

LKS2	Year A			Year B		
Term	Autumn	Spring	Summer	Autumn	Spring	Summer
Unit	Applying Physical Invasion Football	Social Hockey Bat & ball	Creative Cricket Athletics	Cognitive Handball Invasion	Personal Bat & ball Hockey	Health & Fitness Athletics Cricket
Outcome	I can select and apply a range of skills with good control and consistency	I can work effectively in small teams, listening and sharing ideas	I can make up my own rules and versions of activities	I can begin to explain what I am doing well in relation to the tactics of attacking and defending	I know where I am with my learning and challenging myself	I can explain how my body changes during and after exercise
Sequence of Learning	<p>1. I am developing different techniques for passes</p> <p>2. I can catch a smaller ball in a controlled way bringing the ball into my chest after contact</p> <p>3. I am starting to understand how my decisions impact the game</p> <p>4. I can apply more power to my throw while maintaining control</p> <p>5. Pick a pass using a teammate in space using the appropriate pass technique</p> <p>1. I can start and stop while dribbling a ball</p> <p>2. I am beginning to use the inside and outside of my feet when dribbling</p> <p>3. I can dribble accurately with a purpose (through gates etc.)</p> <p>4. I am developing my control of the ball using the drag back techniques</p> <p>5. I am beginning to develop my decision making skills (when to pass, dribble etc.)</p>	<p>1. I can hold a hockey stick safely</p> <p>2. I can dribble with the ball using a stick at walking pace</p> <p>3. I am learning to pass accurately over 5m</p> <p>4. I can coach my partner to pass accurately</p> <p>5. I can support my group to help them control the ball</p> <p>1. I know that different sports require different techniques holding a bat</p> <p>2. I can throw and catch a variety of different sized balls</p> <p>3. I can increase my accuracy of my throws whilst aiming at a target or my partners hands</p> <p>4. I can keep my eye on the ball and make contact with the ball most of the time</p> <p>5. I can take turns batting and bowling giving advice to my partner after each swap</p>	<p>1. I am confident in adopting the catch position quickly</p> <p>2. I am starting to pick the most appropriate style of throw</p> <p>3. I can keep my eye on the ball most of the time and make contact</p> <p>4. I can throw underarm accurately at a target</p> <p>5. I can plan and deliver a simple bat and ball game to a small group</p> <p>1. I can push off from a standing start rapidly gaining speed</p> <p>2. I can begin to time my steps in order to be able to jump over a small barrier</p> <p>3. I can adapt my throwing technique after advice from a coach trying to beat my personal best</p> <p>4. I can control my pace in order to be able to run for longer</p> <p>5. I can continue my work as a team to achieve a collective result adapting to my teammates needs</p>	<p>1. I am able to effectively navigate a crowded space</p> <p>2. I am beginning to understand my position</p> <p>3. I can change direction suddenly by pushing off with either foot</p> <p>4. I can adapt my position while receiving and throwing the ball</p> <p>5. I can identify space when in possession</p> <p>1. I can explain why I chose to make a specific pass</p> <p>2. I am learning to effectively communicate to my partner what my intentions are</p> <p>3. I am starting to understand how my decisions impact the game</p> <p>4. I can work with my teammates in order to defend a zone effectively</p> <p>5. I can explain to a group what to look for when making effective passes</p>	<p>1. I am learning that different sports require different techniques holding a bat</p> <p>2. I am learning to throw and catch a variety of different sized balls</p> <p>3. I can increase the accuracy of my throws aiming at a target</p> <p>4. I can keep my eye on the ball and make contact with the ball</p> <p>5. I can strike the ball forwards with control towards a target area</p> <p>1. I can adapt my grip to different situations</p> <p>2. I can dribble with the ball at a quicker pace</p> <p>3. I am developing a range of passing</p> <p>4. I can adapt my practise after receiving advice</p> <p>5. I can challenge my partner and myself to achieve tougher targets</p>	<p>1. I understand that my technique is different when sprinting and jogging</p> <p>2. I can launch from my strongest foot when running and jumping</p> <p>3. I can begin to move forwards while throwing to improve distance</p> <p>4. I can jump and land safely on one foot whilst moving (eg. hurdles)</p> <p>5. I can begin to trust my teammates and fluidly run whilst performing other actions</p> <p>(Each session will include more detailed discussions about how exercise effects the body and the impact of a healthy lifestyle)</p> <p>1. I am confident in adopting the catch position quickly whilst moving slowly</p> <p>2. I am able to pick the most appropriate style of throw</p> <p>3. I can keep my eye on the ball and make contact</p> <p>4. I can throw underarm and overarm at a target</p> <p>5. I can plan and deliver a simple bat and ball game to a small group</p>

Real PE focus	Perform with control	Work well with other	Recognise and respond	Explain why – tactics attack and defend	Take control	Explain why – body changes after exercise
Vocabulary	Receive Inside foot Outside foot Ball roll Stop turn Drag back	Body position Control Push pass	Pace Stamina Accuracy stumps	Space Efficient Movement Closing down position	Coordination Power focus	Overarm Timing Heart-rate Body temperature