

The Physical Education Curriculum



Every champion was once a beginner



University Study



A level/ apprenticeship study



GCSE in Physical Education

Next Phase of Education



Athletics: Demonstrate accuracy and control when throwing, jumping and running



Competitive Sports - Net and wall: Apply a range of defensive tactics in a game



Competitive Sports - Invasion: Play a team game in a variety of positions



Dance: Work creatively and imaginatively independently, in pairs and in a group



Striking and Fielding: Play games confidently in a variety of roles



Gymnastics: Perform increasingly complex sequences showing clarity, fluency accuracy and consistency in movements

KEY STAGE 2

Year 6



Gymnastics: Develop a range of body actions and shapes in longer, more complex sequences



Striking and Fielding: Demonstrate control and consistency in a range of fielding skills



Dance: Refine, repeat and remember short dance routines



Competitive Sports - Invasion: Work as a team to attack with accuracy



Competitive Sports - Net and wall: Use basic defensive tactics to defend the court



Athletics: Compete in running, jumping and throwing activities

KEY STAGE 2

Year 5



Gymnastics: Create longer and more complex sequences and adapt performance



Striking and Fielding: Use a variety of shots in isolation and in a game situation



Dance: Perform different styles of dance clearly and fluently



Competitive Sports - Invasion: Use specific learned skills to maintain possession



Competitive Sports - Net and wall: Play a range of basic shots with some control



Athletics: Perform a range of jumps and throws in different activities



Swimming: To swim competently, confidently, proficiently and safely over a distance of at least 25 metres using a range of strokes

KEY STAGE 2

Year 4



Athletics: Control movements and body actions in response to specific instructions



Competitive Sports - Net and wall: Use throwing, catching and simple hitting



Competitive Sports - Invasion: Play using basic rules of a recognised game



Dance: Perform a range of recognised dance actions with some confidence



Striking and Fielding: Play simplified games



Gymnastics: Perform, remember and repeat sequences with contrasting actions

KEY STAGE 2

Year 3



Athletics: Develop power, agility, coordination and balance over a variety of activities



Competitive Sports - Net and Wall: Demonstrate basic skills in small games



Competitive Sports - Invasion: Use competitive sports skills in isolation and combined



Dance: Move and perform with expression and imagination responding to music



Striking and Fielding: Make attempts to intercept a ball



Gymnastics: Create and perform a simple sequence with control and consistency

KEY STAGE 1

Year 2

Early Years



Play on their own and with others confidently



Follow rules and instructions



Develop control to kick, throw and catch balls



Use different forms of movement



Develop overall body strength, balance, co-ordination and agility



Safely use a range of small apparatus indoors and outside

KEY STAGE 1

Year 1



Gymnastics: Perform simple gymnastic actions, shapes and sequences



Striking and Fielding: Retrieve and return a ball to a base



Dance: Perform basic body actions along with music



Competitive Sports - Invasion: Begin to engage in competitive sports



Competitive Sports - Net and wall: Throw or hit an object using a hand or bat



Athletics: Begin to develop agility and co-ordination skills