

PE - Areas of Learning and Assessment

Curriculum Elements	Physical Skills	Creativity	Co-operation and reflectiveness	Health/ fitness and well being	Resilience
	Children will develop the confidence, competence and independence to move in a range of ways so they can take part in physical tasks, activities and age appropriate competitive sports.	Children will be encouraged to be imaginative. They will be inspired to have fun through their movements. They will be encouraged to perform what they have achieved.	Children will be encouraged to work with a partner or group. They will be encouraged to respect everyone's contributions and appreciate that abilities may vary. Children will be given time to reflect on their own learning and that of others.	Children will be able to have an understanding of ways to keep their bodies and minds healthy. These will include keeping fit, following a healthy diet, keeping their bodies clean. Children will explore how different levels of exercise can cause their bodies to react in different ways.	Children will be encouraged to have the confidence to take part in all physical activities to their own level. They will be encouraged to "Have a go" and show determination and resilience to improve. PE will be used as a tool to explore the concept of winning and losing.
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EYFS Year R	<p>To provide opportunities for children to be active and interactive.</p> <p>To develop co-ordination and control of their movements.</p> <p>To complete simple tasks and activities.</p> <p>To explore changes in speed, direction, body shapes and levels whilst avoiding others</p>	<p>To respond to different stimuli and environments to develop movement.</p> <p>To take part and share their ideas and feelings through a variety of activities during dance, music and movement sessions.</p> <p>To develop in confidence and skills when expressing themselves.</p>	<p>To speak and listen in a range of situations</p> <p>To have respect for others and build positive relationships.</p> <p>To develop social skills when working in groups</p> <p>To adapt their activity through peer feedback</p>	<p>To be encouraged to make healthy choices in relation to food.</p> <p>To be taught the importance of being physically active.</p> <p>To be taught to wear appropriate clothing when being physically active and ways to keep safe during activities</p>	<p>To develop a positive sense of themselves and others.</p> <p>Children will be helped to manage their feelings.</p> <p>To develop confidence in their own ability.</p> <p>To adapt their activity through peer feedback</p>
Curriculum Elements	Physical Skills	Creativity	Co operation and reflectiveness	Health/ fitness and well being	Resilience
Year 1	<p>To change direction and speed and navigate safely around objects or people.</p> <p>To explore Agility, Balance and Coordination</p> <p>To perform movements with growing control, accuracy and coordination</p>	<p>To explore simple movement patterns</p> <p>To begin to use their imagination within their movements</p> <p>To begin to create short sequences of movement (dance, gym)</p>	<p>Work successfully within in small groups</p> <p>Communicate with others in a positive manner</p> <p>Listen to others</p> <p>To share ideas and respect other people</p>	<p>To begin to understand what happens to their bodies during exercise (heart beat)</p> <p>To understand why exercise is important as well as making good food choices</p> <p>To begin to see a need for a cool down and warm up</p>	<p>To manage feelings in the context of simple games</p> <p>To develop confidence in their own ability</p> <p>To recognise the term Competition and what it means to compete fairly</p> <p>To try new activities confidently</p>

	To perform 5 body shapes – star, tuck, straight, straddle and pike.	To vary their speed and direction	<p>Participate in team games</p> <p>To identify simple concepts that they can do better in</p> <p>Build on what they learnt in previous sessions</p> <p>Begin to apply skills under increasing pressure</p> <p>Respond to specific rules that apply to the activity</p>	To understand how to stay safe during an activity	To keep trying when things become challenging
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Year 2	<p>To master basic movements including running, jumping, throwing and catching</p> <p>To master Agility, Balance and Coordination and apply these during a variety of physical activities</p> <p>To perform movement skills with control and accuracy</p> <p>To explore varying dynamics including speed, direction, body shapes and levels.</p> <p>To develop the ability to change direction and speed whilst navigating around objects and people</p>	<p>To create and perform simple dances and gymnastic routines</p> <p>To create simple small team games that involve simple rules</p> <p>To develop confidence and skills with a Have a go attitude</p>	<p>To participate in team games developing simple tactics for attacking and defending</p> <p>To work successfully within small groups</p> <p>To communicate with others both by speaking and listening</p> <p>To evaluate their work with others and respond to teacher feedback</p> <p>To begin to be pleased for other's achievements</p>	<p>To understand why it is important to warm up and cool down</p> <p>To understand how to stay safe including how to dress appropriately for a physical activity</p> <p>To understand why exercise is important and what constitutes a healthy diet</p> <p>To understand how different physical activities effect their body in different ways</p> <p>To participate in a variety of physical activities</p>	<p>To manage their feelings during simple team games</p> <p>To be aware of the behaviour that shows Sportsmanship</p> <p>To be motivated to take part</p> <p>To confidently work towards simple goals</p> <p>To know the terms Competition and Communication and explain why they are important when being part of a successful team</p> <p>To persevere if they find an activity challenging</p>