**Physical Education KS 2**

**Acquiring and developing skills**

* Consolidate existing skills and gain new ones
* Perform actions and skills with more consistent control and quality.

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

* Plan, use and adapt strategies, tactics and compositional ideas for individual, pair, small group and small team activities
* Develop and use their knowledge of the principles behind the strategies, tactics and ideas to improve their effectiveness
* Apply rules and conventions for different activities.

**Evaluating and improving performance**

* **I**dentify what makes a performance effective
* Suggest improvements based on this information.

**Knowledge and understanding of fitness and health**

* Explain how exercise affects the body in the short term
* Understand how to warm up and prepare appropriately for different activities
* Explain why physical activity is good for their health and well-being
* Explain why wearing appropriate clothing and being hygienic is good for their health and safety.