

Physical Education

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- Lead healthy, active lives.

End of Phase	Children will be able to...
EYFS	<p><u>The thinking physical being</u></p> <ul style="list-style-type: none"> ▪ Will be able to negotiate space and obstacles safely ▪ Will be confident to experiment in different ways to create sequences ▪ Will be aware of 'rules' (sharing/turn-taking) <p><u>The doing physical being</u></p> <ul style="list-style-type: none"> ▪ Will be able to move in a variety of ways, including running, jumping and skipping ▪ Will be able to travel around, under, over and through balancing and climbing equipment ▪ Will be able to throw, catch and kick a large ball ▪ Will have developed fine motor skills, shown through holding equipment correctly, and using a range of tools such as cutlery. ▪ Will demonstrate strength, balance and coordination when playing. <p><u>The behavioural change physical being</u></p> <ul style="list-style-type: none"> ▪ Will be able to talk about measure they can take to remain healthy such as brushing teeth, 5-a-day and limiting sugary foods. ▪ Will be able to explain the effect exercise has on the body in a basic way
KS1	<p><u>The thinking physical being</u></p> <ul style="list-style-type: none"> ▪ Will be able to make simple decisions and be aware of what they need to do to improve ▪ Will be creative when using and developing skills and tactics in simple sequences and activities ▪ Will participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns. ▪ Will have a basic understanding of water safety <p><u>The behavioural change physical being</u></p> <ul style="list-style-type: none"> ▪ Will be able to engage in competitive (against self and others) and cooperative physical activities in a range on increasingly challenging situations. ▪ Will show keenness to participate in activities and clubs both in schools and in the wider community <p><u>The doing physical being</u></p> <ul style="list-style-type: none"> ▪ Will be become increasingly competent and confident and access a broad range of opportunities ▪ Will 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

Lower KS2	<p><u>The thinking physical being</u></p> <ul style="list-style-type: none"> ▪ Will develop an understanding of how to improve in different physical activities and sports ▪ Will know how to evaluate and recognise own success ▪ Will know how to link learned skill to make actions and sequences of movement ▪ Will be able to apply tactical knowledge to competitive situations ▪ Will have good knowledge of water safety <p><u>The behavioural change physical being</u></p> <ul style="list-style-type: none"> ▪ Will be able to engage in competitive (against self and others) and cooperative physical activities in a range on increasingly challenging situations. ▪ Will show keenness to participate in activities and clubs both in schools and in the wider community ▪ Will enjoy communicating, collaborating and competing with each other <p><u>The doing physical being</u></p> <ul style="list-style-type: none"> ▪ Will be become increasingly competent and confident and access a broad range of opportunities ▪ Will 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 ▪ Will be able to swim 10m unaided on their front back ▪ Will be able to perform a star float
Upper KS2	<p><u>The thinking physical being</u></p> <ul style="list-style-type: none"> ▪ Will compare their performances with previous ones and demonstrate improvement to achieve their personal best. ▪ Will play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending ▪ Will have a comprehensive understanding of water safety <p><u>The behavioural change physical being</u></p> <ul style="list-style-type: none"> ▪ Will be able to engage in competitive (against self and others) and cooperative physical activities in a range on increasingly challenging situations. ▪ Will show keenness to participate in activities and clubs both in schools and in the wider community ▪ Will understand the importance of physical activity as a way of life, and the impact of not exercising ▪ Will enjoy communicating, collaborating and competing with each other <p><u>The doing physical being</u></p> <ul style="list-style-type: none"> ▪ Will swim competently, confidently and proficiently over a distance of at least 25 metres and use a range of strokes effectively ▪ Will perform safe self-rescue in different water-based situations. ▪ Will use running, jumping, throwing and catching in isolation and in combination ▪ Will develop flexibility, strength, technique, control and balance ▪ Will perform dances using a range of movement patterns ▪ Will take part in outdoor and adventurous activity challenges both individually and within a team