



PE an introduction

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, 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 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.



Strand (as per NC)	Working towards ARE	ARE (NC)	Beyond ARE
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	I can explore gymnastics actions and still shapes.	I can move confidently and safely in my own and general space, using change of speed and direction. I can copy or create and link movement phrases with beginnings, middles and ends I can perform movement phrases using a range of body actions and body parts.	I can remember, repeat and link combinations of gymnastic actions, body shapes and balances with control and precision. I can choose, use and vary simple compositional ideas in the sequences I create and perform
Participate in team games, developing simple tactics for attacking and defending	I can copy some actions and skills to participate in simple games.	I can be confident and safe in the spaces used to play games explore and use skills, actions and ideas individually and in combination to suit the game I am playing I can choose and use skills effectively for particular games.	I can improve the way I coordinate and control my body and a range of equipment. I can remember, repeat and link combinations of skills. I can choose, use and vary simple tactics.
Perform dances using simple movement patterns.	I can make simple movements in response to music.	I can explore movement ideas and respond imaginatively to a range of stimuli. I can move confidently and safely in my own general space, using changes of speed, level and direction.	I can choose and link actions to make short dance phrases that express an idea, mood or feeling, and reflect rhythmic qualities. I can remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness. I can perform dance phrases and short dances using rhythmic and dynamic qualities to express moods, ideas and feelings.



Southwood Infant School

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