

Curriculum Model for Physical Education

Possibilities <i>This driver helps pupils to build aspirations and identify available opportunities for their future lives</i>	Initiative <i>This driver helps pupils to grow as independent learners and develops resourcefulness in a variety of situations</i>	Community & Environment <i>This driver develops a sense of belonging and nurtures curiosity about, and empathy for, local, national and global issues</i>	Health & Well-being <i>This driver underpins every aspect of our curriculum. It helps to guide children's life choices and nurtures emotional growth</i>
Desire to succeed Achieve excellence	Tactics Decision making	Team work Olympic spirit of friendship, solidarity and fair play.	Health and fitness Resilience

Characteristics of a sports person

- The ability to acquire new knowledge and skills exceptionally well and develop an in-depth understanding of PE.
- The willingness to practise skills in a wide range of different activities and situations, alone, in small groups and in teams and to apply these skills in chosen activities to achieve exceptionally high levels of performance.
- High levels of physical fitness.
- A healthy lifestyle, achieved by eating sensibly, avoiding smoking, drugs and alcohol and exercising regularly.
- The ability to remain physically active for sustained periods of time and an understanding of the importance of this in promoting long-term health and well-being.
- The ability to take the initiative and become excellent young leaders, organising and officiating, and evaluating what needs to be done to improve, and motivating and instilling excellent sporting attitudes in others.
- Exceptional levels of originality, imagination and creativity in their techniques, tactics and choreography, knowledge of how to improve their own and others' performance and the ability to work independently for extended periods of time without the need of guidance or support.
- A keen interest in PE. A willingness to participate eagerly in every lesson, highly positive attitudes and the ability to make informed choices about engaging fully in extra-curricular sport.

At the end of Key Stage One the children will know how to ...

- develop practical skills in order to participate, compete and lead a healthy lifestyle

The children will be able 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.

Milestone 1

Basic Year 1	Advancing Year 2	Deep Year 2
<p>There are examples of some skills developing and strengths emerging in some areas</p> <p>Dance skills are beginning to develop with some control and coordination shown. There is an awareness of sequences of movement.</p> <p>Gymnastics skills are beginning to develop with some control and coordination shown. There is some</p>	<p>Generally, skills are developing well in most areas. Tactics are used well and language is developing. There are some good examples of emerging leadership skills.</p> <p>Generally, skills are developing well in most areas. Moves are becoming fluent, coordinated and controlled and sequences of actions are followed. There are some good examples of actions devised to communicate a</p>	<p>Skills are well developed in almost all areas and there are a few areas where they are highly developed. Well-developed tactics are used, language is fluent and there are some excellent examples of leadership skills.</p> <p>Dance skills are well developed in all areas and there are a few areas where they are highly developed. Moves show excellent fluency, movement and coordination. Sequences are devised and remembered and mood is communicated very well.</p>

<p>awareness of space, and movement in a variety of ways is developing, including jumping and landing. Actions are linked to make a sequence.</p>	<p>mood.</p> <p>Generally, gymnastics skills are developing well in most areas. Movement, and sequences of movements, are generally coordinated and controlled. Travelling in a variety of ways is generally well developed and balance is usually maintained in a variety of situations.</p>	<p>Gymnastics skills are well developed in all areas and there are a few areas where they are highly deployed. There is a high degree of control in a wide variety of movements and in travelling. Balance and poise is excellent and sequences of actions are devised and performed with great care.</p>
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