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| **KS1** | **LKS2** | **UKS2** |
| Intent:   * Ensure we are covering skills and concepts from the National Curriculum * We aim to develop their PE skills through a variety of sports. * We will ensure children have the opportunity to use and develop these skills throughout the lessons. | | |
| Implementation:   * We will structure lessons so that prior learning and revision of key skills are continuously built upon. * We will ensure key skills and techniques are introduced and used with lessons. | | |
| Impact:   * We want children to develop a love of Sport and competitions. * We will measure the impact of learning through assessing their development of key skills. | | |



PE Progression and Assessment Grids

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|  | **Year 1 and Year 2** | **Year 3,4,5 and 6** |
| Skills | • confidently perform 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  • participate in team games, developing simple tactics for attacking and defending  • perform dances using simple movement patterns | • use running, jumping, throwing and catching in isolation and in combination  • play competitive games, modified where appropriate e.g. 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 e.g. 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  • swim competently, confidently and proficiently over a distance of at least 25 metres  • use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke  • perform safe self-rescue in different water-based situations |

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| **Key Vocabulary** | |
| **KS1** | **KS2** |
| **Running Jumping Throwing Catching Agility Coordination**  **Team Games Tactics Attacking Defending Dance Movement** | **Competitive Games Flexibility Strength Technique Control Balance**  **Outdoor/adventurous activity performance** |