**Puddletown First School**

**KS1 PE– Achieving Mastery**

At Puddletown First School we understand the National Curriculum to be a mastery curriculum. We believe to show mastery of the Geography curriculum children need to be able to demonstrate key skills or concepts independently. The principle behind achieving mastery in the children being able to demonstrate an ability *‘to think and perform like a sports person or performer’*

**Curriculum intent:**

* To encourage all children to understand that physical activity is both enjoyable and an essential part of a healthy lifestyle
* To develop physical confidence
* To provide children with the opportunity to take part in competitive sport

**Gymnastic elements**

**Team games**

**Dance**

* To identify some positive role models within sport
* Develop and master basic movements; running, jumping, throwing and catching. Developing balance, agility and coordination.
* Show that these can be applied in a range of activities
* Participate in team games developing some strategies for attack and defence
* Perform dances with pattern and movements