Developing Depth and Breadth of Knowledge and Skills with GS4PE

"When pupils move through a well-sequenced curriculum their self-efficacy increases because of increased knowledge and competence."

Research Review Series: PE, Ofsted, 2022

We create opportunities for children to transfer and build on their declarative knowledge, procedural knowledge and physical skills of the NC through multiple units. You can see our Skills and Knowledge Progression Ladders in our Awesome Stuff.

Body Management

yoga, gymnastics NC: master basic movements as well as developing balance, agility and co-ordination.

Declarative knowledge in PE is the factual knowledge concerning movement, rules, tactics, strategies, health and participation. 'Procedural knowledge can be viewed as the know-how to apply declarative facts PE Ofsted 2022

By applying learning in different environments, children are using this embedded knowledge not just responding with recall.

through both gymnastics and yoga. If your children can transfer knowledge between the activities it will help to demonstrate their understanding as well as physical skill e.g. in both yoga and gymnastics children are taught that looking at something still will help them to balance with better control.

We offer this NC strand

F.M.S

fundamentals,

NC: master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

Fundamental movements skills underpin all activities in PE. These units allow children to develop these skills in isolation and in combination. Reinforce the teaching points for FMS in all PE units to help children increase their competence.



Key Principles of Invasion Games (basketball, football, handball, hockey, netball, tag rugby at KS2)

Defending **Attacking**

score goals

create space

maintain possession

move the ball towards goal

Attacking

score points

placement of

an object

avoid

getting out

Key Principles of

Striking and Fielding Games

(cricket and rounders at KS2)

stop goals

deny space

gain possession **Key Principles of Net and Wall Games** padminton, tennis, volleyball at KS2)

Attacking

0

score points

limit points

Defending

create space

deny space

placement of an object

consistently return an object

This prepares children to apply

their understanding of

attacking and defending and

use of simple tactics in more

challenging situations in KS2

where they will also need to

competently apply physical

skills and abide by the rules of

the given game.

1 At KS1 we teach children to participate in team games that are divided into invasion games, net and wall games, striking and fielding games and target games.

> 2 Children learn both attacking and defending physical skills. They are given opportunities to attacking and defending

develop their knowledge of principles to enable them to transfer this knowledge in a variety of situations, with a variety of rules and using a

NC: master basic movements including throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

Key Principles of Target Games (dodgeball, golf at KS2)

Attacking

Defending

placement of an object avoid

opponents

Defending

limit points

deny space

getting out

Building / OAA

outdoor adventure

NC: participate in team games, developing

The NC states that you don't have to teach OAA until KS2. We help prepare children for this with our Team Building units in KS1 where we also teach this strand of the NC.

Dance

NC: perform dances using simple movement patterns.



Team

activities

simple tactics

Swimming

variety of equipment.

NC: all schools must provide swimming instruction either in Key Stage 1 or Key Stage 2.







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