counter attack transition	Off the ball footwork	Sprint Pace Follow through		Pivot Reverse pivot press	Seam Spin Wicket Wicket keeper Batter Bowler fielders