

"When pupils move through a well-sequenced curriculum their self-efficacy increases because of increased knowledge and competence."

Research Review Series: PE, Ofsted, 2022

F.M.S

fundamentals, fitness, athletics

NC: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Fundamental movements skills underpin all activities in PE. These units allow children to develop these skills in isolation and in combination. Reinforce the teaching points for FMS in all PE units to help children increase their competence.

We offer this NC strand through both gymnastics and yoga. If your children can transfer knowledge between the activities it will help to demonstrate their understanding as well as physical skill e.g. in both yoga and gymnastics children are taught that looking at something still will help them to balance with better control.

Body Management

yoga, gymnastics
NC: master basic movements as well as developing balance, agility and co-ordination.

'Declarative knowledge in PE is the factual knowledge concerning movement, rules, tactics, strategies, health and participation.'
'Procedural knowledge can be viewed as the know-how to apply declarative facts.'
PE Ofsted 2022

By applying learning in different environments, children are using this embedded knowledge not just responding with recall.

We create opportunities for children to transfer and build on their declarative knowledge, procedural knowledge and physical skills of the NC through multiple units. You can see our Skills and Knowledge Progression Ladders in our Awesome Stuff.

Key Principles of Net and Wall Games (badminton, tennis, volleyball at KS2)

Attacking	Defending
score points	limit points
create space	deny space
placement of an object	consistently return an object



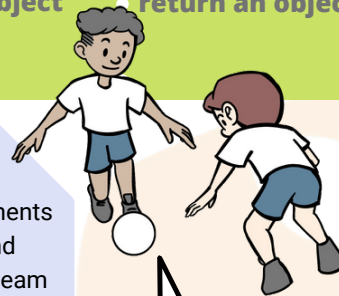
1 At KS1 we teach children to participate in team games that are divided into invasion games, net and wall games, striking and fielding games and target games.

Key Principles of Invasion Games (basketball, football, handball, hockey, netball, tag rugby at KS2)

Attacking	Defending
score goals	stop goals
create space	deny space
maintain possession	gain possession
move the ball towards goal	

Games

NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.



2 Children learn both attacking and defending physical skills. They are given opportunities to develop their knowledge of attacking and defending principles to enable them to transfer this knowledge in a variety of situations, with a variety of rules and using a variety of equipment.

3 This prepares children to apply their understanding of attacking and defending and use of simple tactics in more challenging situations in KS2 where they will also need to competently apply physical skills and abide by the rules of the given game.

Key Principles of Striking and Fielding Games (cricket and rounders at KS2)

Attacking	Defending
score points	limit points
placement of an object	deny space
avoid getting out	get opponents out

Key Principles of Target Games (dodgeball, golf at KS2)

Attacking	Defending
placement of an object	avoid getting out

The NC states that you don't have to teach OAA until KS2. We help prepare children for this with our Team Building units in KS1 where we also teach this strand of the NC.

Swimming

NC: all schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.



Team Building / OAA

outdoor adventure activities
NC: participate in team games, developing simple tactics.



Dance

NC: perform dances using simple movement patterns.



The NC states that you have to teach dance in KS1.