

What are the National Curriculum PE Skills and what do they mean?

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.

They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

Subject Skills for KS2	These skills aim to ensure that children can:
should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.	build upon skills learnt at KS1 and to continue to develop their skills so they can apply them across a broad range of sports/activities. explore and use a range of techniques and skills across a range of sports/activities.
communicating, collaborating and competing with each other.	build ability to communicate clearly with others and actively listen to others for a positive outcome. develop competitive skills for when competing against others and in team games be able to experience and apply communication and collaboration skills. Also, to recognise success and achievement.
develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.	investigate and develop self-evaluation and build on feedback from others. to recognise what success looks like.
use running, jumping, throwing and catching in isolation and in combination	be able to combine skills when needed but also work in isolation in order to develop the skills. be able to use skills to effect in isolation and in combination. To know what the individual skills look like and can demonstrate effectiveness

play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending	<p>apply rules and tactics of competitive games.</p> <p>Use decision making skills to choose the correct basic principles of attacking and defending depending on the game and the position of their team e.g. is the team fielding or batting in cricket therefore which skills do I need?</p>
develop flexibility, strength, technique, control and balance	<p>Apply to all sports.</p> <p>Explore, develop and apply correct technique.</p> <p>Demonstrate balance and develop understanding of the body's centre point and what it feels like to over-balance and how they can counteract it.</p> <p>Investigate strength e.g. be able to hold their shape in gymnastics or to hold a racket for a length of time in tennis</p> <p>Use their natural flexibility in all sports allowing them to extend their arm to throw or catch, use the correct running technique etc.</p>
perform dances using a range of movement patterns	Investigate and develop movement patterns in order to create a dance that flows.
take part in outdoor and adventurous activity challenges both individually and within a team	<p>Build upon teamwork and individual resilience in order to successfully complete challenges.</p> <p>Investigate and develop communication skills and collaboration skills in order for them to achieve a successful outcome.</p>
compare their performances with previous ones and demonstrate improvement to achieve their personal best	<p>Discuss what a good performance looks like and apply understanding to their own performance</p> <p>Investigate, discuss and develop their performance and what they can do to improve, including using feedback from others.</p> <p>Set a base for themselves and use this to demonstrate improvement in their skills and recognise what their personal best is and the steps needed to achieve it.</p>