

PE Curriculum Overview



Net & Wall Games

National Curriculum Aims		
<p>The national curriculum for physical education aims to ensure that all pupils:</p> <ul style="list-style-type: none"> • Develop competence to excel in a broad range of physical activities. • Are physically active for sustained periods of time. • Engage in competitive sports and activities. • Lead healthy, active lives. 		
National Curriculum Statement		
Key Stage 1	Key Stage 2	
<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	
Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
<p>Develop fundamental movement skills, becoming increasingly competent and confident;</p>	<p>Know and understand how to position themselves to make defending an area easier;</p>	<p>Continue to apply and develop a broader range of skills, learning how to use them in different ways</p> <p>Enjoy communicating, collaborating and competing with each other;</p>



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<p>Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others;</p> <p>Engage in competitive and cooperative physical activities in a range of increasingly challenging situations.</p>	<p>Continue to develop fundamental movement skills and become increasingly confident and competent;</p> <p>Apply and develop a broader range of skills, learning how to use them in different ways</p> <p>Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;</p>	<p>Develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success;</p>
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Learning Outcomes:

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Able to send an object with increased confidence using hand or bat;</p> <p>Moves towards a moving ball to return with hand or bat;</p> <p>Scores points against opposition over a line/net;</p>	<p>Demonstrates basic sending skills in isolation and small games;</p> <p>Tracks the path of ball over a line/net and move towards it;</p> <p>Hits a ball using both hand and racquet with some consistency;</p> <p>Returns a ball coming towards</p>	<p>Attempts to serve to begin a game. E.g. underarm;</p> <p>Plays a continuous game using: throwing and catching or some simple hitting;</p> <p>Keeps count/score of a game;</p> <p>Can play within boundaries;</p>	<p>Explores shots on both sides of the body and attempt with confidence; introduction of forehand and backhand</p> <p>Uses a small range of racquet/hand skills;</p> <p>Works with a partner / small groups to return a served ball;</p>	<p>Plays a range of basic shots on both sides of the body, move feet to hit ball;</p> <p>Plays modified games sending and returning a ball;</p> <p>Plays with others with some flow to the game, keeping track of their own scores;</p>	<p>Uses forehand, backhand and overhead shots with more confidence in games;</p> <p>Makes appropriate choices in games about the best shot to use;</p> <p>Starts games with the appropriate serve;</p>



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<p>Selects and applies skills to win points;</p> <p>Chases, stops and controls balls and other objects such as beanbags and hoops;</p> <p>Identifies space to send a ball;</p> <p>Be able to send an object in isolation;</p> <p>Moves towards a moving ball to return it with hand or bat;</p> <p>Be able to demonstrate basic sending skills in isolation;</p>	<p>them using hand or racquet;</p> <p>Plays in a modified game send and returning the ball over a line/barrier;</p> <p>Decides on and play with dominant hand;</p> <p>Be able to send a ball in small games with increased confidence;</p> <p>Tracks the path of a ball over a line/net and moves towards it;</p> <p>Be able to demonstrate sending skills in isolation and basic games</p>	<p>Uses a small range of basic racquet skills;</p> <p>Moves towards a ball to return over a line/net;</p> <p>Plays over a net;</p> <p>Suggest warm-up activities;</p>	<p>Plays competitively with others and against others in modified games;</p> <p>Uses basic defensive tactics to defend the court i.e. moving to different positions on the court;</p> <p>Chooses ways to send the ball to make it difficult for opponent to return;</p> <p>Suggests and lead warm ups that prepare the body appropriately for net/wall activities;</p> <p>Enjoy communicating, collaborating and competing with each other;</p> <p>Lead a partner through short warm-up routines;</p>	<p>Recognises where they should stand on the court when playing on their own and with others;</p> <p>Applies some control when returning the ball including foot placement, shot selection and aim;</p> <p>Be able to describe their scoring system;</p> <p>Understand the need for warming up and working on body strength, tone and flexibility;</p> <p>Lead small groups in warm up activities;</p>	<p>Begins to use full scoring systems;</p> <p>Develops doubles play (team play for volleyball);</p> <p>Applies tactics in games effectively;</p> <p>Understand the importance of warming up and cooling down;</p>
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