

# Physical Education Programme of study Key Stage 1

We offer range of sports and physical activities to challenge children to improve their personal fitness. These include cross-country running, football, tennis, multi-sports skills, dance and gymnastics, available either within or after school hours. Our skilled teachers and coaches improve pupils' fitness by keeping them physically active throughout all lessons and engaging them in regular, high-intensity vigorous activity for sustained periods of time.

We believe sport is a fun way for children to grow both physically and emotionally. Participation in team games and sports encourages children to understand the importance of fairness, collaboration and communication in successful team work. For individuals, increased self-esteem comes from the sense of achievement in beating your personal best.

We have high expectations of what our more able pupils are capable of achieving and provide opportunities for children to participate in competitive sporting events arranged between local schools.

Our Curriculum 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.

## **Pupils will be taught 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 will engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Progression				
	Athletics	Dance	Gymnastics	Games/ invasion games
Year 1	<p>I can run at different speeds</p> <p>I can jump from a standing position</p> <p>I can throw an object with one hand</p> <p>I can recognise changes in the body during exercise</p>	<p>I can copy &amp; explore basic body patterns &amp; movements</p> <p>I can remember simple dance steps &amp; performs in a controlled manner</p> <p>I can choose actions &amp; link them with sounds &amp; music</p> <p>I can safely perform teacher led warm-ups &amp; can describe &amp; discuss others work</p>	<p>I can copy &amp; explore basic actions with some control &amp; co-ordination</p> <p>I have begun to choose &amp; link basic actions, and I can recognise &amp; use space appropriately</p> <p>I can watch &amp; discuss my own work &amp; that of my peers</p> <p>I can safely perform teacher led warm-up &amp; I am aware of others</p>	<p>I can stop a ball with basic control</p> <p>I can send a ball in the direction of another person</p> <p>I can take part in sending and receiving</p> <p>I can talk about exercising, safety &amp; short term effects of exercise</p>
Year 2	<p>I can change speed &amp; direction whilst running</p> <p>I can jump accurately from a standing position</p> <p>I can throw a variety of objects with one hand</p> <p>I can recognise a change in temperature &amp; heart rate during exercise</p>	<p>I can perform with control &amp; co-ordination</p> <p>I can responds imaginatively to a variety of stimuli</p> <p>I can vary dynamics, levels, speed &amp; direction</p> <p>I can discuss my own &amp; others performance with simple vocabulary. I understand the need for warm up &amp; cool down</p>	<p>I can copy, remember, explore &amp; repeat simple actions varying speed &amp; levels</p> <p>I am beginning to select simple actions to construct basic sequences</p> <p>I am beginning to identify the difference between my performance &amp; that of others</p> <p>I understand the need for warm up &amp; cool down, and also what is happening to my body during exercise</p>	<p>I can stop / catch a ball with control</p> <p>I can pass a ball to someone else</p> <p>I can take part in opposed conditioned games</p> <p>I understand about exercising, safety &amp; short term effects of exercise</p>