



**UPPER KS2 LONG TERM PE PLAN 2020-2021**

**KS1 & 2**

**Aims to give pupils access to:**

- Broad range of physical activities
- Different competitive sporting opportunities
- Periods of sustained physical activity
- Developing an active and healthy lifestyle

**KS2**

**Pupils should be taught to:**

- Use running, jumping and throwing and catching in isolation and in combination
- Play competitive games and apply basic principles suitable for attacking and defending, e.g. Football, Tag Rugby, Netball
- Develop flexibility, strength, technique, control and balance, e.g. Athletics
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

	<b>TERM 1</b>	<b>TERM 2</b>	<b>TERM 3</b>	<b>TERM 4</b>	<b>TERM 5</b>	<b>TERM 6</b>
<b>YEAR 5</b>	Tennis Sportshall Athletics	Lacrosse Rugby Hockey	Nimble Nets  Boxercise	Invaders  OAA	Striking & Fielding  Athletics	Striking & Fielding  Young Olympians
<b>YEAR 6</b>	Tennis Sportshall Athletics	Lacrosse  Rugby	Invaders Netball  Cool Core	Invaders OAA Bootcamp	Striking & Fielding Gymfit	Young Olympians Fitness Frenzy



UPPER KS2 EXPECTATIONS	YEAR 5	YEAR 6
<b>Dance</b>	<p>Can repeat, remember and perform phrases of a dance</p> <p>Works in groups to create an element of the dance</p> <p>Perform to peers and share feedback</p>	<p>Can remember and perform a whole dance with expression. There is accuracy and fluency in the performance. Develops imaginative dances and within a group can evaluate strengths and weaknesses of a dance.</p>
<b>Athletics</b>	<p>Understands the difference between a sprint start and a mid/long distance start. Continues with middle distance running to improve endurance and stamina</p> <p>Understands basic athletics tactics e.g. pace running in middle distance, baton passing in relays. Beginning to suggest methods of improvement</p> <p>Practices throwing (pull, push) and introduce sling and heave throw. Introduces pull throw used for javelin throw, push throw used for shot put, sling throw used for discus, heave throw for hammer</p> <p>Integrates dominant foot and run up for jumping for distance and height. Introduce combination of hop, skip to a jump</p> <p>Continues to practice agility, balance and co-ordination adapting to athletic techniques</p>	<p>Understands the difference between a sprint start and a mid/long distance start. Understands the different lanes for different races e.g. sprints stay in lane, mid distance cut into inside lane at cone. Continues with middle distance running to improve endurance and stamina.</p> <p>Learns further athletics tactics e.g. that winning a race doesn't always have to be personal fastest time, smooth baton changes Suggests improvements and analysis personally and peers performance. Continues with pull, push, sling, heave throws and becomes more accurate with improved distance. Analyses performance for improvement.</p> <p>Strengthens jumping techniques and analyses performance for improvement.</p> <p>Continues to practice agility, balance and co-ordination adapting to athletic techniques.</p>
<b>Invasion Games</b>  <b>Striking &amp; Fielding Games</b>  <b>Racket Games</b>	<p>Continues practice throwing, catching, kicking, and striking ball and incorporating agility, balance, and co-ordination into games</p> <p>Keeps possession of the ball and gains possession by working as a team. Chooses tactics for attacking and defending and can explain them. Uses different techniques to pass, dribble and shoot e.g. rugby, hockey, football, lacrosse</p> <p>Continues to practice striking balls, e.g. rounders, cricket, tennis and begins to know different techniques to use. Plays with opposition</p> <p>Identifies appropriate places to field with prompts</p> <p>Understands the full rules of the game, plays fairly and begins to use game terminology</p> <p>Developing an understanding of how to improve in different sports and beginning to evaluate and recognise success</p>	<p>Continues practice throwing, catching, kicking, and striking ball and incorporating agility, balance, and co-ordination into games.</p> <p>Keeps possession of the ball and gains possession by working as a team. Chooses tactics for attacking and defending and can explain them.</p> <p>Communicates and leads in a game situation for the teams best results.</p> <p>Continues to practice striking balls, e.g. rounders, cricket, tennis, and uses appropriate shots, e.g. volley, backhand. Opportunities given for competition</p> <p>Independently identifies appropriate places to field e.g. wicket, backstop, posts</p> <p>Understands and can explain the rules of the game and the scoring system. Understands game terminology, e.g. interception, gain possession, forehand, volley, long barrier</p> <p>Increasing understanding of how to improve in different sports and evaluates own success and others</p>
<b>Health &amp; Fitness</b>	<p>Understands the importance of leading an active and healthy life. Knows and can explain the effects of exercise on the body. Identifies an appropriate warm up and cool down and begins to demonstrate</p>	<p>Understands the importance of leading an active and healthy life. Explains why we need regular and safe exercise. Knows and can explain the effects of exercise on the body. Choose and lead an appropriate warm up and cool down</p>
<b>Competitive Opportunities For All</b>	<p>House Competitions</p> <p>RGS Football / Netball Festival</p> <p>Outdoor Activities Residential</p> <p>Sports Day</p>	<p>House Competitions</p> <p>RGS Tag Rugby / Netball Festival</p> <p>Sports Day</p>