

Physical Development KS1-4

Physical Development is central to all areas of our pupils' development. Alongside the more formal PD curriculum, personalised physical development targets run throughout all aspects of school life. Each child's PD is unique to their needs and aspirations and will vary according to these. This means they may be accessing personalised development targets during their formal PD session or other curriculum sessions. All pupils swim weekly wherever possible.

NB The physical progression pathways outlined above are approximate as the physical development of each pupil is unique. For some pupils their physical development does not match their cognitive development. For others their physical progression may change over time due to their medical condition. For pupils bridging between the pathways their skills will match those identified as 'some'.

Emerging Learners	Early Learners	Established Learners
<p>At KS1 all pupils will be taught to:</p> <ul style="list-style-type: none"> Learn to accept: larger and smaller muscle movements, the sensation of a range of movement and changes in body position <p>At KS1 most pupils will be taught to:</p> <ul style="list-style-type: none"> Begin to control larger and smaller muscle movements, accepting the sensation of a range of movement and changes in body position <p>At KS1 some pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements, explore the sensation of a range of movement and changes in body position 	<p>At KS1 all pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements, explore the sensation of a range of movement and changes in body position. They will begin to follow simple instructions from an adult, e.g. up, down <p>At KS1 most pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with a variety of objects in a range of activities, e.g. throwing or pushing a ball, crawling through a tunnel. They will follow simple instructions from an adult, e.g. forwards, jump <p>At KS1 some pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with a variety of objects with increasing accuracy and developing consistency, e.g. throwing or pushing a ball towards a target, moving freely around objects. They will follow simple instructions from an adult with greater consistency. 	<p>At KS1 all pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with a variety of objects with increasing accuracy and developing consistency, e.g. throwing or pushing a ball towards a target, moving freely around objects. They will follow simple instructions from an adult with greater consistency. <p>At KS1 most pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with a variety of objects with increasing accuracy and developing consistency with the purpose of scoring points. They will follow instructions from an adult with greater consistency. <p>At KS1 some pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with a variety of objects with increasing accuracy and developing consistency with some understanding of being competitive. They will follow instructions from an adult with greater consistency whilst following simple rules.
<p>At KS2 all pupils will be taught to:</p> <ul style="list-style-type: none"> Accept: larger and smaller muscle movements, the sensation of a range of 	<p>At KS2 pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements for a specific outcome, seek out the 	<p>At KS2 pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with equipment

<p>accelerated movement and changes in body position</p> <p>At KS2 most pupils will be taught to:</p> <ul style="list-style-type: none"> • Develop: their control of larger and smaller muscle movements, their awareness of the sensation of a range of accelerated movement and their awareness of changes in body position <p>At KS2 some pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements for a specific outcome, seek out the sensation of a range of movement and changes in body position 	<p>sensation of a range of movement and changes in body position. They will begin to follow simple instructions with greater consistency from an adult, e.g. up, down</p> <p>At KS2 most pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, e.g. hitting a ball with a bat, climbing along a bench. They will follow simple instructions from an adult, e.g. forwards, jump <p>At KS2 some pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and developing consistency. They will follow simple instructions from an adult with greater consistency and begin to show an awareness of basic rules. 	<p>and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and developing consistency. They will follow simple instructions from an adult with greater consistency and begin to show an awareness of basic rules.</p> <p>At KS2 most pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency with the purpose of scoring points. They will follow instructions from an adult or peer with greater consistency and show an awareness of basic rules. <p>At KS2 some pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency and with an understanding of how to score points. They will follow instructions from an adult or peer consistently and follow basic rules.
<p>At KS3 all pupils will be taught to:</p> <ul style="list-style-type: none"> • Readily accept: larger and smaller muscle movements, the sensation of a range of accelerated movement and changes in body position for extended periods <p>At KS3 most pupils will be taught to:</p> <ul style="list-style-type: none"> • Begin to develop an understanding of the fact they are controlling their larger and smaller muscle movements, show clear preferences for particular sensations in a range of accelerated 	<p>At KS3 all pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements for a specific outcome and seek out the sensation of a range of movement and changes in body position for extended periods <p>At KS3 most pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities. They will begin to show an 	<p>At KS3 all pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency with the purpose of scoring points. They will follow more complex instructions from an adult with greater consistency and show an understanding of more complex rules.

<p>movement and show preferences for changes in body position</p> <p>At KS3 some pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements for a specific outcomes and seek out the sensation of a range of movement and changes in body position for extended periods 	<p>understanding of the basic rules of the sports they are participating in.</p> <p>At KS3 some pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency. They will follow more complex instructions from an adult with greater consistency and show an understanding of more complex rules. 	<p>At KS3 most pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency with the understanding of how to score points. They will follow more complex instructions from an adult or peer with greater consistency and show an understanding of more complex rules. Show an understanding of tactics within games and the importance of working as a team. <p>At KS3 some pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency using tactics to score points. They will follow more complex instructions from an adult or peer consistently and understand more complex rules, being able to explain those rules to others. Show an understanding of tactics within games and the importance of working as a team. They can identify areas for improvement in their own and other performances.
<p>At KS4 all pupils will be taught to:</p> <ul style="list-style-type: none"> Readily accept: larger and smaller muscle movements, the sensation of a range of accelerated movement and changes in body position for extended periods in a wider variety of contexts <p>At KS4 most pupils will be taught to:</p> <ul style="list-style-type: none"> Develop an understanding of the fact they are controlling their larger and 	<p>At KS4 all pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements for a specific outcome and seek out the sensation of a range of movement and changes in body position for extended periods in a wider variety of contexts <p>At KS4 most pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with equipment 	<p>At KS4 all pupils will be taught to:</p> <ul style="list-style-type: none"> Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency. They will follow more complex instructions from an adult with greater consistency, understand complex rules and are

<p>smaller muscle movements, show clear preferences for particular sensations in a wider range of accelerated movement and show preferences for changes in body position in a wider variety of contexts</p> <p>At KS4 some pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements for a specific outcome and seek out the sensation of a range of movement and changes in body position for extended periods in a wider variety of contexts 	<p>and with a variety of objects in combination with each other and in more complex ways in a range of activities. They will begin to show an understanding of the basic rules of the sports they are participating in and are able to describe what went well (WWW) and even better if (EBI) for their own performance.</p> <p>At KS4 some pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency. They will follow more complex instructions from an adult with greater consistency, understand complex rules and are able to provide a description on how a peer may improve their performance using correct terminology. 	<p>able to provide a description on how a peer may improve their performance using correct terminology.</p> <ul style="list-style-type: none"> • Coach others in a variety of sports and games by competing the Young Leaders Award. <p>At KS4 most pupils will be taught to:</p> <ul style="list-style-type: none"> • Consciously control larger and smaller muscle movements in order to interact with equipment and with a variety of objects in combination with each other and in more complex ways in a range of activities, with increasing accuracy and consistency. They will follow more complex instructions from an adult with greater consistency, understand complex rules and are able to provide a description on how a peer may improve their performance using correct terminology. • Show understanding and respect for other players during lessons and competitive games. <p>At KS4 some pupils will be taught to:</p> <ul style="list-style-type: none"> • Develop expertise in key sports • Understand the importance of skills development for improving sporting performance
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