

## Motor Competence

### **Prior Learning:** **EYFS ELG's: at EYFS pupils should:**

- Negotiate space and obstacles safely, with consideration for themselves and others.
- Demonstrate strength, balance and coordination when playing.
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.
- Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music.

### **At Key Stage 1 pupils should:**

- develop fundamental movement skills, physical literacy and fluency
  - develop balance, agility and co-ordination skills, and begin to apply these in a range of activities on their own and with others
- they also:**
- become increasingly competent and confident, mastering basic movements including running, jumping, throwing and catching

### **At Key Stage 2 pupils should:**

- apply and develop a broader range of skills, learning how to use them in different ways, and to link them to make actions and sequences of movement
- begin applying these skills in different contexts, sports and activities.

This ensures 'readiness' for future learning as they transition into Year 7

### **Future Learning:** **at Key Stage 3 pupils should:**

- build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques, and apply them across different sports and physical activities.

## Rules, Strategy & Tactics

### **Prior Learning:** **EYFS ELG's: at EYFS pupils should:**

- Explain the reasons for rules, know right from wrong and try to behave accordingly



### **At Key Stage 1 pupils should:**

- participate in team games, developing and showing a basic understanding of simple tactics for attacking and defending
- start to develop a basic understanding of how, when and where to move to gain an advantage when attacking and defending
- start to develop a simple understanding of the importance of following basic rules



### **At Key Stage 2 pupils should:**

- play competitive games and are able to apply basic principles suitable for attacking and defending
- make increasingly intelligent tactical decisions about how, when and where to move in competitive situations
- increase their understanding of the importance of rules and display a good sense of fair play

This ensures 'readiness' for future learning as they transition into Year 7



### **Future Learning:** **at Key Stage 3 pupils should:**

- understand what makes a performance effective and how to apply these principles to their own and others' work.
- use a range of tactics and strategies to overcome opponents in direct competition through team and individual games

## Healthy Participation

### **Prior Learning:** **EYFS ELG's: at EYFS pupils should:**

- Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge
- Work and play cooperatively and take turns with others



### **At Key Stage 1 pupils should:**

- be able to describe how their bodies feel when moving and at rest
- be able to perform simple fundamental movement skills and give a simple explanation of how to exercise safely
- develop a simple awareness that exercise is good for them
- become increasingly able to safely participate in, and describe how their bodies feel when performing different physical activities



### **At Key Stage 2 pupils should:**

- be able to plan and demonstrate that they can safely take their own warm-up and cool-down in ways that suit the activity
- participate in physical activity and sport in and out of school and can explain in detail how this contributes to a healthy lifestyle

This ensures 'readiness' for future learning as they transition into Year 7



### **Future Learning:** **at Key Stage 3 pupils should:**

- develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life, and understand and apply the long-term health benefits of physical activity