

## NC14 PE Coverage

<b>Purpose of study</b>	A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.	
<b>Aims</b>	<p>The national curriculum for physical education aims to ensure that all pupils:</p> <input type="checkbox"/> develop competence & excel in a broad range of physical activities <input type="checkbox"/> are physically active for sustained periods of time <input type="checkbox"/> engage in competitive sports and activities <input type="checkbox"/> lead healthy, active lives.	
	<b>Key stage 1</b>	<b>Key stage 2</b>
<b>Subject Content</b>	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>	
	<p><i>Pupils should be taught to:</i></p>	
	<input type="checkbox"/> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities <input type="checkbox"/> participate in team games, developing simple tactics for attacking and defending <input type="checkbox"/> perform dances using simple movement patterns.	<input type="checkbox"/> use running, jumping, throwing and catching in isolation and in combination <input type="checkbox"/> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending <input type="checkbox"/> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <input type="checkbox"/> perform dances using a range of movement patterns <input type="checkbox"/> take part in outdoor and adventurous activity challenges both individually and within a team <input type="checkbox"/> compare their performances with previous ones and demonstrate improvement to achieve their personal best.