

PHYSICAL EDUCATION

<p>KS1</p>	<p>Pupils will develop fundamental skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. Pupils will be able to engage in competitive and co-operative physical activities, in a range of increasingly challenging situations.</p> <p>Pupils will be taught to:</p> <ul style="list-style-type: none"> • Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these to a range of activities • Participate in team games, developing simple tactics for attacking and defending • Perform dance using simple movement patterns
<p>KS2</p>	<p>Pupils will 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. Pupils will communicate, collaborate and compete with each other. They will 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>Pupils will be taught to:</p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination • Play competitive games, modified where appropriate, e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending • Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics • Perform dances using a range of movement and patterns • Take part in outdoor and adventurous challenges both individually and within a team • Compare performances with previous ones and demonstrate improvement to achieve their personal best
<p>Swimming</p>	<p><u>Swimming and water safety</u></p> <p>Pupils in Years 4 and 5 will be taught to:</p> <ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25m • Use a range of strokes effectively such as front crawl, backstroke and breaststroke • Perform safe self-rescue in different water-based situations