



## KS2 P.E. Skills



The National Curriculum states that in KS2 pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance.
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

**All schools must provide swimming instruction either in key stage 1 or key stage 2.** At Our Lady & St. Gerard's we organise our provision so that pupils in Year 3 and / or 4 attend Leyland Leisure Centre for swimming lessons. These lessons are planned by a qualified swimming instructor. Class teachers and teaching assistants help the swimming instructor to deliver the lessons.

	<b>DANCE</b>	<b>GAMES</b>	<b>ATHLETIC ACTIVITIES</b>	<b>OAA</b>	<b>SWIMMING</b>
Year 3	<p>To perform and repeat a routine.</p> <p>To move in an expressive manner.</p> <p>To create dances that convey an idea.</p> <p>To develop strength and suppleness by practising moves and stretching.</p> <p>To change level and speed within a performance.</p>	<p>To throw and catch with control.</p> <p>To use simple tactics in game situations, developing an understanding of attack (including moving into space) and defence.</p> <p>To follow the rules of a game.</p> <p>To strike a ball.</p> <p>To show an understanding of the principles of fielding.</p> <p>To pass to teammates.</p>	<p>To develop sprinting technique.</p> <p>To run over a longer distance without stopping.</p> <p>To use different throwing techniques.</p> <p>To throw and jump for distance.</p> <p>To compete against others and aim to improve their personal best.</p>	<p>To begin to develop communication and collaboration skills when working in small groups.</p> <p>To evaluate their own success.</p> <p>To take responsibility for self and others.</p> <p>To know some of the symbols on an orienteering map.</p> <p>To move safely with a simple map around a simple orienteering course.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water-based situations.</p>

	<b>GYMNASTICS</b>	<b>GAMES</b>	<b>ATHLETIC ACTIVITIES</b>	<b>OAA</b>	<b>SWIMMING</b>
Year 4	<p>To plan, perform and repeat a routine.</p> <p>To travel in a range of ways, including flight by transferring weight to generate power.</p> <p>To move in an expressive, controlled manner.</p> <p>To refine movements, combining them into sequences.</p> <p>To hold balances on a variety of body parts.</p> <p>To show changes of level, direction and speed during performance.</p> <p>To show an awareness of their body in order to improve placement and alignment.</p> <p>To perform a variety of jumps (e.g. pencil, tuck, star) with increasing control.</p> <p>To perform a variety of rolls safely, with control.</p> <p>To perform stretches to develop flexibility.</p>	<p>To throw and catch with control and consistency.</p> <p>To use tactics in game situations to outwit the opposition, showing an understanding of attack and defence.</p> <p>To follow the rules of a game and understand the principles of fair play.</p> <p>To maintain possession of a ball whilst travelling.</p> <p>To strike a ball and field with control.</p> <p>To pass to teammates at appropriate times.</p> <p>To lead others and act as a respectful team player.</p>	<p>To show good sprinting technique.</p> <p>To run over a longer distance, showing an understanding of pace.</p> <p>To use different throwing techniques to throw different objects.</p> <p>To throw and jump for distance, identifying effective techniques.</p> <p>To compete against others and aim to improve their personal best.</p>	<p>To work safely and collaboratively with a small group, developing good communication skills</p> <p>To listen to others' ideas when decision making.</p> <p>To know the roles and responsibilities of each member in a small team.</p> <p>To evaluate their own success.</p> <p>To take responsibility for self and others.</p> <p>To know most of the symbols on an orienteering map.</p> <p>To know that the map has to be "set or "orientated" when they move around a simple course.</p> <p>To use a control card.</p> <p>To run safely with a map around a simple orienteering course, navigating to control markers.</p>	<p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively.</p> <p>Perform safe self-rescue in different water-based situations.</p>

	<b>DANCE</b>	<b>GAMES</b>	<b>ATHLETIC ACTIVITIES</b>	<b>OAA</b>
Year 5	<p>To compose creative routines, consisting of a number of more complex phrases.</p> <p>To move in an expressive manner, with precise body posture.</p> <p>To develop routines that express ideas.</p> <p>To perform routines that combine strength and stamina.</p> <p>To vary level and speed within a performance.</p>	<p>To apply tactics to a game, including defending and attacking skills and principles.</p> <p>To follow the rules of a game, showing good sportsmanship and leadership.</p> <p>To use both forehand and backhand shots.</p> <p>To strike a bowled or volleyed ball.</p> <p>To maintain possession of a ball or score points.</p>	<p>To use effective sprinting technique, combining this with movement over low hurdles.</p> <p>To pace themselves when running over a longer distance in order to complete the run without stopping.</p> <p>To refine their technique in a range of throwing events.</p> <p>To jump for distance, using control for take-off and landing.</p> <p>To compete against others and aim to improve their personal best by setting targets for improvement.</p>	<p>To develop determination and perseverance.</p> <p>To work collaboratively with others, communicating effectively by respecting opinions by listening and responding appropriately.</p> <p>To evaluate their own and others success.</p> <p>To take responsibility for self and others.</p> <p>To begin to develop confidence when given a specific role / job in a group or team.</p> <p>To know all the symbols on an orienteering map.</p> <p>To keep the map “set or “orientated” when they move around a simple course.</p> <p>To understand how OAA can help their fitness and health.</p>

	<b>GYMNASTICS</b>	<b>GAMES</b>	<b>ATHLETIC ACTIVITIES</b>	<b>OAA</b>
Year 6	<p>To create controlled, complex and well executed routines with a full range of movements, including: travel, balance, spring, flight, vault, inversion, rotation, bend, stretch, twist, gesture and linking skills.</p> <p>To hold shapes and balances, including partner counterbalances.</p> <p>To create, practice and refine routines using fluency to link skills together.</p> <p>To use equipment to vault (whilst remaining upright).</p> <p>To vary speed, direction, level and rotation during routines.</p>	<p>To choose and combine techniques in game situations.</p> <p>To field, defend and attack tactically by anticipating play.</p> <p>To choose and apply the most appropriate tactics to games.</p> <p>To uphold a spirit of fair play in competitive situations.</p> <p>To use both forehand and backhand shots in games, choosing the most appropriate shot.</p> <p>To strike a bowled or volleyed ball with accuracy.</p> <p>To maintain possession of a ball or score points.</p> <p>To lead others and act as a positive role model to a team.</p>	<p>To use effective sprinting technique, combining this with movement over low hurdles and when using a Reversaboard to change direction.</p> <p>To pace themselves when running over a longer distance in order to complete increasingly longer runs without stopping.</p> <p>To use good technique in a range of throwing events (eg javelin, chest push, discus).</p> <p>To perform a range of jumps safely and with control, including jumping for height (e.g. vertical jumps) and for distance (e.g. standing long and triple jumps).</p> <p>To jump for distance with controlled take-offs and landings, using arms and legs effectively for propulsion.</p> <p>To compete with others and aim to improve their personal best by setting targets for improvement.</p>	<p>To show determination and perseverance when presented with problem solving challenges.</p> <p>To work collaboratively with others, communicating effectively by respecting opinions and listening and responding appropriately.</p> <p>To evaluate their own and others success.</p> <p>To take responsibility for self and others.</p> <p>To confidently take on specific roles / jobs in a group or team.</p> <p>To effectively navigate to control markers, recording information accurately on control cards.</p> <p>To choose an appropriate method of communication for the task.</p> <p>To understand how OAA can help their fitness and health.</p>

*In addition to the areas of physical education included in the tables above, pupils will also have opportunities to participate in alternative / additional activities such as Judo and Tai chi to further develop their flexibility, strength, technique, control and balance. The additional activities are outlined on the whole-school curriculum map for P.E.*