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| PE-Multi Skills at St Mary’sA 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.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
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| National Curriculum KS1:Pupils should develop fundamental movement skills, become increasingly competent andconfident and access a broad range of opportunities to extend their agility, balance andcoordination, 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 ofincreasingly challenging situations.Pupils should be taught to:* master 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* participate in team games, developing simple tactics for attacking and defending
* perform dances using simple movement patterns.
 | National Curriculum KS2: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. Theyshould develop an understanding of how to improve in different physical activities andsports and learn how to evaluate and recognise their own success.Pupils should be taught to:* use running, jumping, throwing and catching in isolation and in combination
* play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
* develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
* perform dances using a range of movement patterns
* take part in outdoor and adventurous activity challenges both individually and within a team
* compare their performances with previous ones and demonstrate improvement to achieve their personal best.
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|  | Year 1 | Year 2 |
| Concept | Multi Skills |
| Vocabulary | JumpingSkippingThrowingCatching Landing positionHopscotch  |
| Knowledge |
|  | To explore static balancing and understand the concept of bases. To aim a variety of balls and equipment accurately To travel in different directions (side to side, up and down) with control and fluency. To practise ABC (agility, balance and coordination) at circuit stations. | To combine a number of co-ordination drills, using upper and lower body movements.To time running to stop or intercept the path of a ball To travel in different ways, showing clear transitions between movements. |
| Non-negotiables |
| Balancing | Standing on one part of the body in a still position for 3 seconds. Look and focus on something that cannot move to keep focus and balance. |
| Ball Skills | Using a variety of balls to throw and catch to oneself.  |
| Travelling | Skipping on both legs. Hop on one leg then the other.Perform hopscotch.Galloping (see dance unit) |
| Jumping | Jumping off a raised platform from two feet.When jumping teach landing position first: upon landing bend at the knees to protect the back, feet shoulder width apart, arms held in front and a straight back.  |
| Longitudinal study | * To increase body awareness and co-ordination to perform basic movements.
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| Pupil Offer | Multi-skills events  |