

PE Overview – Athletics, Swimming and Outdoor Adventurous Activities (OAA)

	Autumn Term		Spring Term		Summer Term	
	one	two	one	two	one	two
<b>Year 3</b>						<p><b>Athletics</b></p> <p>To identify and demonstrate how different techniques can affect their performance, focussing on their leg and arm actions to improve sprinting and jumping over hurdle whilst running</p> <p>Develop an effective take-off for standing long jump and land safely with control</p> <p>To throw with greater control and accuracy, including a push throw</p>
<b>Year 4</b>					<p><b>Athletics</b></p> <p>Confidently demonstrate improved techniques including sprinting techniques, baton changeover in a relay and speeding up and slowing down smoothly</p> <p>Learn how to combine a hop, step and jump to perform the standing triple jump, landing safely and with control</p> <p>To continue to develop techniques for throwing including throwing for distance and performing a pull throw</p>	
<b>Year 5</b>					<p><b>Athletics</b></p> <p>Continue to practise and refine techniques including sprint starting positions, use of suitable pace for distance and demonstrating stamina</p> <p>Perform standing long jump, standing triple jump and standing vertical jump with increased confidence</p> <p>To throw a variety of implements using a range of throwing techniques including a fling throw</p>	<p><b>OAA</b></p> <p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course</p> <p>Design an orienteering course that can be followed and offers some challenge to others</p> <p>Begin to use navigation equipment to orientate around a trail</p> <p>Use clear communication to effectively complete a particular role in a team</p> <p>Complete orienteering activities both as part of a team and independently</p> <p>Identify a key on a map and begin to use the information in activities</p> <p>Choose the best equipment for an outdoor activity</p> <p>Create an outdoor activity that challenges others</p> <p>Create a simple plan of an activity for others to follow</p> <p>Identify the quickest route to accurately navigate an orienteering course</p> <p>Communicate clearly and effectively with others</p> <p>Work effectively as part of a team</p> <p>Successfully use a map to complete an orienteering course</p> <p>Begin to use a compass for navigation</p>

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<p><b>Year 6</b></p>					<p align="center"><b><u>Athletics</u></b></p> <p>Demonstrate endurance and stamina over longer distances in order to maintain a sustained run and be able to build up speed for a sprint finish or to pass other competitors          Run over hurdles with fluency          Work as a team to competitively perform a relay with smooth changeover          Develop and improve techniques for jumping for distance and height and maintain control throughout, landing safely          Develop and refine techniques to throw for accuracy and increased distance, including performing a heave throw</p>	<p align="center"><b><u>OAA</u></b></p> <p>Orientate themselves with confidence and accuracy around an orienteering course when under pressure          Design an orienteering course that is clear to follow and offers challenge to others          Use navigation equipment to improve the trail          Use clear communication to effectively complete a particular role in a team          Complete in orienteering activities both as part of a team and independently          Use a range of map styles and make an informed decision on the most effective          Choose the best equipment for an outdoor activity          Prepare an orienteering course for others to follow          Identify the quickest route to accurately navigate an orienteering course          Manage an orienteering event for others to compete in          Communicate clearly and effectively with others when under pressure          Work effectively as part of a team, demonstrating leadership skills when necessary          Successfully use a map to complete an orienteering course          Use a compass for navigation          Organise an event for other</p>
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**Blocks of PE lessons are substituted appropriately to allow time for swimming lessons. Swimming lessons are planned for a selection of KS2 classes throughout the year, ensuring all children have the opportunity by the time they leave KS2.**

The 2014 national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

**KS2 -**

Athletics: children will use running, jumping, throwing and catching in isolation and in combination and develop flexibility, strength, technique, control and balance.

**Swimming: children will learn to swim competently, confidently and proficiently over a distance of at least 25 metres. They will use a range of strokes effectively such as front crawl, backstroke and breaststroke and perform safe self-rescue in different water-based situations.**

OAA: children will take part in outdoor and adventurous activity challenges both individually and within a team.