



Kilmington Primary School PE Overview



Jackdaws PE Overview

	AUTUMN TERM		SPRING TERM		SUMMER TERM	
	PEDPASS units are used in Key Stage 2.					
	The units are interspersed with fitness and aerobics programmes.					
	Expectations of children of different ages and abilities are adapted within the teaching of each unit.					
Year A	<p><u>Dance Unit 3</u></p> <ul style="list-style-type: none">Improvise freely, translating ideas from a stimulus into movement.Create dance phrases that communicate ideas.Share and create dance phrases with a partner and in a small group. <p><u>Invasion Games unit 1/2 (netball)</u></p> <ul style="list-style-type: none">Throw and catch with control to keep possession of the ball and scores ‘goals’.Be aware of space and use it to support team-mates and cause problems for the opposition.	<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 1/2 (hockey)</u></p> <ul style="list-style-type: none">Learn to control the ball by dribbling.Practise good passing and collecting techniques and use these to keep possessions as a team.Start to use tactics to make it difficult for the opposition.	<p><u>Gym Unit 3/4</u></p> <ul style="list-style-type: none">Use a greater number of their own ideas for movements in response to a task.Perform actions, body shapes, balances and agilities with control.Choose, plan and perform longer sequences of contrasting actions that include changes of speed and level, clear shapes and quality of movement. <p><u>Invasion Games Unit 1/2 (rugby)</u></p> <ul style="list-style-type: none">Pass and catch the ball using the correct techniques for the game.	<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>Net/Wall Unit 1</u></p> <ul style="list-style-type: none">Keep up a continuous game using a range of throwing and catching skills and techniques.Use a small range of basic racket skills.Choose and use a range of simple tactics for sending a ball in different ways to make	<p><u>Dance Unit 4</u></p> <ul style="list-style-type: none">Respond imaginatively to a range of stimuli related to character and narrative.Use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group.Refine, repeat and remember dance phrases and dances.Show sensitivity to the dance idea and the accompaniment. <p><u>Athletics unit 2</u></p> <ul style="list-style-type: none">Understand and demonstrate the difference between sprinting and running for sustained periods.Know and demonstrate a range of throwing techniques.	<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 1</u></p> <ul style="list-style-type: none">Use a range of skills (throwing, striking, intercepting and stopping a ball) with some control and accuracy.Choose and vary skills and tactics to suit the situation in a game.Carry out tactics successfully. Set up small games and know how to use rules to keep games going fairly.



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	<ul style="list-style-type: none"> Experiment with a range of throwing and catching techniques. Find ways of attacking successfully and use a range of tactics to keep possession as a team. 		<ul style="list-style-type: none"> Use appropriate game play to move down the field in order to 'score'. Intercept players and learn how the 'tag' system works. 	<ul style="list-style-type: none"> to make it difficult for their opponent. Choose and use a range of simple tactics for defending their own court. Make up their own net games. 	<ul style="list-style-type: none"> Throw with accuracy and some power into a target area. Perform a range of jumps showing consistent technique and sometimes using a short run-up. 	
Year B	<p><u>Gym Unit 3</u></p> <ul style="list-style-type: none"> Use a greater number of their own ideas for movements in response to a task. Choose and plan sequences of contrasting actions. Adapt sequences to suit different types of apparatus and their partner's ability. <p><u>Invasion Games unit 1/2 (netball)</u></p> <ul style="list-style-type: none"> Throw and catch with control to keep possession of the ball and scores 'goals'. Be aware of space and use it to support team-mates and cause problems for the opposition. Experiment with a range of throwing 	<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 1/2 (hockey)</u></p> <ul style="list-style-type: none"> Learn to control the ball by dribbling. Practise good passing and collecting techniques and use these to keep possession as a team. Start to use tactics to make it difficult for the opposition. 	<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 1/2 (rugby)</u></p> <ul style="list-style-type: none"> Pass and catch the ball using the correct techniques for the game. Use appropriate game play to move down the field in order to 'score'. Intercept players and learn how the 'tag' system works. 	<p><u>Swimming</u></p> <ul style="list-style-type: none"> Learn to swim using three different strokes, swimming on their front and back. Learn to control breathing when swimming on the surface and under water. Learn to float and to tread water. <p><u>Net/Wall Unit 1</u></p> <ul style="list-style-type: none"> Keep up a continuous game using a range of throwing and catching skills and techniques. Use a small range of basic racket skills. Choose and use a range of simple tactics for sending a ball in different ways to make to make it difficult for their opponent. 	<p><u>Dance Unit 4</u></p> <ul style="list-style-type: none"> Respond imaginatively to a range of stimuli related to character and narrative. Use simple motifs and movement patterns to structure dance phrases on their own, with a partner and in a group. Refine, repeat and remember dance phrases and dances. Show sensitivity to the dance idea and the accompaniment. <p><u>Athletics unit 2</u></p> <ul style="list-style-type: none"> Understand and demonstrate the difference between sprinting and running for sustained periods. Know and demonstrate a range of throwing techniques. 	<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>Strike/Field Unit 1</u></p> <ul style="list-style-type: none"> Use a range of skills (throwing, striking, intercepting and stopping a ball) with some control and accuracy. Choose and vary skills and tactics to suit the situation in a game. Carry out tactics successfully. Set up small games and know how to use rules to keep games going fairly.



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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 2nd half 5 sessions in Summer 1st half Residential trip to Hooke Court for 2 nights - once within the two years Additional topic related trips such as Dartmoor, farm visits, where orienteering can take place. 					