

## Key Stage 2 YEAR 3 PHYSICAL EDUCATION

National Curriculum KS2 Programme of Study	Chris Quigley Essential Skills Milestone 2	
<p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul> <p>Swimming, children should be taught to:</p> <ul style="list-style-type: none"> <li>• swim competently, confidently and proficiently of at least 25m.</li> <li>• use a range of strokes effectively [for example; frontcrawl, backstroke and</li> </ul>	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Games</u></b></p>	<ul style="list-style-type: none"> <li>• Throw and catch with control and accuracy.</li> <li>• Follow the rules of the game and play fairly.</li> <li>• Maintain possession of a ball (<i>with, e.g. feet, a hockey stick or hands</i>)</li> <li>• Pass to team mates at appropriate times.</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Dance</u></b></p>	<ul style="list-style-type: none"> <li>• Refine movements into sequences.</li> <li>• Change speed and levels within a performance.</li> <li>• Develop physical strength and suppleness by practising moves and stretching.</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Gymnastics</u></b></p>	<ul style="list-style-type: none"> <li>• Refine movements into sequences.</li> <li>• Show changes of direction, speed and level during a performance.</li> <li>• Swing and hang from equipment safely (<i>using hands</i>).</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Athletics</u></b></p>	<ul style="list-style-type: none"> <li>• Sprint over a short distance up to 60 metres</li> <li>• Use a range of throwing techniques (<i>such as under arm, over arm</i>).</li> <li>• Compete with others and aim to improve personal best performances.</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Swimming</u></b></p>	<ul style="list-style-type: none"> <li>• Co-ordinate leg and arm movements</li> <li>• Swim at the surface and below the water.</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b> <b><u>Outdoor and adventurous activities</u></b></p>	<ul style="list-style-type: none"> <li>• Arrive properly equipped for OAA</li> <li>• Understand the need to show accomplishment in managing risks.</li> <li>• Support others and seek support if / when the situation dictates.</li> <li>• Use maps to orientate themselves.</li> <li>• Remain aware of changing conditions + change plans if necessary.</li> </ul>

*breaststroke.]*

- perform safe self-rescue in different water based situations.