



KS1-KS2 Physical Education Objective Overview (2016-17)

Purpose of study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims

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.

Attainment targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study

Fundamental Skills

Fundamental skills will be taught through different sporting disciplines including invasion games, dance, gymnastics, athletics, OAA and swimming. KS1 fundamental skills include; confidently perform 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. KS2 fundamental skills include; running, jumping, throwing and catching in isolation and in combination.

Skill	KS1	Lower KS2	Upper KS2
Subject Content	Pupils should 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-operative physical activities, in a range of increasingly challenging situations.	Pupils should 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. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	
Invasion Games	Participate in team games, developing simple tactics and defending	Play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounder's and tennis	Play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounder's and tennis, and apply basic principles suitable for attacking and defending
Dance	Perform dances using simple movement patterns	Perform dances using a range of movement patterns	Perform dances using a range of movement patterns
Athletics	Confidently perform basic movements including running, jumping, throwing and catching	Running, jumping, throwing and catching in isolation	Running, jumping, throwing and catching in isolation and in combination.
Gymnastics	Develop balance, agility and co-ordination	Develop flexibility, strength, technique, control and balance	Develop flexibility, strength, technique, control and balance
OAA (Outdoor Adventure Activities)		Take part in outdoor and adventurous activity challenges both individually and within a team	Take part in outdoor and adventurous activity challenges both individually and within a team
Swimming		<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke. • Perform safe self-rescue in different water-based situations 	<ul style="list-style-type: none"> • Swim competently, confidently and proficiently over a distance of at least 25 metres. • Use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke. • Perform safe self-rescue in different water-based situations