## Developing Depth and Breadth of Knowledge and Skills with GS4PE

"When pupils move through a well-sequenced curriculum their self-efficacy increases because of increased knowledge and competence."

Research Review Series: PE, Ofsted, 2022

We create opportunities for children to transfer and build on their declarative knowledge, procedural knowledge and physical skills of the NC through multiple units. You can see our Skills and Knowledge Progression Ladders in our Awesome Stuff.

### **Body Management**

yoga, gymnastics NC: master basic movements as well as developing balance, agility and co-ordination.

'Declarative knowledge in PE is the factual knowledge concerning movement, rules, tactics, strategies, health and participation. 'Procedural knowledge can be viewed as the know-how to apply declarative facts PE Ofsted 2022

By applying learning in different environments, children are using this embedded knowledge not just responding with recall.

We offer this NC strand through both gymnastics and yoga. If your children can transfer knowledge between the activities it will help to demonstrate their understanding as well as physical skill e.g. in both yoga and gymnastics children are taught that looking at something still will help them to balance with better control.

F.M.S

fundamentals,

NC: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Fundamental movements skills underpin all activities in PE. These units allow children to develop these skills in isolation and in combination. Reinforce the teaching points for FMS in all PE units to help children increase their competence.



**Key Principles of Invasion Games** (basketball, football, handball, hockey, netball, tag rugby at KS2) **Attacking** Defending

score goals

create space

maintain possession

move the ball towards goal

stop goals

deny space

gain possession **Key Principles of Net and Wall Games** oadminton, tennis, volleyball at KS2)

**Attacking** 

**Defending** 

score points

limit points

create space

deny space

placement of an object

consistently return an object

 At KS1 we teach children to participate in team games that are divided into invasion games, net and wall games, striking and fielding games and target games.

Games

NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

limit points **Key Principles of Target Games** (dodgeball, golf at KS2)

**Attacking** 

**Defending** 

placement of an object avoid

getting out

8 This prepares children to apply their understanding of attacking and defending and use of simple tactics in more challenging situations in KS2 where they will also need to competently apply physical skills and abide by the rules of the given game.

teach OAA until KS2.

We help prepare children for this with

our Team Building

units in KS1 where we

also teach this strand

of the NC.

2 Children learn both attacking and defending physical skills. They are given opportunities to develop their knowledge of attacking and defending principles to enable them to transfer this knowledge in a variety of situations, with a variety of rules and using a variety of equipment.

**Swimming** The NC states that NC: all schools must you don't have to

provide swimming instruction either in Key Stage 1 or Key Stage 2.

placement of deny space an object

**Key Principles of** 

**Striking and Fielding Games** 

(cricket and rounders at KS2)

avoid getting out

Attacking

score points

get opponents out

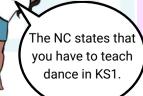
**Defending** 

### **Dance**

NC: perform dances using simple movement patterns.

Get Set 4

Education



### Team

# **Building / OAA**

outdoor adventure activities

NC: participate in team games, developing simple tactics.



