

Sequence of knowledge and skills across the curriculum in PE

PE	Knowledge	Skills
EYFS	<ul style="list-style-type: none"> • know how to land appropriately jumping off an object • understand how adjust speed and change direction to avoid obstacles • know the rules for accessing outdoor climbing equipment and trees • understands the need for safety when tackling new challenges, and considers and manages some risks. • knows how to transport and store equipment safely 	<ul style="list-style-type: none"> • experiments with different ways of moving. • jump off an object and land appropriately. • negotiate space successfully when playing racing and chasing games • adjust speed and change direction to avoid obstacles. • travel with confidence and skill around, under, over and through balancing and climbing equipment. • show increasing control over an object in pushing, patting, throwing, catching or kicking it • carries and transports equipment safely

End Point: Children will be able to change quickly for PE and understand the importance of PE kit. They are able to play co-operatively, share equipment and take turns with others. Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment effectively.

PE	Knowledge	Skills
Key Stage 1	<ul style="list-style-type: none"> • apply skills of running, jumping, throwing and catching in a range of activities • understand simple tactics for attacking and defending • know how to be physically active for a healthy life • know what to eat, quantities and types of foods for a healthy life • understand the rules of a variety of team games to enable active participation • remember movements and sequences to perform in dance and gymnastics • know how to work in a team and cooperate in a range of physical activities 	<ul style="list-style-type: none"> • develop competence to excel in a broad range of physical activities • be physically active for sustained periods of time • engage in competitive sports and activities • lead healthy, active lives. • master basic movements of running, jumping, throwing and catching • be able to demonstrate balance, agility and co-ordination • participate in team games, • perform dances using simple movement patterns.

Key Stage 1 End Point: Children will be physically confident and happy to participate in a range of different activity and games. They will understand and use some simple tactics and rules in games and competition. Children will know how being active contributes to a healthy lifestyle.

PE	Knowledge	Skills
Key Stage 2	<ul style="list-style-type: none"> • understand how to use their skills to make actions and sequences of movement • understand how to improve in different physical activities and sports • know how to apply basic principles suitable for attacking and defending • know about the dangers of water and how to perform safe self-rescue • understand the rules of a variety of games and sports including; badminton, basketball, cricket, football, hockey, netball, rounders and tennis 	<ul style="list-style-type: none"> • communicate, collaborate and compete with each other. • evaluate and recognise their own success. • 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] • 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. • to 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.

Key Stage 2 End Point and progression to Key Stage 3: All pupils will have experienced a wide range of competitive sport and other physically-demanding activities. They will have learned how to be physically confident in a way which supports their health and fitness. The PE curriculum will have contributed to their personal development helping them to embed values such as fairness, respect and teamwork. Pupils will be well prepared to access the Key Stage 3 curriculum and become more competent, confident and expert in their techniques, and apply them across different sports and physical activities

