

### At Dodford First School ALL Pupils should:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

### Key Stage 1: Pupils should:

- Develop movement skills such as running, jumping, throwing and catching
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- Work as a team in a variety of different activities using simple tactics
- Start to join in in competitive situations and learn about winning and losing
- Apply their skills to different sporting situations
- Perform dances using simple movement patterns

### Key Stage 2: Pupils should:

- Continue to apply and develop their skills, linking them together and using them across different sporting activities
- Develop flexibility, strength, technique and balance through dance, gymnastics and athletic
- Communicate and collaborate with each other through team activities
- Take part in competitive games, learning about attacking, defending, fair play and sportsmanship
- Begin to recognise their own and others strengths and weaknesses and give each other feedback