

National Curriculum Requirements of PE at key Stage 1

Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, 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 of increasingly challenging situations.

Pupils should be taught to:

- **Master basic movements such as running, jumping, throwing, 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**

Knowledge, Skills and Understanding breakdown for Physical Education

Year 2

Acquiring & developing skills	Evaluating & Improving	Health & Fitness
<p>Can they copy and remember actions? Can they repeat and explore actions with control and coordination?</p>	<p>Can they talk about what is different between what they did and what someone else did? Can they say how they could improve?</p>	<p>Can they show how to exercise safely? Can they describe how their body feels during different activities? Can they explain what their body needs to keep healthy?</p>
Dance (also covered in Dance section)	Games	Gymnastics
<p>Can they dance imaginatively? Can they change rhythm, speed, level and direction? Can they dance with control and co-ordination? Can they make a sequence by linking sections together? Can they link some movement to show a mood or feeling?</p>	<p>Can they use hitting, kicking and/or rolling in a game? Can they stay in a 'zone' during a game? Can they decide where the best place to be is during a game? Can they use one tactic in a game? Can they follow rules?</p>	<p>Can they plan and show a sequence of movements? Can they use contrast in their sequences? Are their movements controlled? Can they think of more than one way to create a sequence which follows a set of 'rules'? Can they work on their own and with a partner to create a sequence?</p>