

Elements of our PE Curriculum

Knowledge and Understanding

- a knowledge and understanding of how to stay fit and healthy and the effect of activity on the body
- a knowledge and understanding of how to perform movements and skills in successful way
- a knowledge and understanding of the rules and tactics of specific sports and games
- a knowledge and understanding of the vocabulary related to physical activity and specific sports and games

The Big Ideas of PE

Movement	Development of skills and techniques	Application of skills and techniques
Co operation and teamwork	Competition	Games
Tactics	Challenge	Analysis and evaluation
Preparation for life and participation	Health and fitness	Swimming

Strands of our PE curriculum

Gymnastics	Dance	Swimming
Athletics	Outdoor and Adventurous	Basic movement and simple games (KS1)
Invasion Games (KS2)	Striking and Fielding Games (KS2)	New and Wall Games (KS2)

