# English Martyrs' KS2 PE Curriculum and Knowledge Map



KS3 (Year 7) Basic skills in netball, football and rugby Cross country, sports hall athletics Athletics skills Rounders / cricket Tennis

Pentscost 2
Badminton (Net and Wall Games) First Grade
Pentscost 1
Athletics (Athletics and Fitness)
B Apply rules, skills and principles to play
againstan opponent.
B Describe how to return the shuttlecock
using an underarm clear and how to return
the shuttlecock using an overhead clear.
A Explain how to use a variety of shots to
A Explain how to use a variety of shots to
A Explain how to develop power, control and
technique for the triple jump.
A toward of the control of the cont ng an underarm clear and how to return e shuttlecock using an overhead clear. explain how to use a variety of shots to ep a continuous rally going. Summarise the serve and understand the

A Explain how to develop catching with increasing consistency under pressure.

A Compare defensive techniques and select it has appropriate action for the situation. Know how to understand and apply tactics in large agame.

D Manage a game using officiating skills and referee a game.

B Describe the different components of fitness and ways to test and develop them. A Organise, manage and record information at a station D Select running techniques to adapt to different distances

my defence D Select and create tactics with my team

B Describe sor

A Explain differ

B Describe how to deve

when performing with performance

B Describe some tactics

A Explain different skil

Dance (Dance) First Grade Sports

a yoga flow individu

Toga oymnastics and 10 all B Create a yog flow individually and with others B Show balance strength and flexibility whilst holding yoga poses. A Lead others through poses and flows. A Explain feedback to help others using key terminology to suggest

using a range of performance skills, showing

B describe the appropriate action for a situation and make a decision quickly B Describe how to tag opponents individually and when working in a unit. A Explain how to mark, tackle and or intercept to improve my defence D Select and create tactics with my team

oga (Gymnastics and Yoga)
Use my breath to move from one pose to another with control.

A Explain how to use wider range of skills with increasing control under pressure
D Select the appropriate action for the situation and make this decision quickly

Y5 and Y6 to attend 15 weeks of swimming

This will replace two units in a term.

This will change yearly depending on availability

A Compare the use of formations, canon and unison to express a dance idea.

Year

Tennis (Net and Wall Games) First
Grade Sports
B Know how to develop racket and ball

Identify how to return the ball using a forehand/ backhand and understand

when to use it.

A Explain how to keep a continuous rally going showing increased technique.

D Select appropriate footwork patterns to move around the court

underarm and overarm throwing and catching skills with increasing accuracy

increasing accuracy.

D Select different actions for different shots

Handball (invasion Games) First Grade Sports
B Create space to help my team maintain possession and score goals.
B Describe how to throw, catch, dribble and shoot with increasing control.
A Summarise simple tactics to help my team, gain

ribe how to catch a range of s with increasing consistency. onstrate how to track a ball not irectly. ain how dribble a ball with hands et with control.

nis (Net and Wall Games) First Grade

Fitness (Athletics and Fitness)

B Define different areas of fitness and describe how they challenge our body

techniques.

A Contrast ways to maintain balance when changing direction at speed.

D Compile my scores and identify areas I need.

KS2



## F\$2/K\$1 PE Curriculum and Knowledge Map



- how to hit a ball with with consistence

## cs (gymnastics + Yoga) First Grade Spor

KS<sub>2</sub>

Compare techniques of accurate nderarm throws by rallying with partner nd catching after one bounce. Select and apply simple tactics to make difficult for an opponent

## Advent 1 Fundamentals (Athletics and Fitness) First

ade Sports Name ways to balance when changing

Ball Skills (Ball Skills)

B Describe how to roll, throw and kick a ball to hit a target.

B Describe how to catch a range of objects with two hands and catch with and without a bounce.

A Septial Process.

without a bounce.

A Explain how to consistently track and collect a ball being sent directly.

D Investigate dribbling with hands and feet with increasing control on the move.

Year

Pentecost 2
Dance (Dance) First Grade Sports
B Copy, remember and repeat actions
B Explore pathways in dance using
counts to move in time.
A Explain choices of appropriate
movements using different body parts
in isolation and together.

Sending and Receiving (Ball Skills)
B Describe how to receive the ball
with my feet and hands
B Label the changes in my body when
I do exercise
A Explain how to catch a ball with
some success.
A Compare ways to throw a ball to a
natter.

Athletics (Athletics and fitness)
8 Explore running at different speeds
8 Explore through gor stance and accuracy
8 Describe how to balance whilst jumping,
changing direction and landing.
A Explain the difference between a jump, a
leap and a hop and explain which allows us
to jump furthest.

## Net and Wall Games (net and wall games) First Grade Sports

A Explain how to use a ready position to

A Explain choices of appropriate movements using different body parts I isolation and together.

## astics (Gymnastics + Yoga) First Grade

Invasion Games (Invasion Games)
B Define the role of defenders and attackers
B Describe how to send and receive a ball with
hands and feet
A Explain how to move into a space showing
awareness of defenders.
A Explain why it is important to stay with a player
when defending

Year

Advent 1
Fundamentals (Athletics and fitness)First
Grade Sports
B Explore changing direction and dodging.
Discover how the body moves at different

speeds.

B Describe how move with some control and balance. Explore stability and landing safely.

A Demonstrate control in take-off and landing when jumping.

A Compare hopping in different directions.

A Demonstrate co-ordination when turning a rope. Use rhythm to jump continuously in a Ferset here.

Ball Skills (Ball Skills)

B Describe how to roll and throw with some accuracy towards a target.

B Explore how to catch with two hands and catch after a bounce. A Explain how to track a ball being sent

# jumping of low apparatus

## Lent Gymnastics + Dance

## Advent Introduction to PE + Fundamentals

Gross Motor:

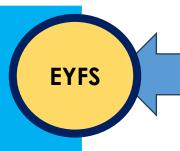
Experiments and combine different ways of moving.

Jumps off an object and fands appropriately.

Begins to negotiate space when racing and playing with other children, adjusting speed and changing direction to avoid obstacles.

Explore and practice skills to travels, under, over and through balancing and climbing equipment.

Explores how to push, pat, throw, catch or kick objects.



## **EYFS**

Negotiate space and obstacles safely, with considerations for themselves and others

Moves energetically, such as running, jumping, dancing, hopping, skipping and climbing