

# LKS2 PE Curriculum and Knowledge Map



### UKS2

Health and Fitness Invasion Games - Football **Gymnastics** Dance Net/Wall Games Invasion Games – Basketball OAA

Striking & Fielding -Rounders and Cricket **Athletics** 

### Pentecost 1 **Athletics**

- I can demonstrate different throwing techniques.
- I can jump for distance and height with control and balance.
- I can throw with some accuracy and power into a target area.

### Pentecost 2

### Striking & Fielding (Cricket)

- I can explain the role of the fielding team and the batting team.
- I can use overarm and underarm throwing and catching skills with increasing accuracy.
  - I can evaluate strengths and weaknesses when playing as a team.

## Pentecost 1

### Striking & Fielding (Rounders)

- I can use the overarm and underarm throwing and catching skills with increasing accuracy. I can throw accurately and
- consistently at a range of targets. I can evaluate strengths and
- weaknesses when playing as a team

### Pentecost 1 Athletics (Running)

- I can explain the correct starting position for a running event.
- can demonstrate the correct use of my arms to help me move forward when running.
- I can demonstrate the different pace needed for sprinting and running over varying distances.

## Lent 1

OAA

I can identify key symbols on a

familiar area and use a key to help

navigate around a grid.
I can plan and apply strategies to

follow and give

- Invasion Games Basketball I can pass the ball with cont sing a chest pass.
- I can play a small 3-a side game with my friends. I can explain the difference in

Loan accurate

solve problems.

detailed instructions.

attacking and defending

## Lent 1

## Net/Wall Games I can explain when to use the volley

se for up to 6 minutes.

Lent 2

**Health & Fitness** 

up exercises for different sports.

part in continuous physical exerci

ose appropriate warm-

- shot when rallying with a partner.
- I can begin to use simple tactics to attack and defend.

Lcan take

I can return to the ready position to

### Advent 2 Dance – Rock 'n' Roll

### I can perform a dance with three moves

- and smooth transitions.

  I can dance with rhythm and to the beat.
- I can compose a dance that reflects the chosen dance style using a variety of dynamics, direction, canon parts and actions in response to the stimuli.

### Advent 2 **Gymnastics**

- I can perform a fluent sequence which includes matching and mirroring skills. I can perform a five-part sequence using different gymnastic shapes. (Tuck, pike straddle, star, front support, back support,
- I can identify and explain the differences between my own and others' performance

### Pentecost 2

## Striking & Fielding (Cricket) I can hit a cricket ball that

- has been bowled I can throw an over arm
- I can develop an understanding of tactics and begin to use them in game situations

## Pentecost 1

- Athletics
  I can use different take off and landings when jumping.
- I can develop jumping for distance and height.
- I can throw a variety of objects, changing my action for accuracy

# Year

### Advent 1 **Health & Fitness**

I can lead a warm-up and cool down for a small group I can explain why keeping fit is good for my health. I can explain what effect

exercise has on my body

### Advent 1 Invasion Games – Football

- I can pass, receive and shoot the ball with increasing control.
- I can defend one-on-one and know when and how to win the ball.
- I can use simple tactics to help a team score or gain possession.

## Pentecost 1

- Athletics (Running)
  I can perform the correct runnir form and name the four points. can change the pace of running depending on the event.
- I can explain what the difference is between a long-distance event and sprint event.

### Pentecost 1

- Striking & Fielding (Rounders)
- Send a ball using the overarm and underarm throwing and catching skills.
- Strike a ball accurately
- Bowl a ball towards a target.

## Health & Fitness

- I can lead a warm-up activity for a small group.
- I can take part in continuous physical exercise for up to five minutes.
- I can identify some muscle
- groups used in physical exercise

#### Lent 2 OAA

- I can follow and give basic
- I can communicate ideas and listen
- I can plan and attempt to apply

### Advent 2 **Gymnastics**

- I can work cooperatively with a variety of partners.
- I can perform a linking
- Dance Waves
- can crate motifs from different stimuli
- can compare and adapt movements and motifs to create a larger sequence

### Lent 1

- **Net/Wall Games** I can maintain control during a
- rally with a partner. I can explain how to change the speed of the ball when playing in
- court using a variety of movement patterns.

- instructions.
- to others.
- strategies to solve problems.

- sequence with fluency, I can perform the log, tuck and circle roll with control in a linking

## Advent 2

- I can begin to improvise individually or with a partner to create a simple
- using a range of gestures in a sequence
- I can move quickly around the

### Invasion Games – Basketball

- I can pass a basketball using a
- Defend an opponent and try to win the ball.
  - Begin to lead others in a simple team game.

## Advent 1

- Invasion Games Football
  I can move with a ball towards goals with increasing control.
- I can understand the role as an attacker and as a defender
- I can defend an opponent and try to

## Advent 1

- Health & Fitness
  I can explain why it is important
  to warm up and cool down.
- I can identify some muscle groups used in physical
- can explain why exercise is

## Year

## Key Stage 1

Health and Fitness Invasion Games – Football **Gymnastics** Dance Net/Wall Games Invasion Games – Basketball OAA

Striking & Fielding - Rounders and Cricket Athletics