

Partnership of:

SPORT4KIDS

activkids



S4K PE BOOK LOWER 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 Lower 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

I can do the following actions...

| | | | | | | | |
|---|--|--|--|---|--|--|--|
| Show good footwork | | | | Show good dodging skills when running with the rugby ball | | | |
| Perform a tackle safely | | | | Communicate with my team mates | | | |
| Pass the rugby ball accurately | | | | Work in a team | | | |
| Hold the rugby ball correctly when running with it | | | | Move into space during a game | | | |
| Catch a rugby ball when passed to me | | | | Show good energy during a game | | | |
| Kick the rugby ball correctly | | | | Show good sportsmanship during and after a game | | | |
| Hold the rugby ball correctly when passing | | | | Know what I need to improve after my lessons | | | |
| Position my body correctly when catching the rugby ball | | | | | | | |

SKILL SCORING

WK1

WK6

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)



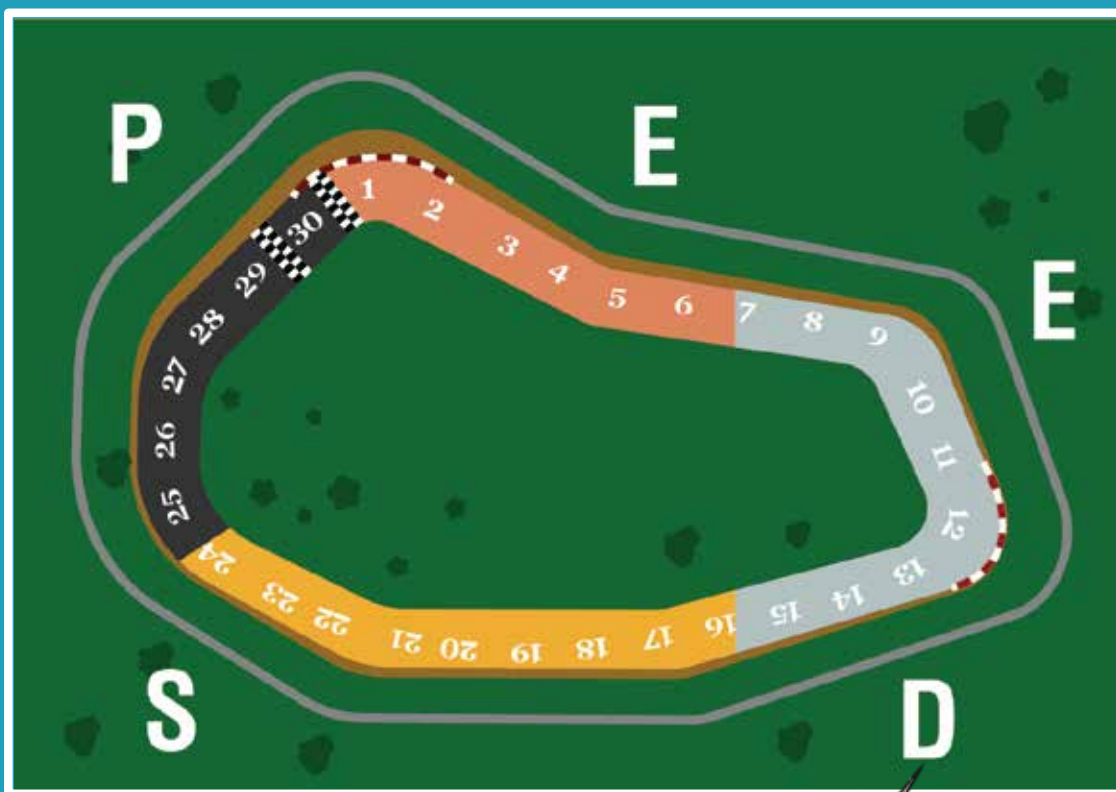
Collect Tag Rugby bands



RUGBY

S4K
PE BOOK
LOWER KEY
STAGE 2

Collect the speed rewards...



I can get even better if...

01

02

03



FOOTBALL

I can do the following actions...

| | | | | | | | |
|---|--|--|--|---|--|--|--|
| Pass a football accurately | | | | Head the football | | | |
| Dribble with a football | | | | Communicate with my team mates | | | |
| 'Trap' a football | | | | Work in a team | | | |
| Pass a football over a long distance | | | | Move into space during a game | | | |
| Perform different turns with the football | | | | Show good energy during a game | | | |
| Demonstrate defending as part of a team | | | | Show good sportsmanship during and after a game | | | |
| Demonstrate attacking as part of a team | | | | Know what I need to improve after my lessons | | | |
| Score a goal | | | | | | | |

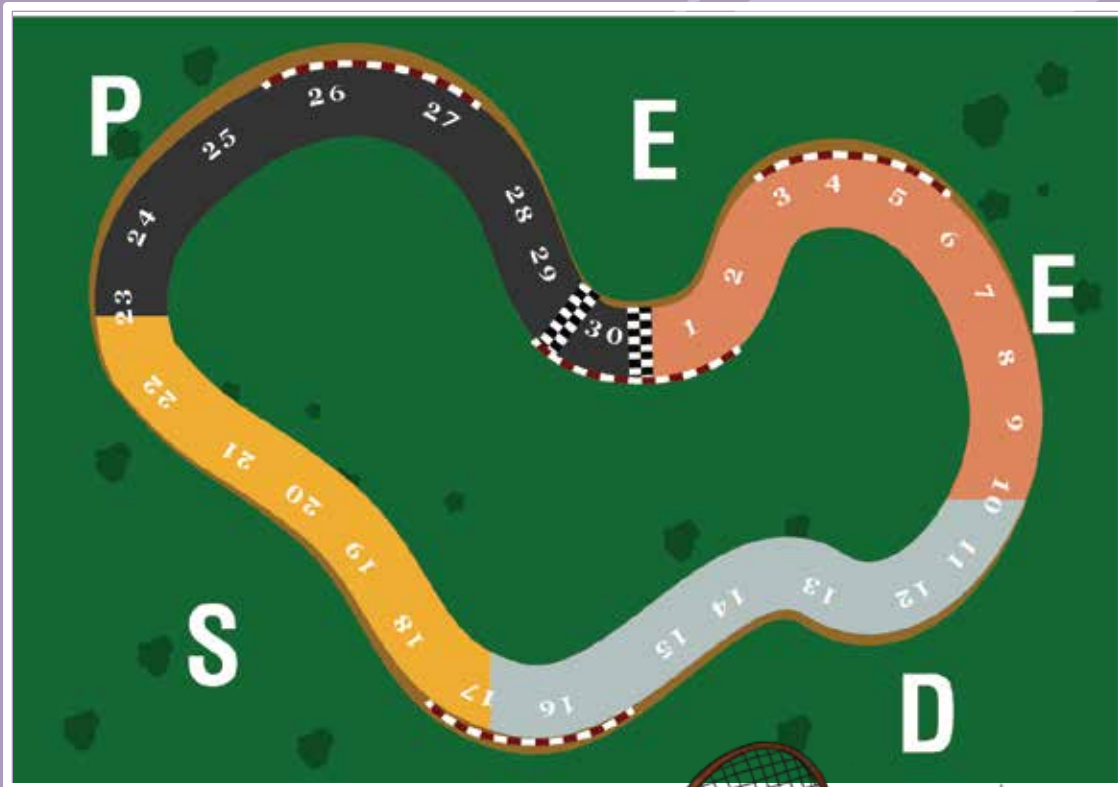
SKILL SCORING

| | WK1 | | | WK6 | | |
|---|-----|--|--|-----|--|--|
| 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 | | | | | | |

FOOTBALL

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PE BOOK
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STAGE 2

Collect the speed rewards...



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NETBALL

I can do the following actions...

| | | | | | | | |
|------------------------|--|--|--|----------------|--|--|--|
| Cheer someone on | | | | Work in a team | | | |
| Help a friend | | | | Run | | | |
| Enjoyed playing a game | | | | Jump | | | |
| Shake hands | | | | Balance | | | |
| Follow rules | | | | Skip | | | |
| Did my job | | | | Dodge | | | |
| Spoke to my team | | | | Stretch | | | |
| Had good ideas | | | | | | | |

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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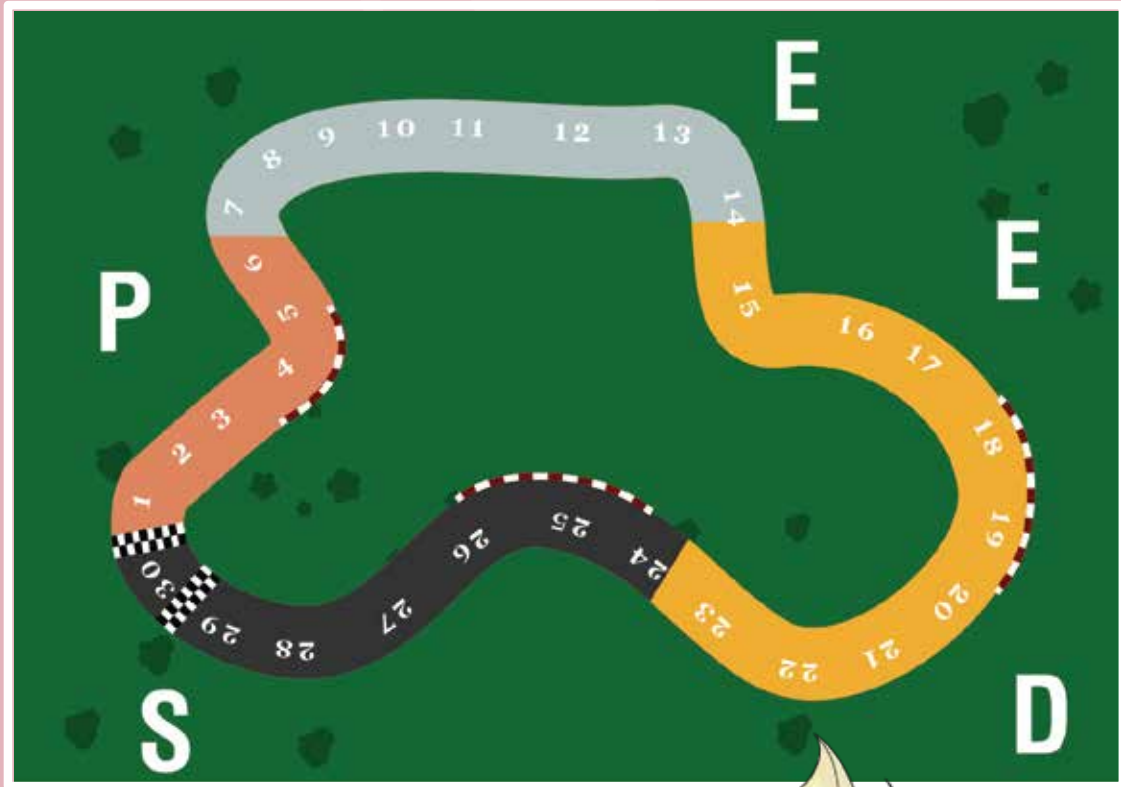
WK6

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NETBALL

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PE BOOK
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STAGE 2

Collect the speed rewards...



I can get even better if...

01

02

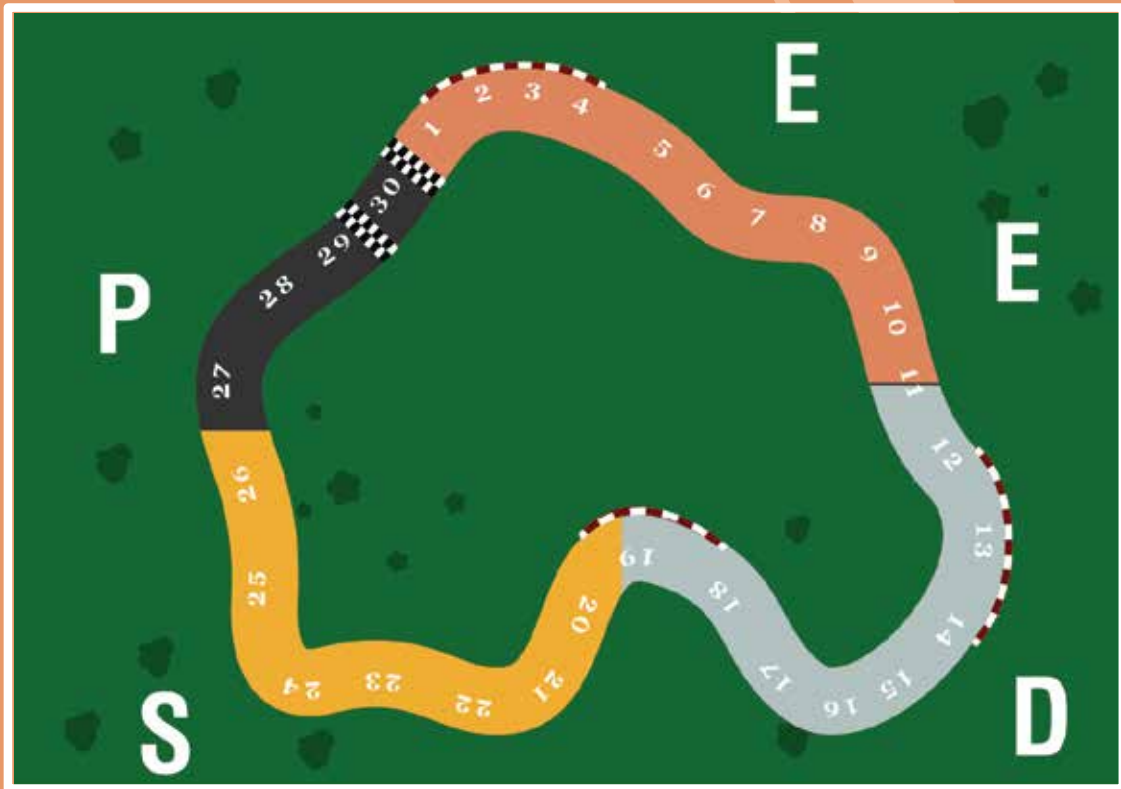
03



HOCKEY

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STAGE 2

Collect the speed rewards...

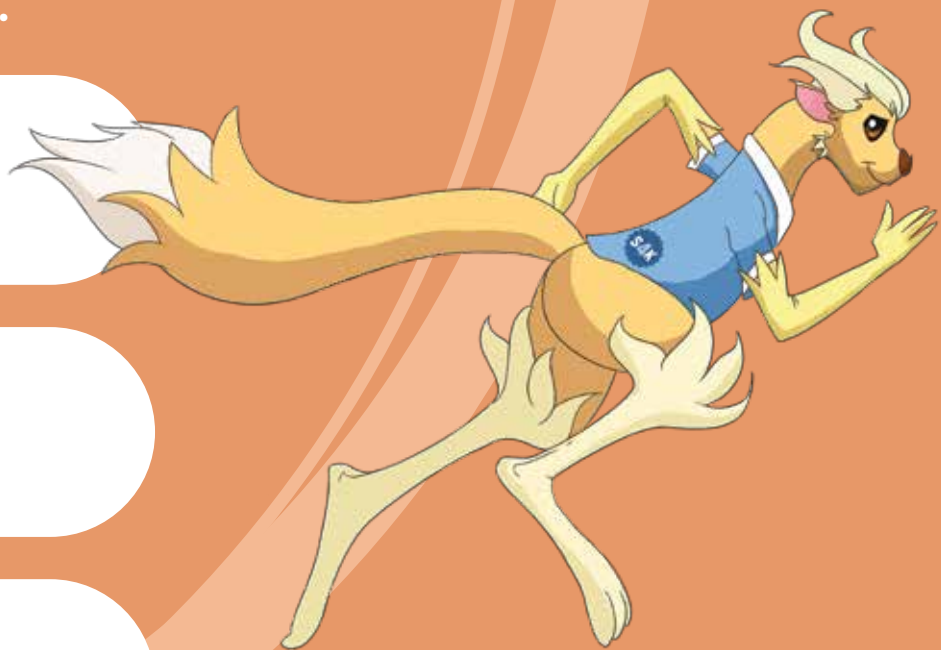


I can get even better if...

01

02

03



CRICKET

I can do the following actions...

| | | | | | | | |
|--|--|--|--|---|--|--|--|
| Throw a cricket ball accurately | | | | Understand the positions in a hockey game | | | |
| Catch a cricket ball correctly | | | | Communicate with my team mates | | | |
| Perform front foot cricket shots | | | | Work in a team | | | |
| Perform back foot cricket shots | | | | Move into space during a game | | | |
| Perform a cricket shot accurately | | | | Show good energy during a game | | | |
| Run quickly between the wickets | | | | Show good sportsmanship during and after a game | | | |
| Bowl the cricket ball sympathetically | | | | Know what I need to improve after my sessions | | | |
| Know the different ways to bowl a cricket ball | | | | | | | |

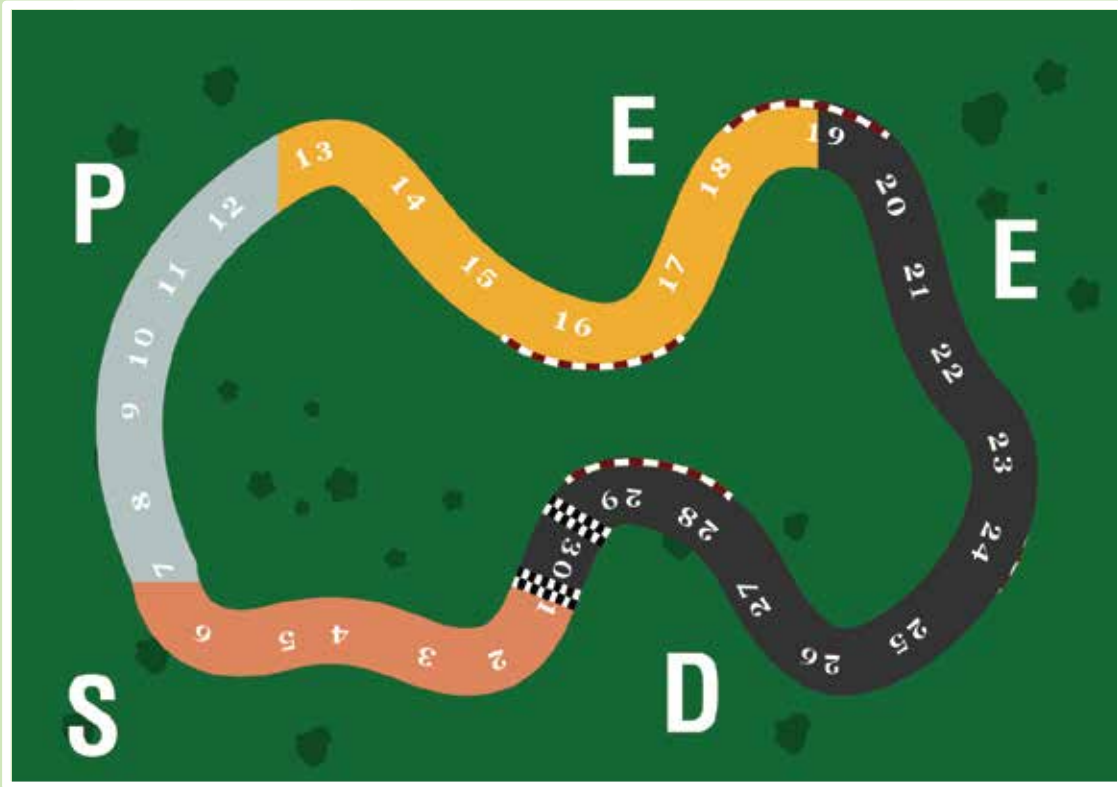
SKILL SCORING

| | WK1 | WK6 |
|--|-----|-----|
| 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 stopa ball with a partner (10 metres distance) | | |
| Shuttle runs between lines (10 metres apart) | | |

CRICKET

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TENNIS

I can do the following actions...

| | | | | | | | |
|---|--|--|--|--|--|--|--|
| <p>Show good footwork on the tennis court</p> | | | | <p>Move quickly around the tennis court</p> | | | |
| <p>Demonstrate a forehand tennis shot</p> | | | | <p>Show good endurance during a tennis game or drill</p> | | | |
| <p>Demonstrate a backhand tennis shot</p> | | | | <p>Play a tennis shot whilst on the move</p> | | | |
| <p>Perform a tennis shot accurately</p> | | | | <p>Can move quickly and efficiently into space during a game</p> | | | |
| <p>Demonstrate a volley tennis shot</p> | | | | <p>Show good energy during a game</p> | | | |
| <p>Serve the tennis ball accurately</p> | | | | <p>Show good sportsmanship during and after a game</p> | | | |
| <p>Understand how to perform the correct tennis serve</p> | | | | <p>Know what I need to improve after my sessions</p> | | | |
| <p>Understand how to score points in tennis</p> | | | | | | | |

SKILL SCORING

WK1

WK6

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



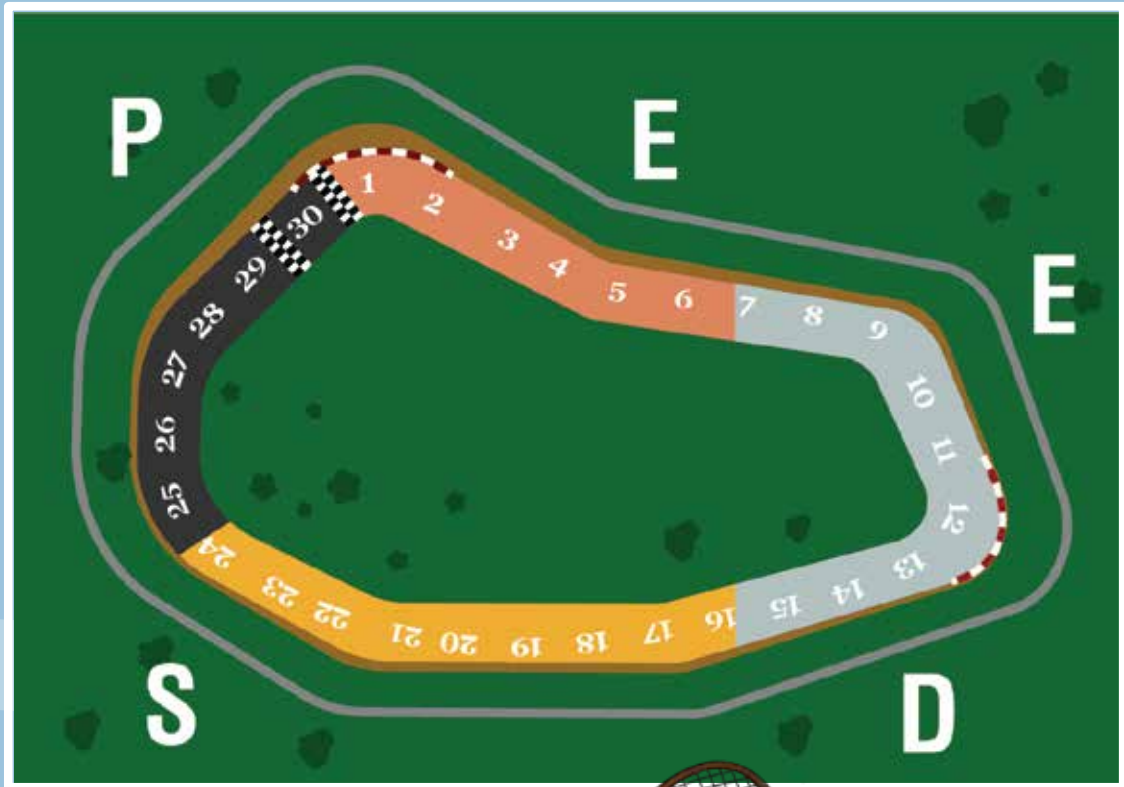
A tennis rally with a partner



TENNIS

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PE BOOK
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Collect the speed rewards...



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ATHLETICS

I can do the following actions...

| | | | | | | | |
|-----------------------------|--|--|--|-----------------------------|--|--|--|
| Perform a single jump | | | | Jump high | | | |
| Run fast | | | | Perform side-stepping | | | |
| Run a long way | | | | Throw in different ways | | | |
| Jump and land on my feet | | | | Perform different balances | | | |
| Throw a long way | | | | Skip | | | |
| Perform different exercises | | | | Dodge others when i run | | | |
| Throw accurately | | | | Perform different stretches | | | |
| Run and jump | | | | | | | |

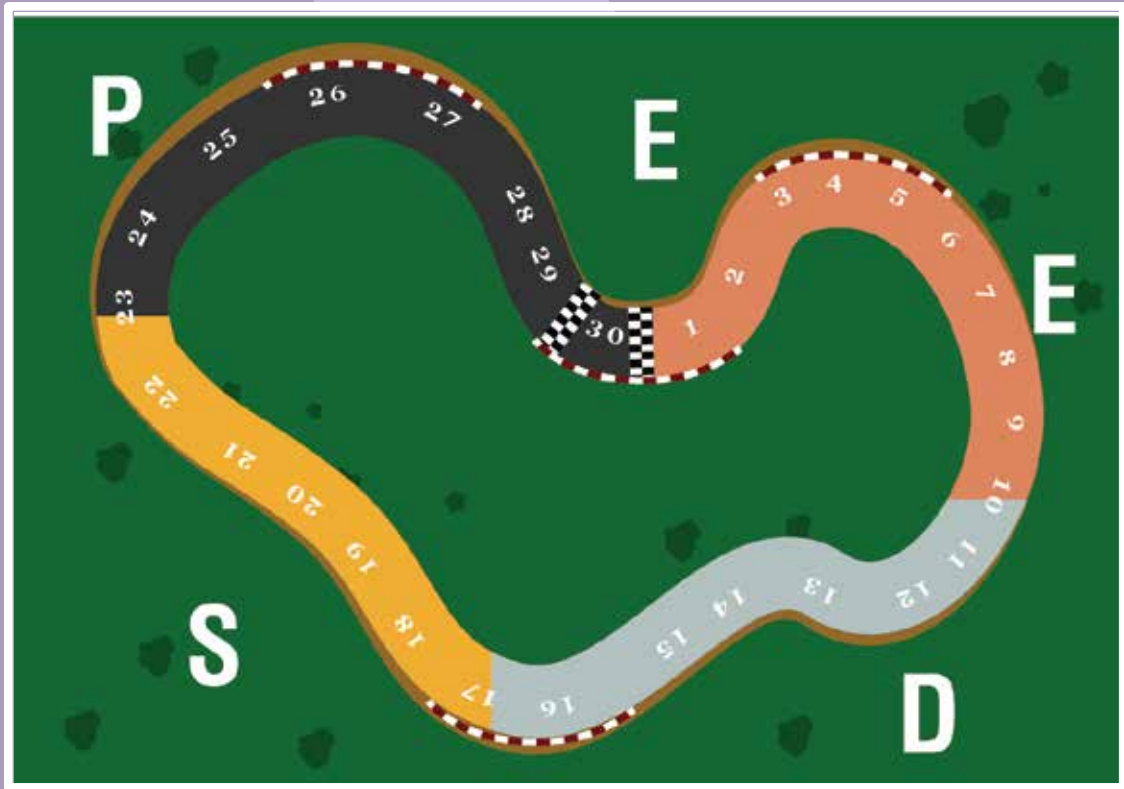
SKILL SCORING

| | WK1 | WK6 |
|---|-----|-----|
| 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) | | |

ATHLETICS

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01

02

03



GYMNASTICS

I can do the following actions...

| | | | | | | | |
|---|--|--|--|--|--|--|--|
| Demonstrate a travel combination | | | | Demonstrate different types of stretches | | | |
| Demonstrate a jumping combination | | | | Demonstrate good poise and control | | | |
| Demonstrate a shape combination | | | | Know how to start and finish a gymnastics sequence | | | |
| Demonstrate a balancing combination | | | | Observe and help others | | | |
| Demonstrate a rolling combination | | | | Show good energy during a game | | | |
| Demonstrate combinations with a partner | | | | Show good sportsmanship during and after a game | | | |
| Put together a gymnastics sequence | | | | Know what I need to improve after my sessions | | | |
| Perform different types of conditioning exercises | | | | | | | |

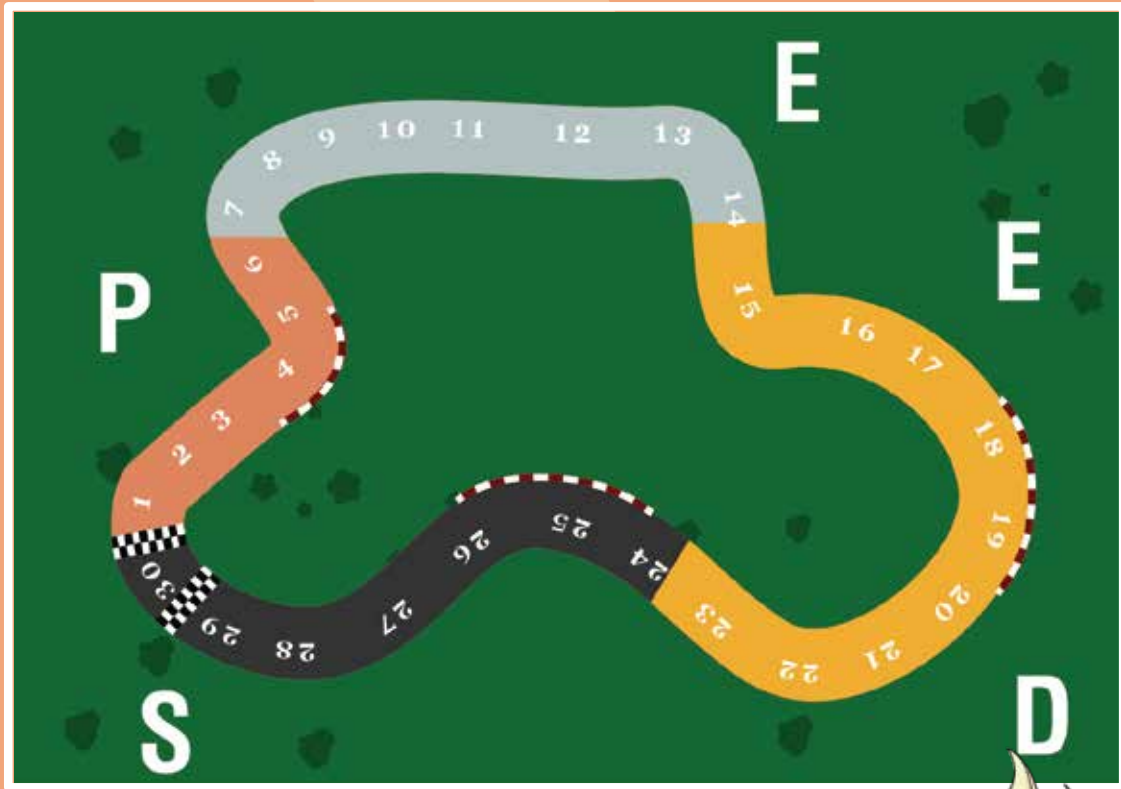
SKILL SCORING

| | WK1 | WK6 |
|---|-----|-----|
| 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 | | |

GYMNASTICS

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Collect the speed rewards...



I can get even better if...

01

02

03



DANCE

I can do the following actions...

| | | | | | | | |
|--|--|--|--|---|--|--|--|
| Warm and prepare body sensibly | | | | Demonstrate different formations in a sequence | | | |
| Demonstrate movements and shapes with different body parts | | | | Dance in time to the music | | | |
| Explore and demonstrate different dance actions | | | | Understand dance counts | | | |
| Demonstrate different arm and foot positions | | | | Dance with different energies /dynamics | | | |
| Demonstrate different travelling movements | | | | Participate in creating a dance | | | |
| Demonstrate different strength positions or power moves | | | | Show good sportsmanship during and after a lesson | | | |
| Dance on different levels | | | | Change facial expressions/Perform in a character | | | |
| Demonstrate smooth transitions | | | | | | | |

SKILL SCORING

- Clap in time with music
- Show Rhythm when dancing with music
- Copy a partner whilst moving to music
- Balance on one leg for 5 seconds
- Alternate balancing, jumping and running

WK1

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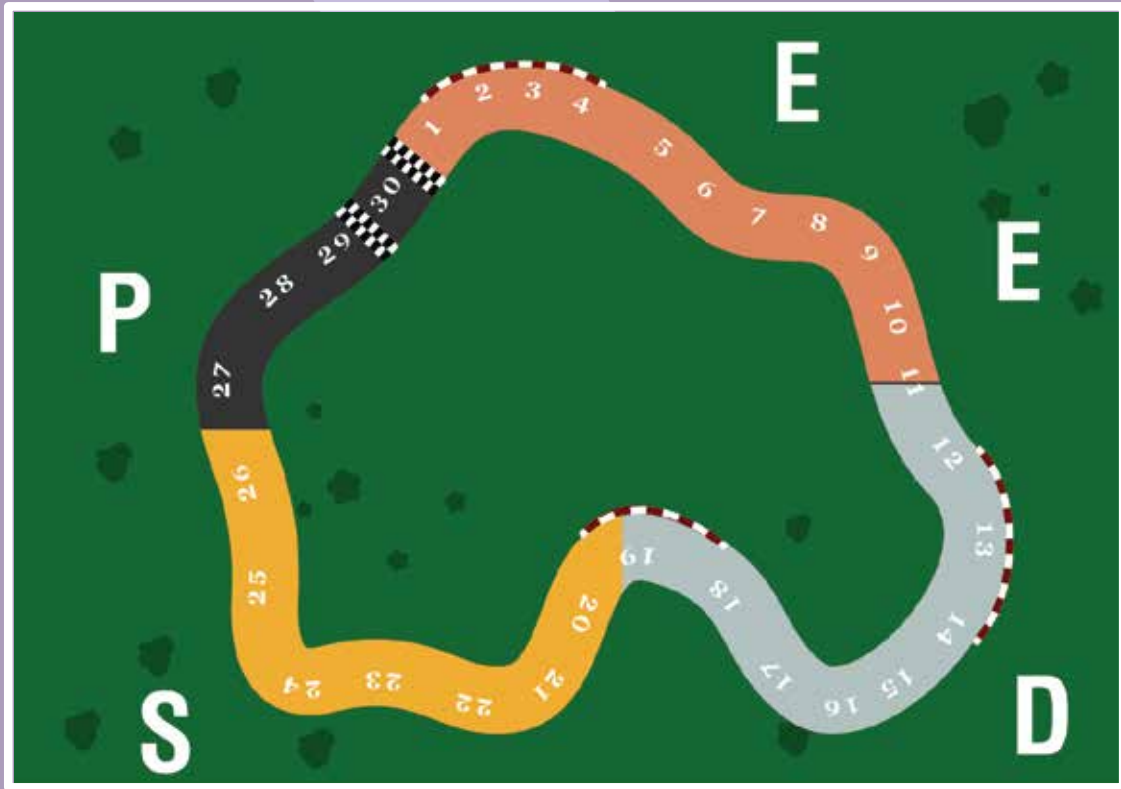
WK6

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DANCE

S4K
PE BOOK
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STAGE 2

Collect the speed rewards...



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01

02

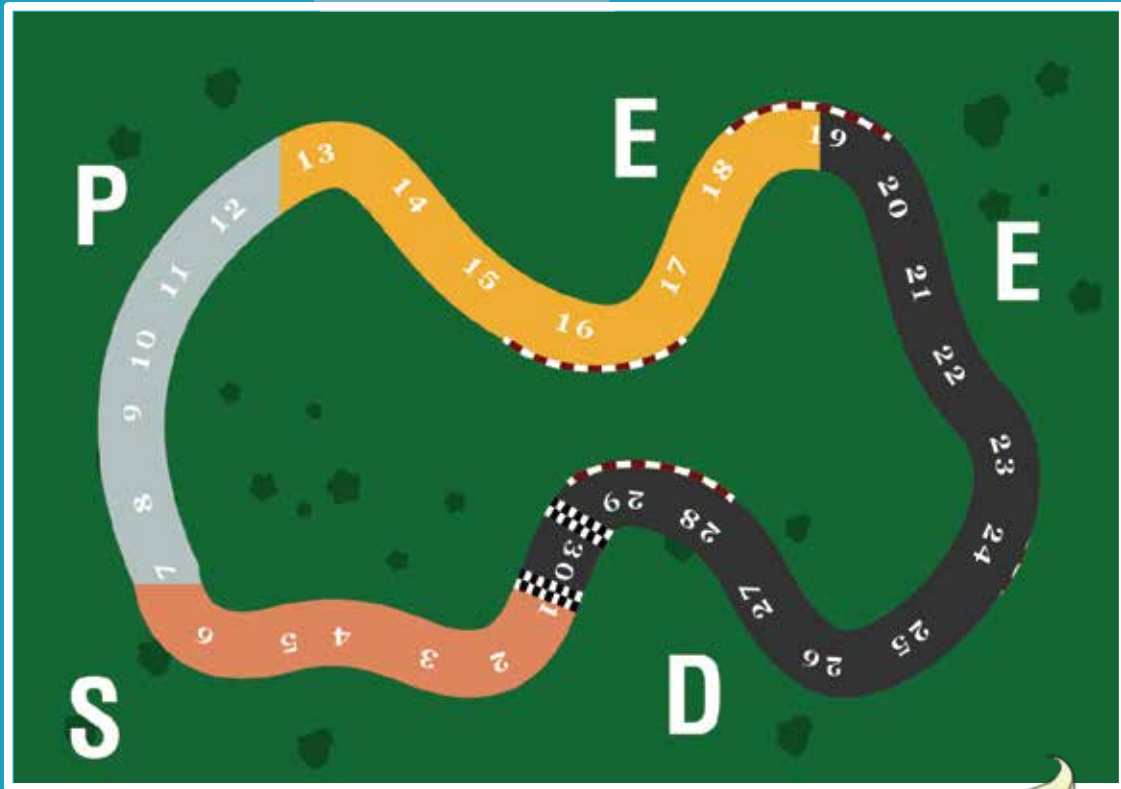
03



PREPARING FOR SPORTS DAY

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STAGE 2

Collect the speed rewards...



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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:

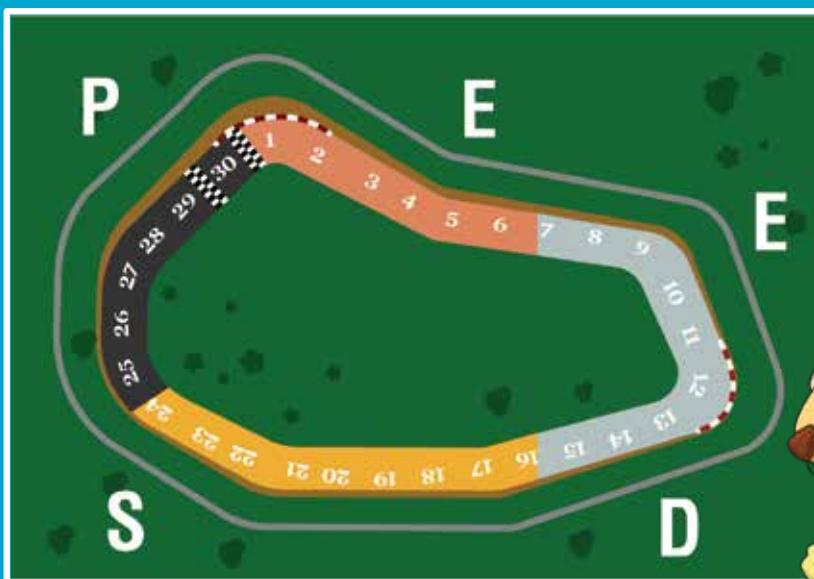
- Sportsmanship – e.g. shake hands
- Progression – e.g. show a skill that you are proud of
- Enthusiasm – e.g. try your hardest
- Engagement – e.g. show good teamwork or work well with a partner
- Discipline – e.g. get changed for PE quickly

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

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