



At Bowlish Infant School, we use Real PE lesson plans and resources to deliver our PE Curriculum. We have identified 3 key areas which underpin all the PE learning that takes place. These are defined below. Within every unit of Real PE, Real Gym or Real Dance, children will be developing their skills and knowledge in each of the key areas. We have also provided time in our PE curriculum for children to utilise their knowledge and skills gained through Real PE in specific sporting disciplines – swimming and hockey, as well as to demonstrate their understanding of the key areas of learning through Sports Day competitions.

	<b>Motor Competence</b> 	<b>Rules, Strategies and Tactics</b> 	<b>Healthy Participation</b> 
<b>Definitions of Key Areas of Learning</b>	<p>Motor Competence is knowledge of the range of movements that are needed to take part in sports and physical activity, the development of specific physical skills.</p> <p>In Key Stage 1 (KS1), children will develop motor competence through locomotor skills (moving their body through space by running, jumping and hopping), object control skills (controlling an object by kicking, throwing or catching) and stability skills (maintaining postural control by balancing, rolling or stopping)</p> <p>These skills are transferable and are important for everyday experiences including play.</p>	<p>Rules, strategies and tactics is knowledge of the conventions of participation in different sports and physical activity, applying movement skills to physical activity.</p> <p>In KS1, children will learn to understand and apply basic rules and conventions to sports and other physical tasks such as how to perform in dance. They will begin to develop skills of strategy and tactics for team and individual games.</p>	<p>Healthy participation is knowledge of safe and effective participation, how we take part in physical activities and sports.</p> <p>In KS1 children will learn about emotional regulation, how to evaluate, reflect and set goals about their own performance and about communicating as part of a team. Children will learn about how participating in sport and physical activity contributes to a healthy and active lifestyle.</p>