



Westbury Park School

**KS2**  
*PE - Lower*

**LOWER KS2 LONG TERM PHYSICAL EDUCATION PLAN 2021-2022**

<b>KS1 &amp; 2</b> Aims to give pupils access to: <ol style="list-style-type: none"> <li>Broad range of physical activities.</li> <li>Different competitive sporting opportunities.</li> <li>Periods of sustained physical activity.</li> </ol> Developing an active and healthy lifestyle.		<b>KS2</b> Pupils should be taught to: <ol style="list-style-type: none"> <li>Use running, jumping and throwing and catching in isolation and in combination.</li> <li>Play competitive games and apply basic principles suitable for attacking and defending. E.g. Football, Tag Rugby, Netball.</li> <li>Develop flexibility, strength, technique, control and balance. E.g. Athletics.</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best..</li> </ol>				
<b>YEAR 3</b>	FITNESS FRENZY	BRILLIANT BALL SKILLS	ACTIVE ATHLETICS	TENNIS	SPORTS DAY PREP	ROUNDERS
	THROWING & CATCHING	COOL CORE	GROOVY GYMNASTICS	SWIMMING	SWIMMING	ATHLETICS SWIMMING
<b>YEAR 4</b>	COOL CORE	INVADERS	GYM SEQUENCES	TENNIS	STRIKING 7 FIELDING	YOUNG OLYMPIANS
	SWIMMING	SWIMMING	SWIMMING		GYM FIT	FITNESS FRENZY

LOWER KS2 EXPECTATIONS	YEAR 3	YEAR 4
<b>SWIMMING</b>	Water confidence work. Safety procedures for the pool. Work on basic swimming strokes: front crawl, backstroke, breaststroke.	Water confidence work. Consolidation of swimming techniques: front crawl, back stroke, breaststroke. Focus on 25m unaided swimming. Perform Safe self-rescue. Beginning sitting dives in preparation for competition.
<b>DANCE</b>	Can follow a dance sequence and repeat it. Recognizes the importance of space and body shape. Begins to move to the beat of the music. Begins to create own patterns to move to the music.	Can repeat, remember and perform phrases of a dance. Uses body shape and space to create actions with partner using pathways within the space. Continues to create own patterns and incorporate others patterns in group work.

<b>ATHLETICS</b>	Runs at slow, medium and fast speeds and can change speed as directed. Introduction to middle distance and long distance running. Experiments with different types of jumping (distance, height) and throwing (pull, push). Continues to practice agility, balance and co-ordination adapting to athletic techniques.	Introduced to sprint starts and running for speed techniques. Continues with mid and long distance running. Consolidates jumping for height and distance introducing link to run up. Continues to practice agility, balance and co-ordination adapting to athletic techniques.
<b>INVASION GAMES STRIKING &amp; FIELDING GAMES RACKET GAMES</b>	Continues practicing throwing, catching, kicking and striking balls and incorporating agility, balance and co-ordination into games. Begins to throw and catch accurately under pressure. Begins to learn different uses of throwing during game play e.g. bowling Understand the basic rules of a game. Keeps possession with some success and attempt to disrupt possession when opposition attacking in sports such as hockey, football, rugby. Begins to use space to support teammates. Strikes a ball with varying sizes of equipment and success e.g. cricket bat, tennis racket, rounders bat.	Continues practicing throwing, catching, kicking and striking balls and incorporating agility, balance and co-ordination into games. Continues to throw and catch with control and more consistency under pressure e.g. at wicket, at rounders post, netball goal Understand the basic rules of a game and play with fairness. Keeps possession of the ball and move into space to support teammates. Keep practicing defending and attacking tactics. Strikes a ball with more success and begins to control the direction.
<b>HEALTH &amp; FITNESS</b>	Knows the importance of leading an active and healthy life. Explain why warm ups and cool downs are important.	Knows the importance of leading an active and healthy life. Explain why warm ups and cool downs are important and can begin to identify an appropriate warm up.
<b>COMPETITIVE OPPORTUNITIES FOR ALL Trips/enrichment and speakers</b>	House competitions. RGS Athletics Festival. Horfield Triathlon. Sports Day	House competitions. RGS Athletics Festival. Sports Day
<b>CPD</b>		