






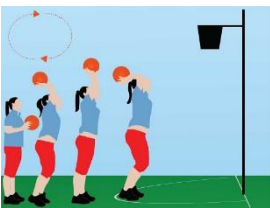
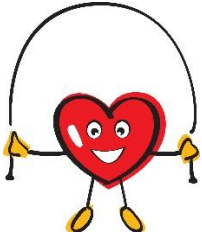





Haresfield PE Curriculum KS2

'Intelligence and skills can only function at the peak of their capacity when the body is healthy and strong.' - JFKennedy

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE 1							
		Swimming Pool safety Water confidence Floating Basic strokes (on front) Leg kicks	Swimming Developing stroke technique Extended swimming Backstroke / breast stroke Water safety	Gymnastics Jump and land two feet and one foot Hold a bridge / high plank (forward or back bridge) Move over and through apparatus safely	Handball / Dance Use an overarm throw effectively Pass or shoot the ball with accuracy Move into a space quickly to receive the ball	Dodgeball Throw overarm using correct technique Catch and throw accurately at speed Dodge by jumping or sidestepping	Cricket / Rounders Catch a ball with control Field a ball and return it to the bowler To bowl with accuracy Begin to aim when striking Teamwork
PE 2							
		Baseline / Tag Rugby Catch the ball whilst running. Accelerate quickly into a space between defenders Attacking and defending Teamwork	Netball / basket ball Pass quickly and accurately. Move into a space and call for the ball. Shoot using a smooth action.	Happy, healthy heart + Rowing Use a side step to evade taggers. Star jump with co-ordination Balance and co-ordination	Hockey Keep the ball close to the stick when dribbling Keep control of the ball Control the stick when shooting or passing Teamwork	Tennis Hold the racket correctly Control the ball when striking Move to correct position to be able to return the ball	Athletics Use good technique when running and jumping Throw underarm and overarm using good technique. Use tactics in relay