

Physical Education Subject Content by topic: KS1

Pupils should be taught how to:	HT1	HT2	HT3	HT4	HT5	HT6	Indoor
	Core Movement Skills	Dribbling	Throwing & Catching	Striking Skills	Striking Skills	Core Movement Skills	Gymnastics, Skipping, Fitness
1. Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination and begin to apply these in a range of activities.	✓	✓	✓	✓	✓	✓	✓
2. Participate in team games, developing simple tactics for attacking and defending.				✓	✓		
3. Perform dances using simple movement patterns.							✓

Physical Education Subject Content by topic: KS2

Pupils should be taught how to:	HT1	HT2	HT3	HT4	HT5	HT6	Indoor
	Core Movement Skills	Dribbling	Navigation	Throwing & Catching	Striking & Fielding	Core Movement Skills	Gymnastics, Fitness, Swimming
1. Use running, jumping, throwing and catching in isolation and in combination.	✓	✓		✓	✓	✓	
2. Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.		✓		✓	✓		
3. Develop flexibility, strength, technique, control and balance.	✓	✓				✓	✓
4. Perform dances using a range of movement patterns.							✓
5. Take part in outdoor and adventurous activity challenges both individually and within a team.			✓				
6. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	✓					✓	✓