

LEINTWARDINE CE PRIMARY SCHOOL LEARNING JOURNEY ITINERARY

SUBJECT: PE

YEAR GROUPS: Upper KS2

PREVIOUS KNOWLEDGE *We would expect most children to:*

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

By the end of KS2, children should be able to:

Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness
<ul style="list-style-type: none"> • link skills, techniques and ideas and apply them accurately and appropriately • show good control in their movements • apply their skills, techniques and ideas consistently • show precision, control and fluency 	<ul style="list-style-type: none"> • compare and comment on skills, techniques and ideas that they and others have used • use their observations to improve their work • analyse and explain why they have used specific skills or techniques • modify use of skills or techniques to improve their work • create their own success criteria for evaluating 	<ul style="list-style-type: none"> • explain some important safety principles when preparing for exercise • explain what effect exercise has on their body • explain why exercise is important • explain how the body reacts to different kinds of exercise • choose appropriate warm ups and cool downs • explain why we need regular and safe exercise
Dance	Games	Gymnastics
<ul style="list-style-type: none"> • compose their own dances in a creative and imaginative way • perform to an accompaniment, expressively and sensitively • controlled movements • dance show clarity, fluency, accuracy and consistency • develop imaginative dances in a specific style • choose their own music, style and dance 	<ul style="list-style-type: none"> • gain possession by working as a team • pass in different ways • use forehand and backhand with a racquet • able to field • choose the best tactics for attacking and defending • use a number of techniques to pass, dribble and shoot • explain complicated rules • make a team plan and communicate it to others • lead others in a game situation 	<ul style="list-style-type: none"> • make complex or extended sequences • combine action, balance and shape • perform consistently to different audiences • clear, accurate and consistent movements • combine their own work with that of others • link their sequences to specific timings
Swimming	Athletics	
<ul style="list-style-type: none"> • 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. • swim 2 lengths front, 2 lengths back – good stroke technique. • pick up brick from half way down pool (on the slope) • straddle entry & tread water for 1 minute 	<ul style="list-style-type: none"> • controlled when taking off and landing in a jump • throw with accuracy • combine running and jumping • follow specific rules • demonstrate stamina • use their skills in different situations 	

ASSESSMENT OPPORTUNITIES

Children will be able to demonstrate their learning through:

- Small-sided games
- Routines created within dance/gymnastics
- Isolated drills focusing on key skills

ENRICHMENT OPPORTUNITIES

We will endeavour to include:

- Sports day
- After-school club
- Active break and lunchtimes
- Active in Rise & Shine club
- School tournaments and competitions
- School Games events
- Inter-house competitions

SUBJECT-SPECIFIC VOCABULARY

We will expect children to use these words and phrases:

rhythm, speed, level, direction, control, coordination, improve, tactic, zone, travelling, balance, sequence, rules, climb, stretch, teamwork, passing, striking, healthy, pulse, muscle, fitness, front-crawl, back-crawl, stroke, breast-stroke, float, swim, technique, tactic, cardiovascular fitness, lactic acid, stamina, choreograph, sequence, analyse, navigate, evaluate,

CROSS-CURRICULAR LINKS

This itinerary fits with our other learning through:

- Maths: Time, scores, measuring
- Science: heart rate, pulse rate, keeping healthy, benefits of fitness

LEARNING BEHAVIOURS *Children will be expected to:*

Tries new things	Attempts new skills, positions and sports with enthusiasm.	Imagines	Thinks of new ideas and techniques
Works hard	Practises new skills with good intent to learn.	Improves.	Accepts new learning strategies and advice to show new skills.
Concentrates	Works without distraction, listening to instructions, and demonstrates new skills	Understands others	Listens and works well with a range of abilities and adapts.
Self-motivates	Shows perseverance, helps others, works in a team.	Doesn't give up	Shows perseverance and determination to succeed