

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

Research Review Series: PE, Ofsted, 2022

## F.M.S

fundamentals,  
fitness, athletics

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.

## Body Management

yoga, gymnastics

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

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.

## Key Principles of Net and Wall Games (badminton, tennis, volleyball at KS2)

Attacking

score points

create space

placement of an object

Defending

limit points

deny space

consistently return an object

## Games

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

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

Attacking

score goals

create space

maintain possession

move the ball towards goal

Defending

stop goals

deny space

gain possession

## Key Principles of Striking and Fielding Games (cricket and rounders at KS2)

Attacking

score points

placement of an object

avoid getting out

Defending

limit points

deny space

get opponents out

## Key Principles of Target Games (dodgeball, golf at KS2)

Attacking

placement of an object

Defending

avoid getting out

## Team Building / OAA

outdoor adventure activities

NC: participate in team games, developing simple tactics.

## Dance

NC: perform dances using simple movement patterns.

The NC states that you have to teach dance in KS1.

The NC states that you don't have to 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.

## Swimming

NC: all schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.