

# Physical Education Programmes of Study

Children will have opportunities to...

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## Games

- Use the term 'opponent' and 'team mate.'
- Use rolling, hitting, running, jumping, catching and kicking skills in combination.
- Develop tactics.
- Lead others where appropriate.

## Dance

- Copy and remember moves and positions.
- Move with careful control and coordination.
- Link two or more actions to perform a sequence.
- Choose movements to communicate a mood, feeling or idea.

## Gymnastics

- Copy and remember actions.
  - Move with careful control and coordination.
  - Link two or more actions to perform a sequence.
  - Show contrasts, such as small/tall, straight/curved and wide/narrow.
  - Travel by rolling forwards, backwards and sideways.
  - Hold a position whilst balancing on different points of the body.
  - Climb safely on equipment.
  - Stretch and curl to develop flexibility.
  - Jump in a variety of ways and land with increasing control and balance.
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# Essential Characteristics of Active Children...

- 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 wellbeing.
- 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 sporting attitudes in others.
- Exceptional levels of originality, imaginative 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 and 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 extracurricular PE.