



## DOWN AMPNEY PRIMARY SCHOOL

### Term 5

### Unit Overview: KS2 PE

### Physical

<p><u>National Curriculum Objectives</u></p> <ul style="list-style-type: none"> <li>❖ Enjoy communicating, collaborating and competing with each other and develop and understanding of how to improve in an activity.</li> <li>❖ Develop strength, control and balance, and technique.</li> <li>❖ Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.</li> </ul>	<p><b>In this unit, children will develop and apply their jumping and landing and one leg balance through focused skill development sessions, modified/non-traditional games and sports and healthy competition.</b></p> <p><u>Declarative knowledge</u></p> <ul style="list-style-type: none"> <li>❖ I can jump from 2 feet to 2 feet forwards, backwards and side-to-side.</li> <li>❖ I can hop forwards and backwards, freezing on landing.</li> <li>❖ I can jump from 1 foot to the other forwards and backwards, freezing on landing.</li> <li>❖ I can hop sideways, raising my knee and freezing on landing.</li> <li>❖ I can jump from 1 foot to the other sideways, raising my knee and freezing on landing.</li> <li>❖ I can stand still on an uneven surface for 30 seconds.</li> <li>❖ I can stand still on an uneven surface for 40 seconds with eyes closed.</li> <li>❖ I can complete 10 squats into ankle extensions.</li> <li>❖ I can complete 5 squats with eyes closed.</li> </ul>	<p><u>Vocabulary</u></p> <p>Combinations, accurately, sport specific, vertical stance, momentum, uneven.</p>
<p><u>Fundamental Movement Skills</u></p> <p><b>Dynamic balance to agility – Jumping and landing</b></p> <p><b>Static balance – One leg balance.</b></p> <p><u>Progression of Creative Skills and Support</u></p> <ul style="list-style-type: none"> <li>❖ I can perform and repeat sequences with clear shapes and controlled movement.</li> <li>❖ I can select and apply a range of skills with good control and consistency.</li> <li>❖ I can perform a variety of movements and skills with good body tension.</li> <li>❖ I can link actions together so that they flow.</li> <li>❖ I can use combinations of skills confidently in specific contexts.</li> <li>❖ I can perform a range of skills fluently and accurately.</li> </ul>	<p><u>Procedural knowledge</u></p> <ul style="list-style-type: none"> <li>❖ Bend my knees before take-off and on landing.</li> <li>❖ Swing my arms to get height and use them to help balance on landing.</li> <li>❖ Land softly on the balls of my feet so there is no noise.</li> <li>❖ Keep my tummy (core muscles) tight.</li> <li>❖ Use smooth, controlled movements.</li> <li>❖ Use my arms to help balance.</li> </ul>	<p><u>Pillars of Progression</u></p> <p><u>Pillar 1: Motor Competence</u></p> <ul style="list-style-type: none"> <li>❖ Apply balance skills in a variety of modified games to improve dynamic balance and counterbalance.</li> </ul> <p><u>Pillar 2: Rules, Strategies and Tactics</u></p> <ul style="list-style-type: none"> <li>❖ Prepare traditional invasion games that use feints, change of speed and direction to outwit opponents.</li> <li>❖ Learn about attacking and defending strategies to help make effective decisions.</li> </ul> <p><u>Pillar 3: Healthy Participation</u></p> <ul style="list-style-type: none"> <li>❖ Develop social skills to learn to cooperate by listening to others and being supportive.</li> <li>❖ Be prepared to lead a small group through a task and give helpful feedback when appropriate.</li> </ul>
<p><u>Prior learning (KS1)</u></p>	<p><u>British Values</u></p> <ul style="list-style-type: none"> <li>❖ Democracy – Have your opinions heard when discussing topics and tactics.</li> <li>❖ Rule of law – learn about rules for different sports, sporting behaviour, etiquette and fair play.</li> </ul>	<p><u>Key Sportsmen/women</u></p>



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<ul style="list-style-type: none"><li>❖ Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities.</li><li>❖ Participate in team games, developing simple tactics for attacking and defending.</li></ul> <p><u>Future learning: KS3</u></p> <ul style="list-style-type: none"><li>❖ Use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</li><li>❖ Develop their technique and improve their performance in other competitive sports.</li><li>❖ Analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best.</li></ul>	<ul style="list-style-type: none"><li>❖ Mutual respect and tolerance – celebrate sporting achievements together.</li></ul> <p><u>Christian Values</u></p> <ul style="list-style-type: none"><li>❖ <u>Courage</u> If you don't succeed after several attempts, ask for help from others.</li><li>❖ <u>Respect</u> Following instructions.</li><li>❖ <u>Trust</u> Supporting others in achieving their goals.</li></ul>	Keely Hodgkinson – UK athlete Dina Asher-Smith
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