

KS2: I can ...

communicate and collaborate with my peers.

succeed in outdoor and adventurous activities on my own and as part of a team.

show improvement, beating my personal bests.

develop and apply more skills in a range of sports.

make choices about the diet and lifestyle I have.

use different attacking and defending methods.

perform different skills like jumping and skipping on their own and together.

link skills to make actions and sequences.



Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other.

They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to: ♣ use running, jumping, throwing and catching in isolation and in combination

♣ 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

♣ develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]

♣ perform dances using a range of movement patterns

♣ take part in outdoor and adventurous activity challenges both individually and within a team

♣ compare their performances with previous ones and demonstrate improvement to achieve their personal best