



**should be able to:**

- Demonstrate regular

- Demonstrate regular participation in a chosen sport.
- Remain physically active for sustained periods of time.
- Demonstrate the ability to lead a healthy active lifestyle.
- Apply skills and techniques required to improve performance in competitive sports.
- Regularly participate in competitive/extra curricular sport.

**By the end of this stage students should be able to:**

- Demonstrate a continued participation and wider involvement of physical activity.
- Apply a range of learnt skills, tactics and strategies to overcome opponents in a variety of sporting activities in a competitive environment.
- Remain physically active for sustained periods of time.
- Understand what it means to lead a healthy active lifestyle and begin to demonstrate this.
- Apply the skills and techniques learnt in a competitive (extra curricular) sports.
- Be able to reflect, analyse and evaluate their own & others performances in a range of activities in order to improve performance.

**By the end of this stage students should be able to:**

- Demonstrate enjoyment of PE as a subject.
- Apply a range of tactics and strategies to overcome opponents in a variety of sporting activities.
- Remain physically active for sustained periods of time.
- Understand what it means to live a healthy active lifestyle.
- Apply the skills and technique required to improve performance in competitive sports.
- Be able to reflect, analyse and evaluate their own & others performances in a range of activities.

### Key Aims

**Key Aims:**

**Key Aim:**  
Pupils will be taught to:

- Lead and maintain an active and healthy lifestyle. (1)
- Further develop their technique and improve performance in competitive sports. (2)
- Take part in competitive sports and activities both inside and outside school through community links or sports clubs. (3)

### Key Aims

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Pupils will be taught to:

- Identify and implement a range of tactics and strategies to overcome opponents. (1)
- Demonstrate their technique and improve performance in competitive sports. (2)
- Take part in a range of activities and sports, analysing their own and others performances in order to demonstrate improvement to achieve their personal best. (3)
- Take part in competitive sports and activities both inside and outside school through community links or sports clubs. (4)

### Key Aims

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Key Point:  
Pupils will be taught to:

- Understand a range of tactics and strategies to overcome opponents. (1)
- Develop their technique and improve performance in a range of sports. (2)
- Take part in the range of activities offered, which present intellectual and physical challenges, analyse their performances compared to previous ones and demonstrate improvement to achieve their personal best. (3)
- Take part in competitive sports and activities both inside and outside school through community links or sports clubs. (4)

