

Sportspeople...



- Recall the key knowledge they have been taught each year across all disciplines of PE.
- Have secure fundamental and basic movement skills which are used to extend agility, balance and co-ordination.
- Demonstrate high levels of originality, imagination and creativity in their techniques and choreography across dance and gymnastics.
- Demonstrate high levels of tactical knowledge and technical precision within athletics and games.
- Display qualities and values such as resilience, confidence, determination, perseverance, fairness and respect.
- Engage with sporting opportunities and outdoor adventure activities, both competitive and non-competitive.
- Show commitment to develop confidence in the water aiming to swim at least 25 metres.
- Understand how to remain safe in and around water and can perform safe self-rescue.
- Demonstrate a desire to practise skills in a wide range of different activities, situations and contexts, applying these to ensure personal best is achieved.
- Improve their own and others' performance through analysis and evaluation.
- Display leadership qualities such as organising and officiating, motivating and instilling excellent sporting attitudes in others.
- Are physically active for sustained periods of time knowing this plays an important role in promoting long-term health and well-being, both physically and mentally.



'Enabling an active mind through an active body'