

**Physical Education – Summercourt Academy - KS2 Overview**  
Based on 2 hours per week Physical Education (A.N.)

<b>Year group</b>	<b>Hour</b>	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>3</b>	<b>1</b>	<b>Invasion</b> Passing	<b>Net and wall</b> Directing the ball with control	<b>Gymnastics</b> Balance and creating shape <b>Creative</b>	<b>Outdoor Adventure Camp</b>	<b>Athletics</b> Teamwork	<b>Striking/ fielding games</b> Playing as a team
	<b>2</b>	<b>Swimming</b>  <b>Assessment</b>	<b>Invasion game</b> Sending and receiving	<b>Net and wall</b> Directing the ball	<b>Invasion</b> Travelling and changing direction	<b>Net and wall</b> Directing the ball	<b>Athletics</b> Running increased distances
<b>4</b>	<b>1</b>	<b>Invasion</b> Passing	<b>Net and wall</b> Directing the ball with control	<b>Gymnastics</b> Balance and creating shape <b>Creative</b>	<b>Outdoor Adventure Camp</b>	<b>Athletics</b> Track and field	<b>Striking/ fielding games</b> Playing as a team
	<b>2</b>	<b>Swimming</b>  <b>Assessment</b>	<b>Invasion game</b> Sending and receiving	<b>Net and wall</b> Directing the ball	<b>Invasion</b> Travelling and changing direction	<b>Net and wall</b> Directing the ball	<b>Athletics</b> Running increased distances
<b>5</b>	<b>1</b>	<b>Net and wall Games</b> Knowing positions	<b>Invasion games</b> Tactics	<b>Dance</b>  <b>Creative</b>	<b>Invasion</b> Hand eye co-ordination/ Shooting	<b>Outdoor Adventure Camp</b>	<b>Athletics</b> Track and field
	<b>2</b>	<b>Invasion games</b> Creating new rules	<b>Swimming</b>  <b>Assessment</b>	<b>Gymnastics</b> Group Balances & Complex Sequence Building <b>Creative</b>	<b>Health and Fitness</b> Improving	<b>Athletics</b> Understanding of physical movement	<b>Striking and fielding</b> Skill specific/adapting and assessing
<b>6</b>	<b>1</b>	<b>Net and wall Games</b> Knowing positions	<b>Invasion games</b> Tactics	<b>Dance</b>  <b>Creative</b>	<b>Invasion</b> Hand eye co-ordination/ Shooting	<b>Outdoor Adventure Camp</b>	<b>Athletics</b> Track and field

6		<b>Invasion games</b> Creating new rules	<b>Swimming</b>	<b>Gymnastics</b> Group Balances & Complex Sequence Building	<b>Health and Fitness</b> Improving	<b>Swimming</b> Top ups for Year 6 non- swimmers	<b>Striking and fielding</b> Skill specific/adapting and assessing
	2		<b>Assessment</b>	<b>Creative</b>		<b>Assessment</b>	

Acquiring and developing skills

1 Pupils should be taught to:

- a) Consolidate their existing skills and gain new ones
- b) Perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics, and compositional ideas

2 Pupils should be taught to:

- a) Plan, use and adapt strategies, tactics, and compositional ideas for individual, pair, small-group and small-team activities
- b) Develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
- c) Apply rules and conventions for different activities.

Evaluating and improving performance

3 Pupils should be taught to:

- a) Identify what makes a performance effective
- b) Suggest improvements based on this information.

Knowledge and understanding of fitness and health

4 Pupils should be taught:

- a) How exercise affects the body in the short term
- b) to warm up and prepare appropriately for different activities
- c) Why physical activity is good for their health and well-being
- d) Why wearing appropriate clothing and being hygienic is important for their own health and safety

5 During the key stage, pupils should be taught the Knowledge, skills and

understanding through six areas of activity:

a) Dance activities

b) Games activities

c) Gymnastic activities

and two activity areas from:

d) Swimming activities and water safety

e) Athletic activities

f) Outdoor and adventurous activities.