

Errington Primary School

P.E. Fundamental Skills

Below are listed the fundamental physical skills as listed in the National Curriculum of England and Wales (DfE, Sept 2013).

KS1:

- running,
- jumping,
- throwing and catching,
- balance, agility and co-ordination
- Swimming and Water Safety

At KS1 pupils should use and apply these skills in a range of competitive situations and team games, as well as in dance.

KS2:

LKS2:

- Running
- Jumping
- Throwing and Catching
- Flexibility
- Strength
- Technique
- Control
- Balance
- Swimming and Water Safety

Used in isolation and combination and within competitive games. Children should also take part in Outdoor and Adventurous activity and *begin* to compare their performances in all areas. Children should *begin* to develop basic principles suitable for attacking and defending



Together Everyone
Achieves More



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UKS2

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- Balance
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