



Hawkesley Church Primary Academy
Physical Education - KS2 to KS3 Bridging Document

<u>KS2 National Curriculum End points</u>	<u>How do we prepare children at the end of Year 6?</u>	<u>Year 7 End points</u>
<p>Pupils are taught to:</p> <ul style="list-style-type: none"> - use running, jumping, throwing and catching in isolation and in combination - play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending - develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] - perform dances using a range of movement patterns - take part in outdoor and adventurous activity challenges both individually and within a team - compare their performances with previous ones and demonstrate improvement to achieve their personal best. - swim competently, confidently and proficiently over a distance of at least 25 metres - use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - perform safe self-rescue in different water-based situations. 	<p>In Year 6 students are equipped with important skills and foundational concepts that will allow them to flourish as they progress into the Secondary phase of their school life.</p> <p>To support children in their readiness for their local secondary school children need an understanding in the following:</p> <ul style="list-style-type: none"> • Know why we warm up and cool down when we play sport • Apply a range of skills to different invasion games: Netball, football and touch rugby • Know the difference between sport in theory and application to practical • Apply knowledge of Science around muscle groups, skeletal system and other human systems • Review skills used when batting, bowling and fielding • Apply fundamental skills when taking part in athletic events 	<ul style="list-style-type: none"> • Practical – Multiskills • Fundamental skills and fine motor • Theory warm up / cool down • The three main stages of a warm ups and cool downs and the physiological reasoning • Practical – Invasion Games: • A range of techniques/skills within varying game contexts • Tactical awareness • Theory of muscular system • 11 key muscles • Practical - Fitness • Physical, social and emotion health • Performing at maximal intensity • Theory skeletal system • Key bones in the human body. • Functions of the skeletal system. • Practical – Net Games • Shot, tactics and disguise • Theory – components of fitness • Names and definitions of the 10 components of fitness. • Application of components to sporting examples. • Practical – Striking & Fielding: • Batting, Bowling and feeling skills • Theory – Methods of Training • Practical - Athletics • Conform to athletics safety rules • Use fundamental skills within athletic events • Theory – principles of training • The principles applied to allow for successfully training

