

<b>KS1 Physical Education</b> Pupils should be taught to:	
<ul style="list-style-type: none"> <li>• 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</li> </ul>	<ul style="list-style-type: none"> <li>♦ <a href="#">PE outdoor lesson plans and games</a> Three resources with lots of well-explained games that allow children to target opponents whilst working on running, throwing, aim and co-ordination.</li> <li>♦ <a href="#">Fitness trail</a> This simple activity circuit is easy for children to understand and is great to test running, throwing, jumping and strength.</li> <li>♦ <a href="#">Multi-skills station cards</a> A range of challenges for children to rotate through that will help to improve balance, agility, throwing and catching.</li> <li>♦ <a href="#">Warm-up games</a> A wonderful selection of warm-up games that prepare children for main activities but still allow practise of basic movement skills.</li> </ul>
<ul style="list-style-type: none"> <li>• participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>♦ <a href="#">Team challenges</a> Use these activity ideas to encourage pupils to work together in teams.</li> <li>♦ <a href="#">Sporting activity cards</a> A great range of different and accessible team games and activities from cricket to boccia to help children work together towards a goal.</li> <li>♦ <a href="#">Multi-skills card 8 – Team tag</a> Use this fun version of tag, in which the aim is to remove “rip tags” from your opponents to place in your team’s goal, to help build team game skills.</li> <li>♦ <a href="#">Attacking and defending KS1 lesson plan</a> This resource uses football skills to help build the basic principles of attacking and defending whilst getting children to think tactically.</li> </ul>
<ul style="list-style-type: none"> <li>• perform dances using simple movement patterns.</li> </ul>	<ul style="list-style-type: none"> <li>♦ <a href="#">Teachers TV: Easy dance warm ups</a> A dance expert demonstrates great warm-up ideas to ensure that children are properly prepared for dance activity.</li> <li>♦ <a href="#">The zoo – Dance theme</a> These pictures and movement ideas represent different animals that you may see at the zoo and can be used to encourage children to create their own animal movements.</li> <li>♦ <a href="#">Catalyst: Dancing numbers</a> Create a movement for each number then use these numbers to create simple movement sequences.</li> <li>♦ <a href="#">Handa’s Surprise and The Rainbow Fish</a> A fantastic resource that uses these two books to inspire dance movement that will allow children to tell a story.</li> </ul>

<b>KS2 Physical Education</b> Pupils should be taught to:	
<ul style="list-style-type: none"> <li>use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Throwing and catching invasion games</a> These lesson plans focus on basketball/netball-type skills of throwing and catching, scoring in a hoop and dribbling and controlling a bouncing ball.</li> <li><a href="#">KS2 basketball planning</a> Basketball allows children to practice running, jumping, throwing and catching in combination and this resource breaks down the skills needed for the game.</li> <li><a href="#">Invasion games: Activities and ideas</a> A good set of games that involve basic skills both in isolation and combination but that also encourage working together.</li> <li><a href="#">Sprinting</a> A lovely resource to improve fast reflexes when starting a sprint that involves getting children to start in various different positions before they have to run.</li> </ul>
<ul style="list-style-type: none"> <li>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</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Lesson plans for a range of sports</a> Detailed lesson plans that cover athletics, badminton, basketball, cricket, football, gym and hockey.</li> <li><a href="#">Netball – Year 4</a> Well-laid-out resource that breaks down the game of netball and goes over passing, footwork and attacking and defending positions.</li> <li><a href="#">Year 3-4 rounders</a> A great competitive team game, this resource allows children to practise the skills they need to help build confidence before playing rounders.</li> <li><a href="#">Beginners volleyball</a> Allow Key Stage 2 children to work together as a team whilst practising throwing and catching and learning new ways to attack and defend.</li> </ul>
<ul style="list-style-type: none"> <li>develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Basic shapes in gymnastics</a> Learn eight different gymnastics body positions with helpful stick-figure diagrams and notes that give points of detail for each shape.</li> <li><a href="#">How to teach gymnastics elements</a> This resource breaks down gymnastics skills and offers drills to improve basics and help less-confident students to take part without teachers having to support them.</li> <li><a href="#">Counter-balancing task cards</a> A great selection of KS2-appropriate partner counter balances that allow children to improve control and strength whilst working together to balance.</li> <li><a href="#">Hip To Be Fit – Lesson four</a> This resource from <i>Hip To Be Fit</i> focuses on flexibility and features yoga positions that will make children think about the shapes that their body is making whilst stretching.</li> </ul>
<ul style="list-style-type: none"> <li>perform dances using a range of movement patterns</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">PE dance - Monsters</a> This resource sets out a dance to <i>Monster</i> by The Automatic, which encourages children to respond to the lyrics and builds different sections of dance into a performance.</li> <li><a href="#">Dance scheme KS2</a> A fantastic example of how to use a character to inspire dance movements that can be adapted for any story, but uses <i>Matilda</i> to demonstrate.</li> <li><a href="#">Dance to Rio</a> A whole project based around music from <i>Rio 2</i>, including dance tutorials, guidance for carnival dancing, and resources to create carnival masks.</li> <li><a href="#">James Bond</a> Great for use with boys, this six-week dance programme uses the character of James Bond to create obstacle-course movements and non-contact fighting scenes.</li> </ul>
<ul style="list-style-type: none"> <li>take part in outdoor and adventurous activity challenges both individually and within a team</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Games instructions</a> This resource sets out descriptions of some different tactical team games that will provide a great challenge: capture the flag, Danish longball and ultimate frisbee.</li> <li><a href="#">PE captain game</a> A fun orienteering activity that involves children following step directions from pirate captains to find the correct letters to create a word.</li> <li><a href="#">PE problem-solving activities</a> A selection of team problem-solving activities that each have a story behind them to help get children involved with the challenges.</li> <li><a href="#">Tag rugby</a> Tag rugby is a great challenge activity that involves a lot of problem solving and is always best when played outdoors.</li> </ul>
<ul style="list-style-type: none"> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Track record</a> Five fitness challenges that are repeated over six weeks to allow children to track their progress and improvements.</li> <li><a href="#">Self-evaluation worksheet</a> A simple and easy-to-use table that can be used with any sporting activity for children to evaluate their skills and set a future target.</li> <li><a href="#">Indoor athletics – Running, jumping, throwing</a> Great descriptions of athletics skills tests, along with tables to record results. Tests can then be repeated to compare performances.</li> <li><a href="#">KS1 and KS2: “I can” targets</a> These clear level descriptions for athletics, dance, gymnastics and invasion games help keep evaluation positive as children focus on what they can do.</li> </ul>

<b>KS1/KS2 Swimming and Water Safety</b> All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2. In particular, pupils should be taught to:	
<ul style="list-style-type: none"> <li>swim competently, confidently and proficiently over a distance of at least 25 metres</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Teachers TV: Swimming</a> This video shows how a school has taken a whole-school approach to swimming in order to help improve performance.</li> <li><a href="#">Swimming assessment cards</a> These assessment cards will help children to improve their swimming and take part in peer assessment.</li> </ul>
<ul style="list-style-type: none"> <li>use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Front crawl lesson plan</a> This resource breaks down the teaching of the front crawl to help create a strong consistent stroke.</li> <li><a href="#">Swimming teaching cards</a> These cards provide pictures and key points for front crawl, backstroke, breaststroke and butterfly to help children understand the strokes.</li> </ul>
<ul style="list-style-type: none"> <li>perform safe self-rescue in different water-based situations.</li> </ul>	<ul style="list-style-type: none"> <li><a href="#">Personal survival task cards</a> Fantastic task cards that give a range of tests and situations to help children stay safe and self-rescue in water-based situations.</li> <li><a href="#">Water safety</a> This resource outlines how to stay safe around water and what to do if you find yourself in trouble.</li> </ul>