

Elements of our PE Curriculum

Knowledge and Understanding

- a knowledge and understanding of how to stay fit and healthy and the effect of activity on the body
- a knowledge and understanding of how to perform movements and skills in successful way
- a knowledge and understanding of the rules and tactics of specific sports and games
- a knowledge and understanding of the vocabulary related to physical activity and specific sports and games

Strands of our KS1 PE Curriculum

Fundamentals	Gymnastics	Dance
Invasion Games	Fitness	Sending & Receiving
Yoga	Ball Skills	Target Games
Fundamentals of Striking & Fielding		

Strands of our KS2 PE Curriculum

Fundamentals	Gymnastics	Dance
Invasion Games	Fitness	Outdoor, Adventure Activities
Striking & Fielding	Striking and Fielding Games	Net and Wall Games
Yoga		