



Lower School PE Overview of Learning

The national curriculum states that in Key Stage One all pupils should be taught 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.

Recognising high quality teaching and learning within PE and Sport is characterized by a broad, holistic approach; St. Dunstan's aims to develop the whole child. The school uses a multi ability approach to develop a range of personal, social, physical, cognitive and creative abilities. Every child learns at their own speed and so the following information is simply guidance that over time each child will reach the standards by the time they finish Key Stage One.

Ability	EYFS	Year 1	Year 2
Applying Physical Skills	Move confidently in different ways. Perform a single skill or movement with some control	Perform a small range of skills and link two movements together. Perform a sequence of movements with some changes in level, direction or speed.	Perform and repeat longer sequences with clear shapes and controlled movements. Select and apply a range of learnt skills with good control and consistency.
Personal	Enjoy simple tasks with help. Follow instructions, practice safely and work on simple tasks independently.	Try several times if at first they don't succeed then ask for help when appropriate.	Pupils know where they are with their learning and have begun to challenge themselves.
Social	Play with others and take turns and share with help.	Work sensibly with others, taking turns and sharing.	Help, praise and encourage others in their learning.
Cognitive	Follow simple instructions. Pupils name some things they feel they are good at.	Understand and follow simple rules. With help, recognise similarities and differences in performance and explain why someone is working or performing well.	Begin to order instructions, movements and skills. Pupils explain what they are doing well with and have begun to identify areas for improvement.
Creative	Observe and copy others.	Describe and explore different movements. Select and link movements together to fit a theme.	Respond differently to a variety of tasks and recognise similarities and differences in movement and expression.
Health and Fitness	Aware of the changes to the way they feel when exercising.	Aware of why exercise is important for good health.	Say how body feels before, during and after exercise. Use equipment appropriately and move and land safely.