

## Key Stage 2 YEAR 5 PHYSICAL EDUCATION

National Curriculum KS2 Programme of Study	Chris Quigley Essential Skills Milestone 3	
<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> </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>• Choose and combine techniques in game situations (<i>running, throwing, catching, passing, jumping and kicking, etc.</i>)</li> <li>• Work alone, or with team mates in order to gain points or possession.</li> <li>• Strike a bowled or volleyed ball with accuracy.</li> <li>• Choose the most appropriate tactics for a game.</li> <li>• Uphold the spirit of fair play and respect in all competitive situations.</li> </ul>
<ul style="list-style-type: none"> <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> </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>• Compose creative and imaginative dance sequences.</li> <li>• Express an idea in original and imaginative ways.</li> </ul>
<ul style="list-style-type: none"> <li>• develop flexibility, strength, technique, control and balance [<i>for example, through athletics and gymnastics</i>]</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><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>• Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> <li>• travelling</li> <li>• balances</li> <li>• swinging</li> <li>• bending, stretching and twisting</li> <li>• gestures</li> <li>• linking skills.</li> </ul> </li> <li>• Hold shapes that are strong, fluent and expressive.</li> <li>• Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>• Practise and refine the gymnastic techniques used in performances (<i>listed above</i>).</li> <li>• Demonstrate good kinesthetic awareness (<i>placement and alignment of body parts is usually good in well-rehearsed actions</i>).</li> </ul>

	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b>  <u><b>Athletics</b></u></p>	<ul style="list-style-type: none"> <li>• Combine sprinting with low hurdles over 60 metres.</li> <li>• Throw accurately and refine performance by analysing technique and body shape.</li> <li>• Compete with others and keep track of personal best performances, setting targets for improvement.</li> </ul>
	<p><b>1. To develop practical skills in order to participate, compete and lead a healthy lifestyle</b>  <u><b>Outdoor and adventurous activities</b></u></p>	<ul style="list-style-type: none"> <li>• Select appropriate equipment for outdoor and adventurous activity.</li> <li>• Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>• Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>• Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>• Use a range of devices in order to orientate themselves.</li> <li>• Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> </ul>