

KS2 Sportspeople...



- Recall the key knowledge they have been taught each year across all disciplines of PE.
- Have secure fundamental and basic movement skills which are used to extend agility, balance and co-ordination.
- Demonstrate high levels of originality, imagination and creativity in their techniques and choreography across dance and gymnastics.
- Demonstrate high levels of tactical knowledge and technical precision within athletics and games.
- Display qualities and values such as resilience, confidence, determination, perseverance, fairness and respect.
- Engage with sporting opportunities and outdoor adventure activities, both competitive and non-competitive.
- Show commitment to develop confidence in the water aiming to swim at least 25 metres.
- Understand how to remain safe in and around water and can perform safe self-rescue.
- Demonstrate a desire to practise skills in a wide range of different activities, situations and contexts, applying these to ensure personal best is achieved.
- Improve their own and others' performance through analysis and evaluation.
- Display leadership qualities such as organising and officiating, motivating and instilling excellent sporting attitudes in others.
- Are physically active for sustained periods of time knowing this plays an important role in promoting long-term health and well-being, both physically and mentally.



'Enabling an active mind through an active body'

KS1 Sportspeople...



- Recall the key knowledge they have been taught each year across all disciplines of PE.
- Negotiate a space with agility, avoiding chasers.
- Regulate own behaviour in team games.
- Recognise how to improve an action such as kicking, throwing or catching with increasing control and accuracy.
- Use simple taught tactics for attacking and defending.
- Perform dance and gymnastic sequences with simple movement patterns.
- Actively respond to feedback to improve performance.
- Are aware that exercise contributes to leading a healthy lifestyle.



'Enabling an active mind through an active body'

Sportspeople...



- Recall knowledge.
- Follow instructions and rules.
- Practise skills to achieve a personal best.
- Engage with competitive and non-competitive sporting opportunities.
- Lead a healthy lifestyle.
- Are physically active to benefit mental health and well-being.
- Lead others.
- Evaluate performance.
- Display a keen interest in PE.
- Swim confidently.
- Understand how to stay safe around water.
- Show resilience, determination, perseverance, fairness and respect.



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