

# Elements of our PE Curriculum

## Knowledge and Understanding

- a knowledge and understanding of how to stay fit and healthy and the effect of activity on the body
- a knowledge and understanding of how to perform movements and skills in successful way
- a knowledge and understanding of the rules and tactics of specific sports and games
- a knowledge and understanding of the vocabulary related to physical activity and specific sports and games

## The Big Ideas of PE

<b>Movement</b>	<b>Development of skills and techniques</b>	<b>Application of skills and techniques</b>
<b>Co operation and teamwork</b>	<b>Competition</b>	<b>Games</b>
<b>Tactics</b>	<b>Challenge</b>	<b>Analysis and evaluation</b>
<b>Preparation for life and participation</b>	<b>Health and fitness</b>	<b>Swimming</b>

## Strands of our PE curriculum

<b>Gymnastics</b>	<b>Dance</b>	<b>Swimming</b>
<b>Athletics</b>	<b>Outdoor and Adventurous</b>	<b>Basic movement and simple games (KS1)</b>
<b>Invasion Games (KS2)</b>	<b>Striking and Fielding Games (KS2)</b>	<b>Net and Wall Games (KS2)</b>

