

# Alderwood KS2 Traded PE Curriculum Overview 2025/26

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PE	Jumping	Orienteering	Problem Solving	Scotting	Spectacular Skills	Throw, bounce and catch	Athletics	Basketball	Dance
<b>Core Knowledge</b>	use running, jumping, throwing and catching in isolation and in combination	take part in outdoor and adventurous activity challenges both individually and within a team	take part in outdoor and adventurous activity challenges both individually and within a team	develop flexibility, strength, technique, control and balance	develop flexibility, strength, technique, control and balance	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination	use running, jumping, throwing and catching in isolation and in combination	develop flexibility, strength, technique, control and balance
<b>Key Skills</b>	Use arms to gain height  Perform and link range of steps, leaps etc  Combining leaps, hops and jumps (triple jump)	Using control markers  Run for extended period of time	Amazon adventure  Strategic thinking  Coordinate weight on hands	Performing stationary balance  Negotiating a course	Juggling with 2 items  Hoop, ribbon, ball tricks  Sequencing movements	Sticky catch with paddles  Underarm throw  Use of legs to power throw  Throw for accuracy	Throwing for distance or accuracy  Use of foam shot-put, javelin, hammer  Running – speed or distance  Relays	Dribbling  Double dribble  Shooting  Attack / defence	Balance  Control  Sequencing  Partner work

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		Orienting a map Locate control points on map	and feet (climbing wall) Listen to and follow instructions Negotiate obstacle course	Move into a balance Plan and navigate a slalom course		Bounce with control	Jumping / hurdling		Varying speed, level and direction of movement Responding to music - dynamics
	<b>Swimming</b>								
<b>Core Knowledge</b>	swim competently, confidently and proficiently over a distance of at least 25 metres use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations								
<b>Key Skills</b>	Different strokes Floating Entering and exiting the water safely								