



Physical
education
National
Curriculum

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 operative physical activities, in a range of increasingly challenging situations.

Pupils should read and spell scientific vocabulary at a level consistent with their increasing word-reading and spelling knowledge at stage 1.

Key Stage 1

During years 1 and 2, pupils should be taught to:

- master basic movements including running, jumping, throwing and catching
- 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.

Physical literacy will be developed with the aim of engaging pupils to be motivated and confident learners.

Year 1

Declarative knowledge – I know how to and **Procedural knowledge - I can**

Key competencies: **Motor competencies** **Rules/strategies & tactics** **Healthy participation** (linked to PE Ofsted guidance 2022)

Physical literacy Movement & coordination skills	Dance	Gymnastics	Net wall type skills	Striking & fielding skills	Athletics & OAA type skills
<ul style="list-style-type: none"> - move my body in a variety of ways: e.g. run, jump combos, hop on either foot, skip, leap. - move in a space with other children and change direction safely. - use a bean bag by holding, moving with or throwing it. - use a ball by throwing / catching / kicking and moving with it. 	<ul style="list-style-type: none"> -perform basic but controlled body actions using a variety of body parts such as travel, jump, being still and turning. - move at different levels and in different directions - work in time to a simple beat by counting in 4s -remember and repeat 3 or 4 moves -how simple moods and feelings can be shown through gestures e.g. happy/sad/angry. 	<ul style="list-style-type: none"> -I know how to perform the 3 basic shapes of straight, star and tuck -I know how to travel into and out of shapes and balances using rolls and jumps -I know how to balance on large and small body parts -link 3 or 4 moves together -I know how to warm my body up for gym -I know how to safely use mats, benches and apparatus with my friends 	<ul style="list-style-type: none"> -move my body quickly around court - strike a ball with my hand and bat - move my body to track a ball - play simple games involving 1-3 other children - develop a game to practice a skill count and keep score up to 5 	<ul style="list-style-type: none"> - use a ball by throwing , catching and stopping it. - hit a ball forwards or up with my hand/bat or racket - follow simple rules to play a game - send, collect and receive a ball with a partner and in a simple game 	<ul style="list-style-type: none"> - use my body to run at different speeds - jump forwards and upwards using either and both feet -throw a ball/bean bag /quoit by using pushing, pulling and slinging actions - compete against others and challenge myself - work with a partner to keep score

Key skills: including health & fitness

- I know what job my heart, lungs and muscles do to help me be active
- I know how to follow PE routines and rules to take part in activities
- I know how to share equipment fairly with my friends
- I know that physical activity makes me feel good

Take a lead in a “follow my leader” game

To know the names of the main body parts and understand how they feel during different activities. Can take part in heart rate raising activities within ALL warm ups (aim 4 mins continuous activity)

Can copy and describe.

Can say what is good about a partner’s actions and how they can improve.

Can play games with rules with a partner. To make simple choices about what is fair and unfair / right and wrong

Key vocab: Heart, Lungs, Muscles, run, Jump combos, hop, skip, leap, space, moving, throwing, kicking, controlled, turning, levels, directions, basic shapes, straight star, tuck, travel, balances, rolls, jumps, strike, receive

Year 2

Declarative knowledge – I know how to and **Procedural knowledge - I can**

Key competencies: **Motor competencies** **Rules/strategies & tactics** **Healthy participation** (linked to PE Ofsted guidance 2022)

Physical literacy Movement & coordination skills	FITNESS	Gymnastics	DANCE	NET WALL / Striking & fielding skills	Athletics type skills/OAA
<ul style="list-style-type: none"> -run and change directions quickly with control - jump for distance & height with control -hop & gallop in different directions with controlled speed -skip with a rope -challenge & improve my skills - pass the ball with 2 hands/1 foot to a partner -control a moving ball with dominant foot and hand - be able to control the rugby ball with 2 hands -develop a game that improves a skill. -work with partner to follow rules and score points 	<ul style="list-style-type: none"> -perform basic rope skills -name muscles being exercised -keep moving for 5 minutes -perform core exercises safely and with control -perform a variety of fundamental movement and sport skill - perform activities to improve leg and arm strength -create exercises linked to a sporting theme -what happens to the heart when we exercise 	<ul style="list-style-type: none"> - link 4 shapes smoothly -demonstrate a change in speed smoothly linking 3 balances -jump for height and perform a shape in the air -perform a tuck jump with control- perform rolls that move in a circular motion - transfer weight from hands to feet using the bench - create a sequence on the low & higher apparatus which includes 4 different skills 	<ul style="list-style-type: none"> - remember and repeat a short motif -move confidently around the space from high to low with control -gain height in the air and land on either foot with control -turn with a partner at different speeds -show emotion through facial and whole body gestures 	<ul style="list-style-type: none"> -roll & stop a ball with control -throw underarm with control to a target /partner -catch a ball with 2 hands from short distance -hit/strike a ball with a hand /racket to a partner - to move quickly to track/catch a bouncing ball - “hand hit” /use racket to hit a moving ball towards partner along floor and in air - show can use a simple scoring system - work as a small group to play a game -challenge myself to improve your tennis skills 	<ul style="list-style-type: none"> -run quickly towards a target -make a controlled change of speed when running -perform a combination of jumps with control & how to leave floor to gain height - throw objects using different styles to gain distance & towards a target -follow instructions to complete an athletics circuit - score activities accurately - listen to a partner and follow their directions -describe a pathway using at least 3 directions. - basic map symbols - cooperate/lead/communicate and listen to others in my group to complete various tasks -plan & share ideas to help solve a problem,

Key skills:
Devise own game with rules & safety
They give reasons why warming up before an activity is important..-know and describe the effects of exercise and why physical activity is good for their health - know how to improve stamina.
Can take part in heart rate raising activities within ALL warm ups (aim 5 mins continuous activity)
They can talk about differences between their own and others’ performances and describe and suggest improvements.
Can play games with rules within a small group. To listen to others and play and work cooperatively

Key vocab: Distance, Height, Gallop, Controlled, Skip, Challenge, Pass, Dominant, Exercise, Link, Transfer weight, Sequence, Roll and stop, Underarm, Catch, Strike,

Please note: Where schools have combined KS1 classes & work on a 2 year cycle; both year 1 & 2 LO will be followed every year even though topics/themes may vary. This will ensure consistency and progression.

