



PE knowledge framework

Pillars of knowledge

Motor competence	<ul style="list-style-type: none">• Knowledge of how to safely and successfully complete movements or actions in different domains e.g. invasion games, striking and fielding, net and wall.• Fundamental movement skills – running, jumping, throwing, catching, balance.• The development from simple movements to linked movements e.g. running → dribbling → dribbling and changing direction → dribbling beyond a defender.• Knowledge and skills to become faster, more agile, more precise and improve reaction times and have better coordination etc.
Rules, tactics and strategies	<ul style="list-style-type: none">• Knowledge of the conventions and rules for different sports and activities.• Knowledge of effective strategies for different sports and activities e.g. positioning, formations, movement patterns to improve performance.• Knowledge of tactics e.g. when to pass, switching positions, identifying weaknesses.• Techniques and strategies.• Successfully apply these.
Healthy participation	<ul style="list-style-type: none">• Knowledge of the exercise and health benefits of the activity or sport e.g. cardiovascular health, strength, flexibility, mental health.• Knowledge of how to improve success e.g. knowledge of warm-ups in different sports, hydration.• Knowledge of factors impacting participation e.g. where you live, weather.• Knowledge of how to live an active lifestyle.• Knowledge of physiology, nutrition, psychology, anatomy.
Attributes and qualities HEART	<ul style="list-style-type: none">• Knowledge of what makes good teamwork, communication, leadership, decision-making etc.• Planned opportunities to develop these attributes.

Pupils learn declarative and procedural knowledge through these pillars:

Declarative knowledge HEAD	<ul style="list-style-type: none">• Facts and knowledge e.g. knowledge of positions, different types of jumps, knowing what a movement is called and what it looks like when completed successfully, knowing the right footwear for sports, knowing the impact of an activity on a heart rate etc.
Procedural knowledge HAND	<ul style="list-style-type: none">• Knowing how, and being able, to carry out movements and participate e.g. dribbling in hockey, performing a tactic, modifying exercise to fitness levels.