

**Physical Education**

	<b>EY &amp; KS1</b>	<b>KS2</b>	<b>KS3</b>	<b>KS4</b>	<b>P16</b>
<b>Green Pathway</b>	<p>Know how to negotiate space and obstacles safely moving in different ways.</p> <p>Know how to demonstrate strength, balance and coordination.</p> <p>Know body can be controlled to move in different ways – running, jumping, dancing, hopping, skipping and climbing.</p> <p>Know a simple game can be played with an adult or peer in a pair.</p>	<p>Know how to 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>To know how to participate in team games, developing simple tactics for attacking and defending.</p> <p>To know how to perform dances using simple movement patterns.</p>	<p>Know how to use running, jumping, throwing and catching in isolation and in combination.</p> <p>Know how to develop flexibility, strength, technique, control and balance.</p> <p>Know how to play competitive games, [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Know how to perform dances using a range of movement patterns.</p> <p>Know how to compare performances with previous ones and demonstrate improvement to achieve personal best.</p> <p>Know how to take part in outdoor and adventurous activity challenges both individually and within a team.</p> <p>Know how to compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Know how to use a range of tactics and strategies to overcome opponents in direct competition through team and individual games.</p> <p>Know how to develop technique and improve performance in competitive sports.</p> <p>Know how to perform dances using advanced dance techniques in a range of dance styles and forms.</p> <p>Know how to take part in outdoor and adventurous activities and be encouraged to work in a team, building on trust and developing skills to solve problems, individually and as a group.</p> <p>Know how to analyse performances compared to previous ones and demonstrate improvement to achieve personal best.</p> <p>Know how to take part in competitive sports and activities outside school through community links or sports clubs.</p> <p><b>Students in KS4 have the option to undertake BTEC Level 1 Introductory Sport</b></p> <p><i>Developing a Personal Progression Plan:</i> Know sources of information about progression opportunities and requirements. Know how to produce a progression plan.</p> <p><i>Contributing to running a sport event:</i> Know types of suitable sports event. Know components of a sports event. Know the considerations needed to plan and organise a sporting event.</p>	<p><b>Duke of Edinburgh Physical Activity section and AIM Skills for Living and Work - Health and Fitness unit. (EL3/L1)</b></p> <p>Know the importance of exercise.</p> <p>Know how to take part in an exercise programme.</p> <p>Know how to show a development in fitness skills.</p> <p>Know how to follow safe working practices when exercising.</p> <p><b>Duke of Edinburgh Expedition</b></p> <p>Know how to find a direction.</p> <p>Know how to pace yourself to walk for 1 mile.</p> <p>Know how to pace yourself to walk for 1 mile with an Inclined gradient.</p>
<b>Purple Pathway</b>	<p>Begin to know how to run and negotiate space and obstacles safely.</p> <p>Begin to know how to demonstrate strength, balance and coordination.</p> <p>Know body can be controlled to move in different ways by copying movements– running, jumping, dancing, hopping, skipping and climbing.</p> <p>Demonstrate catching a large ball.</p>	<p>Begin to know how to 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>Begin to know how to participate in team games, developing simple tactics for attacking and defending.</p> <p>Begin to know how to perform dances using simple movement patterns.</p>	<p>Begin to know how to use running, jumping, throwing and catching in isolation and in combination.</p> <p>Begin to know how to develop flexibility, strength, technique, control and balance.</p> <p>Begin to know how to play competitive games, [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</p> <p>Begin to know how to perform dances using a range of simple movement patterns.</p> <p>Begin to recognise what was good/what they did well in their performance.</p> <p>Begin to know how to take part in outdoor and adventurous activity challenges both individually and within a team.</p>	<p>Begin to know how to use some learnt tactics and strategies in team and individual games.</p> <p>Begin to work on ways to improve technique and performance.</p> <p>Begin to be familiar with and perform 2 or 3 dance styles.</p> <p>Begin to take part in outdoor and adventurous activities and be encouraged to work in a team, building on trust and developing skills to solve problems, individually and as a group.</p> <p>Begin to experience and take part in competitive sports and activities outside school through community links or sports clubs.</p>	<p><b>Duke of Edinburgh Physical Activity section</b></p> <p>Begin to know the importance of exercise.</p> <p>Begin to know how to take part in an exercise programme.</p> <p>Begin to know how to show a development in fitness skills.</p> <p>Begin to know how to follow safe working practices when exercising.</p> <p><b>Duke of Edinburgh Expedition</b></p> <p>Begin to know how to find a direction.</p> <p>Begin to know how to pace yourself to walk for 1 mile.</p> <p>Begin to know how to pace yourself to walk. for 1 mile with an Inclined gradient.</p>
<b>Orange Pathway</b>	<p>Begin to run.</p> <p>Demonstrate using body to climb.</p> <p>Show awareness of a large ball and begin to interact with it.</p> <p>Be aware of how bodies can be controlled to move in different ways.</p>	<p>Begin to run in space.</p> <p>Begin to move in different directions.</p> <p>Begin to move on different body parts</p> <p>Begin to balance holding moments of stillness.</p> <p>Begin to follow simple games supported by an adult.</p>	<p>Begin to run, jump, catch and throw in isolation.</p> <p>Begin to develop strength, flexibility, balance and control through some gymnastics positions.</p> <p>Begin to experience and take part in some outdoor and adventurous activity challenges individually and with support in small groups.</p>	<p>Begin to experience and take part in individual and team games with support.</p> <p>Begin to identify what they did well or liked about theirs and others performances.</p> <p>Begin to take part in 2 different dance styles.</p> <p>Begin to experience and take part in outdoor and adventurous activities and be encouraged to work in a team, building on trust.</p> <p>Begin to experience and take part in competitive sports and activities outside school through community links or sports clubs with support.</p>	<p><b>Duke of Edinburgh Physical Activity section</b></p> <p>Begin to know how to follow an exercise programme, supported by an adult.</p> <p>Begin to know there is a development in fitness skills.</p> <p>Begin to know how to be safe when exercising.</p> <p><b>Duke of Edinburgh Expedition</b></p> <p>Begin to find a direction with support.</p> <p>Walk for 1 mile (D of E).</p> <p>Walk for 1 mile (Inclined gradient) (D of E).</p> <p>Know the importance of exercise.</p>