

# Key Skills for Physical Education 2014

## Key stage 2

Pupils should;

- Continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- Enjoy communicating, collaborating and competing with each other.
- Show an understanding of how to improve in different physical activities and sports.
- Learn how to evaluate and recognise their own success.

	Year 5	Year 6
PE	<ul style="list-style-type: none"><li>• Use running, jumping, throwing and catching in isolation and in combination</li><li>• Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders or tennis)</li><li>• Become more independent in using tactics suitable for attacking and defending</li><li>• Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</li><li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li></ul>	<ul style="list-style-type: none"><li>• Shows skill when running, jumping, throwing and catching in isolation and in combination</li><li>• Play competitive games, modified where appropriate (for example, badminton, basketball, cricket, football, hockey, netball, rounders or tennis)</li><li>• Independently apply tactics suitable for attacking and defending and be able to talk about their tactical choices, did they work? Why did they choose that tactic?</li><li>• Shows increasing flexibility, strength, technique, control and balance (for example, through athletics and gymnastics)</li><li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li></ul>

	<ul style="list-style-type: none"><li>• Perform dances using a range of movement patterns</li><li>• Compare their performances with previous ones</li></ul>	<ul style="list-style-type: none"><li>• Perform dances using a range of movement patterns with increasing precision and skills</li><li>• Compare their performances with previous ones and demonstrate improvement to achieve their personal best</li></ul>
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