

# Core Skills EYFS PE/Gross Motor Development



Behaviour	Attitude	Skills	Knowledge	Experience	Technology	Sustained
<p>Join in with PE sessions and gross motor activities, listening to rules and expectations.</p> <p>Be prepared to demonstrate skills to others on request.</p> <p>Show an understanding of safety when taking part in PE sessions.</p>	<p>Show a growth mindset when taking part in PE/Gross Motor activities.</p> <p>Show confidence when learning new skills.</p> <p>Respect and help others when needed.</p>	<p>Climb stairs or apparatus using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues.</p> <p>Use large muscle movements to wave flags and streamers.</p> <p>Start taking part in some group activities which they make up themselves or in teams.</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, climbing, skipping.</p> <p>Can catch a medium sized ball with 2 hands.</p> <p>Can aim towards a target when kicking, throwing or batting.</p> <p>Learn how to ride a bike with no stabilisers.</p> <p>Able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Know how exercise contributes to a healthy body and mind.</p> <p>Knows the rules of PE sessions, particularly in the hall when using apparatus.</p> <p>Can name 3 different jumps.</p> <p>Can recognise different styles of dancing e.g Nepalese, African, Country Dancing</p>	<p>PE sessions x 2 weekly</p> <p>Gymnastics, Games, Music and Movement</p> <p>Small/large apparatus</p> <p>Storycise</p> <p>Trikes, bikes, scooters</p> <p>Dance from other cultures e.g. Nepalese</p> <p>Sports Day</p> <p>Fun Run (Daily Mile)</p>	<p>BBC Let's Move podcasts for Music and Movement</p> <p>Cosmic Yoga</p> <p>Just Dance</p>	<p>Children are keen to participate in PE sessions.</p> <p>Children understand some basic rules in team games.</p> <p>Children show a growth mindset when faced with a challenge.</p> <p>Children are able to demonstrate safety when using equipment and apparatus.</p> <p>Children are able to show respect to others, especially when working in teams.</p>

# KS1 Core Skills PE



Behaviour	Attitude	Skills	Knowledge	Experience	Technology	Sustained
<p>To show an interest in a range of sports and appreciate the skills involved.</p> <p>Children will work independently, in pairs and in groups, being able to cooperate effectively.</p> <p>They work collaboratively with others when required and encourage others to improve skills .</p> <p>Handle and use equipment with care.</p>	<p>They should start to enjoy different sports and skills and then show a desire to get involved either in or out of school.</p> <p>They should show a desire to improve their own skills and encourage others who find it more difficult.</p>	<p>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</p> <p>Participate in team games, developing simple tactics for attacking and defending</p> <p>Perform dances using simple movement patterns</p>	<p>Pupils should 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.</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	<p>Twice weekly PE sessions.</p> <p>Y2 Gym Festival with Blandford Cluster</p> <p>Y1 Multi-skills Festival with Blandford Cluster</p> <p>Annual Sports Day within school</p> <p>Country Dancing morning</p> <p>Lunchtime and after school clubs</p> <p>Active Mile</p>	<p>Occasionally look at films, clips, websites to show examples of good practice.</p> <p>Use of computer to play Dance programs.</p>	<p>A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.</p> <p>It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.</p> <p>Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</p>

# KS2 Core Skills PE



Behaviour	Attitude	Skills	Knowledge	Experience	Technology	Sustained
<p>To show an interest in a range of sports and appreciate the skills involved.</p> <p>Children will work independently, in pairs and in groups, being able to cooperate effectively.</p> <p>They work collaboratively with others when required and encourage others to improve skills .</p> <p>Handle and use equipment with care.</p>	<p>They should start to enjoy different sports and skills and then show a desire to get involved either in or out of school.</p> <p>They should show a desire to improve their own skills and encourage others who find it more difficult.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>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</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>Perform dances using a range of movement patterns</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</p> <p>Perform safe self-rescue in different water-based situations.</p>	<p>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.</p> <p>They should enjoy communicating, collaborating and competing with each other.</p> <p>They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.</p>	<p>Twice weekly PE sessions.</p> <p>Swimming instruction for a minimum of 6 weeks.</p> <p>Annual Sports Day within school</p> <p>Country Dancing morning</p> <p>Active Mile?</p> <p>Lunchtime and after school clubs</p> <p>Residential trip- various sporting activities often water based</p> <p>Inter school competitions- Cross Country Swimming Gala Netball Football Handball Athletics Rounders Cricket</p>	<p>Occasionally look at films, clips, websites to show examples of good practice.</p> <p>Measuring and timing devices for athletics.</p>	<p>A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities.</p> <p>It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness.</p> <p>Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.</p>