

Partnership of:

SPORT4KIDS

aktivkids



S4K PE BOOK UPPER KEY STAGE 2

Your
name:

www.sport4kids.biz

WELCOME TO YOUR PUPIL PATHWAY

The Sport4Kids PE Books are designed to offer a record of achievement and progression for children in PE classes taught using S4K PE programmes for EYFS, KS1 and KS2.

The books are used for coach assessment, and for children to self-evaluate and self-assess what they have achieved in each lesson, either during or after class.

Our PE Books are truly unique and provides a bespoke curriculum where teachers, pupils and parents can monitor every child's progress through their physical, emotional and social development in line with curriculum standards.

Our Upper Key Stage 2 curriculum features the following modules:

- Rugby
- Football
- Netball
- Hockey
- Cricket
- Tennis
- Athletics
- Gymnastics
- Dance
- Preparing for Sports Day

YOUR WEEKLY TO-DO CHECKLIST

Each week I need to remember to...

Bring my PE kit

Be positive in my PE lesson

Enjoy my PE lesson

Work in a team

Help others

Tell a grown up what I did in my PE lesson

RUGBY

Module 1

I can pass a rugby ball accurately to a partner



I can catch a rugby ball that is passed to me



I can pass the rugby ball and move into space



I can pass the rugby ball and move into space during a game



Module 2

I understand the rule, and can pass the rugby ball backwards



I can stand in the correct positions to receive a backwards pass



I can repeatedly change direction during a rugby drill



Module 3

I can pass the rugby ball accurately over a longer distance



I can communicate during



I can pass accurately during



Module 4

I can use the rugby skills I have learnt under pressure



I can work within the team to position myself correctly to receive a backwards pass



I can run with the rugby ball across the 'gain line'



Module 5

I can remember to continually pass and move



I can position myself and support the player running with the ball



I am aware of other teammates and make the right choice when passing



Module 6

I can hold and protect the ball when running with it



I can play a game of competitive (tag) rugby



I understand the rules of (tag) rugby



SKILL SCORING

Zig Zag runs around 6 cones, and back, holding the ball correctly



Throw and Catch the ball (self)



Throw and Catch the ball (partner)



Kick the ball from a tee/cone (to a partner)



Collect Tag Rugby bands



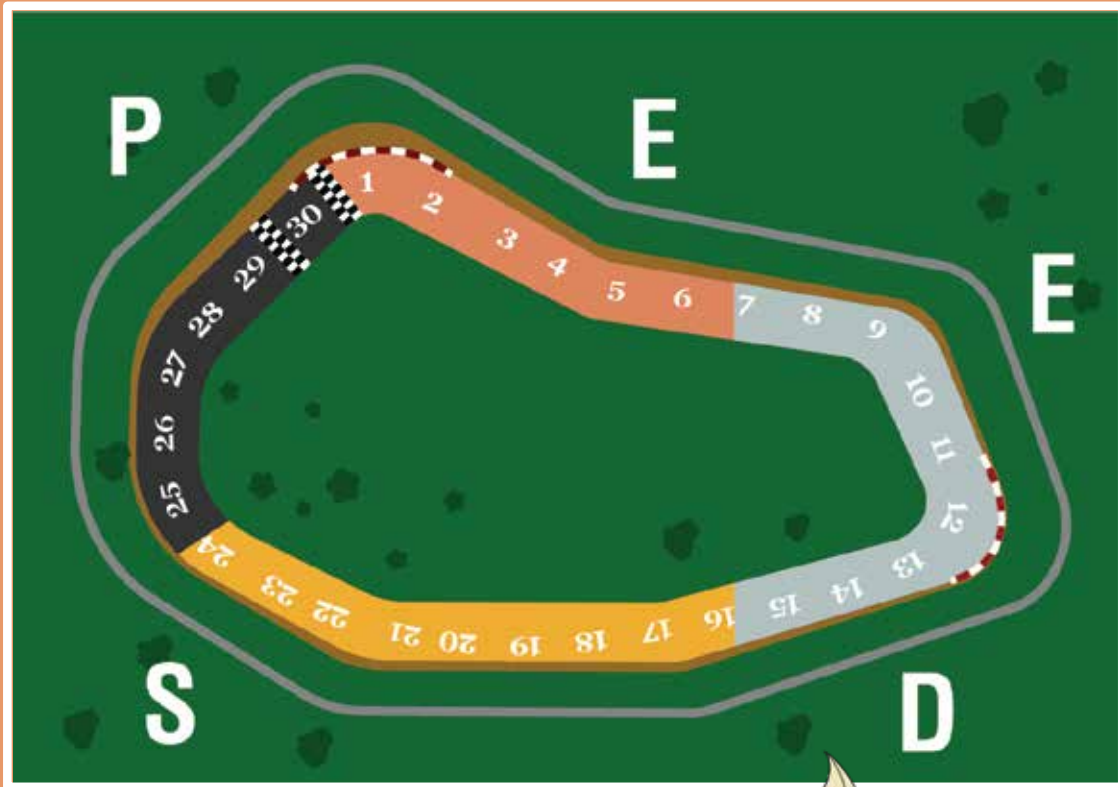
WK6



RUGBY

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STAGE 2

Collect the speed rewards...



I can get even better if...

01

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FOOTBALL

Module 1

I can pass a ball accurately to a partner



I can control a football that is passed to me over different distances



I can pass over different distances



I can pass and control under pressure



Module 2

I can change direction whilst dribbling



I can dribble with a football with my head up



I can use both feet



I can use the inside and outside of both feet



Module 3

I know what the 5 P's stand for in S4K defending



I can work as part of a defensive unit



I can defend the goal effectively and make good decisions



Module 4

I can attack in an effective way



I can apply skills learned when attacking defenders



I can attack quickly and make quick decisions



I can work as part of an attacking unit



Module 5

I can demonstrate the correct position when shooting



I know which part of the foot to use when shooting



I can shoot accurately at goal



Module 6

I can play as part of a team



I can communicate with my team mates



I can use skills I have learned in a game



SKILL SCORING

Short passing to a partner



Dribble around 6 cones and back



Demonstrate a turn or trick



Long passing (laces) through a cone gate (to a partner)



Pass and move in a group of 4-6 children



WK6



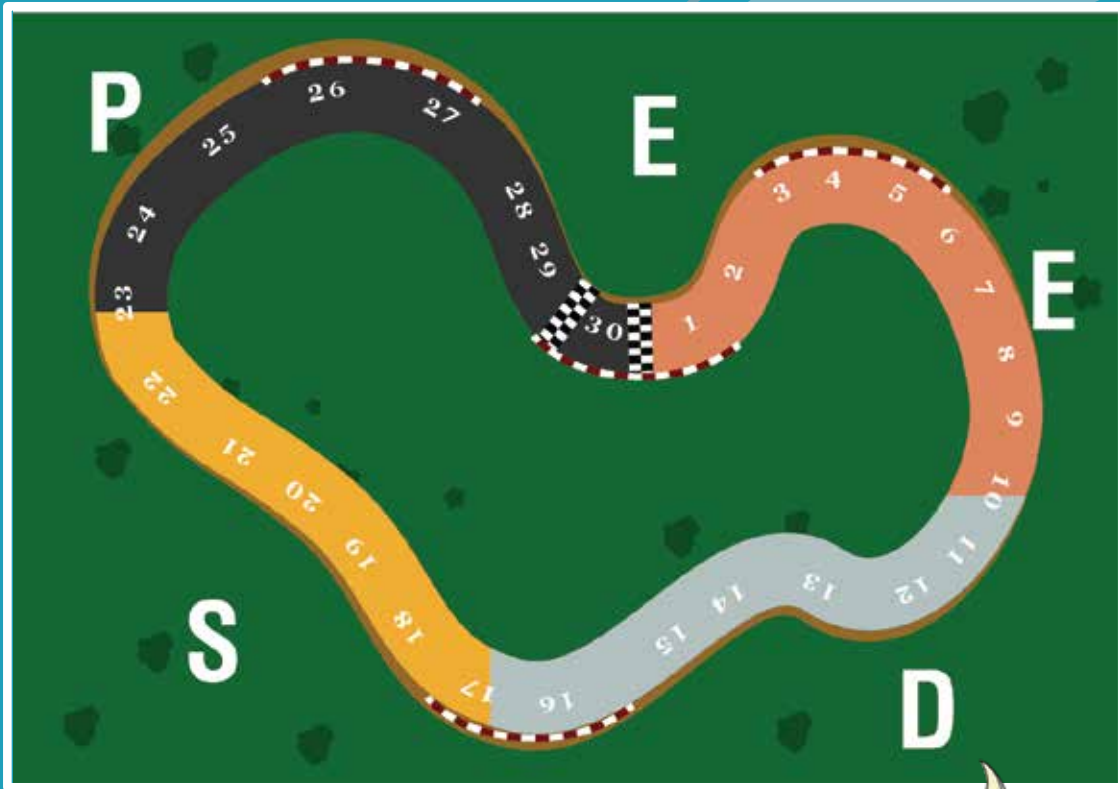
WK1



FOOTBALL

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NETBALL

Module 1

I know when i'm allowed to run in netball



I can call out to my team mates



I can perform big and small throws



I know where best to stand on the pitch



Module 2

I can block a pass



I know how to shape my body like a banana, crab, kangaroo etc



I know why I cannot snatch the ball



Module 3

I can shoot in netball



I can shoot from a pass



I know how to prepare my body to shoot



Module 4

I can demonstrate three different types of passing



I can pass the netball over various distances



I know which passes to use over longer distances



Module 5

I can demonstrate the best body position when catching the ball



I can catch, turn and pass the ball accurately



I can pass and move with team mates



Module 6

I understand the rules of 'pivoting' in netball



I can pivot and pass the ball accurately



I understand the rules of netball



SKILL SCORING

Short passing to a partner

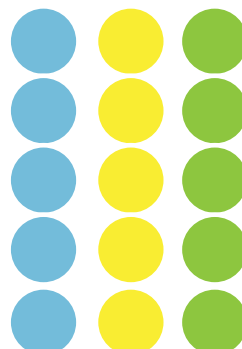
Zig-Zag runs around 6 cones, and back, holding the ball

Shooting the ball into a net

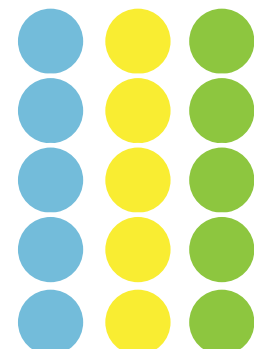
Long passing over a defender

Pass and move in a group of 4-6 children

WK1



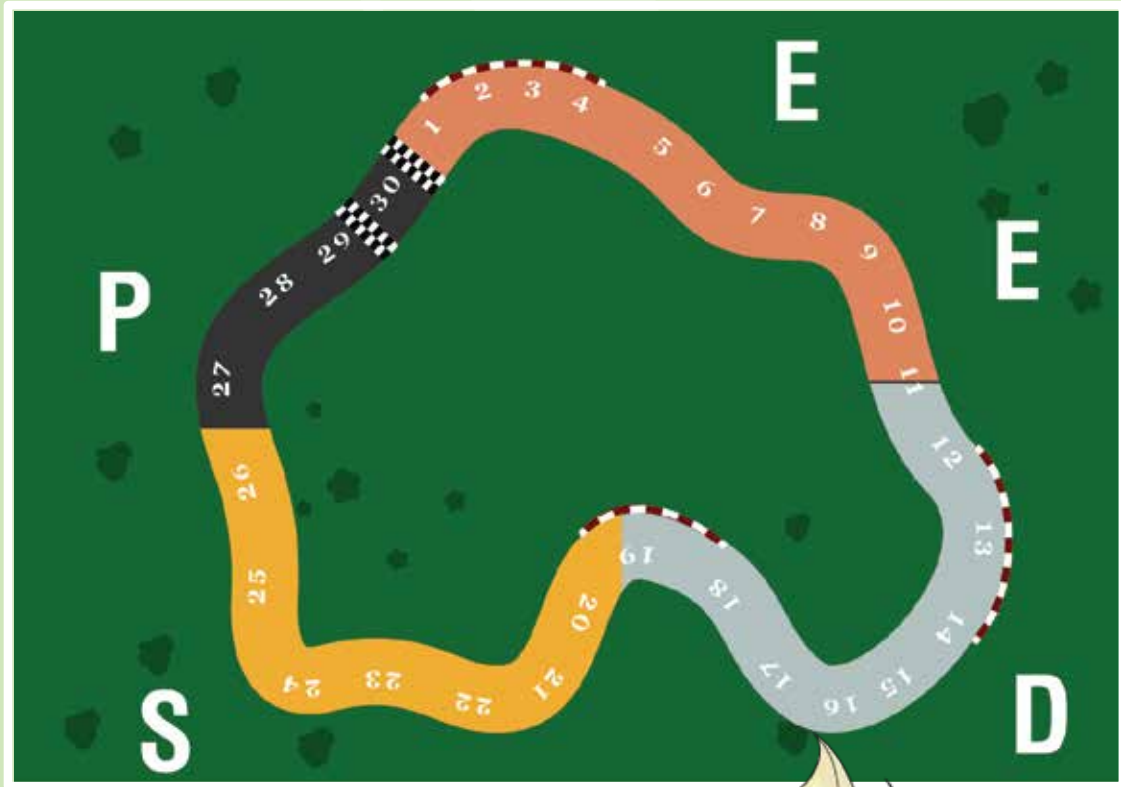
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NETBALL

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HOCKEY

Module 1

I can hold a hockey stick correctly



I can pass the hockey ball accurately



I can pass the hockey ball over different distances



I can pass the hockey ball and move into space



Module 2

I can dribble the ball with the hockey stick



I can dribble with the ball and move into space



I can dribble with the ball and pass accurately



Module 3

I can dribble the ball and turn



I can dribble the ball under pressure



I can change direction whilst dribbling and accelerate away



Module 4

I understand how to tackle effectively



I can dribble past an opponent



I can perform basic hockey trickery skills to beat an opponent



Module 5

I can shoot the hockey ball accurately



I can dribble the hockey ball and shoot in a smooth action



I can apply dribbling, basic trickery and shooting under pressure



Module 6

I understand effective positioning in hockey for defending



I can play with a partner to beat an opponent



I understand the basic rules of hockey



SKILL SCORING

Short passing to a partner



Dribble around 6 cones and back



Demonstrate a turn or trick



Long passing (laces) through a cone gate (to a partner)



Pass and move in a group of 4-6 children



WK6

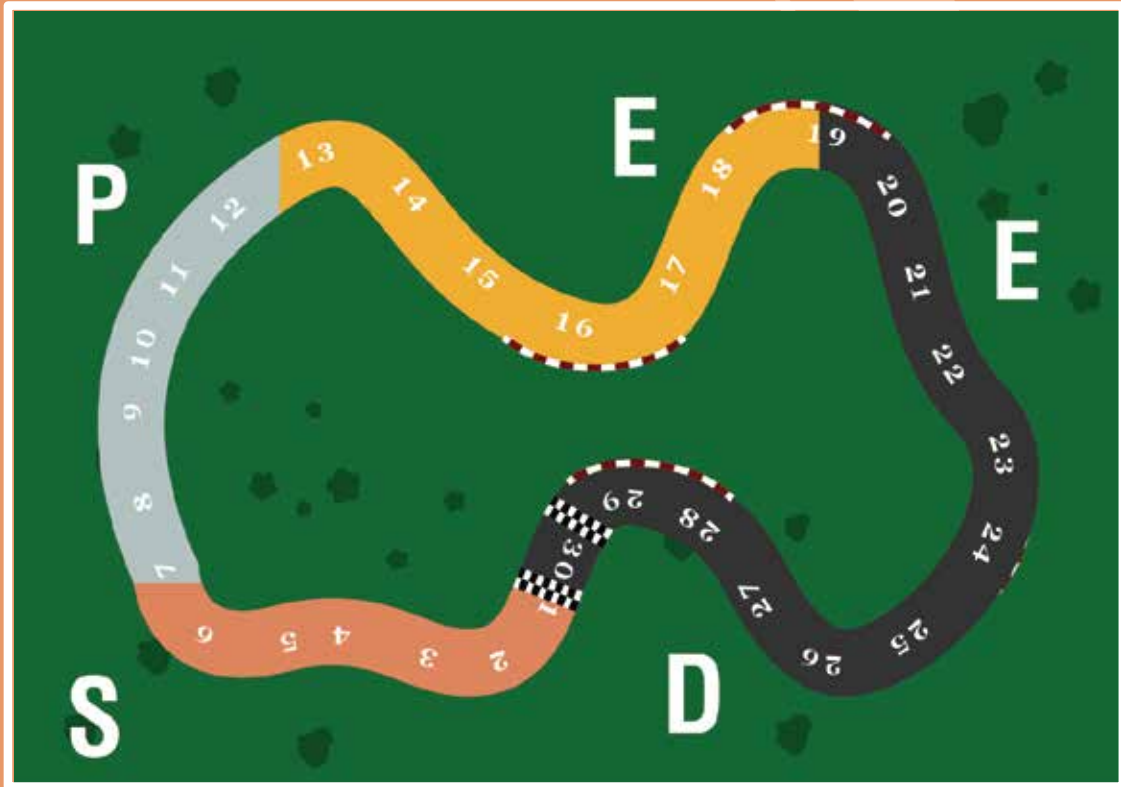


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HOCKEY

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CRICKET



Module 1

- I can throw a ball to a partner accurately 
- I can consistently catch a ball thrown to me 
- I can stop a moving ball, pick up and throw 
- I can throw a ball at a target accurately (wicket) 





Module 2

- I understand how to hold the cricket bat correctly 
- I can stand correctly waiting to receive a ball when batting 
- I can demonstrate a lean forward and strike shot 
- I can demonstrate a step back and strike shot 





Module 3

- I can aim my cricket shots consistently 
- I can play a cricket shot high or low 
- I can run between the wickets quickly 
- I know which cricket shots to play at the right time 





Module 4

- I understand the different types of bowling styles 
- I can perform basic underarm and overarm bowling techniques 
- I can bowl the ball accurately 
- I understand different bowling terminology and can demonstrate 

Module 5

- I know different cricket fielding positions 
- I can position myself in effective fielding positions 
- I can work as part of a team when fielding 
- I can move quickly and return the ball quickly 

Module 6

- I can demonstrate effective batting in a cricket match 
- I can demonstrate effective bowling in a cricket match 
- I can demonstrate effective fielding in a cricket match 
- I can show good sportsmanship in a cricket match 

SKILL SCORING

Throw and catch a tennis ball with a partner (3 metres distance)



Hitting a tennis ball (with cricket bat)



Underarm bowling at wicket (5 metres distance)



Roll and stop a ball with a partner (10 metres distance)



Shuttle runs between lines (10 metres apart)



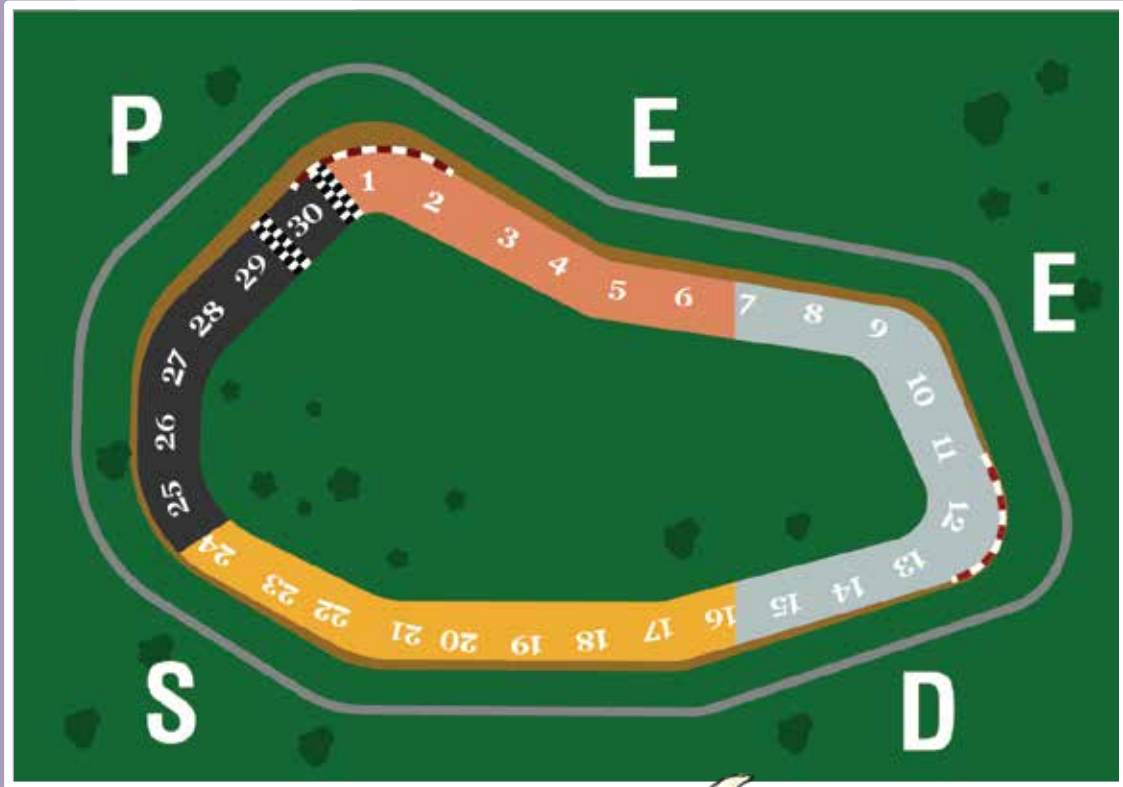
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CRICKET

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Collect the speed rewards...



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TENNIS

Module 1

I can repeatedly catch the ball



I can use agility to move around quickly



I can get into the ready position



I can perform a volley



Module 2

I can perform the forehand



I can perform the backhand



I can repeatedly hit the ball to myself



Module 3

I can hit the ball under control



I can hit the ball accurately



I can move around and keep the ball under control



Module 4

I can perform a tennis serve



I can perform a tennis serve accurately



I understand the rules of tennis



Module 5

I can play a groundstroke and/or volley while moving



I can play a groundstroke and/or volley accurately



I can play a rally over a net



Module 6

I can play a tennis match/tournament



I can show good sportsmanship during and after a game



I can keep score of a tennis match



SKILL SCORING

Fast feet over line of cones (approximately 10-12 cones) and sprint back



X3 (on each side) forehand and backhand groundstrokes with a partner



X3 (on each side) forehand and backhand volleys with a partner



Demonstrate a tennis serve



A tennis rally with a partner



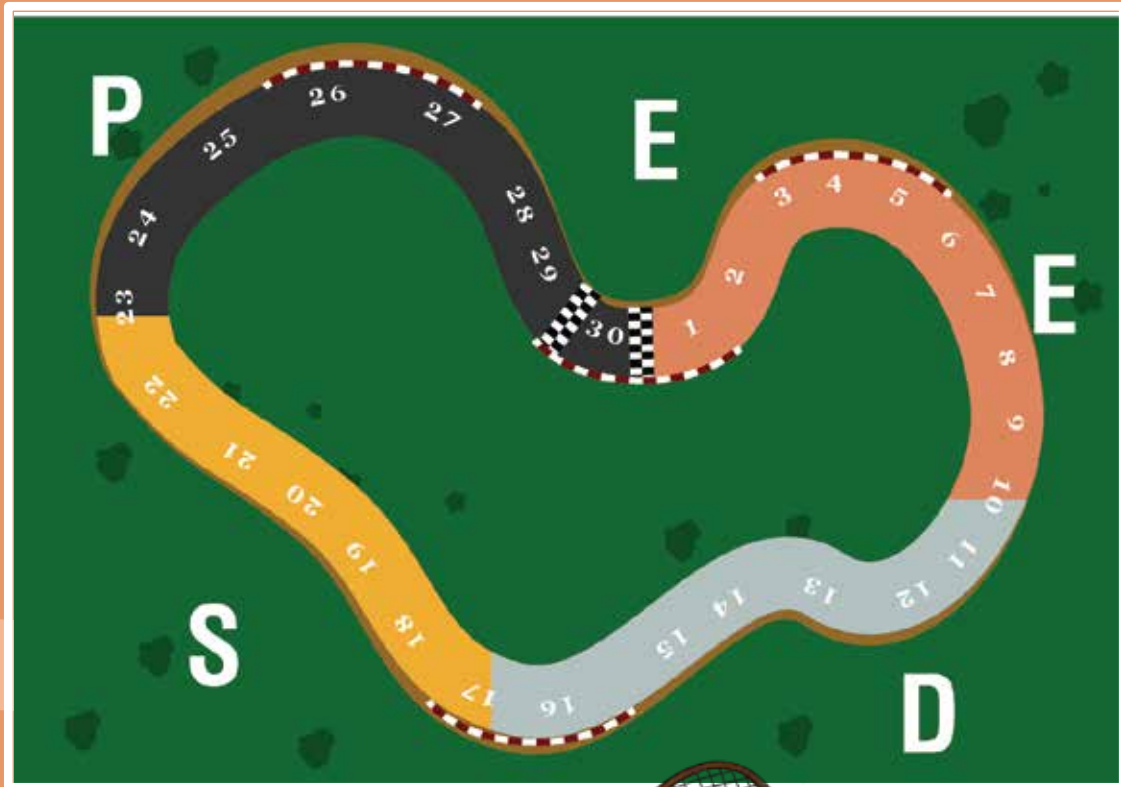
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TENNIS

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ATHLETICS

Module 1

I understand the importance of 'stamina' in athletics activities



I can run at different speeds



I can run for a continuous distance



I can run at different speeds so not to tire too quickly



Module 2

I understand the importance of 'speed' in athletics activities



I can run at speed from a standing position



I can react to a pre-determined start signal



Module 3

I understand what the athletics 'long jump' is



I can jump from pre-determined starting spot and achieve greatest distance



I can investigate most effective ways to generate greatest distance (standing still start, one foot)



Module 4

I understand what the athletics 'High Jump' is



I can jump from predetermined starting spot and achieve greatest height



I can investigate most effective ways to generate height (standing still start, one foot)



Module 5

I understand what the 'Throwing' activities are in athletics



I understand the importance of upper body strength in throwing



I can aim and throw objects at pre-determined targets



I can increase throwing distance whilst aiming at target



Module 6

I can work as part of a team



I can communicate effectively to achieve best results in relays



I can throw accurately at longer distance targets



SKILL SCORING

Run quickly (one side to the other)



Run around the Skills Box 3 times (without stopping or complaining)



Throw a tennis ball (hoop targets 10,15 and 20 metres)



Run and long jump



Hurdle run over 10 metres (minimum of 5 hurdles)



WK1

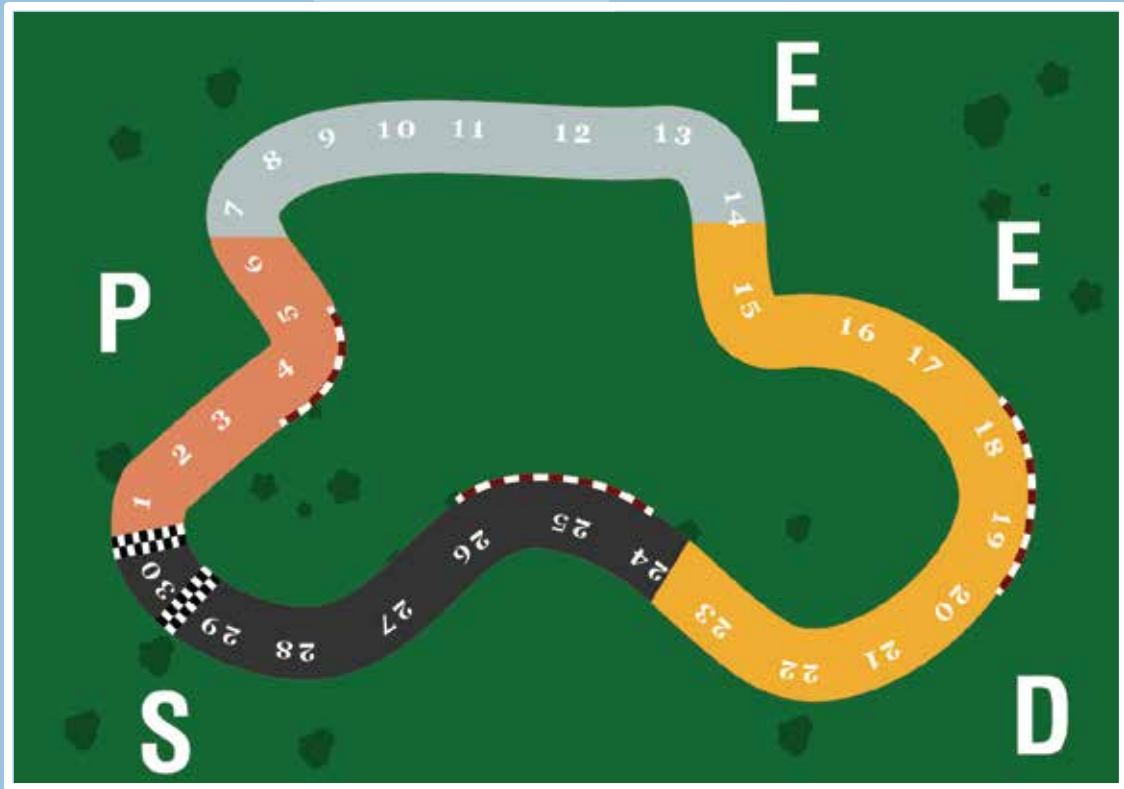
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ATHLETICS

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GYMNASTICS

Module 1

I can work with a partner



I can safely use gymnastics apparatus with a partner



I can put together a short routine with my partner



I can demonstrate matching /mirroring with my partner



Module 2

I can travel and balance on apparatus



I can demonstrate swinging movements



I can demonstrate contrast movements



I can perform to music



I can perform spinning and twisting movements



Module 3

I understand how to judge in gymnastics



I can perform different leaps and hops



I can demonstrate composition



I can perform a gymnastics sequence



Module 4

I can perform a gymnastics sequence



I can show good control and poise in my movements



I can show good strength in my sequence



I can show different skills learned in previous weeks



Module 5

I can demonstrate symmetrical and asymmetrical matching



I can demonstrate balancing and shapes with a partner on the apparatus



I can understand dynamic contrasting



I can part of a class composition



Module 6

I can perform a group sequence



I can show good control and poise in my movements



I can show good strength in my sequence



I can show different skills learned in previous weeks



SKILL SCORING

Perform 10 press ups



Perform a combination of 3 gymnastics movements



Put together a sequence of 3 jumps



Demonstrate a seated straddle and pike



Perform 5 burpees



WK1

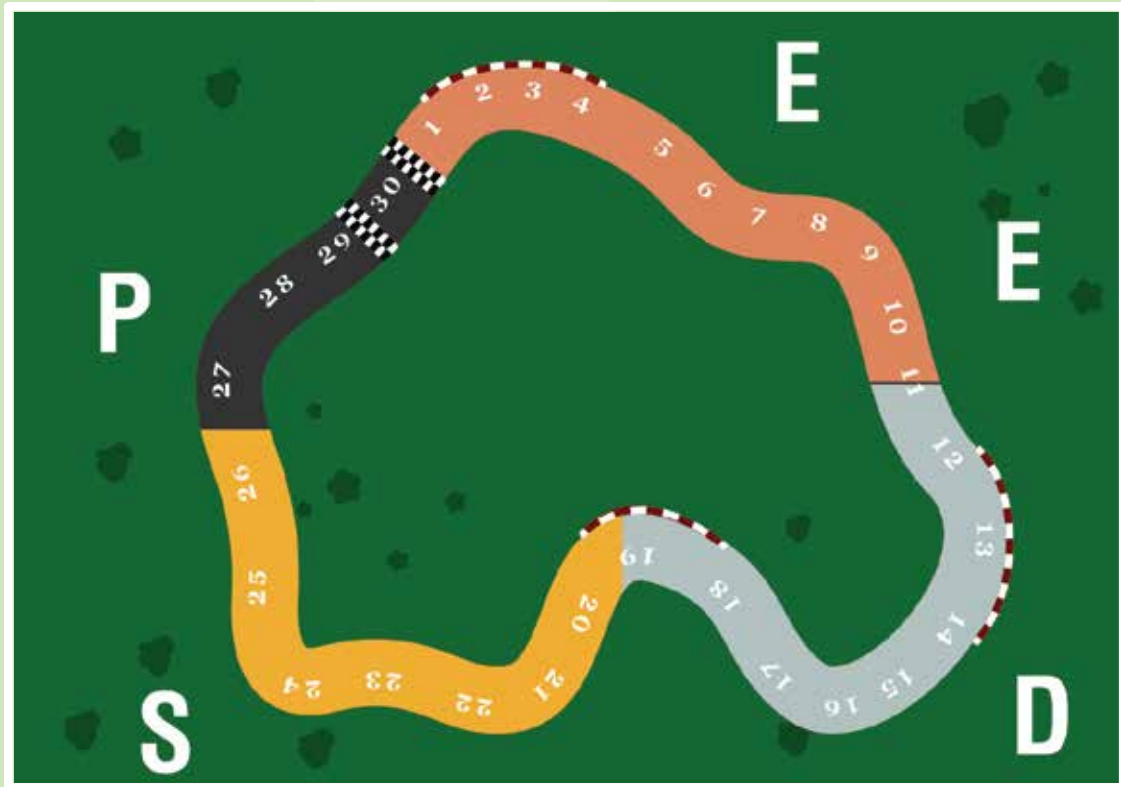
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GYMNASTICS

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DANCE

Module 1

I can perform an asymmetrical sequence



I can perform isolation and more complex power moves



I can demonstrate more complex footwork



I can demonstrate more complex travelling moves



Module 2

I can safely 'turn out feet'



I can perform more complex foot positions



I can perform more complex arm positions



Module 3

I understand 'dynamics' linked to music



I can dance to quicker counts



I can move in time to faster music



Module 4

I can find space and avoid others



I can demonstrate one move per 1-2 beats



I can demonstrate small, medium and big movements



I can perform different quality movements (free and bound)



Module 5

I can perform a simple canon



I can demonstrate smooth transitions between movements at different levels



I can improvise to other stimuli other than music



I can perform a pre-existing dance sequence



Module 6

I can show safe and controlled movement in a performance



I can perform a sequence of moves with confidence (without assistance)



I can perform with attitude and emotion



SKILL SCORING

Clap in time to the music



Show rhythm when dancing to music



Copy a partner moving to music



Balance on one leg
(for more than 5 seconds)



Alternate between galloping,
jumping and running



WK6

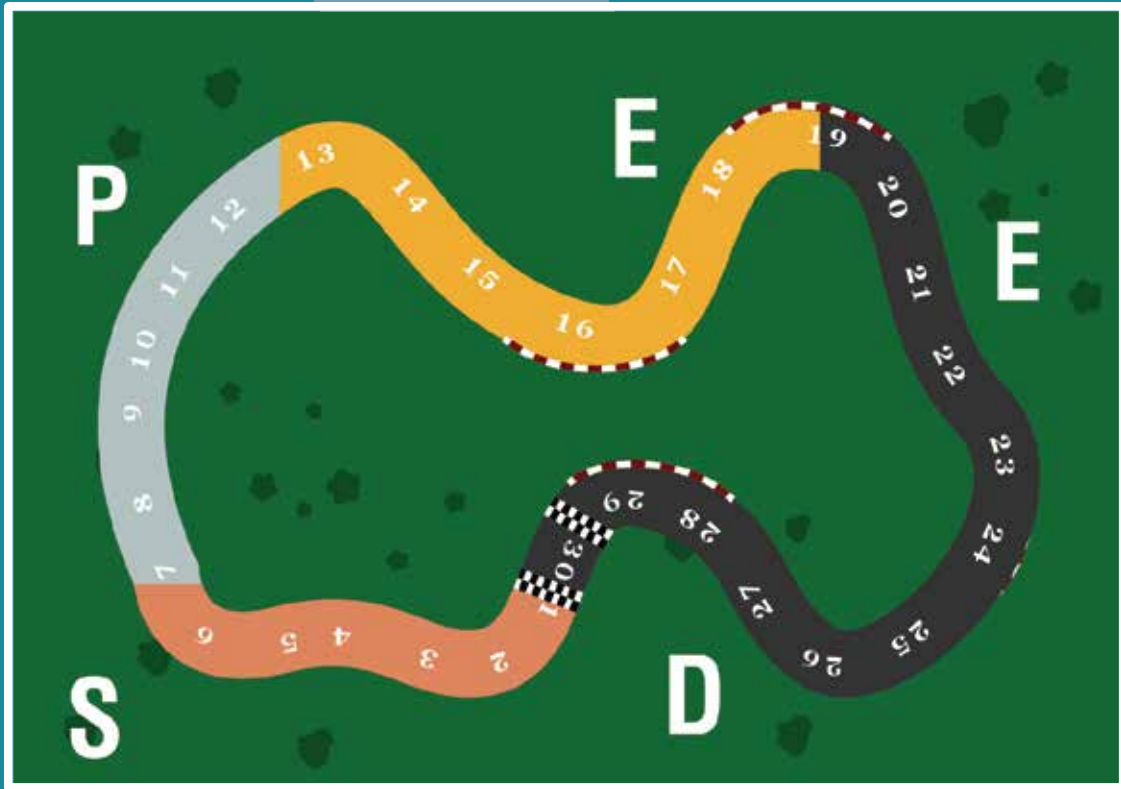


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DANCE

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PREPARING FOR SPORTS DAY

Module 1

I can play eight new sports day activities



I can compete as part of a team



I can record individual and team scores



I can play and enjoy new activities



Module 2

I can compete in each event



I can improve my performance in each event



I can record accurately my scores



I can show good sportsmanship



Module 3

I can compete in each event



I can improve my performance in each event



I can record accurately my scores



I can show good sportsmanship



Module 4

I can compete in each event



I can improve my performance in each event



I can record accurately my scores



I can show good sportsmanship



Module 5

I can compete in each event



I can improve my performance in each event



I can record accurately my scores



I can show good sportsmanship



Module 6

I can support all competitors in all events



I can perform in a competitive environment



I can show good sportsmanship



I can enjoy competition with my friends



SKILL SCORING

Dribble a tennis ball with a hockey stick around 5 cones



WK6



Skipping with a rope between two lines of skills box



Throw a beanbag into a hoop (3 beanbags, hoop 5 metres away)



Run quickly (one side to the other)



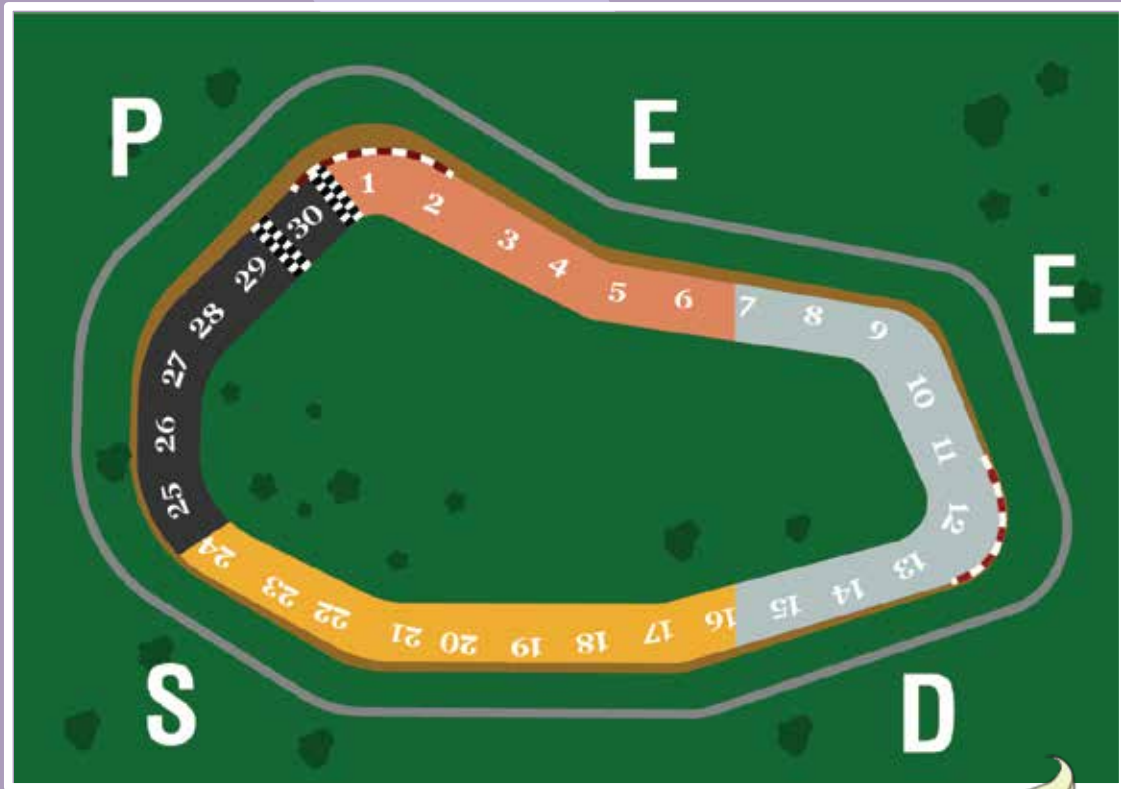
Perform a shuttle relay (team of 4-6 children)



PREPARING FOR SPORTS DAY

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INTRODUCING THE S4K SPEED TRACK

Earn points racing around the S4K SPEED Track in each of your PE lessons!

Pick up SPEED Points for:

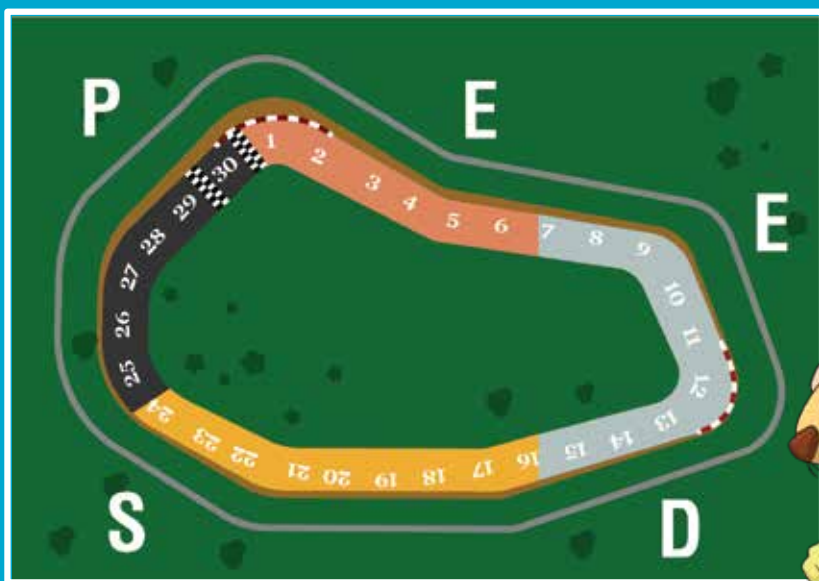
- Sportsmanship – e.g. shake hands
- Progression – e.g. show a skill that you are proud of
- Enthusiasm – e.g. try your hardest
- Engagement – e.g. show good teamwork or work well with a partner
- Discipline – e.g. get changed for PE quickly

These points will take you through the different stages of the S4K SPEED track. Where will you end up at the end of term?

Will you earn BRONZE, SILVER, GOLD or PLATINUM?

What prize will you earn at the end of term?

Let Sport4Kids teach you skills, get you fit and give you prizes!



T: 0300 303 3866

W: www.sports4kids.biz