



## 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 Tor View 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 (2023-2024)	Cycle B (2024-2025)	Cycle C (2025-2026)	Cycle D (2026-2027)	Running throughout each cycle
<b>A u t u m n</b>	<b>1</b>	<p style="text-align: center;"><b>Theme - Maps Gymnastics</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<p style="text-align: center;"><b>Theme – Going Green Gymnastics</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<p style="text-align: center;"><b>Theme – Europe Gymnastics</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<p style="text-align: center;"><b>Theme – Water Gymnastics</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Develop flexibility, strength, technique, control and balance.</li> </ul>	<p>Developing an understanding of how to improve in different physical activities and sports and learning how to evaluate and recognise their own success.</p>
	<b>2</b>	<p style="text-align: center;"><b>Theme – Victorian Britain Dance</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> </ul>	<p style="text-align: center;"><b>Theme – Stone Age to Iron Age Dance</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> <li>Compare their performances with</li> </ul>	<p style="text-align: center;"><b>Theme – Our Local History Dance</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> <li>Compare their performances with</li> </ul>	<p style="text-align: center;"><b>Theme – Anglo Saxons Dance</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Perform dances using a range of movement patterns.</li> <li>Compare their performances with</li> </ul>	<p>Swimming is delivered in Key Stage 2</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p>

		<ul style="list-style-type: none"> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p>previous ones and demonstrate improvement to achieve their personal best.</p>	<p>previous ones and demonstrate improvement to achieve their personal best.</p>	<p>previous ones and demonstrate improvement to achieve their personal best</p>	<p>Hydrotherapy is delivered to learners who require this on an ongoing basis.</p>
S p r i n g	1	<p><b>Theme – Volcanoes and Earthquakes</b></p> <p><b>Outdoor Adventurous Activity / Team building</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>	<p><b>Theme – The United Kingdom</b></p> <p><b>Outdoor/Adventurous Activity</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>	<p><b>Theme – Our World</b></p> <p><b>Outdoor/Adventurous Activity</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>	<p><b>Theme – North and South America</b></p> <p><b>Outdoor/Adventurous Activity</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ul>	
	2	<p><b>Theme – Ancient Greece</b></p> <p><b>Athletics</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination in</li> </ul>	<p><b>Theme – Mayan Civilisation</b></p> <p><b>Athletics</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <p>Use running, jumping, throwing and catching in isolation and in combination in readiness for Sports Day. (Mayan focus: throwing balls into hoops)</p>	<p><b>Theme – Vikings</b></p> <p><b>Athletics</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination in readiness for Sports Day. (Viking focus: running)</li> </ul>	<p><b>Theme – Roman Empire (Britain)</b></p> <p><b>Athletics</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination in readiness for Sports Day.</li> </ul>	

		readiness for Sports Day. (Ancient Greece focus: long jump, running)			(Roman Empire focus: javelin and discus)
<b>S u m m e r</b>	<b>1</b>	<p><b>Theme – Where We Live</b></p> <p><b>Hockey</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. (Hockey teams around where we live)</li> </ul>	<p><b>Theme – What’s the difference?</b></p> <p><b>Football</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. (Difference in Football teams/leagues)</li> </ul>	<p><b>Theme – Land</b></p> <p><b>Netball/Basketball</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. (Why Netball is played on a court)</li> </ul>	<p><b>Theme – Settlements</b></p> <p><b>Cricket/Tennis</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. (Cricket grounds in a variety of settlements)</li> </ul>
	<b>2</b>	<p><b>Theme – Ancient China</b></p> <p><b>Travel – Cycling</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)</li> </ul>	<p><b>Theme – Ancient Egypt</b></p> <p><b>Travel – Cycling</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <ul style="list-style-type: none"> <li>Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)</li> </ul>	<p><b>Theme – The Battle of Britain</b></p> <p><b>Travel – Cycling</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <p>Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)</p>	<p><b>Theme – Changes in Social History</b></p> <p><b>Travel – Cycling</b></p> <p><i>National Curriculum coverage to be taught at differentiated Developmental steps.</i></p> <p>Individual cycling targets to be worked on the primary yard and bike track. (See cycling step sheet)</p>

