

Teach Led PE Overview and Plans – KS2

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The National Curriculum

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- 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

Swimming and water safety (Year 3 and 4)

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations

Kit

- Kit bags are provided with the fundamental equipment for PE lessons. (Shared between Lower and Upper Key stage).
- Please be prepared for sessions and email [Jade Fuller](#) if equipment needs ordering or replacing. (Ideally not on the morning you need it!)
- The shed is in constant use and tricky to keep organised – it is important to return items to where you found them – tidily, if in doubt leave outside the shed.
- A large amount of equipment belongs to NSSport. This is labelled (and usually the nice footballs) please do not use these for your sessions.
- ALL Hall equipment must remain in the hall.
- Please use the Sports Captains and Buddies to communicate messages/tidy your equipment at the end of the sessions and for any other sporting business.

Suggested resources to use to conduct lessons.

Warm ups / Cool downs	Gymnastics	Dance	Invasion Games	Striking and Fielding Games	Athletics Skills and Activities
Twinkl cards	NSS Plans & Key Steps	Imoves.com	Play for Life Activity cards		
http://www.twinkl.co.uk/resource/t-pe-001-30-warm-up-ideas-for-pe Each Year Group provided with Printed pack.	Electronic Download provided, posters in the hall, file in staff room. This is under review!	Username: EastSheen Password: ESPSDance	Shared drive. How to use the cards The approach Physical literacy Card Search		

The following table shows how the Playing for Life activities link to different sports.

Invasion Games	Striking and Fielding Games	Net and Court Games	Target Games	Movement Exploration
<ul style="list-style-type: none"> • Hockey • Soccer • Australian Rules • Football • Rugby League • Rugby Union • Basketball • Netball • Touch Football • Water Polo 	<ul style="list-style-type: none"> • Cricket • Softball • Baseball 	<ul style="list-style-type: none"> • Badminton • Squash • Tennis • Table Tennis • Volleyball 	<ul style="list-style-type: none"> • Golf • Lawn Bowls • Tenpin Bowling 	<ul style="list-style-type: none"> • Gymnastics

Key Stage 2 Teacher Led PE Overview

Year 3	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Swimming & Water Safety / Gymnastics	Swimming & Water Safety / Invasion games	Swimming & Water Safety / Dance	Invasion Games	Athletic Skills & Activities	Striking & Fielding
Year 4	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Swimming & Water Safety / Gymnastics	Swimming & Water Safety / Invasion games	Swimming & Water Safety / Dance	Swimming & Water Safety / Invasion Games	Athletic Skills & Activities	Striking & Fielding
Year 5	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Gymnastics	Invasion Games	Dance	Invasion Games	Athletic Skills & Activities	Striking & Fielding
Year 6	Autumn		Spring		Summer	
	1	2	1	2	1	2
	Gymnastics	Invasion Games	Dance	Invasion Games	Athletic Skills & Activities	Striking & Fielding

KS2 Suggested Termly Plans

YEAR 3 and 4															
AUTUMN TERM															
YEAR 3 and 4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion
	<i>Step 2 Body Management</i>	<i>Step 2 Body Management</i>	<i>Step 2 Body Management</i>	<i>Step 2 Body Management</i>	<i>Step 2 Body Management</i>	<i>Step 2 Floor Routine</i>	<i>Step 2 Floor Routine</i>	<i>Step 2Floor Routine</i>	<i>Sending and receiving (throwing)</i>	<i>Sending and receiving (kicking)</i>	<i>Movement and Space</i>	<i>Movement and Space</i>	<i>Attacking</i>	<i>Defending</i>	<i>Match</i>
	Skills: 1,2,3	Skills: (1- 3) 4 & 5	Skills: (1- 5) 6,7,8,9	All skills Final Performance	Skills: 1,2 3	Skills: (1- 3) 4,5,6	Skills: (1- 6) 7,8	Skills: (1- 6) 7,8 Final Performance	Numbers On court off court	Run the ball	Shuttle ball Team passing	Warriors and dragons Get the Beanbag	Interceptor Wulijini	Target and Intercept	Zone ball
SPRING TERM															
YEAR 3 and 4	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
	Dance	Dance	Dance	Dance	Dance	Dance	Dance	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion	
	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Performan ce</i>	<i>Sending and receiving (throwing)</i>	<i>Sending and receiving (kicking)</i>	<i>Movement and Space</i>	<i>Movement and Space</i>	<i>Attacking</i>	<i>Defending</i>	<i>Match</i>
	Eg: The Rainforest s	Eg: The Rainforest s	Eg: The Rainforest s	Eg: The Rainforest s	Eg: The Rainforest s	Eg: The Rainforest s	Eg: The Rainforest s	Eg: The Rainforest s	Boundary Pass Koolchee	Pairs Passing Keep the Ball	Pass and run	Warriors and dragons Newspaper hockey	Keentan	5 point player	Find the Goal line

SUMMER TERM

SUMMER TERM														
YEAR 3 and 4	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking & fielding	Striking & fielding	Striking & fielding	Striking & fielding	Striking & fielding	Striking & fielding	Striking & fielding
	<i>Running</i>	<i>Jumping</i>	<i>Sending</i>	<i>Running Jumping Sending</i>	<i>Running Jumping Sending</i>	<i>Running Jumping Sending</i>	<i>Running Jumping Sending</i>	<i>Running Jumping Sending</i>	<i>Sending & Receiving</i>	<i>Sending & receiving</i>	<i>Sending & receiving</i>	<i>Sending & movement</i>	<i>Sending, receiving & running.</i>	<i>Sending, receiving & running.</i>
	Follow the line Underarm return relay	Warrior and Dragons Frogs and Lily pads	Stork Tag Long throw	loose carriage	Hospital Tag Aquathlon	Run the circle Get the beanbag	Sports Day Practice	Catching Challenge Throlf	Hit and Catch Bowler Goaler	In the Zone Hit 4 and go	Racing relay Runners v passers	Diamond Cricket	Continuou s Cricket	House group rounders. (4 teams rotating – to avoid idling)

YEAR 5 and 6

AUTUMN TERM

YEAR 5 and 6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Gym	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion
	<i>Step 3 Body Management</i>	<i>Step 3 Body Management</i>	<i>Step 3 Body Management</i>	<i>Step 3 Body Management</i>	<i>Step 3 Floor Routine</i>	<i>Step 3 Floor Routine</i>	<i>Step 3 Floor Routine</i>	<i>Step 3 Floor Routine</i>	<i>Sending and receiving (throwing)</i>	<i>Sending and receiving (kicking)</i>	<i>Movement and Space</i>	<i>Movement and Space</i>	<i>Attacking</i>	<i>Defending</i>	<i>Match</i>
	Skills: 1,2,3, 4	Skills: (1- 4) 5,6,7	Skills: (1- 7) 8,9	All skills Final Performance	Steps: 1-5	Steps: (1- 5) 6-10	Steps: all steps Final Performance	Base run	Numbers	Dribblers and robbers	On off court rapid pass	Buroinjin	Defenders on a line	Keentan	

SPRING TERM

YEAR 5 and 6	1	2	3	4	5	6	7	8	9	10	11	12	13	14	
	Dance	Dance	Dance	Dance	Dance	Dance	Dance	Dance	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion	Invasion
	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Theme to match classroom Topic</i>	<i>Dance Performan ce</i>	<i>Sending and receiving</i>	<i>Sending and receiving</i>	<i>Movement and Space</i>	<i>Movement and Space</i>	<i>Attacking</i>	<i>Defending</i>	<i>Match</i>
	Eg: Egyptians	Eg: Egyptians	Eg: Egyptians	Eg: Egyptians	Eg: Egyptians	Eg: Egyptians	Eg: Egyptians	Eg: Egyptians	Beat the bucket	End to End	Defenders on the line	D1 and D2	Newspaper hockey	Defend the Zone	Game of your choice.

SUMMER TERM

SUMMER TERM														
YEAR 5 and 6	1	2	3	4	5	6	7	8	9	10	11	12	13	14
	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics	Striking & fielding	Striking & fielding	Striking & fielding	Striking & fielding	Striking & fielding	Striking & fielding	Striking & fielding
	Running	Jumping	Sending	Running Jumping Sending	Running Jumping Sending	Running Jumping Sending	Running Jumping Sending	Running Jumping Sending	Sending and receiving	All skills	All skills	All skills	All skills.	All skills
	Follow the line Underarm return relay	Warrior and Dragons Frogs and Lily pads	Stork Tag Long throw	loose carriage	Hospital Tag Aquathlon	Run the circle Get the beanbag	Sports Day Practice	Bat tapping Pepper	Over the pit	Engage all	Collect 3	6 or safe	Continuou s Cricket	House group rounders. (4 teams rotating – to avoid idling)