**Key Stage 2**

Autumn 1

In PE this half term, KS2 students will be covering a Group Games syllabus to help support settling into the school environment and work towards the long-term objective of enjoying being active. This supports the development of social and teamwork skills and recognising emotions associated with sportsmanship. We will also be going off-site for ‘Adventurous PE’ to local woodlands and parks to promote a sense of adventure, curiosity, and social skills, and support gross motor skill development.

**Topics Covered:** Group Games, Football and ‘Adventurous PE’.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, interests/curiosity, positive attitude and independence.

**Sport Key Skills:** Passing, dribbling, control and spatial awareness.

A group of people on a field

Description automatically generated

Autumn 2A group of people playing hockey

Description automatically generated

In PE this half term, KS2 students will continue developing skills associated with the Group Games syllabus along with sensory circuits to support regulation and fundamental physical skills, working towards the long-term objectives.

**Topics Covered:** Group Games, Sensory Circuits, Hockey and Dodgeball.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, balance, flexibility, mindfulness and regulation.

**Sport Key Skills:** Passing, dribbling, control, throwing, catching, blocking and spatial awareness.

In PE this half term, KS2 students will continue with the Group Games syllabus, along with Gymnastics, Gym Ball exercises and Dance/Movement to develop fundamental physical and expressive skills and self-regulation.

**Topics Covered:** Group Games, Gymnastics and Dance/Movement to music.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills and positive attitude.

**Sport Key Skills:** Balance, co-ordination, flexibility, core-strength, travel movements, rhythm, timing and sequencing.

Spring 1

A group of people holding a parachute

Description automatically generated

Spring 2

In PE this half term, KS2 students will be introduced to Team Games to work alongside Group Games, which has the same focus through fun games, but the inclusion of some competition. We also start swimming at a local leisure centre to develop water confidence, water safety, and basic swimming skills.

**Topics Covered:** Group and Team Games, Basketball and Swimming.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, learning about emotions and competition, independently getting changed and dressed for swimming.

**Sport Key Skills:** Dribbling, catching, passing, shooting, water confidence/ awareness/safety and swimming strokes.

A group of kids in a pool

Description automatically generated

A child swimming in a pool

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Summer 1

In PE this half term, KS2 students will be learning about sports usually played in the summer and continue with the Group Games and Swimming.

**Topics Covered:** Group Games,Cricket, Rounders, Swimming.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, learning about emotions and competition, independently getting changed and dressed for swimming.

**Sport Key Skills:** Batting, fielding, bowling, throwing, catching, water confidence/awareness/safety and swimming strokes.

A child standing in a water park

Description automatically generated

Summer 2

In PE this half term, KS2 students will continue with summer sports, with the introduction of Tennis and Athletics, working towards ‘personal bests’ and learning about differences in one another and how this should be celebrated.

**Topics Covered:** Group Games, Athletics, Tennis and Swimming.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, learning about emotions and competition, independently getting changed and dressed for swimming.

**Sport Key Skills:** Forehand, backhand, volley, water confidence and awareness/safety, swimming strokes, ‘personal best’ efforts in Athletics and celebrating efforts, recording and measuring results.

A group of people on a parachute

Description automatically generated

**Key Stage 3 and Key Stage 4**

Autumn 1

In PE this half term, KS3 and KS4 students have been introduced to/continued with the Group Games syllabus, to support settling back into the school environment and work towards the long-term objective of enjoying being active. In addition, this supports the development of social and teamwork skills and sportsmanship values. We have also covered ‘Off-Site PE’, having the chance to learn in the local vicinity.

**Topics Covered:** Group Games, Football and ‘Off-Site PE’.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, awareness of emotions and the benefits of exercise.

**Sport Key Skills:** Passing, control, dribbling, tackling, shooting, marking, spatial awareness, tactics, pacing and stamina.

A group of people standing on a path

Description automatically generated

Autumn 2

In PE this half term, KS3 and KS4 students will continue developing skills associated to the Group Games syllabus along with Hockey and Dodgeball.

**Topics Covered:** Group Games, Hockey and Dodgeball.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, awareness of emotions and the benefits of exercise.

**Sport Key Skills:** Dribbling, control, passing, tackling, shooting, marking, spatial awareness, throwing, catching, blocking, tactics and strategies.

A group of people in a room

Description automatically generated

Spring 1

In PE this half term, KS3 and KS4 students will be introduced to Team Building activities along with Gymnastics and Dance/Movement to music.

**Topics Covered:** Group Games and Team Building, Gymnastics and Dance/Movement to music.

**Key Skills:** Perception of PE, social skills, teamworking, team trust, sportsmanship, gross motor skills, positive attitude, problem solving, awareness of emotions and the benefits of exercise.

**Sport Key Skills:** Poise, rhythm, timing, sequencing, travel movements, persistence, balance, co-ordination, core strength, flexibility.

Spring 2

In PE this half term, KS3 and KS4 students will be introduced to new Team Games and Circuit Training.

**Topics Covered:** Team Games and Circuit Training.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, awareness of emotions and competition, benefits of exercise.

**Sport Key Skills:** Dribbling, passing, shooting, marking, spatial awareness, tactics, strategies, circuit variations, personal bests, tracking comparing and recording results.

A group of people standing on a green field

Description automatically generated

Summer 1

In PE this half term, KS3 and KS4 students with be introduced to summer sports and continue with Team Games. We will also be joined by a coach from the Norfolk Cricket Board to teach cricket skills at school.

**Topics Covered:** Cricket and Rounders.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, awareness of emotions and competition and the benefits of exercise.

**Sport Key Skills:** Throwing, catching, bowling, batting, fielding and spatial awareness.

Summer 2

In PE this half term, KS3 and KS4 students will continue with summer sports with the introduction of Athletics, Tennis, Table Tennis and Handball.

**Topics Covered:** Athletics, Tennis, Table Tennis and Handball.

**Key Skills:** Perception of PE, social skills, teamworking, sportsmanship, gross motor skills, positive attitude, awareness of emotions and competition and the benefits of exercise.

**Sport Key Skills:** Forehand, backhand, volley, throwing, catching, marking, spatial awareness, specific athletic event techniques, personal bests, celebrating effort, tracking comparing and recording of results in various track and field events.

A group of people playing in a yard

Description automatically generated