

# Physical Education Learning Journey

## KS1

Pupils should develop fundamental movement skills, become increasingly competent and confident

Jump

Catch

Run

Throw

Swim



Strike

Balance

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways

## KS2

Kick

Co-ordination

Sport

Leading



## KS3

Pupils should build on and embed the physical development and skills learned in key stages 1 and 2, become more competent, confident and expert in their techniques

Skill Acquisition Memory

Mastery

Game play

Pupils should tackle complex and demanding physical activities. They should get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle.

## KS4

Coaching



**BE YOUR BEST  
FOR OUR PUPILS**