

Physical Education – KS2 2021-22

Subject Skill	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Football	Basketball	Badminton	Trampoline	Tennis	Cricket
Health and lifestyle		Athletes diet, what would Lebron eat	Physical and emotional benefits of exercise	Health and safety in trampoline. Setting up and down properly Spotting	Introduce clubs outside of school. Tennis clubs for all abilities.	Why do athletes warm up and stretch? What muscle groups are used in cricket?
Physical Skill	Passing, shooting, dribbling with dominant foot	All three passes, ball control, basic shot technique	Forehand Lift Overhead smash Use bigger rackets	Seat drops Pike jump Swivel hips Straddle jump Tuck Jump Basic 6 touch routine	Forehand midcourt short Backhand midcourt shot Volleys	Batting Grip Stance Bowling Grip Action
Health and Physical Fitness	What kind of fitness does a footballer need to be successful	Effects of smoking on fitness, how balance and coordination work in B.ball	How is certain fitness components used in badminton	What is the key element of fitness required for trampoline	What type of training would a tennis player use	

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	Football	Basketball	Badminton	Trampoline	Tennis	Cricket
Health and lifestyle	Identify consequences of obesity in sport		Factors that can harm a performance	Safe spotting, safe set up.		Recognise healthy life styles and what food groups are good for energy is sport.
Physical Skill	Demonstrate consistently good control of ball and passing	Demonstrate consistently good shooting technique and ability to dribble with both hands	Demonstrate consistently good rally play, showing consistency with grip and stance	Demonstrate consistently good body control and good aesthetics throughout the routine	Demonstrate consistently good rally play, showing consistency with grip and stance	Demonstrate consistently good shot making when batting and accuracy with technique when fielding
Health and Physical Fitness	Which performers are at greater risk of injury.	What type of fitness is most important in Basketball	Recognise strengths and weaknesses		Identify the resting heart rate and work out what the maximum heart rate is	