

Upper Key Stage 2 - PE



Year 5

Multisports	Dodgeball	Basketball
<ul style="list-style-type: none"> To be able to sprint and hurdle, mostly using the correct technique. To be able to consistently throw a discus, using the correct technique to increase distance. To be able to safely perform a TripleJump, consistently using the correct technique to improve distance. To be able to hold off an opponent and retain possession through dribbling away from them or passing. To be able to safely and effectively perform several types of tackles 	<ul style="list-style-type: none"> To be able to pick up a rolling/bouncing dodgeball cleanly incorrectly. To be able to throw overarm in a game situation with pace and accuracy. To be able to dodge the dodgeball using agility and reflexes. To be able to catch a ball consistently even at pace. To be able to deflect a dodgeball, protecting themselves from being hit and keeping possession of the ball 	<ul style="list-style-type: none"> To be able to dribble the ball in any direction with coordination, balance and control To be able to look and move into space to receive a pass, consistently To be able to perform an accurate chest pass over a range of distances To be able to perform an accurate shoulder pass over a range of distances To be able to perform an accurate overhead pass over a range of distances To be able to defend somewhat successfully by tackling and intercepting
Athletics, track, and field, relays, sprinting, aim, release, motion, triple jump, safe, zone, accuracy, soft hands, tactics, creating space, possession	Technique, teamwork, hand, eye, coordination, tactics, deflect, block, reflexes, balance	Soft hands, weight of pass, technique, intercept, watch the ball, bounce and catch, control, tactics, teamwork, double dribble, score
Football	Cricket	Athletics
<ul style="list-style-type: none"> To be able to dribble In any direction, and under pressure, keeping close control of the ball To be able to dribble effectively using multiple techniques. To be able to pass the ball over a range of distances with accuracy and appropriate weight with both feet. To be able to successfully control passes from a range of distances and weights. To be able to someone effectively play in goal. To be able to safely and effectively perform several types of tackle 	<ul style="list-style-type: none"> To be able to throw overarm with consistent accuracy and appropriate power. To be able to mostly consistently catch balls, thrown any height, speed, distance. To be able to bowl, underarm correctly and accurately. To be able to use basic techniques to bowl overarm with limited success. To be able to hold a bat correctly and position themselves effectively to strike a ball 	<ul style="list-style-type: none"> To be able to consistently sprint using the correct technique. To be able to consistently hurdle using the correct technique. To be able to consistently throw a javelin, shotput and discus using the correct techniques to increase distance. To be able to run middle-distance races using a good running technique and pacing. To be able to run a long-distance race using a good running technique and pacing. To be able to perform an efficient baton pass during a relay.
Control, manipulation, awareness, space, kicking, teammate, strike, opponent, stab, drag back, weight of pass, technique, penalty, diamond, rondo	Fielding, grip, power, teamwork, accuracy, long, barrier, roll, bounce, line, and length	Warmup, cool down, athletics, sprints, long jump, triple jump, hygiene, safety zone, technique, flights, glide, motion, release, track and field events

Upper Key Stage 2 - PE



Year 6

Multisports	Dodgeball	Basketball
<ul style="list-style-type: none"> To be able to throw overarm with consistent accuracy and appropriate power. To be able to mostly consistently catch balls, thrown at any height, speed, and distance. To be able to strike a moving ball with some success. To be able to successfully use several types of pass with a basketball over a range of distances. To be able to demonstrate techniques, consistently across the range of sports and show positive team working skills and communication 	<ul style="list-style-type: none"> To be able to demonstrate an understanding of the rules of several types of dodgeball game is To have a broad understanding of tactics used in dodgeball To be able to demonstrate some team working skills To be able to consistently apply the skills learnt with a high level of success, including working tactically as a team with lots of communication 	<ul style="list-style-type: none"> To be able to receive a pass, catching it correctly and consistently. To be able to shoot the basketball, with the correct technique and accuracy. To be able to demonstrate some level of team working ability. To be able to correctly demonstrate all techniques consistently and display excellent team working skills and communication.
Athletics, track, and field, relays, sprinting, aim, release, motion, triple jump, safe, zone, accuracy, soft hands, tactics, creating space, possession	Technique, teamwork, hand, eye, coordination, tactics, deflect, block, reflexes, balance	Soft hands, weight of pass, technique, intercept, watch the ball, bounce and catch, control, tactics, teamwork, double dribble, score
Football	Cricket	Athletics
<ul style="list-style-type: none"> To be able to use space effectively on a football pitch To be able to hold off an opponent and retain possession through dribbling away from them or passing To be able to shoot fairly successfully with different techniques To be able to play as part of a team, demonstrating tactical and positional understanding as well as communicating effectively 	<ul style="list-style-type: none"> To be able to strike a moving ball with some success. To be able to effectively field balls, moving at different heights and speeds. To be able to work well in a team, offering support and encouragement to others. To be able to somewhat tactically, adapt their play to fit different scenarios. To be able to consistently perform all cricketing skills to a good level, including overarm bowling 	<ul style="list-style-type: none"> To be able to safely perform a long jump, consistently using the correct technique to improve distance. To be able to safely perform a high jump, consistently using the correct technique to improve distance. To be able to safely perform a triple jump, consistently using the correct technique to improve distance To be able to consistently employ all the athletic techniques, as well as demonstrating excellent team working and communication skills.
Control, manipulation, awareness, space, kicking, teammate, strike, opponent, stab, drag back, weight of pass, technique, penalty, diamond, rondo	Fielding, grip, power, teamwork, accuracy, long, barrier, roll, bounce, line, and length	Warmup, cool down, athletics, sprints, long jump, triple jump, hygiene, safety zone, technique, flights, glide, motion, release, track and field events