

PE

At Dartford Primary Academy we focus on developing the children's fundamental movement skills through a varied and balanced curriculum of gymnastics, dance, games, swimming and outdoor and adventurous activity.

Children engage in co-operative and competitive activities, both against others and themselves and develop skills required to evaluate and celebrate their own successes.

The children are taught to move in a range of ways, including running, jumping, throwing, catching as well as blocking and developing their fine and gross motor co-ordination. They participate in team and competitive games which involve learning attacking and defending techniques and perform dances using a range of movement patterns.

We are keen to involve the children in competing with other schools and in the past have been part of Dart-for-d Games, playing goalball and sitting volleyball against other schools, and more recently have played basketball and High 5 as an inter-school competition.

In Key Stage 1 children are taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

In Key Stage 2, children continue to develop the skills they have learnt and use them in different ways and to link them to make actions and sequences of movement. They are taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best

(Taken from the National Curriculum)