

Subject: PE

Phase: KS1

Attitudes	Key Skills	Strategies	Evidence
<p>A desire to partake, succeed and excel in a broad range of competitive sport and other physically-demanding activities</p> <p>The ability to be physically active for sustained periods of time</p> <p>To take responsibility for personal health and fitness in order to lead healthy, active lives</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 in a range of activities• Participate in team games, developing simple tactics for attacking and defending• Perform dances using simple movement patterns.• Swim competently, confidently and proficiently over given distances and use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	<ul style="list-style-type: none">• High quality indoor and outdoor games and PE sessions run twice weekly by class teachers• Build effective partnerships with external sports coaching providers to work alongside class teachers and share their expertise [e.g. tag rugby, tennis, dodgeball, hockey]• Annual 'wellbeing' weeks to promote personal responsibility for maintaining healthy lifestyles	<ul style="list-style-type: none">• Observations during lessons• Assessment of key skills at end of units of work

Subject: PE

Phase: KS2

Attitudes	Key Skills	Strategies	Evidence
<p>A desire to partake, succeed and excel in a broad range of competitive sport and other physically-demanding activities</p> <p>The ability to be physically active for sustained periods of time</p> <p>To take responsibility for personal health and fitness in order to lead healthy, active lives</p>	<ul style="list-style-type: none">• use running, jumping, throwing and catching in isolation and in combination• play competitive games, modified where appropriate [for cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]• perform dances using a range of movement patterns• take part in outdoor and adventurous activity challenges both individually and within a team• compare their performances with previous ones and demonstrate improvement to achieve their personal best• swim competently, confidently and proficiently over given distances and use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]	<ul style="list-style-type: none">• High quality indoor and outdoor games and PE sessions run twice weekly by classteachers• Provide opportunities for all children to engage in competitive sport, through inter-house sports competitions, before and after school sports clubs, school sports days and during PE lessons• Build effective partnerships with external sports coaching providers to work alongside class teachers and share their expertise [eg. tag rugby, tennis, dodgeball, hockey]• Annual 'wellbeing' weeks to promote personal responsibility for maintaining healthy lifestyles	<ul style="list-style-type: none">• Observations during lessons• Assessment of key skills at end of units of work