



The Sonar Sportsperson

Become physically confident and competent in a broad range of physical activities to support a healthy, active life

Performance

- Perform dances using simple movement patterns
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best

Competence

- Master basic movements including running, jumping, throwing and catching
- Develop balance, agility and co-ordination
- Begin to apply these in a range of activities
- Use running, jumping, throwing and catching in isolation and in combination
- Develop flexibility, strength, technique, control and balance eg *through athletics and gymnastics*

Participation

- Participate in team games, developing simple tactics for attacking and defending
- Play competitive games, modified where appropriate eg badminton, basketball, cricket, football, hockey, netball, rounders and tennis
- Apply basic principles suitable for attacking and defending
- Take part in outdoor and adventurous activity challenges both individually and within a team

Communication

- Comment on others' performances
- Consider how to improve in different physical activities
- Communicate, collaborate and compete with each other
- Develop understanding of how to improve
- Evaluate and recognise their own success

Teacher Guidance

A high-quality physical curriculum inspires all pupils to succeed and excel in competitive sport and physically-demanding activities. It also paves the way for children to lead healthy, active lives.

Through Physical Education, children should also develop their sense of sportsmanship, fairness and respect.

Please note: schools are only required to teach the relevant content by the end of the Key Stage so there is flexibility around coverage.