**Puddletown First School**

**KS2 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 and show both competitiveness and sportsmanship
* To identify some positive role models within sport
* To be able to run, jump, throw and catch both in isolation and in combination
* Show improved flexibility, strength, control and balance
* Be able to describe how they might improve performance
* Take part in games applying the principles of attack and defence by working in collaboration with others
* Perform dances using a range of pattern and movements
* Take part in outdoor and adventurous activity showing an ability to meet challenge and work as a team

**Gymnastic elements**

**Y4 -**

**Games**

**Y4 – Autumn term -** Tag Rugby, Football **Spring Term** – Hockey, Basketball **Summer term –** Cricket, Tennis, Athletics

**Dance**

**Y4 - Autumn Term** – War Years Dances

**Outdoor and adventurous activity**

**Y4 –** Hooke Court residential visit, PGL day