



The Federation of St Mary's Catholic Schools

"I can do all things through Christ who strengthens me" Philippians 4:13



PE Curriculum Document

INTENT	<p>The National Curriculum for PE states that pupils should be taught to:</p> <ul style="list-style-type: none"> • 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 • participate in team games, developing simple tactics for attacking and defending • perform dances using simple movement patterns. 				
	Developing Skills	Examples of Skills	Application of Skills: Attacking and Defending Strategies	Application of Skills: Linking Actions and Sequences of Movement	Evaluating Success
Year 1	Perform fundamental movement skills at a developing level in: Travelling skills Sending skills Receiving skills Perform basic body actions with control and show some sense of dynamic, expressive and rhythmic qualities in their own dance.	Examples of fundamental movement skills may include: Travelling skills - running, hopping, skipping. Sending skills – rolling, kicking, throwing. Receiving skills - catching	Apply a simple tactic in a 1V1 or 2V2 net type game. Engage in simple competitive and cooperative activities.	Create and link simple combinations of 2 or 3 actions in ways that suit the physical activity (for example gymnastic activities). Choose appropriate movements for different dance ideas and repeat short dance phrases.	Describe what they have done or seen others doing.
Year 2	Perform fundamental movement skills at a developing level and start to master some basic movements in: Travelling skills Sending skills Receiving skills	Examples of fundamental movement skills may include: Travelling skills - running, galloping, dodging. Sending skills - throwing, kicking,	Apply simple tactics in a 3V1 game. Engage in simple competitive and cooperative activities.	Create and link simple combinations of 3 or 4 actions in ways that suit the physical activity (for example gymnastic activities). Link body actions and remember and repeat dance phrases.	Describe what they have done or seen others doing. Comment on a skill or combination of skills and say how it could be improved.

	Perform body actions with control and coordination and perform short dances, showing an understanding of expressive qualities.	bouncing and striking a ball. Receiving skills - trapping and catching an object.			
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