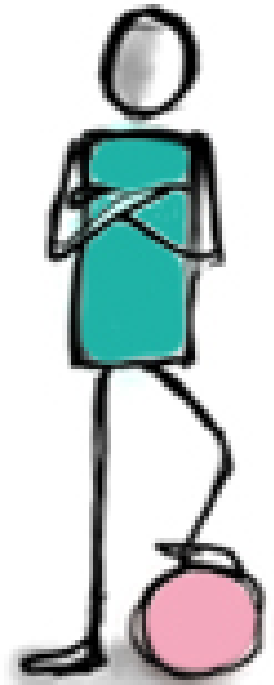


Key Stage	UKS2	Unit	Dance
Implementation Phase			
<u>National Curriculum Links</u>	2c: Develop flexibility, strength, technique, control, and balance. 2d: Perform dances using a range of movement patterns.	<u>Key Vocabulary</u>	Dance, Routine, Music, Movements, Co-ordination, Tutting, Beat of 8, Canon, Unison, Count, Fluency, Choreography, Performance
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Continue to develop a broader range of skills and movement patterns, exploring and practicing movement ideas inspired by a stimulus. - Use basic compositional principles when creating dances – combining movements fluently and effectively. - Perform a range of movements accurately with a sense of rhythm, clarity, and confidence. - Use imagination to create and structure dance motifs, phrases, and sections of dances, developing expressive qualities. - Explore, improvise, and combine movement ideas fluently and effectively inspired by a stimulus. - Perform movements to an audience with rhythm and confidence.	<u>Prior Learning Required</u>	<u>LKS2 Progression Maps Objectives:</u> - Explore and create characters and narratives in response to a range of stimuli. - Perform dances using a range of movement patterns – accurately, fluently, consistently and with control on your own and with a partner. - Develop dance phrases using canon, unison, repetition, action/reaction, and question/answer. - Combine actions and maintain the quality of performance when performing at the same time as a partner. - Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To be inspired by music and different stimuli. - Step 2 To show ideas through dance. - Step 3: To create sections of dance on your own, and in a group. - Step 4: To apply the principles of dance to a routine. - Step 5: To combine movements – keeping to the beat. - Step 6: To perform to an audience.	<u>Resources & Equipment</u>	- Speaker - Cones - Marker spots

This is a collation of the individual Medium Term Plans that can be found at the end of each Unit of Work.

The 'Key Unit Objectives' follow the Learning Objectives set out in each PE Planning lesson plan.

Each page contains the appropriate Key Stage 2 National Curriculum criteria for each sport and illustrates how the PE Planning objectives are linked to National Curriculum requirements.



Key Stage	UKS2	Unit	Athletics
Implementation Phase			
<u>National Curriculum Links</u>	2a: Use running, jumping, throwing, and catching in isolation and in combination. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Key Vocabulary</u>	- Athletics - Jumping - Throwing - Running - Co-ordination - Measurements - Timing - Movement - Technique
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Understand and apply appropriate pace judgement for the running distance to be covered. - Run, jump, catch and throw in isolation and combination. Combine and perform skills with control. - Demonstrate a range of throwing actions e.g. push, pull, sling, using different equipment. - Choose the appropriate speed to run at for the distance to be covered. - Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height. - Select and apply skills that meet the needs of the situation, combining and performing each skill with control at speed.	<u>Prior Learning Required</u>	<u>LKS2 Progression Maps Objectives:</u> - Apply and develop a broad range of athletic skills in different ways. - Show control, coordination and consistency when running, throwing, and jumping. - Choose the appropriate running speed to meet the demand of the task. - Understand the pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task. - Combine basic jump actions to form a jump combination, using a controlled jumping technique.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To use the correct combination of jumps to complete the triple jump - Step 2: To compete in long distance running - Step 3: To compete in short distance races - Step 4: To use a run up when throwing - Step 5: To practise to improve throwing distance - Step 6: To use a run up when jumping	<u>Resources & Equipment</u>	- Quoits - Balls - Hoops - Bibs - Cones, Marker spots - Beanbags/Athletic throwing equipment - Measuring tape

Key Stage	UKS2	Unit	Dodgeball
Implementation Phase			
<u>National Curriculum Links</u>	2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2F: Compare their performances with previous ones and demonstrate improvement to achieve their personal best	<u>Key Vocabulary</u>	- Speed - Balls - Throw - Catch - Dodge - Underarm throw - Bounce - Side shot - Target - Strike - Roll - Positioning
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Understand the importance of quick reactions in dodgeball. - Apply appropriate skills with control in game situations. - Demonstrate a variety of different throwing techniques, with good accuracy, pace, and consistency. - Successfully catch a ball at different heights. - Take part in competitive games, working together as a team and playing fairly. - Discuss and apply strategies and tactics needed to win dodgeball games. - Move quickly, and use different ways to dodge – jump, skip, jockey, gallop.	<u>Prior Learning Required</u>	<u>LKS2 Progression Maps Objectives:</u> - Improve consistency when catching a variety of different shots. - Show control when moving at speed. - Understand how finding space can help in game situations. - Move the ball in different ways – with increasing control and accuracy – whilst moving. - Practise and improve the underarm throw and side shot throw. - Use a range of tactics to try win games. - Get into good positions to both receive and throw the ball. - Develop the skills needed for games including ball handling, striking, dodging, and catching.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To throw a ball at a moving target. - Step 2: To use the most appropriate throwing technique for the situation. - Step 3: To play catching games. - Step 4: To dodge a ball by jumping and skipping. - Step 5: To dodge a ball by jockeying and galloping. - Step 6: To use peer evaluation to discuss strategies and tactics and apply these to your own game.	<u>Resources & Equipment</u>	- Soft dodgeballs - Cones - Bibs - Marker spots - Tall cones

Key Stage	UKS2	Unit	Rounders
Implementation Phase			
National Curriculum Links	2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Key Vocabulary	Throwing, Fielding, Catching, Power, Get in line, Communication, Accuracy, Technique, Batting, Score, Aiming, Space, Targets, Long Barrier
Progression Map Links (Ensure pupils progress & move forward throughout their primary school years)	- Bowl using an overarm technique, beginning to vary speed and length of delivery. - Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs. - Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Begin to bowl at different speeds. - Work as part of a team that covers the areas to make it hard for the batter to score runs. - Show good awareness of others in game situations. - Participate in competitive games, modified where appropriate. - Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence, and control. Perform skills at speed.	Prior Learning Required	LKS2 Progression Maps Objectives: - Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy. - Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control. - Intercept and stop the ball consistently. - Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. - Communicate, collaborate, and compete with others, following the rules of the game. - Chose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games. - Show control, coordination and consistency when throwing and catching a ball.
Key Unit Objectives (Key skills addressed to achieve success throughout the unit)	- Step 1: To throw and bowl in different ways. - Step 2: To pay shots that allow the ball to be hit to different areas of the field into spaces. - Step 3: To retrieve, catch, intercept, and stop a ball when fielding. - Step 4: To use skills and tactics to outwit opponents when fielding. - Step 5: To use skills and tactics to outwit opponents when batting. - Step 6: To participate in competitive games.	Resources & Equipment	- Rounder's posts and bases - Cones - Bats - Balls - Marker spots

Key Stage	UKS2	Unit	Tennis
Implementation Phase			
National Curriculum Links	2a: Use running, jumping, throwing, and catching in isolation and in combination. 2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Key Vocabulary	Swing, Cooperative play, Aim, Movement, Direction, Partner, Cooperative, Send, Cooperate, Rally, Catch, Court target, Power, Accuracy, Space, Free Space, Control, Bounce, Racket
Progression Map Links (Ensure pupils progress & move forward throughout their primary school years)	- Hit the ball with purpose, varying speed, height, and direction. Direct the ball towards the opponent's court or target area. Perform skills such as forehand and backhand shots with control and confidence. - Play shots on the forehand and backhand side of your body. Direct the ball towards the opponent's court or target area. - Participate in competitive games, modified where appropriate - Adopt a good ready position and show good position on court. - Use good footwork that allows the ball to be hit with good technique. - Apply the principles of attacking. - Identify spaces and understand the tactic of hitting into gaps.	Prior Learning Required	<u>LKS2 Progression Maps Objectives:</u> - Perform basic skills needed for the games with control and accuracy, including hitting a ball towards a target, throwing, and stopping the ball. Perform a basic forehand action with control and accuracy. - Throw/Send/ hit a ball into space, at different speeds and heights to make it difficult for your opponent. - Begin to apply basic movements in a range of activities and in combination. - Apply basic principles for attacking including finding and using space in game situations. - Keep a rally going using a range of shots. - Compete with others – Keeping and following the rules of the game.
Key Unit Objectives (Key skills addressed to achieve success throughout the unit)	- Step 1: To know and describe the correct grip and stance when holding a racket. - Step 2: To adopt a good ready position. - Step 3: To play shots on the forehand and backhand side of the body. - Step 4: To use a variety of different shots, and serves, hitting with increasing consistency. - Step 5: To employ tactics in games. - Step 6: To participate in games following the rules and scoring correctly.	Resources & Equipment	- Tennis rackets - Tennis balls - Cones - Marker spots

Key Stage	UKS2	Unit	Cricket
Implementation Phase			
<u>National Curriculum Links</u>	2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Key Vocabulary</u>	Cricket, Fielding, Striking, Teamwork, Score, Wickets, Runs, Batting, Aiming, Overarm, Accuracy, Underarm, Throwing, Bowling, Wicket keeper, Long Barrier
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Bowl using an overarm technique, beginning to vary speed and length of delivery. - Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs. - Choose skills and tactics to meet the needs of the situation. (i.e. to outwit opponents when fielding). Begin to bowl at different speeds. - Work as part of a team that covers the areas to make it hard for the batter to score runs. - Show good awareness of others in game situations. - Participate in competitive games, modified where appropriate. - Perform skills and techniques, including retrieve, intercept and stop a ball, with accuracy, confidence, and control. Perform skills at speed.	<u>Prior Learning Required</u>	<u>LKS2 Progression Maps Objectives:</u> - Apply and develop a broader range of skills, whilst ensuring basic skills are performed with control and accuracy. - Throw a ball increasing distances, catch a ball with increasing consistency and hit a ball with correct technique and increasing control. - Intercept and stop the ball consistently. - Work well as part of a team, employing simple tactics, particularly when fielding to make it harder for the batter. - Communicate, collaborate, and compete with others, following the rules of the game. - Choose both fielding and striking skills which make it difficult for your opponent. Explain the tactics you have used in games. - Show control, coordination and consistency when throwing and catching a ball.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To throw and bowl in different ways. - Step 2: To play shots that allow the ball to be hit to different areas of the field into spaces. - Step 3: To retrieve, catch, intercept, and stop a ball when fielding. - Step 4: To use skills and tactics to outwit opponents when fielding. - Step 5: To use skills and tactics to outwit opponents when batting. - Step 6: To participate in competitive games.	<u>Resources & Equipment</u>	- Cones - Balls - Bats - Wickets - Marker spots

Key Stage	UKS2	Unit	Football
Implementation Phase			
<u>National Curriculum Links</u>	2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Key Vocabulary</u>	Football, Passing, Attacking, Defending, Throwing, Control, Saving, Tackle, Scoring, Aim, Dribbling, Turning, Direction
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Apply basic principle for attacking – Use a variety of tactics to keep possession of the ball. - Apply basic principles for defending – Defend by marking, covering, and tracking opponents as appropriate. - Participate in competitive games, modified where appropriate. - Understand the positions in a team and the roles they play; and choose different formations to suit the needs of the game. - Develop control and confidence whilst performing skills at speed. Change speed and direction to get away from a defender. - Keep possession of the ball when faced with opponents. - Adapt games and activities making sure everyone has a role to play.	<u>Prior Learning Required</u>	<u>LKS2 Progression Maps Objectives:</u> - Move the ball keeping it under control whilst changing direction. - Pass/send a ball with increasing accuracy and at different speeds. Shoot/ score with some success. - Challenge a player in possession of the ball. - Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending.) - Employ and explain simple tactics in game situations. - Receive a ball under control.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To pass the ball to team mates in game situations. - Step 2: To dribble the ball whilst under pressure. - Step 3: To defend in a team. - Step 4: To compete in games. - Step 5: To decide on ways to attack when playing games. - Step 6: To decide on ways to defend in games.	<u>Resources & Equipment</u>	- Footballs - Goals - Cones - Bibs - Marker spots

Key Stage	UKS2	Unit	Tag Rugby
Implementation Phase			
<u>National Curriculum Links</u>	2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Key Vocabulary</u>	- Rugby - Tag - Pass - Share - Attack - Defend - Mark - Dummy
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- To pass and catch the ball whilst running at different speeds. Keep control of the ball when running and passing, ensuring passing is accurate. - Understand the defensive duties in tag rugby and the process of tagging. - Understand the importance of keeping in a line in both attacking and defending plays. - Use tactics in games to achieve success as a team. - Participate in competitive games, understand the rules of the game, and participate in full games playing fairly. - Use simple tactics in games to achieve success as a team. - Carefully consider the best way to score a try and win the game, remembering to find and use space when running.	<u>Prior Learning Required</u>	<u>LKS2 Progression Maps Objectives:</u> - Move in different directions learning to move away from your opponent and keep control of the ball when running. - Learn how to pass in rugby, catching successfully and improving skills whilst on the move. - Move forward to attack as part of a team – running in a line. - To work as part of a team when defending, keeping in a line, and spreading out. - Develop attacking and defending skills within tag rugby, successfully scoring tries, tagging opponents, and passing the ball backwards to a teammate. - To begin to understand and follow the rules of tag rugby. - Improve decision making skills and choose the right skills that meet the needs of the situation.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To travel at speed with the ball - Step 2: To dodge and fake passes when running with the ball - Step 3: To catch the ball whilst under pressure - Step 4: To watch and evaluate the professional game - Step 5: To decide on ways to attack when playing games - Step 6: To decide on the best ways to defend in games	<u>Resources & Equipment</u>	- Tag belts - Rugby balls - Cones - Marker spots

Key Stage	UKS2	Unit	Gymnastics
Implementation Phase			
<u>National Curriculum Links</u>	2c: Develop flexibility, strength, technique, control, and balance.	<u>Key Vocabulary</u>	Gymnastics, Key Shapes, Balances, Rolls, Jumps, Co-ordination, Routine, Travelling, Apparatus, Sequence, Partners, Teamwork
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Explore, improvise, and combine movement ideas fluently and effectively, using skills in different ways, performing confidently, with clarity and a sense of rhythm. - Perform movements accurately with a sense of rhythm. - Make up longer sequences and perform them with fluency and clarity of movement, choosing skills that meet the needs of the situation. - Develop your own gymnastic sequences by understanding, choosing, and applying a range of compositional principles; varying direction, level, and pathways to improve the look of a sequence. - Develop flexibility, strength, control, technique, and balance. - Use combinations of dynamics using the space effectively.	<u>Prior Learning Required</u>	<u>LKS2 Progression Maps Objectives:</u> - Perform a range of actions, agilities and skills with consistency, fluency, and clarity of movement. - Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension, and continuity when working with a partner and in a group. - Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end. - Create, perform, and repeat a combination of actions that include changes of dynamic e.g. changes of level, speed and direction, and clarity of shape. - Develop flexibility, strength, control, technique, and balance. - Find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To show flexibility and technique when performing gymnastic elements. - Step 2: To travel fluently on the floor and on/off apparatus. - Step 3: To travel with confidence choosing different pathways. - Step 4: To create longer sequences. - Step 5: To show rhythm and creativity when working with others. - Step 6: To perform in front of an audience.	<u>Resources & Equipment</u>	- Benches - Gymnastics mats - Cones - Marker spots - Tables - Speaker - Apparatus

Key Stage	UKS2	Unit	Hockey
Implementation Phase			
<u>National Curriculum Links</u>	2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Key Vocabulary</u>	Hockey, Passing, Dribbling, Shoot, Stick, Control, Teamwork, Speed, Direction, Decision Making, Aim, Turn, Stop, Possession, Slap pass, Push pass, Attack, Defence
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Choose different formations to suit the needs of the game and choose skills that meet the need of the situation. Adapt games and activities making sure everyone has a role to play. - Perform skills (e.g. passing) with accuracy, confidence and control whilst developing technique and performing at speed. - Apply basic principle for attacking in games – choosing when to pass or dribble to keep possession of a ball. Keep possession of the ball when faced with opponents. - Apply basic principles for defending in games – Defend by marking, covering, and tracking opponents as appropriate. - Participate in competitive games, modified where appropriate. - Use different skills to keep possession of a ball as part of a team. Change speed and direction to get away from a defender.	<u>Prior Learning Required</u>	<u>LKS2 Progression Maps Objectives:</u> - Move the ball keeping it under control whilst changing direction. - Perform basic skills needed for the games with control and accuracy. Pass, shoot and receive a ball with increasing accuracy, control, and success. - Apply basic principles for attacking and defending – finding space (attacking), challenge a player in possession (defending.) - Explain simple tactics in game situations. - Develop control and technique.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To play games understanding different positions and roles. - Step 2: To use different passes whilst on the move. - Step 3: To shoot with confidence and control. - Step 4: To dribble a ball at speed whilst changing direction - Step 5: To decide the best way to defend in a game situation. - Step 6: To decide the best way to attack in a game situation.	<u>Resources & Equipment</u>	- Hockey sticks - Hockey balls - Cones - Bibs - Marker spots

Key Stage	UKS2	Unit	Netball
Implementation Phase			
<u>National Curriculum Links</u>	2b: Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 2f: Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	<u>Key Vocabulary</u>	Ball, Control, Speed, Direction, Passing, Pass, Chest Pass, Bounce Pass, Technique, Aim, Accuracy, Teamwork, Shoot, Score, Accuracy, Power, Rules
<u>Progression Map Links</u> (Ensure pupils progress & move forward throughout their primary school years)	- Choose different formations to suit the need of the game. - Work effectively as a team. - Use a variety of tactics to keep possession of the ball, applying the principles of attacking. - Use the defending principles in game situations, including marking, tracking, and covering, to gain possession. - Increase accuracy and confidence of passing and shooting skills. - Use a variety of skills to keep the ball, thinking about moving towards goal, different positions and the use of space.	<u>Prior Learning Required</u>	LKS2 Progression Maps Objectives: - Move to support teammates, getting into good positions to pass, receive, and shoot the ball. - Pass the ball using different techniques. - Shoot and score with increasing accuracy. - Use a range of tactics, including finding and using space, to keep possession of the ball, to shoot/score, and to make it difficult for opponents. - Develop the understanding of the importance of speed when playing invasion games. - Pass and receive the ball with control. - Select passes that keep possession.
<u>Key Unit Objectives</u> (Key skills addressed to achieve success throughout the unit)	- Step 1: To pass the ball in a variety of different ways with confidence and control. - Step 2: To move with the ball at speed. - Step 3: To mark, track and cover when defending. - Step 4: To keep possession of the ball when faced with opponents. - Step 5: To work together as a team, showing good awareness of others. - Step 6: Apply basic principles for attacking and defending in game situations.	<u>Resources & Equipment</u>	- Netballs - Netballs posts - Bibs - Cones - Marker spots