



PHYSICAL EDUCATION COMPOSITE KNOWLEDGE COVERAGE KEY STAGE 2

Intent: To challenge and further develop all learners' gross motor skills, regardless of their physical ability. Breaking down specific skills into small achievable steps, allowing learners continued opportunities to improve their swimming capabilities above the national requirements and to access leisure facilities within the community, all contribute to pedagogy of the learner. At Applebee Wood we aim to follow Sports England vision 'Everyone in England regardless of age, background or ability, feels able to take part in sport or activity.'

		Cycle A (2025-2026)	Cycle B (2026-2027)	Cycle C (2027-2028)	Cycle D (2028-2029)	Running throughout each cycle
Autumn	1	Theme - Europe Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Develop flexibility, strength, technique, control and balance.	Theme – Going Green Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Develop flexibility, strength, technique, control and balance.	Theme – Maps Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Develop flexibility, strength, technique, control and balance.	Theme – Water Gymnastics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Develop flexibility, strength, technique, control and balance.	Developing an understanding of how to improve in different physical activities and sports and learning how to evaluate and recognise their own success. Swimming is delivered in Key Stage 2 - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively (for example, front
	2	Theme – Victorian Britain Dance <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Perform dances using a range of movement patterns.	Theme – Stone Age to Iron Age Dance <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Perform dances using a range of movement patterns.	Theme – Our Local History Dance <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Perform dances using a range of movement	Theme – Anglo Saxons Dance <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Perform dances using	

		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	a range of movement patterns. Compare their performances with previous ones and demonstrate improvement to achieve their personal best	crawl, backstroke and breaststroke) Perform safe self-rescue in different water-based situations.
Spring	1	Theme – Volcanoes and Earthquakes Outdoor Adventurous Activity / Team building <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Take part in outdoor and adventurous activity challenges both individually and within a team.	Theme – The United Kingdom Outdoor/Adventurous Activity <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Take part in outdoor and adventurous activity challenges both individually and within a team.	Theme – Our World Outdoor/Adventurous Activity <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Take part in outdoor and adventurous activity challenges both individually and within a team.	Theme – North and South America Outdoor/Adventurous Activity <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Take part in outdoor and adventurous activity challenges both individually and within a team.	Hydrotherapy is delivered to learners who require this on an ongoing basis.
	2	Theme – Ancient Greece Athletics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Use running, jumping, throwing and catching in isolation and in combination in readiness for Sports Day. (Ancient Greece focus: long jump, running)	Theme – Mayan Civilisation Athletics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Use running, jumping, throwing and catching in isolation and in combination in readiness for Sports Day. (Mayan focus: throwing balls into hoops)	Theme – Vikings Athletics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Use running, jumping, throwing and catching in isolation and in combination in readiness for Sports Day. (Viking focus: running)	Theme – Roman Empire (Britain) Athletics <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Use running, jumping, throwing and catching in isolation and in combination in readiness for Sports Day.	

					(Roman Empire focus: javelin and discus)	
Summer	1	Theme – Where We Live Hockey <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. (Hockey teams around where we live)	Theme – What's the difference? Football <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. (Difference in Football teams/leagues)	Theme – Land Netball/Basketball <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. (Why Netball is played on a court)	Theme – Settlements Cricket/Tennis <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. (Cricket grounds in a variety of settlements)	
	2	Theme – Ancient China Travel – Cycling <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)	Theme – Ancient Egypt Travel – Cycling <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)	Theme – The Battle of Britain Travel – Cycling <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)	Theme – Changes in Social History Travel – Cycling <i>National Curriculum coverage to be taught at differentiated Developmental steps.</i> Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)	

