

Alverton Knowledge and Skills - PE

Key Knowledge and Skills

Develop basic sports skills such as running, throwing and catching.
 Play competitive games and apply appropriate tactics and principles.
 Develop confidence and technique in gymnastics and dance.
 Be able to swim proficiently.

	Key Stage 1	Lower Key Stage 2	Upper Key Stage 2
Athletics	Master basic movements, eg running, jumping, throwing and catching and begin to apply these.	Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility and control in athletics. Compare performances to make improvements.	Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance in athletics. Compare their performances with previous ones and demonstrate improvements to achieve personal bests.
Gymnastics	Develop balance, agility and co-ordination.	Develop flexibility and control in gymnastics.	Develop flexibility, strength, technique, control and balance in gymnastics.
Team Games	Participate in team games, developing simple tactics.	Play competitive games, modified as appropriate. Develop the skills needed for these such as attacking and defending.	Play competitive games. Apply the principles of attacking and defending.
Dance	Perform dances using simple movements.	Perform dances using a range of movement patterns.	Perform dances using a range of movement patterns for specific purposes.
Swimming	Develop skills towards swimming competently, confidently using a range of strokes.	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.	Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively. Perform safe self-rescue in different water-based situations.
Outdoor and Adventurous activities.		Take part in outdoor and adventurous activity challenges both individually and within a team.	Take part in outdoor and adventurous activity challenges both individually and within a team.
Basic Skills	Throw, kick and hit a ball in different ways. Choose appropriate rolling, kicking and hitting skills within games.	Throw and catch a ball with control and accuracy. Strike a ball with control and accuracy.	Use a variety of strokes confidently. Use a variety of techniques to pass a ball.