

Topics	Purpose of study AIMS	How you can support learning at home, eg. Books, websites, family learning through visits.
<p>Develop competence to excel in a broad range of physical activities</p>	<p><b>Movement</b></p> <ul style="list-style-type: none"> <li>Build on and embed the physical development and skills learned in KS1 and 2.</li> </ul> <p><b>Using Skills and techniques</b></p> <ul style="list-style-type: none"> <li>Become more competent, confident and expert in their techniques and apply them across different sports and physical activities.</li> <li>Develop their technique and improve their performance in there competitive sports.</li> </ul> <p><b>Range of activities application</b> <i>Taught through sports such as – Team Games, Gymnastics, Athletics, Racket Sports and Striking and Fielding.</i></p>	<p><b>Websites</b> <a href="http://www.bbc.co.uk/sport">http://www.bbc.co.uk/sport</a> <a href="http://www.skysports.com/">http://www.skysports.com/</a></p> <p>Join a local sports club and attend after school clubs.</p> <p>Read local and national daily papers.</p> <p>Discuss, with peers and family, what you learnt and improved in the lesson.</p>
<p>Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect</p>	<p><b>Cooperation (Social)</b></p> <ul style="list-style-type: none"> <li>be encouraged to work in a team, building on trust and developing skill (either individually) or as a group</li> </ul> <p><i>Taught through sports such as – Team Games, Problem Solving, Striking and Fielding, Orienteering.</i></p>	<p><b>Websites</b> <a href="http://www.bbc.co.uk/sport">http://www.bbc.co.uk/sport</a> <a href="http://www.skysports.com/">http://www.skysports.com/</a></p> <p>Join a local sports club and attend after school clubs.</p> <p>Read local and national daily papers.</p> <p>Discuss, with peers and family, what you learnt and improved in the lesson.</p>
<p>A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport...</p> <p>Engage in competitive sports and activities</p>	<p><b>Competition</b></p> <ul style="list-style-type: none"> <li>Overcome opponents in direct competition through team and individual games. Take part in competitive sports and activities outside school through community links or sports clubs.</li> </ul> <p><b>Games</b></p> <ul style="list-style-type: none"> <li>through team and individual games</li> </ul> <p><b>Tactics – Attack and Defend</b></p> <ul style="list-style-type: none"> <li>Use a range of tactics and strategies to overcome opponents in direct competition (through team and individual games)</li> </ul> <p><i>Taught through sports such as – Team Games, Racket Sports and Striking and Fielding.</i></p>	<p><b>Websites</b> <a href="http://www.bbc.co.uk/sport">http://www.bbc.co.uk/sport</a> <a href="http://www.skysports.com/">http://www.skysports.com/</a></p> <p>Join a local sports club and attend after school clubs.</p> <p>Read local and national daily papers.</p> <p>Discuss, with peers and family, what you learnt and improved in the lesson.</p>



<p>Succeed and excel (in competitive sport) and other physically demanding activities</p>	<p><b>Challenge</b> Take part in OAs which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group</p> <p><b>Analysis and Evaluation</b> Analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best</p> <p><i>Taught through sports such as – Team Games, Gymnastics, Athletics, Racket Sports and Striking and Fielding.</i></p>	<p><b>Websites</b> <a href="http://www.bbc.co.uk/sport">http://www.bbc.co.uk/sport</a> <a href="http://www.skysports.com/">http://www.skysports.com/</a></p> <p>Join a local sports club and attend after school clubs.</p> <p>Read local and national daily papers.</p> <p>Discuss, with peers and family, what you learnt and improved in the lesson.</p>
<p>It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness</p>	<p><b>Preparation for life and participation</b> Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life. Take part in competitive sports and activities outside school through community links or sports clubs</p> <p><i>Taught through sports such as – Fitness, Orienteering, Team Games, Racket Sports.</i></p>	<p><b>Websites</b> <a href="http://www.bbc.co.uk/sport">http://www.bbc.co.uk/sport</a> <a href="http://www.skysports.com/">http://www.skysports.com/</a></p> <p>Join a local sports club and attend after school clubs.</p> <p>Read local and national daily papers.</p> <p>Discuss, with peers and family, what you learnt and improved in the lesson.</p>
<p>Are physically active for sustained periods of time Lead healthy, active lives</p>	<p><b>Health and Fitness</b> Understand and apply the long-term health benefits of physical activity</p> <p><i>Taught through sports such as – Fitness</i></p>	<p><b>Websites</b> <a href="http://www.bbc.co.uk/sport">http://www.bbc.co.uk/sport</a> <a href="http://www.skysports.com/">http://www.skysports.com/</a></p> <p>Join a local sports club and attend after school clubs.</p> <p>Read local and national daily papers.</p> <p>Discuss, with peers and family, what you learnt and improved in the lesson.</p>

- **National Curriculum - 2014**

Pupils should be taught to:

- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games [for example, badminton, basketball, cricket, football, hockey, netball, rounders, rugby and tennis]
- develop their technique and improve their performance in other competitive sports [for example, athletics and gymnastics]
- perform dances using advanced dance techniques within a range of dance styles and forms
- take part in outdoor and adventurous activities which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group
- analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best
- take part in competitive sports and activities outside school through community links or sports clubs.

