

## PE Programme for Key Stage 2/Tamar Pupils

### Breadth of study: Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination.
- Play competitive games and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance(Gym/Athletics)
- Perform dances using a range of movement patterns.
- Take part in outdoor and adventurous activity 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 25m.
- In swimming use a range of strokes and perform safe self-rescue in a range of water based situations.

	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year5/6</b>	Co-operation Games	Football/Basketball Skills	Fitness Training Aerobics	Gymnastic Activities Boccia	Athletic Activities	Outdoor and Adventurous Activities
<b>Tamar Junior</b>	Co-operation Games	Football/Basketball Skills	Fitness Training/ Short Tennis	Gymnastic Activities Boccia	Athletic Activities	Striking And Fielding
<b>Tamar Senior</b>	Football/Basketball Skills	Boccia	Short Tennis/ Badminton	Volleyball	Athletics	Striking And Fielding
	<b>OE/Life Skills</b>	<b>OE/Life Skills</b>	<b>OE/Life Skills</b>	<b>Swimming OE/LS</b>	<b>OE/Life Skills</b>	<b>OE/Life Skills</b>