

PHYSICAL EDUCATION

WHAT'S IT ALL ABOUT?



Developing in these areas:



SKILLS

Use and improve skills like running, jumping and catching

Develop balance, agility, flexibility, co-ordination, strength and control

Learn how to use skills in different ways and link them



TECHNIQUES

Apply techniques across different activities, including dance

Use techniques to improve performance

Become more competent, confident and expert



TACTICS

Communicate and collaborate, working as a team

Develop tactics for attacking and defending

Use a range of tactics to succeed in competition



EVALUATION

Evaluate and analyse performances

Compare performances with previous ones

Use evaluation to improve across a range of physical activities



HEALTH & FITNESS

Understand the long-term health benefits of being physically active

Take part in a range of competitive sports and physical activities at school

Get involved in exercise, sports and activities out of school