

Alderwood Academy KS2 Haven P.E. Programme of Study

	Know	Do (Able to)
On the Move focus: jumping 1	<p>Jumping is a skill that is needed in a number of sports</p> <p>The arms are used to gain height / distance when jumping.</p>	<p>Perform a range of steps / leaps, hops, jumps under control</p> <p>Link together a range of steps / leaps, hops, jumps.</p>
On the Move focus: jumping 2	<p>The triple jump consists of 3 distinct phases</p> <p>It is important to cushion your landing after jumping.</p>	<p>Combine a range of leaps, hops and jumps</p> <p>Complete a triple jump either from standing or on the move.</p>
On the Move focus: orienteering 1	<p>Orienteering control markers are orange and white</p> <p>Pacing is important when running long distances.</p>	<p>Run for an extended period of time</p> <p>Plan how to negotiate a course efficiently.</p>
On the Move focus: orienteering 2	<p>The points of the compass</p> <p>A map needs to be set to indicate the direction of travel.</p>	<p>Set / orient a map</p> <p>Locate control points using a map</p> <p>Run for a sustained period.</p>
On the Move focus: problem solving 1	<p>There are 1,000 millilitres in a litre</p> <p>Precision can be better than speed.</p>	<p>Plan a strategy before solving a problem</p> <p>Coordinate and take their weight on hands and feet.</p>
On the Move focus: problem solving 2	<p>It is possible to communicate using only sound</p> <p>Our sense of hearing is heightened when sight is impaired.</p>	<p>Listen to and follow instructions</p> <p>Negotiate an obstacle course.</p>
On the Move focus: scooting 1	<p>When riding a scooter, a helmet is worn to protect the head from injury in the event of a fall</p> <p>Having good balance is useful for a range of sports.</p>	<p>Perform a range of stationary balances</p> <p>Demonstrate good balance when riding a scooter</p> <p>Challenge themselves to improve their own physical performance.</p>
On the Move focus: scooting 2	<p>Strategies for estimating distance and time</p> <p>It is illegal to ride privately owned e-scooters on public roads and footpaths.</p>	<p>Move into a balance</p> <p>Plan and navigate a slalom course on a scooter.</p>

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On the Move focus: spectacular skills 1	Using different balls / items makes juggling easier / harder It would be easier to juggle on the Moon than on the Earth because the gravitational pull is weaker on the Moon.	Throw and catch 2 items under control at the same time Juggle with 2 items.
On the Move focus: spectacular skills 2	Using the non-dominant hand or foot is often challenging Good hand-eye coordination is needed to succeed in many skills.	Incorporate equipment into a movement sequence Vary the level, speed and direction of movement.
On the Move focus: throw, bounce, catch 1	How to make it easier / harder for their partner to catch the ball Being in the right position makes it easier to catch the ball.	Perform an underarm throw accurately with a small ball Move into position to catch a small ball successfully.
On the Move focus: throw, bounce, catch 2	The legs are used to increase the accuracy and power of a throw Practising skills with the dominant and non-dominant hand is useful.	Throw a ball accurately to hit a target Bounce a ball under control.
Athletics (over 3 sessions)	The power for throwing comes from both legs and arms. To lift the knees high when sprinting. To use the arms and land safely with bent knees when jumping.	Throw for distance and accuracy Set their own goals when running for speed and distance Land safely when jumping for distance
Basketball (over 3 sessions)	When receiving the ball there are 3 options: dribble, pass or shoot Dribbling is a way of travelling with the ball When and how to use a chest pass and a bounce pass	Make strategic decisions about whether to dribble, pass or shoot. Dribble with the head up Select an appropriate pass Use the correct technique to shoot

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<p>Dance (over 3 sessions)</p>	<p>For every action there is a reaction</p> <p>The effect of changing speed, level and direction in a movement sequence.</p> <p>Unison means working together and canon means one after the other.</p>	<p>Link movements fluently</p> <p>Vary the speed, level and direction of movement</p> <p>Link movements to music</p> <p>Work with a partner</p>
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