

KS1 PE Overview 2019-20

Autumn

To develop basic agility, balance and coordination, individually and with others.

Spring

Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.

Summer

To engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Participate in team games, developing simple tactics for attacking and defending.

KS2 PE Schedule 2019-20

Year	Autumn 1		Autumn 2	
KS2	Tag Rugby	Football	Netball	Gymnastics

Year	Spring 1		Spring 2	
KS2	Hockey	Handball	Volleyball	Evasion games/ dodgeball/benchball

Year	Summer 1		Summer 2	
KS2	Athletics	Basketball	Tennis	Cricket

Skills development through KS2 across all disciplines:

Year 3	Basic understanding of rules of game and key skills required to perform effectively.
Year 4	Develop key skills learned from previous year, and improve specific performance technique.
Year 5	Incorporate strategy and team tactics to develop successful outcomes.
Year 6	Develop physiological awareness and how this can help improve specific technique and relationship to strength, stamina and flexibility.

