

"When pupils move through a well-sequenced curriculum their self-efficacy increases because of increased knowledge and competence."

Research Review Series: PE, Ofsted, 2022

F.M.S

fundamentals, fitness, athletics

NC: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Fundamental movements skills underpin all activities in PE. These units allow children to develop these skills in isolation and in combination. Reinforce the teaching points for FMS in all PE units to help children increase their competence.

We offer this NC strand through both gymnastics and yoga. If your children can transfer knowledge between the activities it will help to demonstrate their understanding as well as physical skill e.g. in both yoga and gymnastics children are taught that looking at something still will help them to balance with better control.

Body Management

yoga, gymnastics

NC: master basic movements as well as developing balance, agility and co-ordination.

Key Principles of Net and Wall Games (badminton, tennis, volleyball at KS2)

Attacking

Defending

score points

limit points

create space

deny space

placement of an object

consistently return an object

Games

NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

Key Principles of Invasion Games (basketball, football, handball, hockey, netball, tag rugby at KS2)

Attacking

Defending

score goals

stop goals

create space

deny space

maintain possession

gain possession

move the ball towards goal

Key Principles of Striking and Fielding Games (cricket and rounders at KS2)

Attacking

Defending

score points

limit points

placement of an object

deny space

avoid getting out

get opponents out

Key Principles of Target Games (dodgeball, golf at KS2)

Attacking

Defending

placement of an object

avoid getting out

1 At KS1 we teach children to participate in team games that are divided into invasion games, net and wall games, striking and fielding games and target games.

2 Children learn both attacking and defending physical skills. They are given opportunities to develop their knowledge of attacking and defending principles to enable them to transfer this knowledge in a variety of situations, with a variety of rules and using a variety of equipment.

3 This prepares children to apply their understanding of attacking and defending and use of simple tactics in more challenging situations in KS2 where they will also need to competently apply physical skills and abide by the rules of the given game.

The NC states that you don't have to teach OAA until KS2. We help prepare children for this with our Team Building units in KS1 where we also teach this strand of the NC.

Swimming

NC: all schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.

Team Building / OAA

outdoor adventure activities

NC: participate in team games, developing simple tactics.

Dance

NC: perform dances using simple movement patterns.

The NC states that you have to teach dance in KS1.