

National Curriculum Physical Education Key Stage 1



KNOWLEDGE, SKILLS AND UNDERSTANDING

Acquiring and developing skills

- 1 Pupils should be taught to:
 - a explore basic skills, actions and ideas with increasing understanding
 - b remember and repeat simple skills and actions with increasing control and coordination.

Selecting and applying skills, tactics and compositional ideas

- 2 Pupils should be taught to:
 - a explore how to choose and apply skills and actions in sequence and in combination
 - b vary the way they perform skills by using simple tactics and movement phrases
 - c apply rules and conventions for different activities.

Evaluating and improving performance

- 3 Pupils should be taught to:
 - a describe what they have done
 - b observe, describe and copy what others have done
 - c use what they have learnt to improve the quality and control of their work.

Knowledge and understanding of fitness and health

- 4 Pupils should be taught:
 - a how important it is to be active
 - b to recognise and describe how their bodies feel during different activities.

BREADTH OF STUDY

- 5 During the key stage, pupils should be taught the Knowledge, skills and understanding through dance activities, games activities and gymnastic activities.

Games activities

- 7 Pupils should be taught to:
 - a travel with, send and receive a ball and other equipment in different ways
 - b develop these skills for simple net, striking/fielding and invasion-type games
 - c play simple, competitive net, striking/fielding and invasion-type games that they and others have made, using simple tactics for attacking and defending

National Curriculum Physical Education Key Stage 2



KNOWLEDGE, SKILLS AND UNDERSTANDING

Acquiring and developing skills

- 1 Pupils should be taught to:
 - a consolidate their existing skills and gain new ones
 - b perform actions and skills with more consistent control and quality.

Selecting and applying skills, tactics and compositional ideas

- 2 Pupils should be taught to:
 - a plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small-group and small-team activities
 - b develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
 - c apply rules and conventions for different activities.

Evaluating and improving performance

- 3 Pupils should be taught to:
 - a identify what makes a performance effective
 - b suggest improvements based on this information.

Knowledge and understanding of fitness and health

- 4 Pupils should be taught:
 - a how exercise affects the body in the short term
 - b to warm up and prepare appropriately for different activities
 - c why physical activity is good for their health and well-being
 - d why wearing appropriate clothing and being hygienic is good for their health and safety.

BREADTH OF STUDY

5 During the key stage, pupils should be taught the Knowledge, skills and understanding through five areas of activity:

- a dance activities
- b games activities
- c gymnastic activities

and two activity areas from:

- d swimming activities and water safety
- e athletic activities
- f outdoor and adventurous activities.

Swimming activities and water safety must be chosen as one of these areas of activity unless pupils have completed the full key stage 2 teaching requirements in relation to swimming activities and water safety during key stage 1.

Games activities

- 7 Pupils should be taught to:
 - a play and make up small-sided and modified competitive net, striking/fielding and invasion games
 - b use skills and tactics and apply basic principles suitable for attacking and defending
 - c work with others to organise and keep the games going.

National Curriculum Physical Education Key Stage 3



KNOWLEDGE, SKILLS AND UNDERSTANDING

Acquiring and developing skills

- 1 Pupils should be taught to:
 - a refine and adapt existing skills
 - b develop them into specific techniques that suit different activities and perform these with consistent control.

Selecting and applying skills, tactics and compositional ideas

- 2 Pupils should be taught to:
 - a use principles to plan and implement strategies, compositional and organisational ideas in individual, pair, group and team activities
 - b modify and develop their plans
 - c apply rules and conventions for different activities.

Evaluating and improving performance

- 3 Pupils should be taught to:
 - a be clear about what they want to achieve in their own work, and what they have actually achieved
 - b take the initiative to analyse their own and others' work, using this information to improve its quality.

Knowledge and understanding of fitness and health

- 4 Pupils should be taught:
 - a how to prepare for and recover from specific activities
 - b how different types of activity affect specific aspects of their fitness
 - c the benefits of regular exercise and good hygiene
 - d how to go about getting involved in activities that are good for their personal and social health and well-being.

BREADTH OF STUDY

5 During the key stage, pupils should be taught the Knowledge, skills and understanding through four areas of activity. These should include:

- a games activities

and three of the following, at least one of which must be dance or gymnastic activities:

- b dance activities
- c gymnastic activities
- d swimming activities and water safety
- e athletic activities
- f outdoor and adventurous activities.

Games activities

- 7 Pupils should be taught to:
 - a play competitive invasion, net and striking/fielding games, using techniques that suit the games
 - b use the principles of attack and defence when planning and implementing complex team strategies
 - c respond to changing situations in the games.

National Curriculum Physical Education Key Stage 4



KNOWLEDGE, SKILLS AND UNDERSTANDING

Acquiring and developing skills

- 1 Pupils should be taught to:
 - a develop and apply advanced skills and techniques
 - b apply them in increasingly demanding situations.

Selecting and applying skills, tactics and compositional ideas

- 2 Pupils should be taught to:
 - a use advanced strategic and/or choreographic and organisational concepts and principles
 - b apply these concepts and principles in increasingly demanding situations
 - c apply rules and conventions for different activities.

Evaluating and improving performance

- 3 Pupils should be taught to:
 - a make informed choices about what role they want to take in each activity
 - b judge how good a performance is and decide how to improve it
 - c prioritise and carry out these decisions to improve their own and others' performances
 - d develop leadership skills.

Knowledge and understanding of fitness and health

- 4 Pupils should be taught:
 - a how preparation, training and fitness relate to and affect performance
 - b how to design and carry out activity and training programmes that have specific purposes
 - c the importance of exercise and activity to personal, social and mental health and well-being
 - d how to monitor and develop their own training, exercise and activity programmes in and out of school.

BREADTH OF STUDY

- 5 During the key stage, pupils should be taught the Knowledge, skills and understanding through two of the six activity areas.

Games activities

- 7 Pupils should be taught to:
 - a play competitive games
 - b use advanced techniques and skills specific to the games played with consistency and control
 - c respond effectively to changing situations within their games.