

PHYSICAL EDUCATION SUBJECT LEARNING EXPECTATIONS



## Programme of Study

Key Stage 1 Pupils should be taught:	Games – travel and sending the ball	Dance	Games – invasion	Gymnastics	Games – striking and fielding	Athletics
<p>To develop practical skills in order to participate, compete and lead a healthy lifestyle.</p> <p>Pupils should 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><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• 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.</li> <li>• participate in team games, developing simple tactics for attacking and defending</li> <li>• perform dances using simple movement patterns.</li> </ul>	<p>I will compete showing good sporting behaviour.</p> <p>I will be able to hold and bounce different types of ball.</p> <p>I will be able to pass the ball in a number of different ways.</p> <p>I should be able to roll the ball to my partner.</p> <p>I will be able to throw and catch the ball with one and two hands.</p> <p>I will be able to travel with different balls in a number of different ways.</p>	<p>I should move in a clear, fluent and expressive manner.</p> <p>I will copy and remember dance positions and moves.</p> <p>I should be able to hold a pose and balance.</p> <p>I should be able to move carefully and be aware of space.</p> <p>I will move with control and coordination.</p> <p>I will link more than two actions together to perform sequences.</p> <p>I will be able to convey a dance move to convey a feeling, mood or idea.</p> <p>I could change speed and levels within a dance performance.</p>	<p>I will compete showing good sporting behaviour.</p> <p>I should be able to use the term 'opponent' and 'team mate'.</p> <p>I will develop tactics within a game situation.</p> <p>I will be able to roll, hit, throw or kick a ball</p> <p>I will be able to pass to my team mate.</p> <p>I will be able to pass accurately and quickly.</p> <p>I should be able to move in a confined space.</p> <p>I will be able to travel with a ball.</p>	<p>I will move safely and be aware of the space around me.</p> <p>I will use gym equipment correctly and safely.</p> <p>I will copy and remember gymnastic movements and actions.</p> <p>I will link more than two actions together to make a sequence.</p> <p>I will show contrasts with my body e.g. small/tall, straight/curved, wide/narrow.</p> <p>I will travel in different ways e.g. forwards, backwards, crawling, hopping, sideways</p> <p>I will jump and land in a number of different ways increasing in control and balance.</p> <p>I could move in a clear, fluent and expressive manner.</p>	<p>I will compete showing good sporting behaviour.</p> <p>I will be able to catch and pass a variety of different shaped balls.</p> <p>I will be able to hit a ball.</p> <p>I will be able to roll, hit, throw or kick a ball.</p> <p>I will be able to catch a ball and throw it to a team mate.</p> <p>I will be able to develop tactics.</p> <p>I will be able to follow rules.</p>	<p>I will compete showing good sporting behaviour.</p> <p>I will develop athletic skills.</p> <p>I will develop a range of different throwing techniques.</p> <p>I will compete with others fairly.</p> <p>I will sprint over a short distance.</p>

## Programme of Study

Key Stage 2 (Years 3 & 4) Pupils should be taught:	Games	Dance	Swimming	Gymnastics	Outdoor and adventurous activities	Athletics
<p>To develop practical skills in order to participate, compete and lead a healthy lifestyle.</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><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• 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</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p>I will compete showing good sporting behaviour.</p> <p>I will be able to throw and catch with control, safety and accuracy.</p> <p>I will be able to hit, strike and field a ball or object with control.</p> <p>I will be able to choose some tactics to cause problems for the opposition.</p> <p>I will be able to pass accurately to my team mate when I need to.</p> <p>I should be able to talk to my team mates and discuss tactics.</p> <p>I will be able to follow rules of games.</p> <p>I will be able to keep possession of a ball in a number of ways e.g. hands, feet, stick.</p> <p>I will be able to lead others when appropriate.</p>	<p>I will move in a clear, fluent and expressive manner.</p> <p>I will plan and perform repeat sequences.</p> <p>I will be able to hold a pose and balance.</p> <p>I will be able to move carefully and be aware of space.</p> <p>I will refine movements into sequences.</p> <p>I will create dances and movements that convey a definite idea.</p> <p>I could express an idea in an original and imaginative way.</p> <p>I will change speed, direction and levels within a performance.</p> <p>I will develop physical strength and suppleness by practising moves and stretching.</p>	<p>I will swim as far as I can.</p> <p>I should be able to swim between 25 and 50 metres.</p> <p>I will use more than one stroke and coordinate my breathing as needed for the stroke being used.</p> <p>I will coordinate leg and arm movements.</p> <p>I will swim at the surface of the water.</p> <p>I could swim below the surface of the water.</p>	<p>I will move safely and be aware of the space around me.</p> <p>I will use gym equipment correctly and safely.</p> <p>I will plan, perform and repeat sequences.</p> <p>I will move in a clear, fluent and expressive manner.</p> <p>I will refine movements into sequences.</p> <p>I will show changes of speed, direction and level during a performance.</p> <p>I will travel in a number of different ways, including flight, by transferring weight to generate power in movements.</p> <p>I will show a kinaesthetic sense in order to improve balance, the placement and alignment of my body.</p> <p>I could hold shapes that are strong, fluent and expressive.</p> <p>I will use equipment to safely swing and hang from.</p>	<p>I will lead and form part of a team.</p> <p>I will persevere if plans do not go as expected and work out how to solve problems.</p> <p>I will change plans if necessary.</p> <p>I will help and support others if needed.</p> <p>I will look for and ask for help from others if needed.</p> <p>I will look for immediate risks around me and make appropriate decisions.</p> <p>I will use the appropriate equipment for outdoor adventurous activities.</p> <p>I could use a range of different equipment e.g. compass, map and any digital devices.</p>	<p>I will compete showing good sporting behaviour.</p> <p>I will develop athletic skills.</p> <p>I will develop a range of different throwing techniques.</p> <p>I will compete with others fairly.</p> <p>I will sprint over a short distance.</p>

## Programme of Study

Key Stage 2 (Years 5 & 6) Pupils should be taught:	Games	Dance	Swimming	Gymnastics	Outdoor and adventurous activities	Athletics
<p>To develop practical skills in order to participate, compete and lead a healthy lifestyle.</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><b>Pupils should be taught to:</b></p> <ul style="list-style-type: none"> <li>• use running, jumping, throwing and catching in isolation and in combination</li> <li>• 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</li> <li>• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• perform dances using a range of movement patterns</li> <li>• take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<p>I will compete showing good sporting behaviour.</p> <p>I will be a good leader if needed and a good role model and team player.</p> <p>I will work in my own or with my team mates in order to gain possession or to score points.</p> <p>I will choose the most appropriate tactics for a game.</p> <p>I will attack, defend and field tactically by anticipating the opposition and direction of play/ the ball.</p> <p>I will choose and combine techniques and skills within a game situation.</p> <p>I will be able to talk to my team mates and discuss tactics.</p> <p>I could be able to use different strokes and techniques when hitting a ball accurately.</p>	<p>I will move in a clear, fluent and expressive manner.</p> <p>I will perform expressively and hold a precise and strong body posture.</p> <p>I will express an idea in original and imaginative way.</p> <p>I will compose creative and imaginative dance sequences.</p> <p>I should perform appropriately and maintain it throughout the music/song.</p> <p>I will express an idea in an original and imaginative way.</p> <p>I will change speed, direction and levels within a performance.</p> <p>I will develop physical strength and suppleness by practising moves and stretching and use this to perform complex moves.</p>	<p>I will swim as far as I can.</p> <p>I should be able to swim between 25 and 50 metres.</p> <p>I will use more than one stroke and coordinate my breathing as needed for the stroke being used.</p> <p>I will coordinate leg and arm movements.</p> <p>I will swim at the surface of the water.</p> <p>I could swim below the surface of the water.</p>	<p>I will move safely and be aware of the space around me.</p> <p>I will use gym equipment correctly and safely.</p> <p>I will plan, perform and repeat sequences.</p> <p>I will move in a clear, fluent and expressive manner.</p> <p>I will refine movements into sequences.</p> <p>I will show changes of speed, direction and level during a performance.</p> <p>I will travel in a number of different ways, including flight, by transferring weight to generate power in movements.</p> <p>I will show a kinaesthetic sense in order to improve balance, the placement and alignment of my body.</p> <p>I could hold shapes that are strong, fluent and expressive.</p> <p>I will use equipment to safely swing and hang from.</p>	<p>I will lead and form part of a team.</p> <p>I will persevere if plans do not go as expected and work out how to solve problems.</p> <p>I will change plans if necessary.</p> <p>I will help and support others if needed.</p> <p>I will look for and ask for help from others if needed.</p> <p>I will look for immediate risks around me and make appropriate decisions.</p> <p>I will use the appropriate equipment for outdoor adventurous activities.</p> <p>I could use a range of different equipment e.g. compass, map and any digital devices.</p>	<p>I will compete showing good sporting behaviour.</p> <p>I will develop athletic skills.</p> <p>I will sprint over a short distance of up to 60 metres.</p> <p>I will run over longer distances.</p> <p>I should know I need to conserve energy when running longer distances.</p> <p>I will know and use a variety of throwing techniques.</p> <p>I will throw accurately and safely to a specified area.</p> <p>I will throw an item as far as I can.</p> <p>I will learn to jump in a number of different ways.</p>