

## Northwick Park Primary Academy - KS2 PE Curriculum Map

Year Group/ Length of Lesson		Autumn		Spring		Summer		
Y3	45	Playground Games	Real PE Unit 4 Send & Receive	Hockey	Invasion Games (Link to netball)	Athletics (Link to sports day)	Real PE Unit 5 Footwork, Reaction/Response	
	45	Gym Travelling & Balancing (Build up to apparatus)	Gym Travelling & Balancing	Dance Moving to a rhythm (beats of 8, modern music)	Gym Jumping & Landing (Start on floor, build up to apparatus)	Dance (own choice) Picnic Dance		
Y4	45	Skipping (Individual, partners, big rope)	Real PE Unit 6 Ball skills	Swimming Non-swimmers - Mel		Basketball	Real PE Unit 1 (Footwork/Balance - Link to athletics – ladders, hurdles etc)	
	45	Dance (Own choice - rainforest)	Gym VS Unit Q	Dance (Roman)	Gym VS Unit R	Picnic Dance	Gym VS Unit S	
Y5	45	Real PE Unit 2 Floor work/balance	Tennis	Real PE Unit 1 Ball Skills, reaction	Real PE Unit 3 Partner Work	Real PE Unit 4 Jumping/landing	Rounders & rounders skills	
	45	Fitness Unit (Improving general fitness after summer break)	VS Unit T/U Gym (Introduction)	Dance (own choice/barn dance)	VS Unit U/V Gym (Bridges)	Dance (picnic theme)	VS Unit V/W Gym (Sequences)	
Y6	45	PPA – Mel (Suggested multiskills, rugby & football)					Striking/Fielding Cricket	
	45	Gymnastics (Year 6 unit of work from Deanes)	Dance (Own choice – Lindy Hop)	Gymnastics (Year 6 unit of work from Deanes)	Picnic Dance	Rounders skills		

Once a week every KS2 class also takes part in walk a mile for fifteen minutes.

## Northwick Park Primary Academy - KS2 PE Curriculum Map

### 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.