



## PE Programme of Study 2019-2020



KEY STAGE 2 PE OBJECTIVES COVERAGE										
		1	2	3	4	5	6	7	8	9
<b>Year 3</b>										
How far can you throw your shadow?	Swimming							✓	✓	✓
Who first lived in Britain?	Swimming							✓	✓	✓
What do rocks tell us about the way the Earth was formed?	Athletics	✓	✓	✓		✓	✓			
Why were the Ancient Greeks ruled by their Gods?	Dance			✓			✓			
What makes plants and flowers grow and flourish?	Gymnastics			✓	✓		✓			
What makes the Earth angry?	Multi-skills	✓	✓	✓		✓	✓			
<b>Year 4</b>										
What happens to the food we eat?	Athletics	✓	✓	✓		✓	✓			
How can we recreate the wonder of Ancient Egypt?	Athletics	✓	✓	✓		✓	✓			
Why is the sound made by Little Mix enjoyed by so many?	Dance			✓			✓			
Who were the Romans and what did we learn from them?	Gymnastics			✓	✓		✓			
Have we always looked like this?	Multi-skills	✓	✓	✓		✓	✓			
Why are most of the world's cities located by rivers?	Netball	✓	✓	✓			✓			
<b>Year 5</b>										
Will Liam really be the next astronaut to land on the moon?	Athletics	✓	✓	✓		✓	✓			
Who were the Anglo-Saxons?	Athletics	✓	✓	✓		✓	✓			
Does everything that goes up always come down?	Swimming							✓	✓	✓
Why should the rainforests matter to all of us?	Swimming							✓	✓	✓
How different will you be when you are as old as your grandparents?	Multi-skills	✓	✓	✓		✓	✓			



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Why should Britain be ashamed of slavery?	Dance/gymnastics			✓	✓		✓			
Year 6										
Why is our heart the most important pump that we own?	Athletics	✓	✓	✓		✓	✓			
Were the Vikings always victorious and vicious?	Athletics	✓	✓	✓		✓	✓			
How can we find out if spiders and the flies are related?	Dance			✓			✓			
Why was the Islamic Civilization (around 900AD) known as the Golden Age?	Gymnastics			✓	✓		✓			
Have we always looked like this?	Multi-skills	✓	✓	✓		✓	✓			
Why has Brazil got one of the world's fastest growing economies?	Tennis	✓	✓	✓			✓			

### Key Stage 2 PE Objectives

Pupils should be taught to:

1. use running, jumping, throwing and catching in isolation and in combination
2. play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
3. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
4. perform dances using a range of movement patterns
5. take part in outdoor and adventurous activity challenges both individually and within a team
6. compare their performances with previous ones and demonstrate improvement to achieve their personal best.

### Swimming and water safety

7. swim competently, confidently and proficiently over a distance of at least 25 metres
8. use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
9. perform safe self-rescue in different water-based situations.