



KS2 PE Curriculum Plan

Year 3/4/5/6	Autumn Christmas	Spring Easter	Summer
Year A	Football Tag rugby Dance Gymnastics	Cross country Outdoor adventurous activities Swimming Athletics	Tennis Rounders Cricket
Year B	Athletics Football Dance Gymnastics	Cross country Tennis Cricket Swimming	Athletics Outdoor adventurous activities Rounders

Key Stage 1	Key Stage 2
<ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching as well as developing balance, agility and coordination, 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. 	<ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. • Develop flexibility, strength, technique, control and balance. • 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. • Swim competently, confidently and proficiently over a distance of at least 25 metres • Use a range of strokes effectively • Perform safe self-rescue in different water-based situations