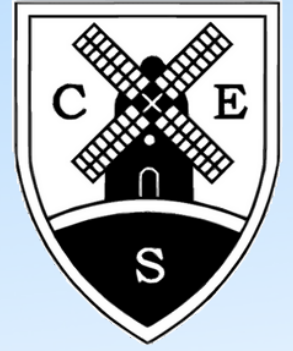


PHYSICAL EDUCATION



Gymnastics



In Early Years, children are taught to demonstrate strength, balance and coordination to develop overall body-strength and agility.

In Key Stage 1, children are taught to improve their balance on individual body parts as well as performing a variety of rolls including teddy bear and pencil. Children are taught to change their speed and direction as part of creating and performing sequences.

In Key Stage 2, children are taught to demonstrate safety when using equipment to perform a range of increasingly difficult movements. Children are taught to travel using different heights and direction to increase balance and sequences with confidence. Children are taught to perform cartwheels and counterbalances as part of a routine that children will be taught to evaluate against a criteria.



PHYSICAL EDUCATION



Athletics



In Early Years, children are taught to revise and refine the fundamental skills they have and move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

In Key Stage 1, children are taught to improve a range of basic movements including moving quickly, throwing a range of objects with increasing accuracy. Children are taught to run and jump with increasing control and co-ordination.

In Key Stage 2, children are taught to master movements by using running, jumping, and throwing in isolation and in combination. Children will be taught to participate in a wide variety of challenging games, competing confidently, using more complex techniques and skills with appropriate modification when needed.



PHYSICAL EDUCATION



Competitive Games



In Early Years, children are taught to negotiate space and obstacles safely, with consideration for themselves and others. Children are taught to explain the reasons for rules in competitive games and behave accordingly.

In Key Stage 1, children are taught to develop simple tactics for attacking and defending such as to aim accurately at targets through a range of different throwing and kicking based activities. Children are taught to follow and create different rules as part of competitive games to work as an individual and part of a team.

In Key Stage 2, children are taught to participate in a wide variety of competitive games, striking and fielding with confidence and using appropriate technique with some modification. Children will be taught how to use communication effectively and the importance of communication when competing in team games.



PHYSICAL EDUCATION



Dance



In Early Years, children are taught to engage physically and successfully to progress towards a more fluent style of moving with developing control and grace.

In Key Stage 1, children are taught to create and perform dance routines both individually and with a partner with a focus on using different shapes and dynamics with different body parts.

In Key Stage 2, children are taught to skilfully create a series of controlled movement patterns and sequences. Children are taught to perform routines showcasing emotions and attitude both individually and as a duet.

