

PE CURRICULUM - Disciplinary Knowledge

KS1			
DISCIPLINARY KNOWLEDGE	<ol style="list-style-type: none"> 1. Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination. 2. Work collaboratively considering the quality of the tactics/ performance. 3. Observe the performance of others, identifying elements that are effective and then apply this in their own performance. 4. Be aware of the impact that exercise and healthy lifestyles have on their bodies. 		
BREADTH			
Athletics (Year A&B)	Dance (Year A&B)	Gymnastics (Year A&B)	Skills for Team Games A&B: Rounders, Football, Cricket (Year A&B)

LKS2					
DISCIPLINARY KNOWLEDGE	<ol style="list-style-type: none"> 1. Use running, jumping, throwing and catching within in isolation and in combination, acquiring expertise in balance and co-ordination whilst developing flexibility, technique and control. 2. Work collaboratively to a) play competitive games developing attacking and defending tactics or b) create performances focused on timing and sequencing. 3. Compare their performance and those of others with previous ones and demonstrate improvement to achieve their personal best. 4. Be aware of the impact that exercise and healthy lifestyles have on their bodies and use this knowledge to set short term targets and make personal changes. 				
BREADTH					
Athletics (Year A&B)	Dance (Year A&B)	Competitive Games A&B: Tag Rugby, Netball, Benchball, Cricket, Rounders (Year A&B)	Gymnastics (Year A&B)	Swimming (Accessed by children in Y3&Y4)	Outdoor adventure and orienteeing (Year A&B)

UKS2				
DISCIPLINARY KNOWLEDGE	<ol style="list-style-type: none"> 1. Use running, jumping, throwing and catching in isolation and in combination, developing flexibility, strength, technique, control and balance. 2. Work collaboratively to a) play competitive games applying attacking and defending tactics effectively or b) create performances focussed on timing and sequencing and developing a range of movement patterns. 3. Compare and critique their performance and those of others with previous ones and demonstrate improvement to achieve their personal best. 4. Be aware of the impact that exercise and healthy lifestyles have on their bodies and use this knowledge to set long term, life enhancing targets and make personal changes. 			
BREADTH				
Athletics (Year A&B)	Dance (Year A&B)	Competitive Games A: Benchball, Netball, Tag Rugby, Rounders B: Football, Hockey, Basketball, Cricket (Year A&B)	Gymnastics (Year A&B)	Outdoor adventure and orienteeing (Year A&B)