**Physical Education KS1**

In physical education students will learn through games, gymnastic and dance activities.During dance activities students willuse movement imaginatively, responding to stimuli, including music, and performing basic skills while learning to change the rhythm, speed, level and direction of their movements. They will create and perform dances using simple movement patterns, including those from different times and cultures. Students will learn ball-handling and equipment skills to play simple net, striking/fielding and invasion type games.

**During gymnastics activities students will perform basic skills** in travelling, being still, finding space and using it safely, both on the floor and using apparatus. They will develop a range of skills and actions and use them to create and perform short, linked sequences of movements. Specific learning goals include:

**Acquiring and developing skills**

* Explore basic skills, actions and ideas with increasing understanding
* Remember and repeat simple skills and actions with increasing control and coordination.

**Selecting and applying skills, tactics and compositional ideas**

* Explore how to choose and apply skills and actions in sequence and in combination
* Vary the way they perform skills by using simple tactics and movement phrases
* Apply rules and conventions for different activities.

**Evaluating and improving performance**

* Describe what they have done
* Observe, describe and copy what others have done
* Use what they have learnt to improve the quality and control of their work.

**Knowledge and understanding of fitness and health**

* Recognise the importance of physical activity
* Recognise and describe how their bodies feel during different activities.