

WITHINFIELDS PRIMARY SCHOOL

PHYSICAL EDUCATION CURRICULUM – KS2

Throughout PE teaching in LKS2 and UKS2, teachers will provide opportunities for children to:

- Perform a variety of movements and skills with good body tension, linking actions together
- Use combinations of skills confidently in sport-specific contexts
- Perform a range of skills fluently and accurately in practice situations
- Effectively transfer skills and movements across a range of activities and sports
- Consistently perform a variety of skills in challenging or competitive situations

We use the Real PE scheme to support our teaching and learning. Children participate in swimming lesson in Y4 or Y5.

	LKS2		UKS2	
Unit 1	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Cardio - Coordination – Floor Movement Patterns (Station 10) • Cool Down - Static Balance – One leg standing (Station 1) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I cope well and react positively when things become difficult. I can persevere and improve with regular practise (Level 4) • I know where I am with my learning and have begun to challenge myself (Level 3) <u>FUNS level</u> Complete all Green and most red FUNS challenges.	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Coordination – Ball skills (Station 9) • Agility – Reaction and Response (Station 12) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can review, analyse and evaluate my own and others' strengths and weaknesses. I can read and react to different game situations as they develop (Level 6) • I have a clear idea of how to develop my own and others' work. I can recognise and suggest patterns of play which will increase chances of success and develop methods to outwit opponents (Level 5) <u>FUNS level</u> Complete all Red and all Blue FUNS challenges.
Unit 2	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Cardio - Dynamic Balance to Agility (Station 6) • Cool Down - Static Balance – Seated (Station 2) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I cooperate well with others and give helpful feedback, organise roles and responsibilities. I can guide a group through a task (Level 4) • I show patience and support, listening well to them about their work. I am happy to show and tell them about my ideas (Level 3) <u>FUNS level</u> Complete all Green and most red FUNS challenges.	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Static Balance – Seated Balance (Station 2) • Static Balance – Floor work (Station 3) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can effectively disguise what I am about to do next. I can use variety and creativity to entertain an audience (Level 6) • I can respond imaginatively to different situations, adapting and adjusting my skills, movements and tactics so they are different from or in contrast to others (Level 5) <u>FUNS level</u> Complete all Red and all Blue FUNS challenges.

	LKS2		UKS2	
Unit 3	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Cardio - Dynamic Balance (Station 5) • Cool Down – Coordination – Ball Skills (Station 9) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can understanding a criteria to judge performance and can identify specific parts to work upon. I can use my awareness of space to make good decisions (Level 4) • I can understand simple tactics of attacking and defending. I can explain what I am doing well and identify areas for improvement (Level 3) <p><u>FUNS level</u> Complete all Green and most red FUNS challenges.</p>	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Dynamic Balance (Station 5) • Counter balance in pairs (Station 7) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can involve others and motivate those around me to perform better (Level 6) • I can give and receive sensitive feedback to improve myself and others. I can negotiate and collaborate effectively (Level 5) <p><u>FUNS level</u> Complete all Red and all Blue FUNS challenges.</p>
Unit 4	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Cool Down - Coordination – with equipment (Station 8) • Cool Down - Counter balance in pairs (Station 7) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can link actions and develop sequences of movement that express my own ideas. I can changes tactics, rules o tasks to make activities more fun or challenging (Level 4) • I can make up my own rules and versions of activities. I can respond differently to a variety of tasks or music (Level 3) <p><u>FUNS level</u> Complete all Green and most red FUNS challenges.</p>	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Static balance – One leg standing (Station 1) • Dynamic Balance to Agility (Station 6) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can effectively transfer skills and movements across a range of activities and sports. I can perform a variety of skills consistently and effectively in challenging situations (Level 6) • I can use combinations of skills effectively in sport specific contexts. I can perform fluently and accurately in practice situations (Level 5) <p><u>FUNS level</u> Complete all Red and all Blue FUNS challenges.</p>

	LKS2		UKS2	
Unit 5	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Cardio – Agility – Reaction and response (Station 12) • Cool Down – Static balance – Floor work (Station 3) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can perform a variety of tasks with good body tension, linking actions together so that they flow in running, jumping and throwing activities (Level 4) • I can perform and repeat longer sequences with clear shapes and controlled movements. I can select and apply a range of skills consistently (Level 3) <p><u>FUNS level</u> Complete all Green and most red FUNS challenges.</p>	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Static Balance – Small Base (Station 4) • Coordination – Floor Movement Patterns (Station 10) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can explain how individuals needs different types of fitness to be more effective in their activity / role / event (Level 6) • I can self-select appropriate warm up and cool down activities. I can identify possible dangers when planning an activity (Level 5) <p><u>FUNS level</u> Complete all Red and all Blue FUNS challenges.</p>
Unit 6	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Cardio - Agility – Ball Chasing (Station 11) • Cool Down - Static Balance – Small base (Station 4) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can describe the basic fitness components and explain how often and how long I should exercise to be healthy (Level 4) • I can describe how my body feels before and after exercise. I can explain why I need to warm up and cool down (Level 3) <p><u>FUNS level</u> Complete all Green and most red FUNS challenges.</p>	<u>Fundamental movement skill</u> <ul style="list-style-type: none"> • Agility – Ball Chasing (Station 11) • Coordination – with equipment (Station 8) 	<u>Multi-ability focus</u> <ul style="list-style-type: none"> • I can create my own learning plan and revise that plan when necessary. I can accept critical feedback and make changes (Level 6) • I see all new challenges as opportunities to learn and develop. I recognise my strengths and weaknesses and can set myself appropriate targets (Level 5) <p><u>FUNS level</u> Complete all Red and all Blue FUNS challenges.</p>