



Holt Primary - Curriculum Review

Threads of Key Learning: PE

Thread	KS1	LKS2	UKS2
Games	<p>Strike or kick a ball from a fixed position or a T</p> <p>Bowl/serve underarm</p> <p>Catch/strike a ball without moving body position</p> <p>Pass a ball over a range of distances</p> <p>basketball; football; golf</p>	<p>Strike or kick a ball from a fixed position or a T with accuracy</p> <p>Bowl/serve underarm with accuracy; bowl/serve overarm</p> <p>Adjust position to catch/strike a ball</p> <p>Pass and find space</p> <p>Travel keeping ball under control</p> <p>cricket; basketball; dodgeball; football; golf; netball; rugby; softball; tennis</p>	<p>Strike or kick a ball (or shuttlecock) controlling pace, elevation and distance</p> <p>Bowl/serve overarm with accuracy</p> <p>Move rapidly to catch/strike a ball (or shuttlecock)</p> <p>Improve team's position by passing or finding space</p> <p>Travel with ball using changes of speed and direction</p> <p>badminton; cricket; dodgeball; hockey; netball; rugby; softball; tennis</p>
Running	<p>Change speed and direction</p> <p>200m; relay; sprinting; xcountry</p>	<p>Select best pace</p> <p>Run as part of a team</p> <p>400m; relay; sprinting; xcountry</p>	<p>Sustain running speed for the duration of the event</p> <p>Plan (and execute) pace and strategy</p> <p>Set and improve personal target</p> <p>600m; relay; sprinting; xcountry</p>

Throwing	<p>Throw accurately</p> <p>Select different throwing technique for different tasks</p>	<p>Throw with accuracy and power</p> <p>Adapt throw to reach target</p> <p>javelin; shotputt; small ball</p>	<p>Set and improve personal target</p> <p>Manage event for younger children</p> <p>javelin; shotputt; small ball</p>
Jumping	<p>Link running and jumping</p> <p>Choose when to run and when to jump</p> <p>sack race; skipping race</p>	<p>Run and jump with fluency</p> <p>long jump; sergeant jump; sack race; skipping race</p>	<p>Set and improve personal target</p> <p>Manage event for younger children</p> <p>long jump; sergeant jump; triple jump; sack race; skipping race</p>
Dance	<p>Link several movements together with control and coordination</p> <p>Compose and perform dance phrases that express moods, ideas and feelings</p>	<p>Improvise movement freely with a partner using stimuli</p> <p>Apply compositional ideas to a dance that conveys feelings and emotions</p>	<p>Respond to stimuli with a range of actions showing control and fluency</p> <p>Create/perform dances using a range of movement in response to stimuli</p>
Gym	<p>Perform a variety of rolls [not forward roll]</p> <p>Choose simple compositional ideas to perform a sequence</p>	<p>Perform a variety of rolls including forward roll</p> <p>Plan and perform a movement sequence showing contrasts in speed, level and direction</p>	<p>Perform a variety of rolls including backwards roll</p> <p>Develop longer sequences with partner(s) using smooth transitions between elements</p>
Swimming		<p>Swim 10m in two strokes unaided</p> <p>Swim underwater</p> <p>Use arms and legs appropriately for each stroke</p>	<p>Swim 25m crawl and backstroke</p> <p>Pass National Curriculum KS2 certificate</p> <p>Begin to use correct breathing technique for each stroke</p>
Orienteering	<p>Use simple plans of familiar environments</p>	<p>Use maps to navigate around a course</p>	<p>Follow maps confidently through less familiar environments</p>

	Solve basic challenges or problems	Respond appropriately to a change of task or environment	Adapt strategy to match circumstances
Evaluating	Talk about differences between performances and suggest improvements	Describe their own performance and others' Make suggestions to improve quality	After observation of others, describe refinements to improve performance After others' comments, refine own performance
Understanding of fitness and health	Understand how to exercise Describe how body feels after and during different activities	Suggest warm-up ideas Dress appropriately for the task Work in a responsible and safe manner Recognise changes in temperature, heart rate and breathing	Design and demonstrate activities for warm-up Describe the effects of exercise using: respiration, temperature, fatigue and recovery