

Curriculum Intent PE: Key Stage 2 2025 - 2026

At Compass School, the PE curriculum is tailored to meet the specific needs and abilities of the pupils. The focus is on providing a positive and inclusive environment to help pupils develop their physical skills, confidence, and social well-being through physical activity. We also provide opportunities for physical development, personal growth, and promote healthy and active lifestyles. We aim to foster opportunities to develop essential life skills such as leadership, teamwork and resilience. This curriculum is designed to improve students' individual motor skills, their knowledge of different sports, their teamwork and sportspersonship. This will also help them to improve on coping with losing and using their competitiveness positively. Its intent is also to provide a range of experiences so that all can enjoy being active.

By the end of Key Stage 2, pupils are expected to build on the skills and knowledge from Key Stage 1 as well as focussing on the key areas which are fundamental movement skills; sports and games; physical fitness and health; rules and regulations; teamwork; respect, cooperation; sportsmanship and social skills.

Skills and Knowledge Key Stage 2

Every half term, we ensure that we offer cross curricular (Cc) opportunities to our pupils as well as covering Social, Moral, Spiritual and Cultural (SMSC) elements.

These are detailed below using the following codes, enabling us to track what is delivered in each subject:

Cross Curricular Links include: M (Maths), Eng (English), Sc (Science), PS (PSHE), FT (Food Tech), CR (Craft), AD (Art & Design), C (Computing), G (Geography), H (History), En (Engineering), R (Reading), Ec (Economics)

SMSC Links include: B (British Values), Sp (Spiritual aspects), M (Moral aspects), So (Social aspects), C (Cultural aspects), R (Religious aspects), Rel (Relationships), P (Prevent), E (E-Safety), I (Individual Advice & Guidance & Careers), H (Healthy Lifestyle including wellbeing)

	Key Stage 2 Topics	Key Stage 2 Skills	Key Stage 2 Knowledge
HT1	<p>Advanced Movement Skills Number Balance End Zone Pass and move Circuits</p> <p>SMSC - H, I, So, Rel, C</p> <p>Cc - M, PS</p>	<p>Catching Throwing Running Passing/ Dribbling Jumping Balance Hand/eye coordination Motor skills</p>	<p>Understanding more complex movement patterns Understanding the rules of a range of games Basic understanding fair play Awareness of how regular exercise contributes to overall health and fitness Basic understanding of health and safety</p>
	Key Stage 2 Topics	Key Stage 2 Skills	Key Stage 2 Knowledge
HT2	<p>Team Building Activities Football Basketball Team Challenge circuits Blindfold Obstacle course Carpet game</p> <p>SMSC - So, H, I, Rel, C</p> <p>Cc – PS, Sc, M, FT</p>	<p>As above and see below: Leadership Teamwork Communication Patience Listening Problem Solving</p>	<p>As above and see below: Understanding participation in team games and their role in it Understanding of strategy, rules and tactics Understanding fair play and the importance of this in team games Basic understanding of how nutrition affects physical performance and health Basic understanding of health and safety</p>
	Key Stage 2 Topics	Key Stage 2 Skills	Key Stage 2 Knowledge
HT3	<p>Outwitting an opponent Dodgeball Tchoukball Tag Rugby</p> <p>SMSC - So, H, I, Rel, So, C</p> <p>Cc – PS, Sc, M</p>	<p>As above and see below: Strategic and tactical approaches Placement and deception. Decision making Overcoming an opponent Cooperation Fair play Speed, balance and agility</p>	<p>As above and see below: Greater understanding of the rules, techniques and strategies of various sports and games Understanding fair play and the importance of following the rules Understanding the importance of warm up and cool down routines to prevent injury Understanding how to play cooperatively and fairly in team games Further understanding of health and safety</p>
	Key Stage 2 Topics	Key Stage 2 Skills	Key Stage 2 Knowledge
HT4	<p>Disability Sports Adapted Football Adapted Basketball Seated Volley Ball Boccia Badminton</p> <p>SMSC - So, C, H, I, Rel</p> <p>Cc – PS, Sc, M</p>	<p>As above and see below: Problem solving Good judgement Social skills development Resilience</p>	<p>As above and see below: Understanding the inclusivity of sports Understanding the importance of hydration, rest and recovery to support and healthy lifestyle Understand different types of abilities Further understanding of health and safety</p>

	Key Stage 2 Topics	Key Stage 2 Skills	Key Stage 2 Knowledge
HT5	<p>Sports from around the world Golf Football Tennis</p> <p>SMSC - B, C, H, I, C, Rel, So</p> <p>Cc – PS, Sc, M</p>	<p>As above and see below: Problem Solving Teamwork Communication Decision making Precision and control</p>	<p>As above and see below: Further understanding of how tactics and strategy play a part in sports Further understanding fair play and the importance of this in team games and their role within it Further understanding of fine and gross motor skills In depth understanding of health and safety</p>
	Key Stage 2 Topics	Key Stage 2 Skills	Key Stage 2 Knowledge
HT6	<p>Striking and Fielding Games Cricket Rounders</p> <p>SMSC - So, C, H, I, Rel</p> <p>Cc – PS, Sc, M</p>	<p>As above and see below: Teamwork Strategic and tactical approaches Placement and deception Reactions and decision making Coordinate attacking play Overcoming an opponent Resilience</p>	<p>As above and see below: Understanding form and technique Deepening understanding of how tactics and strategy play a part in sports Greater understanding fair play and the importance of this in team games and the roles of different players (eg leaders) In depth understanding of health and safety</p>