

Programme of Study: Physical Education

<p align="center"><u>Key Stage 1</u></p>	<p align="center"><u>Key Stage 2</u></p>
<p>Pupils will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>
<p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities • Participate in team games, developing simple tactics for attacking and defending. • Perform dances using simple movement patterns. 	<p>Pupils should be 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.
<p align="center"><u>Swimming and water safety</u></p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> • 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. 	

Progression of Study: Physical Education

	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Athletics	<p>Explore and practice a variety of athletic movements and apply athletic skills and techniques to a number of activities.</p> <p>Show understanding and a basic level of control, coordination and consistency when running, jumping and throwing.</p> <p>Experiment with different jumping techniques, showing control, coordination and consistency throughout.</p>	<p>Develop coordination and balance whilst exploring different running, jumping and throwing techniques.</p> <p>Develop the overarm, underarm and pull throw technique, throwing accurately towards a target.</p> <p>Develop the distance running technique, understanding the difference between sprinting, and running over longer distances.</p>	<p>Apply and develop a broad range of athletic skills in different ways.</p> <p>Show control, coordination and consistency when running, throwing, and jumping.</p> <p>Choose the appropriate running speed to meet the demand of the task.</p>	<p>Understand and apply pace judgement when running over an increased distance, choosing the appropriate speed to meet the demand of the task.</p> <p>Combine basic jump actions to form a jump combination, using a controlled jumping technique.</p>	<p>Understand and apply appropriate pace judgement for the running distance to be covered.</p> <p>Run, jump, catch and throw in isolation and combination. Combine and perform skills with control.</p> <p>Demonstrate a range of throwing activities e.g. push, pull, sling, using different equipment.</p>	<p>Choose the appropriate speed to run at for distance to be covered.</p> <p>Understand and apply the appropriate throwing and jumping technique to achieve maximum distance and height.</p> <p>Select and apply skills that meet the needs of the situation, combining and performing each skills with control at speed.</p>

Dance	<p>Respond imaginatively to a range of stimuli.</p> <p>Move confidently and safely in your own and general space, using changes of speed, level and direction.</p> <p>Perform movement phrases using a range of different body actions and body parts.</p> <p>Create linked movements, combining different ways of travelling, with beginnings, middles and ends.</p>	<p>Compose short dances that express and communicate mood, ideas and feeling, varying simple compositional ideas.</p> <p>Perform movement phrases using a range of different body actions and body parts – with control and accuracy.</p> <p>Explore, remember and repeat short dance phrases, showing greater control and spatial awareness.</p> <p>Describe phrases and expressive qualities.</p>	<p>Explore and create characters and narratives in response to a range of stimuli.</p> <p>Perform dances using a range of movement patterns.</p> <p>Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity.</p>	<p>Combine actions and maintain the quality of performance when performing at the same time as a partner.</p> <p>Perform dances using a range of movement patterns – accurately, fluently, consistently and with control on your own and with a partner.</p>	<p>Use basic compositional principles when creating dances – combining movements fluently and effectively.</p> <p>Perform a range of movements accurately with a sense of rhythm, clarity and confidence.</p>	<p>Use imagination to create and structure dance motifs, phrases and sections of dances, developing expressive qualities.</p> <p>Explore, improvise and combine movement ideas fluently and effectively inspire by a stimulus.</p> <p>Perform movements to an audience with rhythm and confidence.</p>
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Striking Games	<p>Develop hitting skills in a game.</p> <p>Practice basic striking, sending and receiving.</p> <p>Practice accurate throwing and consistent catching.</p>	<p>Demonstrate striking or hitting a ball with increasing control.</p> <p>Learn skills for playing striking and fielding games.</p> <p>Understand how to position the body to strike a ball.</p>	<p>Demonstrate successful hitting and striking skills.</p> <p>Develop a range of skills in striking and fielding.</p> <p>Practice the correct batting technique and apply in games.</p>	<p>Develop hand-eye coordination to strike a moving and stationary ball.</p> <p>Develop different techniques for throwing and catching in a variety of sports.</p>	<p>Explore when different shots are best used.</p> <p>Consolidate different techniques for throwing and catching. Appropriately apply this in a game situation.</p>	<p>Use good footwork that allows the ball to be hit with good technique.</p>
Team Games	<p>Understand how to travel with a ball in different directions.</p> <p>Understand how to play games in a safe way.</p> <p>Participate in team games – showing good awareness of others.</p> <p>Demonstrate shooting at a goal or target.</p>	<p>Use hand-eye coordination to control a ball.</p> <p>Demonstrate travelling with a ball in different direction with control and fluency.</p> <p>Recognise space in games and use it to your advantage.</p> <p>Apply throwing and catching skills in a game.</p>	<p>Use kicking and dribbling skills in a game situation.</p> <p>Challenge a player in possession of a ball.</p> <p>Choose and adapt techniques and tactics to keep possession of a ball.</p>	<p>Demonstrate using a range of tactics to keep possession of a ball.</p> <p>Employ and explain simple tactics in game situations.</p> <p>Receive a ball under control.</p> <p>Show growing control and consistency during games.</p> <p>Confidently move with a ball in a variety of ways with some control.</p> <p>Apply basic attacking and defending principles.</p>	<p>Combine and perform skills with control, adapting them to meet the needs of the situation.</p> <p>Participate in competitive games, following all rules and safety guidelines.</p> <p>Increase accuracy and confidence of passing and shooting skills.</p> <p>Move with the ball using a range of techniques, showing control and fluency.</p> <p>Use the defending principles in a game situation.</p>	<p>Show confidence in using ball skills in a variety of game situations, being able to link these together effectively.</p> <p>Choose formations that suit the game.</p> <p>Develop control whilst performing skills at speed.</p> <p>Use tactics in games to achieve success as a team.</p> <p>Apply the principles of attacking.</p> <p>Identify spaces and understand the tactic of exploiting gaps.</p>

Gymnastics

Perform basic gymnastics actions, including travelling, rolling, jumping and staying still.

Combine different ways of travelling, exploring a range of movements and shapes.

Develop fundamental movement skills, combining travelling and balancing.

Perform movement phrases using a range of different body parts/actions.

Create movement phrases with beginning, middle and ends.

Develop agility, balance and coordination.

Form simple sequences of different actions, using the floor and a variety of apparatus.

Perform a range of actions, agilities and skills with consistency, fluency and clarity of movement.

Create gymnastic sequences that meet a theme or set of conditions, showing a clear, beginning, middle and end.

Develop flexibility, strength, control, technique and balance.

Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner or in a group.

Create, perform and repeat a combination of actions that include changes of dynamic e.g. change of level, speed and direction, and clarity of shape.

Find different ways of using a shape, balance or travel and link them to make actions and sequences of movement.

Explore, improvise and combine movement ideas fluently and effectively, using skills in different ways.

Make up longer sequences and perform them with fluency and clarity of movement.

Develop flexibility, strength, control, technique and balance.

Perform movements accurately with a sense of rhythm.

Develop your own gymnastic sequences by understanding, choosing and applying a range of compositional principles; varying direction, level and pathways to improve the sequence.

Use combinations of dynamics using the space effectively.

Outdoor adventure and activity

<p>Move in different directions and a variety of different ways.</p> <p>Introduction to map reading. Be able to use some basic features on a map to select and plan a route.</p> <p>Begin to plan how to solve problems and problem solve with others.</p>	<p>Understand the competitive side of orienteering.</p> <p>Participate in competition with others, completing a simple orientation event.</p> <p>Understand safety rules and procedures for taking part in orienteering.</p>	<p>Recognise where you are on a map.</p> <p>Demonstrate all the physical skills needed for orienteering: agility, balance and coordination.</p> <p>Recognise that activities need thinking through and planning.</p> <p>Participate in competitive orienteering events, following clear instructions.</p>	<p>Move confidently in different ways, developing agility, balance and coordination.</p> <p>Develop a basic understanding of map reading and apply these skills and techniques in games.</p>	<p>Use a map to confidently orientate yourself around.</p> <p>Takes part in orienteering events, such as picture orienteering and control orienteering, with success.</p> <p>Plan strategies to complete tasks. Choose sensible skills and approaches for the challenge</p>	<p>Use previous knowledge to navigate and design a route to the controls.</p> <p>Use relevant techniques to navigate to and from control points.</p> <p>Build confidence during team activities and develop communication skills to achieve success.</p>
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