



Knowledge and Skills – Subject Overview

Subject: Physical Education (PE) Key Stage: 1		
AREAS	KNOWLEDGE	SKILLS
Fundamental Movement Skills	<ul style="list-style-type: none"> To be aware of the importance of exercise and its effect on their bodies and minds/feelings. To know key placement of their body parts and where their focus should be during key movement activities. 	<ul style="list-style-type: none"> To master basic movements including running, jumping, throwing and catching.
Games skills including Invasion Games/ Net and Wall	<ul style="list-style-type: none"> To be familiar with the rules of simple games. To know how to approach 'attacking' and 'defending' in games and what these concepts mean and the impact on team work and competitive play. 	<ul style="list-style-type: none"> To participate in team games, developing simple tactics for attacking and defending. To follow the rules of simple games.
Dance and Gymnastics	<ul style="list-style-type: none"> To know how to 'find the beat' in music. To be familiar with a variety of balances and movements 	<ul style="list-style-type: none"> To perform dances and simple movements and develop balance, agility, control and co-ordination. To be able to comment upon responses to movement including giving emotional responses and positive feedback.

Subject: Physical Education (PE) Key Stage: 2		
AREAS	KNOWLEDGE	SKILLS
Invasion Games Net and Wall Striking and fielding	<ul style="list-style-type: none"> To know how to play a range of games once skills are developed e.g. rules, spacing, team sizes. To know what tactics are and how to develop them. To know the names of a range of equipment used in invasion games. 	<ul style="list-style-type: none"> To play competitive games and apply basic principles suitable for attacking and defending.

Athletics	<ul style="list-style-type: none"> To know there are a variety of running/jumping and throwing activities that require different skills/approaches/equipment. 	<ul style="list-style-type: none"> To use running, jumping, throwing and catching in isolation and in combination.
Gymnastics	<ul style="list-style-type: none"> To know a variety of gymnastics actions/motifs. 	<ul style="list-style-type: none"> To develop flexibility, strength, technique, control and balance. To know how to combine these movements into a sequence.
Dance	<ul style="list-style-type: none"> To know basic dance movements from a range of styles/era and cultures. 	<ul style="list-style-type: none"> To perform dances using a range of movement patterns and styles. To perform dances that evoke different emotions in the audience. To be able to link dance actions into a performance.
Outdoor Adventurous Activity	<ul style="list-style-type: none"> To know how to follow instructions/directions. To know how to work as a team. 	<ul style="list-style-type: none"> To take part in outdoor and adventurous activity challenges both individually and within a team.
Swimming	<ul style="list-style-type: none"> To know how to use front crawl, back stroke and breast stroke including movement of body parts and breathing control. To know simple water safety rules and how to respond if they or someone else is in danger in water. 	<ul style="list-style-type: none"> To swim competently, confidently and proficiently over a distance of at least 25 metres using a range of strokes effectively. To enter, exit and move around a pool safely. To perform safe self-rescue in different water-based situations.