

Curriculum Expectations in Wider Curriculum

PE

Impact: As a result of teaching PE at St Michael's, we expect to see the following outcomes:

At the end of Key stage 1

Children can perform 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. They are able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Children can 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. They participate in team games, developing simple tactics for attacking and defending and can perform dances using simple movement patterns.

At the end of Key stage 2

Children can apply and develop a broader range of skills, use them in different ways and link them to make actions and sequences of movement. They can enjoy communicating, collaborating and competing with each other. Children can understand how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Children are able to run, jump, throw and catch in isolation and in combination. They can play competitive games, modified where appropriate [for example, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending. They are flexible and have developed strength, technique, control and balance through athletics and gymnastics. Children can perform dances using a range of movement patterns. They take part in outdoor and adventurous activity challenges both individually and within a team. They can compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

Children in Key Stage 2 are able to swim competently, confidently and proficiently over a distance of at least 25 metres. They can use a range of strokes effectively and can perform safe self-rescue in different water-based situations.