

It is vital to ensure your school's curriculum meets the purpose and aims of the National Curriculum. We have designed The PE Hub to give schools a broad menu of activities to choose from when planning their curriculum. We have created this document to illustrate how The PE Hub provides coverage of the National Curriculum by dividing it up into three main areas; which we have designated as follows;

- 1. Physically competent, physically active.**
- 2. Tactics & strategies, decision maker, creative and competitive.**
- 3. I can, I want to, I will.**

We have then placed the purpose and aims of study and what children should achieve and be taught under these headings, all directly from the National Curriculum. We have taken the liberty of adding a short statement to KS1, '*Develop cooperative and collaborative skills through a broad range of activities*' to align with KS2.

To help our member schools, we have suggested complimentary PE Hub units for each of the three areas; there is a great deal of overlap of units for each, which is intended to demonstrate how The PE Hub meets the requirements of the National Curriculum.

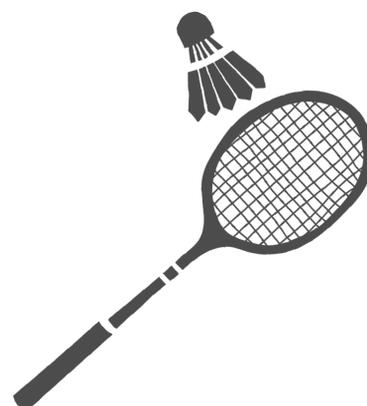
Swimming is its own category with children having to receive swimming instruction during their primary years, leaving year 6 being able to swim 25m and perform a safe self-rescue..

Swimming
National Curriculum - What children should achieve
All children must receive swimming instruction either in key stage 1 or key stage 2.
National Curriculum - What children should be taught
<ul style="list-style-type: none"><li>Swim competently, confidently and proficiently over a distance of at least 25 metres</li><li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</li><li>Perform safe self-rescue in different water-based situations</li></ul>
Complimentary PE Hub Units
<ul style="list-style-type: none"><li>Swimming – Beginners, Intermediate, Advanced</li></ul>



# 1) Physically competent, physically active

NC purpose of study and aims	
<p>A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport....Develop competence to excel in a broad range of physical activities. Pupils are physically active for sustained periods of time.</p>	
KS1	KS2
National Curriculum - What children should achieve	
<p>Access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.</p> <p>Develop fundamental movement skills and become increasingly confident and competent.</p>	<p>Pupils should continue to apply and develop a broader range of skills</p> <p>Learn how to use skills in different ways and link them to make actions and sequences of movements</p>
National Curriculum - What children should be taught	
<p>Develop balance, agility and coordination and begin to apply in a range of activities.</p> <p>Master basic movements, including running, jumping, throwing and catching.</p>	<p>Develop technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility and strength.</p>
Complimentary PE Hub Units	
<ul style="list-style-type: none"> <li>• Dance</li> <li>• Gymnastics</li> <li>• Run Jump Throw, Hit Catch Run, Send and Return, Attack defend shoot</li> <li>• Foundations</li> <li>• Fitness</li> <li>• Wellbeing</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Gymnastics</li> <li>• Athletics</li> <li>• All game units</li> <li>• Golf</li> <li>• Foundations</li> <li>• Fitness</li> <li>• Wellbeing</li> </ul>



## 2) Tactics & strategies, decision maker, creative and competitive.

### NC purpose of study and aims

Engage in competitive sports and activities.  
 Become physically confident.  
 Know, apply and understand .... matters, skills and processes.

KS1

KS2

### National Curriculum - What children should achieve

Engage in competitive (against both self and others) activities.

Develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

### National Curriculum - What children should be taught

Develop simple tactics for attacking and defending.

Apply basic principles suitable for attacking and defending.

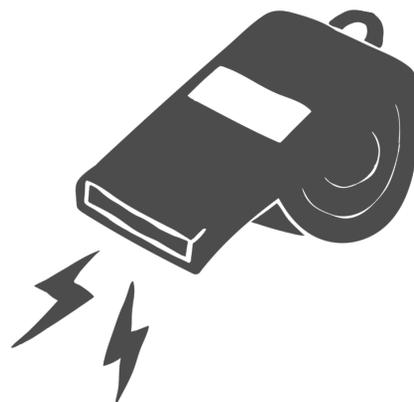
Perform dances using simple movement patterns.

Perform dances using a range of movement patterns.

### Complimentary PE Hub Units

- Dance
- Gymnastics
- Run Jump Throw, Hit Catch Run, Send and Return, Attack defend shoot

- Dance
- Gymnastics
- All games units
- Athletics
- Golf



### 3) I can, I want to, I will

#### NC purpose of study and aims

Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect

Lead healthy, active lives.

KS1

KS2

#### National Curriculum - What children should achieve

Engage in cooperative physical activities, in a range of increasingly challenging situations

Enjoy communicating, collaborating and competing with each other.

#### National Curriculum - What children should be taught

Participate in team games.

*Develop cooperative and collaborative skills through a broad range of activities.*

Play competitive games.

Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Take part in OAA challenges both individually and within a team.

#### Complimentary PE Hub Units

- Dance
- Gymnastics
- Run Jump Throw, Hit Catch Run, Send and Return, Attack defend shoot
- OAA
- Wellbeing

- Dance
- Gymnastics
- All games units
- Golf
- Fitness
- OAA
- Wellbeing

