

PEMBRIDGE CE PRIMARY SCHOOL LEARNING JOURNEY ITINERARY

Pembridge is a school where we encourage everyone to be inspired through faith in God and to live by Christian values so that our teaching and learning is of the highest quality, our whole community flourishes and we reflect all that is worthy of praise.

SUBJECT: PE

YEAR GROUPS: UKS2

PREVIOUS KNOWLEDGE We would expect most children to already be able to achieve the majority of the LKS2 objectives.

By the end of UKS2, children should be able to:

Acquiring and Developing Skills	Evaluating and Improving	Health and Fitness	Dance
- link skills, techniques and ideas and apply them accurately and appropriately - show good control in their movements - apply their skills, techniques and ideas consistently - show precision, control and fluency	- compare and comment on skills, techniques and ideas that they and others have used - use their observations to improve their work - analyse and explain why they have used specific skills or techniques - modify use of skills or techniques to improve their work - create their own success criteria for evaluating	- explain some important safety principles when preparing for exercise - explain what effect exercise has on their body - explain why exercise is important - explain how the body reacts to different kinds of exercise - choose appropriate warm ups and cool downs - explain why we need regular and safe exercise	- compose their own dances in a creative and imaginative way - perform to an accompaniment, expressively and sensitively - controlled movements - dance show clarity, fluency, accuracy and consistency - develop imaginative dances in a specific style - choose their own music, style and dance
Games	Gymnastics	Athletics	Outdoor and Adventurous
- gain possession by working as a team - pass in different ways - use forehand and backhand with a racquet - able to field - choose the best tactics for attacking and defending - use a number of techniques to pass, dribble and shoot - explain complicated rules - make a team plan and communicate it to others - lead others in a game situation	- make complex or extended sequences - combine action, balance and shape - perform consistently to different audiences - clear, accurate and consistent movements - combine their own work with that of others - link their sequences to specific timings	- controlled when taking off and landing in a jump - throw with accuracy - combine running and jumping - follow specific rules - demonstrate stamina - use their skills in different situations	- follow a map in an unknown location - use clues and compass directions to navigate a route - change their route if there is a problem - change their plan if they get new information - plan a route and series of clues for someone else - plan with others taking account of safety and danger

Year	Autumn Term		Spring Term		Summer Term	
A	Gymnastics: controlling performance	Netball: applying rules	Football: positioning & tactics	Orienteering: acquiring skills	Rounders: positioning & tactics	Dance: imagination
	Rugby: game awareness	Fitness: anaerobic	Hockey: applying rules	Lacrosse	Athletics: track	Cricket: overarm bowling
B	Gymnastics: Composition	Netball: positioning & tactics	Football: applying rules	Orienteering: problem-solving	Rounders: applying rules	Dance: specific style
	Rugby: refining technique	Fitness: aerobic	Hockey: positioning & tactics	Tennis	Athletics: field	Cricket: batting technique

ASSESSMENT OPPORTUNITIES

Children will be able to demonstrate their learning through:

- Application of skills in game scenarios and evaluation of tactics used to improve
- Video footage to be uploaded to Seesaw showing skills in isolation and in a game/dance performance

ENRICHMENT OPPORTUNITIES

We will endeavour to include:

- Pembridge Active
- After-school clubs
- School tournaments and competitions
- School Games events

SUBJECT-SPECIFIC VOCABULARY

We will expect children to use these words and phrases:

Technique, tactic, cardiovascular fitness, lactic acid, stamina, choreograph, sequence, analyse, navigate, evaluate,

CROSS-CURRICULAR LINKS

This itinerary fits with our other learning through:

- Maths, e.g. use of measurement & decimal work in athletics
- Biology/PHSE: fitness benefits on body

LEARNING BEHAVIOURS Children will be expected to:

Tries new things	Attempts new skills, positions and sports with enthusiasm.
Works hard	Willing to put effort and enthusiasm in even when working out of their comfort zone.
Concentrates	Focus on developing good technique and control when applying new skills.
Self-motivates	Participates in extra-curricular activities and practices skills willingly in their own time to improve.
Imagines	Think outside the box to adapt tactics/techniques to improve performance.
Improves	Take on board advice and feedback from peers and teacher to help to improve a skill.
Understands others	Show effective teamwork and communication skills in a game scenario.
Doesn't give up	Regardless of score, keep persevering showing commitment, determination and positivity.