

Key Stage Expectations in Physical Education

If your school receives PE and Sport Premium Funding, don't forget to demonstrate attainment of these Key Stage Expectations in your spending report.



KEY STAGE THREE

- ✓ Demonstrates mastery of the Fundamental Movement Skills and independently applies them to sports and physical activities.
- ✓ Recognises the long term benefits of regular physical activity for physical, mental, emotional and social health.
- ✓ Shows clear preferences when it comes to sport and physical activities and can explain why.

- ✓ Can link specific outcomes (particularly in sports) to specific techniques, strategies and actions.
- ✓ Understands what makes a performance effective and how to apply these principles to their own and others' efforts.
- ✓ Has a willingness to engage in complex and challenging physical activities that develop personal fitness.

KEY STAGE TWO

- ✓ Performs running, jumping, throwing and catching movements in isolation and combinations.
- ✓ Participates successfully in outdoor activities and sports on a variety surfaces.
- ✓ Recognises and evaluates their own performance by comparing it with previous setbacks or successes.

- ✓ Can play competitive games with established rules and tactics (modified where appropriate).
- ✓ Finds enjoyment in communicating, collaborating and competing during physical activities.

KEY STAGE ONE

- ✓ Performs running, jumping, throwing and catching movements with competence and confidence.
- ✓ Uses Fundamental Movement Skills in linked sequences to extend their agility, balance and coordination (especially dance).

- ✓ Can successfully engage in competitive games (both against themselves and others).
- ✓ Has a rudimentary understanding of attacking and defending tactics and how to use them.

EARLY YEARS

- ✓ Demonstrates control and coordination while performing large and small movements.
- ✓ Negotiates environments and equipment with confidence and safety.

- ✓ Understands the importance of physical activity for continued health and wellbeing.
- ✓ Can take turns and play cooperative games with others.

