

**Bank View School**  
**PE Key Concept- Primary**



Key Concepts	Definition	Skills
Competence	The selection and application of skills, tactics and compositional ideas. The readiness of body and mind to cope with physical activity.	<ul style="list-style-type: none"> <li>○ Movement (self): travelling, rolling balancing, sliding, jogging, running, jumping, dodging, spinning, skipping</li> <li>○ Movement (object control): bouncing, throwing, catching, kicking, striking</li> <li>○ Balance: control, stability</li> <li>○ Agility: changing and controlling direction and position</li> <li>○ Coordination: using senses together, dribbling, hand-eye co-ordination, completing movements in dance</li> <li>○ Speed: moving body or parts of body at controlled pace</li> <li>○ Tactics: strategy, plans</li> <li>○ Attacking and defending: 5 principles (width in attack, width in defence, depth in attack, depth in defence, delay in defence)</li> </ul>
Performance	Using physical competence and knowledge to gain a better understanding of physical activity.	<ul style="list-style-type: none"> <li>○ Technique: Skill, ability, capability, proficiency, expertise, style</li> <li>○ Performance: conduct, accomplishment, achievement, completion, fulfilment, implementation, execution, presenting, improving, refining</li> <li>○ Spatial awareness: awareness, understanding of self and objects within a space, changes in position</li> <li>○ Physical literacy: performing with confidence, performing actions accurately</li> <li>○ Rules: regulation, directions, commands, guidelines, safety, referee, decision making</li> </ul>
Creativity	Exploring and experimenting with techniques, tactics and compositional ideas to produce efficient and effective outcomes.	<ul style="list-style-type: none"> <li>○ Applying tactics: strategy, games, planning, sequencing, creating</li> <li>○ Competition: rivalry, contesting, opposition, match, game, round, heat, event</li> <li>○ Co-operation: collaboration, working together, combined effort, teamwork, partnership, coordination</li> <li>○ Communication: instructions, discussion, interaction, encouragement, clarity</li> </ul>
Healthy, active lifestyle	Understanding the positive contribution that regular, fir for purpose physical activity makes to the physical and mental health of the individual in preparation for their future lives.	<ul style="list-style-type: none"> <li>○ Safety: Ourselves, others, dangers, risks, long term effects of exercise, keeping heathy, rescue, confidence, limitations, rules</li> <li>○ Health and fitness: mental, physical and social well-being, types of exercise (aerobic, circuit, yoga/Pilates)</li> </ul>
Evaluation and analysis	Comparing performance with previous ones and those of others to demonstrate improvement to achieve their personal best.	<ul style="list-style-type: none"> <li>○ Evaluation: assessment, appraisal, judgement, analysis, improving</li> <li>○ Determination: self-improvement, resilience, personal best</li> </ul>