

Key Vocabulary

Direction	Pace
Targets	Bowling
Fielding	Pass
Chest	Overhead
Rugby	Bounce
Strike	Pass
Attacker	Defender
Rules	Tactics



Forest School

Hide & Seek

Obstacle course

Throw balls of mud at a target.

Therapy (SALT/OT)

Symbols for directions/movements

Gross motor skills programme

Hand-Eye coordination

Pupils should be taught to:

Use running, throwing & catching in isolation & in combination. Play competitive games, eg badminton, basketball, cricket, football, hockey, netball, rounders & tennis & apply basic principles suitable for attacking & defending.

Moving

- Move forwards & change direction
- Vary pace when moving
- Move forwards whilst using equipment

Throwing

- Throw at targets using two hands
- Use a variety of bowling skills

Catching/Stopping

- Stop a ball with equipment
- Use a variety of fielding skills

Passing/Striking

- Pass using different passes eg chest, overhead, rugby, bounce
- Strike balls which are travelling & use a basic racquet shots

Attacking & Defending

- Be aware of attackers when defending & choose which attacker to defend
- Use different tactics to outwit opponents
- Understand rules & tactics in a game

Equipment/Apparatus

Small balls	Large balls
Bean bags	Floor arrows
Stop symbols	Go symbols
Cones	Cricket Bats
Tennis Rackets	

Outcomes (from the DfE PE Programme of Study)

Pupils should continue to apply & develop a broader range of skills, learning how to use them in different ways & to link them to make actions & sequences of movement. They should enjoy communicating, collaborating & competing with each other. They should develop an understanding of how to improve in different physical activities & sports & learn how to evaluate & recognise their own success.



KS2

PE

Games

