

PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



Intent

Learning is a change to long term memory. Our aims are to ensure that our students experience a wide breadth of study based on the national curriculum and have, by the end of each key stage, long-term memory of curriculum knowledge.

We aim to inspire all pupils to engage in competitive sports and other physical activities in a way which supports their health, well-being and fitness. Participation in these will help to embed values such as fairness, teamwork, perseverance, positivity and respect, and enable them to become physically confident.

Teaching will equip children with knowledge about Movement, Tactics and Strategy, Leadership, Personal and Social, Healthy Lifestyle and a growing vocabulary related to physical education.

Through our PE curriculum, we intend to inspire pupils to develop a love of PE, enabling them to lead healthy and active lives.

Implementation

PE is taught through the 'Threshold Concept' of Developing Practical Skills in order to participate, compete and lead a healthy lifestyle. The threshold concept is broken down into the knowledge categories of Movement, Tactics and Strategy, Leadership, Personal and Social, Healthy Lifestyle and a growing vocabulary related to physical education. Deliberate practise of these, whereby knowledge will be revisited again and again, will enable a gradual deepening of their understanding. We believe that learning is most effective with this spaced repetition and the interleaving between topics and frequently revisiting them, aids long term retention.

Teaching will develop fundamental movement skills, becoming increasingly competent and confident, accessing a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will engage in competitive and cooperative physical activities, in a range of increasingly complex situations.

Pupils will develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.

Impact

Because learning is a change to long term memory it is impossible to see impact in the short term. However, we do use probabilistic assessment based on deliberate practise. This means that we look at the practices taking place to determine whether they are appropriate, related to our end of key stage goals. We use comparative judgements against Milestone statements, in the tasks we set (POP tasks) and in tracking students' work over time. We use lesson observations to see if the pedagogical style matches our depth expectations.

Impact is also measured through key questioning skills built into lessons, child-led assessment against the objective (WAGBA), and summative assessments aimed at targeting next steps in learning.

PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



Year Group	Cycle	Autumn	Spring	Summer
5/6	A	Gymnastics Dance	Invasion & Target Games	Striking & Fielding/Tennis or Badminton Athletics Outdoor Adventurous
		Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
	B	Gymnastics Dance	Invasion & Target Games	Striking & Fielding/Tennis or Badminton Athletics Outdoor Adventurous
		Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle

PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



Key Stage 2 yr 5/6 Teaching Sequence for PE (Milestone 3) CYCLE A

Weeks	Autumn Term	Spring Term	Summer Term
Topic Title:	<p>Gymnastics Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Dance Perform dances using a range of movement patterns.</p>	<p>Invasion & Target / Games Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Striking & Fielding / Tennis or Badminton 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.</p> <p>Athletics Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Outdoor and Adventurous Take part in outdoor and adventurous activity challenges both individually and within a team.</p>
1	<p>Gymnastics Rhythmic gymnastics</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Target Short boccia / Koolchee</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Striking & fielding Continuous cricket</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
2	<p>Gymnastics Rhythmic gymnastics POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Target Short boccia / Koolchee POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Striking & fielding Continuous cricket POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
3	<p>Gymnastics Vault</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Target Target challenge</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Striking & fielding Mini tee ball</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>

PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



<p>4</p>	<p>Gymnastics Vault POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Target Target challenge POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Striking & fielding Mini tee ball POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
<p>5</p>	<p>Gymnastics Partner & group balances</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Net & Wall Seated volleyball</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Athletics Running & Long jump</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
<p>6</p>	<p>Gymnastics Partner & group balances POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Net & Wall Seated volleyball POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Athletics Running & Long jump POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
<p>7</p>	<p>Dance From different eras</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Net & Wall Rebound ball</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Athletics Throwing</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
<p>8</p>	<p>Dance From different eras POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<p>Net & Wall Rebound ball POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p>	<p>Athletics Throwing POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p>

PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
9	<p>Dance Mystery Dance</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Invasion Kabaddi / Ultimate frisbee</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Outdoor and Adventurous River Crossing</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
10	<p>Dance Mystery Dance POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Invasion Kabaddi POP / Ultimate frisbee Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Outdoor and Adventurous Symbol match-up</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
11	<p>Dance Traditional dance</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Invasion Outlet pass</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Outdoor and Adventurous Pitch orienteering</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
12	<p>Dance Traditional dance POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Invasion Outlet pass POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Outdoor and Adventurous POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>

PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



Key Stage 2 Yr 5/6 Teaching Sequence for PE (Milestone 3) CYCLE B

Weeks	Autumn Term	Spring Term	Summer Term
Topic Title:	<p>Gymnastics Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Dance Perform dances using a range of movement patterns.</p>	<p>Invasion & Target / Games Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Striking & Fielding / Tennis / Badminton 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.</p> <p>Athletics Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p>Outdoor and Adventurous Take part in outdoor and adventurous activity challenges both individually and within a team.</p>
1	<p>Gymnastics Rhythmic gymnastics</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Target Short boccia / Koolchee</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Striking & fielding Continuous cricket</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
2	<p>Gymnastics Rhythmic gymnastics POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Target Short boccia / Koolchee POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Striking & fielding Continuous cricket POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
3	<p>Gymnastics Vault</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Target Target challenge</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Striking & fielding Mini tee ball</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>

PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



<p>4</p>	<p>Gymnastics Vault POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Target Target challenge POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Striking & fielding Mini tee ball POP Task <i>Let's shine!</i></p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
<p>5</p>	<p>Gymnastics Partner & group balances</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Net & Wall Seated volleyball</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Athletics Running & Long jump</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
<p>6</p>	<p>Gymnastics Partner & group balances POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Net & Wall Seated volleyball POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Athletics Running & Long jump POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
<p>7</p>	<p>Dance From different eras</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Net & Wall Rebound ball</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Athletics Throwing</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
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PE Curriculum – 2 Year Cycle - KS2 Yr 5/6



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9	<p>Dance Mystery Dance</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Invasion Kabaddi / Ultimate frisbee</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Outdoor and Adventurous River Crossing</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
10	<p>Dance Mystery Dance POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Invasion Kabaddi POP / Ultimate frisbee Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Outdoor and Adventurous Symbol match-up</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
11	<p>Dance Traditional dance worldwide</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Invasion Outlet pass</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Outdoor and Adventurous Pitch orienteering</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>
12	<p>Dance Traditional dance worldwide POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Invasion Outlet pass POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>	<p>Outdoor and Adventurous POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle</p>