

Key Skills for Physical Education 2014

Key stage 1

Pupils should develop;

- Fundamental movement skills, become increasingly competent and confident.
- Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.
- Engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

	Year 1	Year 2
PE	<ul style="list-style-type: none">• Use basic movements in running, jumping, throwing and catching• Start to show balance, agility and co-ordination. (Provide opportunities for the children to practice these skills across a range of activities.)• Participate in team games• Learn tactics for attacking and defending• Perform dances using simple movement patterns.• Start to talk about their own performance	<ul style="list-style-type: none">• Master movements in running, jumping, throwing and catching• Develop good balance, agility and co-ordination, and apply these in a range of activities.• Participate in team games• Develop and use simple tactics for attacking and defending• Perform dances using simple movement patterns.• Talk about the difference between their own and their peers performances and suggest improvements.