

PE Programme for Key Stage 2/Tamar Pupils

In Key Stage 2 National Curriculum PE aims to ensure that all pupils develop competence in a broad range of activities showing that they can be physically active for sustained periods of time and encouraging them to lead healthy, active lives. 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 (Gymnastics and Athletics)
- Perform dances using a range of movement patterns.
- Improve swimming skills with the aim of swimming 25m or more.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Pupils are also encouraged to think about what happens to the body when we take part in physical activity and why it is important to stay fit and healthy. Pupils will be taught how and why it is important to change for PE and they will be encouraged to develop the skills needed to become a fair and honest participant.

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