



Horbury Primary Academy

Physical Education: Key Stage 2



Progression of Learning Objectives

Physical Education – Key Stage 2 –Year 3

Athletics and Competitive Games

Year 3

NC Athletics:

Use running, jumping and throwing in isolation and in combination.

- Focus on their arm and leg action to improve their sprinting technique.
- Begin to combine running with jumping over hurdles
- Focus on trail leg and lead leg action when running over hurdles.
- Understand the importance of adjusting running pace to suit the distance being run
- Use one and two feet to take off and to land with control
- Develop an effective take-off for the standing long jump.
- Develop an effective flight phase for the standing long jump.
- Land safely and with control.
- Perform a chest push throw.
- Continue to develop techniques to throw for increased distance.

Key Vocabulary

Run, jog, sprint, pace, distance, technique hurdle, relay, landing, take-off control & chest push.

NC Competitive Games:

Play competitive games (modified where appropriate (eg, basketball, netball, hockey, rugby, football, rounders, cricket and tennis). Apply basic principles suitable for attacking.

- Beginning to show competency in the FUNdamentals: jog, balance, co-ordination and sprint
 - Display an understanding of fair play, respect and teamwork.
 - Know and use rules fairly from at least two different games.
- Netball/Basketball**
- Throw and catch a chest pass with some control.
 - Throw and catch a bounce pass with some control.
 - Begin to dribble the ball in one direction.
 - Use a range of skills to keep possession of the ball and make progress towards the goal.
 - Vary the speed and direction of the ball.
- Hockey**
- Stop and control the ball using a hockey stick.
 - Hold a hockey stick accurately, dribbling forwards, backwards and changing direction when needed.
 - Show control when passing using a push pass for a short distance.
- Rugby**
- Hold a rugby ball correctly.
 - Throw at a target from a stationary position.
 - Throw while moving aiming for a target.
 - Change pace while holding and moving with a ball.
 - Change direction while holding and moving with a ball.
- Tennis/Badminton**
- Hold a racket correctly and hit with accuracy, aiming for a target.
 - Control the ball/shuttlecock and racket using co-ordinated control.
 - Demonstrate quick, reactive footwork when moving around the ball/shuttlecock.
 - Hold a short rally.
- Rounders/Cricket**
- Throw underarm to a partner with control and accuracy.
 - Throw overarm with some control and accuracy.
 - Catch accurately with two hands.
 - Hit a moving ball using a cricket bat/paddle bat.
 - Begin to know and name some positions in rounders/cricket.

- Play small sided, modified games.

Physical Education – Key Stage 2 –Year 4

Year 4

NC Athletics:

Use running, jumping and throwing in isolation and in combination.

- Confidently demonstrate an improved technique for sprinting.
- Carry out an effective sprint finish.
- Perform a relay, focusing on the baton changeover technique.
- Speed up and slow down smoothly
- Work as a team to perform a relay and use a beanbag for changeovers.
- Learn how to combine a hop, step and jump to perform the standing triple jump.
- Land safely and with control.
- Begin to measure the distance jumped.
- Perform a chest push throw with control and accuracy aiming for distance.
- Demonstrate how to throw a foam javelin
- Measure the distance of their throws.
- Continue to develop techniques to throw for increased distance.

Key Vocabulary:

Sprint, sprint finish, relay, triple jump, chest push, contril, accuracy, javelin

NC Competitive Games:

Play competitive games (modified where appropriate (eg, basketball, netball, hockey, rugby, football, rounders, cricket and tennis). Apply basic principles suitable for attacking.

- Show awareness of space, opponents and equipment when participating in games activities.

Netball/Basketball

- Throw and catch a chest pass with accuracy and control at a target.
- Throw and catch a bounce pass with accuracy and control at a target.
- Throw and catch an overhead pass with accuracy and control at a target.
- Know when each pass should be used.
- Dribble the ball in forwards and backwards with control.
- Use both hands to dribble the ball (in unison or individually).
- Understand and apply the footwork rule for netball.
- Understand the travelling rule for basketball.
- Begin to understand rules.
- Play small, modified games where rules can be applied.

Hockey

- Dribble with control, changing direction and pace.
- Stop and control the ball.
- Perform a push pass over a short distance in an open and closed environment.
- Demonstrate a push pass in a competitive game.

Rounders/Cricket

- Throw overarm with control for distance.
- Know when to use an underarm or overarm throw in a game.
- Hit a moving ball with a cricket bat and begin to with a rounders bat.
- Perform close fielding- run in, pick up a stationary ball and return underarm.
- Begin to identify some of the positions and roles they play in cricket/rounders.
- Begin to understand some rules from Kwick-cricket and rounders.
- Play modified competitive games, showing knowledge of rules and tactics.

Tennis/Badminton

- Perform various skills with a racket demonstrating control of the ball/shuttlecock.
- Demonstrate a forehand.
- Demonstrate a backhand.
- Serve underarm.

Physical Education – Key Stage 2 –Year 5

Year 5

NC Athletics:

Use running, jumping and throwing in isolation and in combination.

- Accelerate from a variety of starting positions and select their preferred position.
- Identify their reaction times when performing a sprint start.
- Continue to practise and refine their technique for sprinting,
- Select the most suitable pace for the distance and their fitness level in order to maintain a sustained run.
- Identify and demonstrate stamina, explaining its importance for runners.
- Work as a team to perform a relay, beginning to use the correct baton technique for change overs
- Improve techniques for jumping for distance.
- Perform an effective standing long jump.
- Perform the standing triple jump with increased confidence.
- Develop an effective technique for the standing vertical jump (jumping for height) including take-off and flight.
- Land safely and with control.
- Perform a javelin throw
- Continue to develop techniques to throw for increased distance.

Key Vocabulary:

Sprint, sprint finish, relay, triple jump, chest push, accuracy, javelin, long distance run, stamina,

NCCompetitive Games:

Play competitive games (modified where appropriate (eg, basketball, netball, hockey, rugby, football, rounders, cricket and tennis). Apply basic principles suitable for attacking.

Netball/Basketball

- Use a variety of passes in small, modified games and competitive situations.
- Demonstrate the footwork rule for netball in a small, modified game.
- Begin to show some accuracy and control when shooting
- Demonstrate a change of pace or direction to find space.
- Demonstrate understating of how to defend 1:1.
- Apply some of the main rules in a competitive game.

Hockey

- Perform a push pass (hockey) over a short distance
- Perform a drive pass (hockey) over a longer distance (for safety- no higher than knee height).
- To dribble the ball with control in a closed environment.
- To dribble the ball under the pressure from a defender.

Rugby

- Handle a rugby ball correctly.
- Pass and move with a rugby ball.
- Change direction/pace with accuracy before throwing rugby ball.
- Demonstrate how to tag.
- Begin to pass backwards.
- Begin to understand some rules for the game and apply to small, modified games.

Rounders/Cricket

- Perform Close fielding- run in, pick up a moving ball and return underarm for short distance and over arm for long distance.
- Close fielding- return to a target.
- Play full games of rounders/cricket applying rules.
- Identify different positions in rounders/cricket and the roles of each position.

Tennis/Badminton

- Demonstrate a forehand with control and accuracy.
- Demonstrate a backhand with control and accuracy.
- Demonstrate a volley.
- Build up a rally focusing on different strokes.
- Perform underarm serve accurately.
- Begin to use the scoring systems for tennis and/or badminton.

Physical Education – Key Stage 2 –Year 6

Year 6

NC Athletics:

Use running, jumping and throwing in isolation and in combination.

- Recap, practise and refine an effective sprinting technique, including reaction time.
- Build up speed quickly for a sprint finish.
- Run over hurdles with fluency, focusing on the lead leg technique and a consistent stride pattern.
- Accelerate to pass other competitors.
- Refine changeovers with a baton and work as a team to competitively perform a relay.
- Confidently and independently, select the most appropriate pace for different distances and different parts of the run.
- Demonstrate endurance and stamina over longer distances in order to maintain a sustained run.
- Develop the technique for the standing vertical jump.
- Maintain control at each of the different stages of the triple jump.
- Land safely and with control.
- Develop and improve their techniques for jumping for height and distance and support others in improving their performance.

NC Competitive Games:

Play competitive games (modified where appropriate (eg, basketball, netball, hockey, rugby, football, rounders, cricket and tennis). Apply basic principles suitable for attacking.

Netball/Basketball

- Pass in different ways and know which pass to use when.
- Pass and move efficiently in order to keep possession.
- Demonstrate footwork consistently and accurately (netball) in competitive games.
- Perform an accurate shooting technique for netball.
- Perform an accurate shooting technique for basketball.
- Know when to pass or dribble to keep possession.
- Perform a variety of ways to find space and get free for a pass.
- Demonstrate the defensive position in netball/basketball 1:1.
- Apply most of the rules to competitive games.
- Know all positions in netball and the boundaries of play.

Rugby

- Move efficiently, handing the ball correctly.
- Pass a ball backwards accurately to another player, while on the move.
- Demonstrate how to tag and show an understanding of the rules when tagging.
- Demonstrate how to score a try.
- Demonstrate how to work as a team when playing competitively.
- Show an understanding for most of the Tag Rugby rules and apply to competitive games.

Hockey

- Dribble the ball accurately with control while under pressure of a defender in a competitive situation.
- Demonstrate how to protect the ball defensively before passing.
- Perform a push pass and a drive pass, with control.
- Know when to perform a push pass or a drive pass.
- Know which pass to use when shooting.
- Perform a sweep pass over a distance.

Rounders/Cricket

- To bowl overarm accurately and with control at a target (cricket)
- To bowl underarm accurately and with control at a target (rounders).
- Fielding- Perform long barrier fielding when the ball is moving at speed on the floor.
- To know the role of each position in rounders/cricket

- Set up and lead jumping activities including measuring the jumps with confidence and accuracy.
- Refine technique for the javelin throw
- Perform a discuss throw
- Continue to develop techniques to throw for increased distance and support others in improving their personal best.
- Develop and refine techniques to throw for accuracy.

Key Vocabulary:

Sprint, sprint finish, relay, triple jump, chest push, accuracy, javelin, long distance run, stamina, pace, sustain, technique.

- To apply consistently rounders/cricket rules in conditioned games.
- To play games using standard rounders/cricket pitch layout.
- To use a range of tactics for attacking and defending in role of bowler, batter, backstop, wicket keeper and fielder.

Tennis

- Know which stroke to use when playing tennis (forehand, backhand, volley)
- Perform the underarm serve accurately at a target.
- Begin to demonstrate the overarm serve.
- Begin to perform the overhead smash stroke.
- Use tactics to place the ball in space in order to score.
- Use the scoring system for tennis and/or badminton for singles and doubles.

Key Vocabulary - Games

	Year 3	Year 4	Year 5	Year 6
Netball/Basketball	Chest, bounce, overhead and shoulder pass, dribble, footwork travelling.	Chest, bounce, overhead, shoulder pass, dribble, control, footwork, travelling.	Footwork, shooting, change of pace/direction, defend, attach, mam to man marking, obstruction, penalty pass, travelling.	Footwork, shooting, change of pace/direction, defend, attach, mam to man marking, obstruction, penalty pass, travelling, possession, tactics, contact, shooting.
Rugby	Throw, catch pass, move receive, direction, co-ordination		Throw, catch pass, move receive, direction, co-ordination, change direction/pace, pass backwards, modified game.	change direction/pace, pass backwards, modified game, tactics, rules, tag, scoring.
Hockey	Stop, control, dribble, pace, direction, push pass.	Stop, control, dribble, pace, direction, push pass.	Stop, control, dribble, push pass, drive pass, defend, attack.	Stop, control, dribble, push pass, drive pass, defend, attack, shoot, sweep pass.
Tennis	Control, rally, footwork, ready position, racket, serve.	Forehand, backhand, underarm serve,	Forehand, backhand, underarm serve, volley	Forehand, backhand, underarm serve, volley, overarm serve, smash stroke.
Rounders/cricket	Bat, bowl, bowler, fielder, out/dismissed, runs, rounder.	Overarm and underarm throw, close fielding, back stop, bowler, batter, deep field, 1 st base, wicket keeper.	Overarm and underarm throw, close fielding, back stop, bowler, batter, deep field, 1 st base, wicket keeper.	Long barrier, leg-side, out/dismissed, stumped, bails, wicket, wicket keeper, silly-mid on.

Physical Education – Key Stage 2 –Year 3

Gymnastics, Dance, OAA, Leadership and Swimming

School Games Values: respect, honesty, determination, self-belief, passion and teamwork. One, some or all of these values are to be a focus in each PE lesson.

Year 3	<p>NC Gymnastics: <i>Develop flexibility, strength, technique, control, co-ordination and balance.</i></p>	<p>NC Dance: <i>Perform dances using a range of movements.</i></p>	<p>NC Outdoor and Adventurous Activity: <i>Take part in outdoor adventurous activity that challenges individually and within a team.</i> Leadership: <i>Have the opportunity to lead (group/activity) and officiate.</i></p>
	<ul style="list-style-type: none"> • Explain how strength and suppleness affect performance • Adapt sequence to suit different types of apparatus • Explore the use of floor, mat, apparatus and equipment (eg, ball, ribbon, scarves, hoops etc) using shape, balance and travel. • Develop strength, flexibility and technique • Balance with control 	<ul style="list-style-type: none"> • Improvise freely and translate ideas from a stimulus into movement • Share and create phrases with a partner and small group • Remember and repeat dance phrases • Perform short dances with expression, showing an awareness of others 	<p>Outdoor and adventurous activity:</p> <ul style="list-style-type: none"> • Follow a map in a familiar context • Use clues to follow a route • Follow a route safely <p>Leadership & Evaluation:</p> <ul style="list-style-type: none"> • Lead a skill-based activity to your peers • Compare and contrast gymnastic sequences • Recognise own improvement in ball games
	<p><u>Key Vocabulary</u> Strength, suppleness, sequence, apparatus, flexibility, technique, control.</p>	<p><u>Key Vocabulary</u> Improvise, stimulus,, expression, repeat</p>	<p><u>Key Vocabulary</u> Route, map, clues. Lead, compare, contrast.</p>

Physical Education – Key Stage 2 –Year 4

School Games Values: respect, honesty, determination, self-belief, passion and teamwork. One, some or all of these values are to be a focus in each PE lesson.

Year 4	<p>NC Gymnastics: <i>Develop flexibility, strength, technique, control, co-ordination and balance.</i></p>	<p>NC Dance: <i>Perform dances using a range of movements.</i></p>	<p>NC Outdoor and Adventurous Activity: <i>Take part in outdoor adventurous activity that challenges individually and within a team.</i></p> <p>Leadership: <i>Have the opportunity to lead (group/activity) and officiate.</i></p> <p>NC Swimming and Water Safety:</p> <ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations.
	<ul style="list-style-type: none"> • Move in a controlled way • Include change of speed and direction within a sequence • Work with a partner to create, repeat and improve a sequence with at least 3 phrases. • Gradually increase the length of sequences • Combine equipment (eg, hoops, ribbons etc) and floor within a sequence. • Balance with control using different points and patches of the body 	<ul style="list-style-type: none"> • Remember and repeat dance phrases • Perform short dances with expression, showing an awareness of others • Take the lead when working with a partner or group • Use dance to communicate an idea • Practice and combine more complex movements 	<p>Outdoor Adventurous Activity:</p> <ul style="list-style-type: none"> • Follow a map in a (more demanding) familiar context • Follow a route within a time limit <p>Leadership and Evaluation:</p> <ul style="list-style-type: none"> • Lead a skill based activity to a group of peers. • Provide support and advice to others in gymnastics and dance • Be prepared to listen to the ideas of others <p>Swimming:</p> <ul style="list-style-type: none"> • Swim competently and confidently over 25m • Use a range of strokes effectively • Perform safe self-rescue in different water-based situations
	<p>Key Vocabulary Strength, suppleness, sequence, apparatus, flexibility, technique, control, speed direction, points, patches.</p>	<p>Key Vocabulary Improvise, stimulus,, expression, repeat, communicate, complex.</p>	<p>Key Vocabulary Map, route, support. Frontcrawl, back stroke, breast stroke, butterfly, tread water, water safety, float, dive, submerge.</p>

Physical Education – Key Stage 2 –Year 5

School Games Values: respect, honesty, determination, self-belief, passion and teamwork. One, some or all of these values are to be a focus in each PE lesson.

Year 5	<p>NC Gymnastics: <i>Develop flexibility, strength, technique, control, co-ordination and balance.</i></p>	<p>NC Dance: <i>Perform dances using a range of movements.</i></p>	<p>NC Outdoor and Adventurous Activity: <i>Take part in outdoor adventurous activity that challenges individually and within a team.</i></p> <p>Leadership: <i>Have the opportunity to lead (group/activity) and officiate.</i></p>
	<ul style="list-style-type: none"> • Make complex extended sequence • Combine action, balance and shape • Perform actions and sequences that show clear levels, speeds and directions • Combine floor, mats, apparatus and equipment with a sequence. • Gradually improve length of sequences. Evaluate, analyse, feedback and improve on individual and paired performances 	<ul style="list-style-type: none"> • Compose own dances in a creative way • Perform dance to an accompaniment • Dance shows clarity, fluency, accuracy and consistency • Use exercises that stretch and tone the body • Demonstrate an understanding of the following: unison, canon and motif. 	<p>Outdoor Adventurous Activity:</p> <ul style="list-style-type: none"> • Follow a map into an unknown location • Use clues and a compass to navigate a route • Change route to overcome a problem • Use new information to change route <p>Young Leaders:</p> <ul style="list-style-type: none"> • Understand what makes a good sports leader • Understand and apply STEP principles when planning and delivering an activity/game • Lead an activity or small game, explaining instruction clearly • Use a whistle appropriately <ul style="list-style-type: none"> • Pick up on something a partner does well and also on something that can be improved • Know why own performance was better or not as good as their last
	<p>Key Vocabulary Strength, suppleness, sequence, apparatus, flexibility, technique, control, action, balance, shape, speed, direction, evaluate, analyse.</p>	<p>Key Vocabulary Improvise, stimulus,, expression, repeat, compose, clarity, fluency, tone, unison, canon, motif.</p>	<p>Key Vocabulary Map, route, compass, navigate. STEP principles, lead.</p>

Physical Education – Key Stage 2 –Year 6

School Games Values: respect, honesty, determination, self-belief, passion and teamwork. One, some or all of these values are to be a focus in each PE lesson.

Year 6	<p>NC Gymnastics: <i>Develop flexibility, strength, technique, control, co-ordination and balance.</i></p>	<p>NC Dance: <i>Perform dances using a range of movements.</i></p>	<p>NC Outdoor and Adventurous Activity: <i>Take part in outdoor adventurous activity that challenges individually and within a team.</i></p> <p>Leadership: <i>Have the opportunity to lead (group/activity) and officiate.</i></p>
	<ul style="list-style-type: none"> • Combine floor, mats, apparatus and equipment with a sequence. • Combine work in pairs and groups • Perform partner balance, counter-balance and partner support • Link sequences to specific timing and music • Perform movements showing strength, flexibility and control • Evaluate, analyse, feedback and improve on individual and paired performances 	<ul style="list-style-type: none"> • Develop sequences in a specific style • Choose own music and style • Develop own routines showing unison and canon. • Understand what a motif is and demonstrate the use of a motif in their own routine. • Take a leadership role in dance • Devise a dance specific warm up and cool down 	<p>Outdoor Adventurous Activity:</p> <ul style="list-style-type: none"> • Plan a route and a series of clues for someone else • Plan with others, taking account of safety and danger • Read a variety of maps and plan accurately <p>Leadership & Evaluation:</p> <ul style="list-style-type: none"> • Plan a skill- based activity using the STEP principles for a younger group of children • Lead a skill-based activity to a group of younger children demonstrating STEP principles • Officiate: <ul style="list-style-type: none"> - an invasion game - net and wall activity - Striking and fielding game • Use a whistle appropriately • Know which sports they are good at and find out how to improve further
	<p><u>Key Vocabulary</u> Partner balance, counter balance, strength, flexibility, control, evaluate, analyse.</p>	<p><u>Key Vocabulary</u> Improvise, stimulus,, expression, repeat, compose, clarity, fluency, tone, unison, canon, motif.</p>	<p><u>Key Vocabulary</u> Map, route, risk, danger, safety, plan. STEP principles</p>

Physical Education: Key Stage Two

National Curriculum

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Athletics	Competitive Games	Swimming	Dance
<i>Use running, jumping and throwing in isolation and in combination.</i>	<i>Play competitive games (modified where appropriate (eg, basketball, netball, hockey, rugby, football, rounders, cricket and tennis). Apply basic principles suitable for attacking.</i>	<ul style="list-style-type: none"> ♣ swim competently, confidently and proficiently over a distance of at least 25 metres ♣ use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ♣ perform safe self-rescue in different water-based situations. 	<i>Perform dances using a range of movements.</i>
Outdoor Adventurous Activity			Gymnastics
Take part in outdoor adventurous activity that challenges individually and within a team.			<i>Develop flexibility, strength, technique, control, co-ordination and balance.</i>

Physical Education Coverage: Key Stage Two

	Year 3	Year 4	Year 5	Year 6
Autumn 1	Basketball Dance	Swimming Games-CPD	Health Related Ed Netball	Basketball HRE
Autumn 2	Hockey CPD	Swimming Netball	Rugby Hockey	Hockey Sports Leaders
Spring 1	Orienteering CPD	Swimming Gymnastics	Dance Orienteering	Netball Rugby
Spring 2	Rugby Tennis	Swimming Rounder's	Basketball Gymnastics	Cricket Gymnastics
Summer 1	Athletics Rounders	Swimming Cricket Dance	Golf CPD -Games	Tennis Golf
Summer 2	Sports Day/Athletics Gymnastics	Swimming Sports Day/Athletics	Athletics/Sports Day Rounders	Athletics/Sports Day Orienteering Dance

