

Physical Education and Sport

The National Curriculum for Physical Education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities (athletics dance, games, gymnastics, outdoor and adventurous activities and swimming).
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

In KS1, pupils develop fundamental movement skills, competence and confidence through a range of opportunities to extend their agility, balance and coordination, individually and with others.

Reception

- Move in a variety of ways including jumping, skipping, hopping, running and walking.
- Move on large body in a variety of ways.
- Negotiate space successfully adjusting speed and direction.
- Demonstrates a range of control over an object.
- Follow simple instructions; copy a variety of defined shapes and actions.

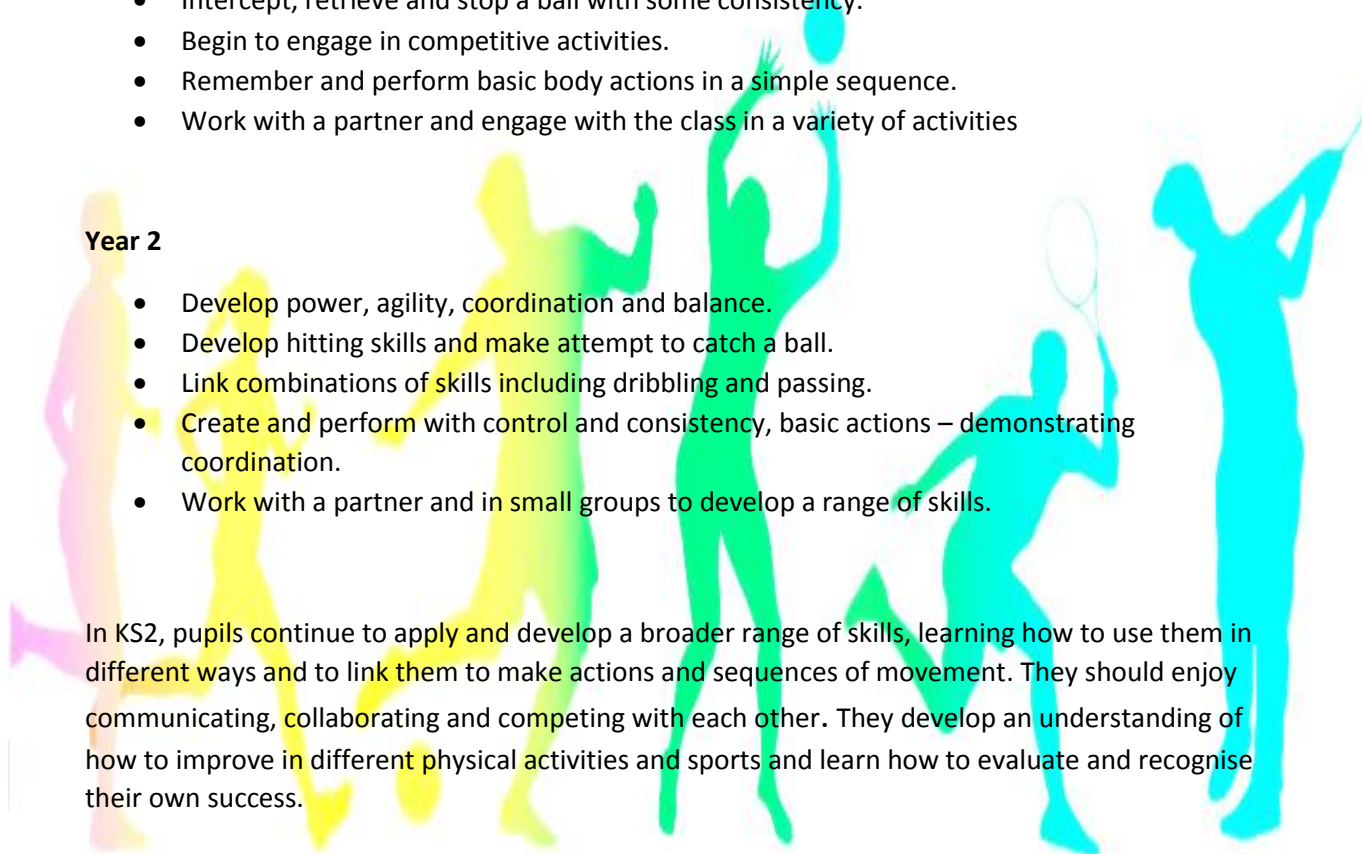
Year 1

- Develop agility and coordination skills to take part in a range of activities.
- Intercept, retrieve and stop a ball with some consistency.
- Begin to engage in competitive activities.
- Remember and perform basic body actions in a simple sequence.
- Work with a partner and engage with the class in a variety of activities

Year 2

- Develop power, agility, coordination and balance.
- Develop hitting skills and make attempt to catch a ball.
- Link combinations of skills including dribbling and passing.
- Create and perform with control and consistency, basic actions – demonstrating coordination.
- Work with a partner and in small groups to develop a range of skills.

In KS2, pupils 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 develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.



Year 3

- Control movements and body actions in response to specific instructions
- Develop skills in throwing, catching and bowling in competitive play.
- Play games using basic rules.
- Create and perform contrasting actions and movements with increased control
- Work well with others to solve problem, using acquired skills.

Year 4

- Compete in running, jumping and throwing activities and compare performances.
- Play confidently in a variety of roles
- Send and receive balls with accuracy to keep possession.
- Perform a range of body actions – show rhythm and style.
- Work well as a team, listen, and be directed by others.

Year 5

- Select and apply skills in game situations with consistency sending and returning
- Create and repeat compositional sequences confidently.
- Apply control to throw and shoot with accuracy and consistency.
- Work at a high intensity for sustained periods.
- Work collaboratively in groups and play a role in problem solving.

Year 6

- Use a variety of techniques for passing, controlling, dribbling and shooting a ball in games.
- Demonstrate control and consistency in a range of fielding skills.
- Compose and practise actions and relate to music.
- Work collaboratively and independently.
- Demonstrate improvement of accuracy and technique.

