

Key Concepts – P.E.

	Key concepts
KS1	<ul style="list-style-type: none"> • Develop core movement skills, mastering basic movements such as running, jumping, throwing, catching • Develop core movements around the development of balance, agility, coordination • Apply these skills to a range of activities • Participate in team games, developing simple tactics for attacking and defending • Perform dances using simple movement patterns • Knowledge and understanding of fitness and health – recognise how their body changes with exercise and the importance of warming up
Lower KS2	<ul style="list-style-type: none"> • Use running, jumping, catching and throwing in isolation and combination • Play competitive games at an appropriate level • Apply basic principles and tactics suitable to these games for attacking and defending • Develop flexibility, strength, technique, control and balance through gymnastics and athletics • Perform and compose dances using a range of movement patterns • Take part in outdoor and adventurous activity challenges both individually and as part of a team • Compare performances to previous ones to achieve their personal best – evaluate own and peer performances • Swim competently, confidently and proficiently over a distance of at least 50 metres • Use a range of strokes effectively such as front crawl, backstroke and breaststroke • Perform safe self-rescue in different water-based situations • Knowledge and understanding of fitness and health – recognise how their body changes with exercise and the importance of appropriate warming up
Upper KS2	<ul style="list-style-type: none"> • Use running, jumping, catching and throwing in isolation and combination • Play competitive games at an appropriate level • Apply basic principles and tactics suitable to these games for attacking and defending • Develop flexibility, strength, technique, control and balance through gymnastics and athletics • Perform and compose dances using a range of movement patterns • Take part in outdoor and adventurous activity challenges both individually and as part of a team • Compare performances to previous ones to achieve their personal best – evaluate own and peer performances • Swim competently, confidently and proficiently over a distance of at least 50 metres using a range of strokes effectively • Perform safe self-rescue in different water-based situations • Knowledge and understanding of fitness and health – why exercise is good for their health and wellbeing, and prepare effectively for an activity