

Substantive knowledge

In PE substantive knowledge is based on deliberate practice and development of specific skills that can be used in a variety of disciplines, sports and games:

- Games (competitive games, attacking and defending, passing, fielding, dribbling, shooting)
- Athletics (running, jumping, throwing, catching)
- Dance (movement, sequences, communicating ideas, rhythm, performance)
- Gymnastics (balance, shape, travelling, sequences, flexibility, strength, control)
- Outdoor Adventurous Activities (orientation, problem solving, teamwork)
- Swimming (water safety, different strokes, confidence)
- Leadership (communication, coaching, tactics, refereeing, explaining rules)
- Evaluation (reflecting, analysing, improving, communicating)

Disciplinary knowledge

Disciplinary knowledge in PE comes through opportunities for our pupils to choose and apply their own actions, balances, movements and skills. Once they have mastered the specific skills, they have opportunities to apply these within sports and games and therefore have to choose different strategies and the best way to approach different challenges. When our pupils know more, they remember more and can do more. As they move through the school, their skills and knowledge around tactics become more complex and they have to work collaboratively to make decisions. There are lots of opportunities for our pupils to evaluate their performances and reflect on how they will improve next time.