



# Physical Education Key Stage 1

Develop practical skills in order to participate, compete and lead a healthy active lifestyle.

Pupils should continue to 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 co-operate physical activities, in a range of increasingly challenging situations.

Games	Dance	Gymnastics	Athletics	Outdoor Adventurous Activities	Swimming	Wild Discovery	Health and wellbeing	Respect and Resilience
<b>Physical Competencies</b> This concept involves a range of physical movements and sporting techniques beginning with fundamental skills, Agility, Balance and Co-ordination							<b>Social/Life Competencies</b> This concept involves a range of life skills that can be transferred into everyday living.	
<ul style="list-style-type: none"> <li>-Striking and Fielding</li> <li>-Rolling and stopping</li> <li>-Throwing and catching</li> <li>-Travelling with a Ball</li> <li>-Passing a ball</li> <li>-Using Space</li> <li>-Simple Attacking and Defending</li> <li>-Simple Tactics and Rules</li> </ul>	<ul style="list-style-type: none"> <li>-Copy and follow simple movements.</li> <li>-Simple choreography e.g. Unison, cannon and mirroring</li> <li>-Use of motif and stimuli.</li> </ul>	<ul style="list-style-type: none"> <li>-Rolls</li> <li>-Jumps</li> <li>-Vault - with springboard and vault or other suitable raised platform, e.g. gymnastics table</li> <li>-</li> <li>Handstands/Cartwheels/Round-offs</li> <li>-Travelling &amp; Linking Actions</li> <li>-Shape and Balance</li> </ul>	<ul style="list-style-type: none"> <li>-Running</li> <li>-Jumping</li> <li>-Throwing</li> </ul>	<ul style="list-style-type: none"> <li>-Trails</li> <li>-Problem Solving</li> <li>-Preparation and organisation</li> <li>-Communication</li> </ul>	<ul style="list-style-type: none"> <li>-Swim unaided up to 25 metres</li> <li>-Proficiency in one stroke.</li> </ul>	<ul style="list-style-type: none"> <li>-Preparation and Organisation</li> <li>-Leadership</li> <li>-Problem Solving</li> <li>-Confidence and engagement</li> <li>-</li> <li>Communication</li> <li>-Motor Skills</li> <li>-Self Awareness</li> <li>-Self Regulation</li> </ul>	<ul style="list-style-type: none"> <li>-Find simple ways to look after themselves</li> <li>-Challenge themselves</li> <li>-Reflect and Evaluate their own and other performances.</li> <li>-Set realistic goals.</li> <li>-Work towards the best version of 'me'</li> <li>-Explore what it means to be healthy.</li> <li>-Basic First Aid</li> <li>-Enjoy being who they are</li> <li>-Feel confident</li> </ul>	<ul style="list-style-type: none"> <li>-Value Others</li> <li>-Develop relations with peers.</li> <li>-See the links between sport and every day.</li> <li>-Celebrate differences.</li> <li>-Follow rules</li> <li>-Create rules</li> <li>-Experience different roles</li> <li>-Officiate</li> <li>-</li> <li>Sportsmanship</li> <li>-Try to Adapt to change</li> <li>-Talk about their strengths</li> <li>-Try new things</li> </ul>



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								<ul style="list-style-type: none"><li>-Self-worth</li><li>-Identify risks and perform safely</li></ul>	<ul style="list-style-type: none"><li>-Try new techniques</li><li>-Ask for help</li><li>-Begin to identify their frustration.</li><li>- Communicates with others.</li><li>-Empathise with others.</li></ul>
Health and Fitness, Compete and Perform, Evaluate									