



Our Guiding Stars Curriculum

PE: The Leading Light Subject for ‘Personal Best’



- We respond to challenges and try to exceed our own expectations.
- We understand what goes into building sporting success and how athletes have made their achievements.
- We push ourselves a little bit further and often out of our comfort zone.
- We know that if we aim for the Moon we might just reach the stars.
- We know where our strengths are and the areas we need to improve.
- We explore the best ways to make these improvements looking at what and who might be able to help us.

EYFS	<p>We start to develop an awareness of space.</p> <p>We learn to improve our hand-to-eye co-ordination.</p>
Year 1	<p>We know that we need to listen to instructions carefully in order to be successful at a task.</p> <p>We know that if we practise something we will get better at it.</p>
Year 2	<p>We learn how to improve our skills in a sporting area, using information that we have gained by watching, listening and practising.</p> <p>We know that learning something new requires practise and that everyone acquires new skills at a different rate.</p>
Year 3	<p>We learn how to recognise good performance and identify the parts that need improving.</p> <p>We consolidate and improve the quality, range and consistency of the techniques we use for particular activities.</p> <p>We know that challenge is a positive thing.</p> <p>We know that aiming high helps us to improve.</p>
Year 4	<p>We know how to describe our own and others work, making simply judgements about the quality of performances and suggesting ways they can be improved.</p> <p>We confidently develop the range and consistency of our skills within the physical activities that we are completing.</p> <p>We can recognise when something is outside of my comfort zone and am still willing to aim for it.</p> <p>We know that in all areas of life people have different strengths and areas they need to improve.</p>
Year 5	<p>We learn to recognise the effect of exercise on our own bodies and how this is reflective of our own physical capabilities.</p> <p>We know how to reflect on our own capabilities in order to improve our skill levels in a range of activities.</p> <p>We know where my strengths are and the areas I need to improve and explore the best way to make these improvements. I know who and what might be able to help me improve.</p>
Year 6	<p>We learn to combine and perform skills more fluently and effectively in invasion, striking and net games.</p> <p>We know how to apply a range of tactics and strategies for defence and attack, in order to improve our individual and team performance.</p> <p>We know what goes into building sporting success and how professional athletes have made their achievements.</p> <p>We can use this to motivate myself to achieve my personal best.</p>