

Physical Education – KS2

Term 1 & 2

Year 3

Year 3 have focused on Hockey, Dance, Netball and Badminton over the past two terms. Please see below some skills they have learnt from one sport:

Badminton Skills

Become familiar with badminton and with a badminton racket, learn the backhand return shot, understand what a shuttlecock is and how it is used in badminton, learn how to serve, demonstrate the skills learnt in a rally.

Year 4

Year 4 have focused on Hockey, Dance, Netball and Badminton over the past two terms. Please see below some skills they have learnt on some of the sports:

Hockey Skills

Learning the basic rules and exploring ways to move the ball with a hockey stick, learn how to control and turn quickly under pressure, different passing techniques, able to strike a ball on the move, play a hockey game and show the skills learnt to beat opponents.

Year 5

Year 5 have focused on Hockey, Dance, Netball and Swimming over the past two terms. Please see below some skills they have learnt on some of the sports:

Netball

Control their footwork when moving at speed, develop short passing while on the move, develop long distance passing on the move using signaling/communication, basic attacking skills and creating moving into space, develop defending skills within a game situation, develop shooting technique and understanding the rules and game play.

Year 6

Year 6 have focused on Hockey, Dance, Netball and Swimming over the past two terms. Please see below some skills they have learnt on some of the sports:

Swimming Skills

Focus on 25 meters front crawl using different breathing techniques, working on speed within front crawl and what breathing technique is best and why, develop breaststroke and backstroke, look at different self-rescue techniques and complete assessment.