












PE	Programme of study	Childhood Y1	School Days Y1
	<p>KS1 </p> <p>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.</p>		
	<p>KS1 </p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>	1	1
	<p>KS1 </p> <p>Perform dances using simple movement patterns.</p>		
Aims and purpose	<p>KS1 Breadth <i>(optional)</i> </p> <p>Develop competence to excel in a broad range of physical activities.</p>		
Aims and purpose	<p>KS1 Breadth <i>(optional)</i> </p> <p>Engage in competitive sports and activities.</p>		
	<p>KS2 </p> <p>Perform dances using a range of movement patterns.</p>		
	<p>KS2 </p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team.</p>		
	<p>KS2 </p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>		
	<p>KS2 </p> <p>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.</p>		
	<p>KS2 </p> <p>Develop flexibility, strength, technique, control and balance (for example, through athletics and gymnastics).</p>		

PE	Programme of study	Y1 Childhood	Y1 School Days
	<p>KS2 </p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>		