



Kilmington Primary School PE Overview



Ospreys PE Overview

	AUTUMN TERM	SPRING TERM	SUMMER TERM			
	<p>PEDPASS units are used in Key Stage 2.</p> <p>The units are interspersed with fitness and aerobics programmes.</p> <p>Expectations of children of different ages and abilities are adapted within the teaching of each unit.</p>					
Year A	<p><u>Dance Unit 5</u></p> <ul style="list-style-type: none"> Compose motifs and plan dances creatively and collaboratively in groups. Adapt and refine the way they use weight, space and rhythm in their dances to express themselves in the style of the dances they use. Perform different styles of dance clearly and fluently. <p><u>Invasion Games Unit 3/4 (netball)</u></p> <ul style="list-style-type: none"> Use different techniques for passing and controlling the ball. Apply basic rules of team play to keep possession of the ball. 	<p><u>Fitness – circuits</u></p> <ul style="list-style-type: none"> Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities. <p><u>Invasion Games Unit 3/4 (hockey)</u></p> <ul style="list-style-type: none"> Use different techniques for passing controlling, dribbling and shooting the ball in games. Apply basic rules of team play to keep possession of the ball. Use marking, tackling and/or interception 	<p><u>Fitness – aerobics</u></p> <ul style="list-style-type: none"> Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power and stamina help people to perform well in different athletic activities. <p><u>Invasion Games Unit 3/4 (rugby)</u></p> <ul style="list-style-type: none"> Use different techniques for carrying, passing and controlling the ball in games. Apply basic rules of team play to keep possession of the ball. Use marking, tackling and/or interception to 	<p><u>Net/wall Unit 2</u></p> <ul style="list-style-type: none"> Use forehand, backhand and overhead shots increasingly well in the games they play. Use the volley in games where it is important. Use the skills they prefer with competence and consistency. Understand the need for tactics, start to choose and use some tactics effectively. <p><u>Swimming</u></p> <ul style="list-style-type: none"> Learn to swim using three different strokes; swimming on their front and back. Learnt to control breathing when 	<p><u>Gym Unit 6</u></p> <ul style="list-style-type: none"> Make up longer more complex sequences including changes in level, direction and speed. Develop solutions to a task by choosing and applying a range compositional principles Combine and perform gymnastic actions, shapes and balances and show clarity, fluency and accuracy and consistency in their movements. Prepare a sequence to be performed to an audience. <p><u>Athletics unit 3</u></p> <ul style="list-style-type: none"> Choose the best pace for a running event so that they can sustain their running and improve on a personal target. Show control at take-off in 	<p><u>Fitness – circuits</u></p> <ul style="list-style-type: none"> Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities. <p><u>Strike/Field Unit 2</u></p> <ul style="list-style-type: none"> Strike a bowled ball. Use a range of fielding skills eg catching, throwing, bowling, intercepting with growing control and consistency. Understand and a range of tactics in games.



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	<ul style="list-style-type: none"> Use marking and interception to improve their defence. Play effectively as part of a team. 	<p>to improve their defence.</p> <ul style="list-style-type: none"> Play effectively as part of a team. 	<p>improve their defence.</p> <ul style="list-style-type: none"> Play effectively as part of a team. 	<p>swimming on the surface and under water.</p> <ul style="list-style-type: none"> Learn to float and to tread water. 	<p>jumping activities.</p> <ul style="list-style-type: none"> Show accuracy and good technique when throwing for distance. 	
Year B	<p><u>Gym Unit 5</u></p> <ul style="list-style-type: none"> Create, practise and refine longer more complex sequences for a performance including changes in level, direction and speed. Choose actions, shapes and balances from a wider range of themes and ideas. <p><u>Invasion Games Unit 3/4 (netball)</u></p> <ul style="list-style-type: none"> Use different techniques for passing and controlling the ball. Apply basic rules of team play to keep possession of the ball. Use marking and interception to improve their defence. Play effectively as part of a team. 	<p><u>Fitness – aerobics</u></p> <ul style="list-style-type: none"> Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power stamina and co-ordination help people to perform well in different athletic activities. <p><u>Invasion Games Unit 3/4 (hockey)</u></p> <ul style="list-style-type: none"> Use different techniques for passing controlling, dribbling and shooting the ball in games. Apply basic rules of team play to keep possession of the ball. Use marking, tackling and/or interception to improve their defence. 	<p><u>Fitness – circuits</u></p> <ul style="list-style-type: none"> Work on a range of strength and stamina building exercises. Understand how strength, power and stamina help people to perform well in different athletic activities. <p><u>Invasion Games Unit 3/4 (rugby)</u></p> <ul style="list-style-type: none"> Use different techniques for carrying, passing and controlling the ball in games. Apply basic rules of team play to keep possession of the ball. Use marking, tackling and/or interception to improve their defence. Play effectively as part of a team. 	<p><u>Net/wall Unit 2</u></p> <ul style="list-style-type: none"> Use forehand, backhand and overhead shots increasingly well in the games they play. Use the volley in games where it is important. Use the skills they prefer with competence and consistency. Understand the need for tactics, start to choose and use some tactics effectively. <p><u>Swimming</u></p> <ul style="list-style-type: none"> Learn to swim using three different strokes; swimming on their front and back. Learnt to control breathing when swimming on the surface and under water. 	<p><u>Dance Unit 6</u></p> <ul style="list-style-type: none"> Work creatively and imaginatively on their own, with a partner and in a group to compose motifs and structure simple dances. Perform to an accompaniment expressively and sensitively. Perform dances fluently and with control. Understand how dance keeps them healthy. Talk about dance with understanding, using appropriate language and terminology. <p><u>Athletics unit 3</u></p> <ul style="list-style-type: none"> Choose the best pace for a running event so that they can sustain their running and improve on a personal target. Show control at take-off in jumping activities. 	<p><u>Fitness – aerobics</u></p> <ul style="list-style-type: none"> Work on a range of strength and stamina building exercises, including co-ordination. Understand how strength, power stamina and co-ordination help people to perform well in different athletic activities. <p><u>Strike/Field Unit 2</u></p> <ul style="list-style-type: none"> Strike a bowled ball. Use a range of fielding skills eg catching, throwing, bowling, intercepting with growing control and consistency. Understand and a range of tactics in games.



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	<p style="text-align: center;"><u>Outdoor and Adventurous</u></p> <p>The outdoor and adventurous aspects of the PEDPASS curriculum are covered across the two-year programme by running activities in addition to the two PE lessons each week.</p> <p style="text-align: center;">These include:</p> <ul style="list-style-type: none">• Outdoor Learning:<ul style="list-style-type: none">○ 5 sessions in Autumn 1st half○ 5 sessions in Spring 2nd half• Residential trip to Adventure Okehampton for 2 nights - once within the two years <p>Additional topic related trips such as Dartmoor, farm visits, where orienteering can take place.</p>					