



**Develop practical skills in order to participate, compete and lead a healthy active lifestyle.**

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. 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.

Games	Dance	Gymnastics	Athletics	Outdoor Adventurous Activities	Swimming	Wild Discovery	Health and wellbeing	Respect and Resilience
<b>Physical Competencies</b> This concept involves a range of physical movements and sporting techniques beginning with fundamental skills, Agility, Balance and Co-ordination							<b>Social/Life Competencies</b> This concept involves a range of life skills that can be transferred into everyday living.	
<ul style="list-style-type: none"> <li>-Striking and Fielding</li> <li>-Throwing and catching</li> <li>-Travelling with a Ball</li> <li>-Passing a ball</li> <li>-Possession</li> <li>-Using Space</li> <li>-Attacking and Defending</li> <li>-Tactics and Rules</li> </ul>	<ul style="list-style-type: none"> <li>-Acquiring and developing Dance Skills</li> <li>-Compose complex movements.</li> <li>-</li> <li>-Develop flexibility</li> <li>-Strength</li> <li>-Technique</li> <li>-Control</li> <li>-Balance</li> </ul>	<ul style="list-style-type: none"> <li>-Acquiring and developing Gymnastics skills (general)</li> <li>-Rolls</li> <li>-Jumps</li> <li>-Vault - with springboard and vault or other suitable raised platform, e.g. gymnastics table</li> <li>-</li> <li>Handstands/Cartwheels/ Round-offs</li> <li>-Travelling &amp; Linking Actions</li> <li>-Shape and Balance</li> </ul>	<ul style="list-style-type: none"> <li>-Running</li> <li>-Jumping</li> <li>-Throwing</li> </ul>	<ul style="list-style-type: none"> <li>-Trails</li> <li>-Problem Solving</li> <li>-Preparation and organisation</li> <li>-Communication</li> </ul>	<ul style="list-style-type: none"> <li>-Swim unaided over 25 metres</li> <li>-Proficiency in Front crawl, breast stroke and Back crawl.</li> <li>-Safe self - rescue</li> </ul>	<ul style="list-style-type: none"> <li>-Preparation and Organisation</li> <li>-Leadership</li> <li>-Problem Solving</li> <li>-Confidence and engagement</li> <li>-Communication</li> <li>-Motor Skills</li> <li>-Self Awareness</li> <li>-Self Regulation</li> </ul>	<ul style="list-style-type: none"> <li>-Find simple ways to look after themselves</li> <li>-Challenge themselves</li> <li>-Reflect and Evaluate their own and other performances.</li> <li>-Set realistic goals.</li> <li>-Work towards the best version of 'me'</li> <li>-Understand the correlation between activity and Heart rate.</li> <li>-Understand what it means to be healthy.</li> <li>-Emotional/Physical and mental balance</li> <li>-Basic First Aid</li> <li>-Enjoy being who they are</li> <li>-Feel confident</li> <li>-Self-worth</li> <li>-Identify risks and perform safely</li> </ul>	<ul style="list-style-type: none"> <li>-Value Others</li> <li>-Develop relations with peers.</li> <li>-See the links between sport and every day.</li> <li>-Celebrate differences.</li> <li>-Follow rules</li> <li>-Create rules</li> <li>-Experience different roles</li> <li>-Officiate.</li> <li>-Sportsmanship</li> <li>-Adapt to change</li> <li>-Recognise their strengths</li> <li>-Try new things</li> <li>-Try new techniques</li> <li>-Ask for help</li> <li>-Manages their frustration.</li> <li>-Communicates with others.</li> <li>-Empathise with others even in challenging circumstances.</li> </ul>



Health and Fitness, Compete and Perform, Evaluate								

## Physical Education Key Stage 2