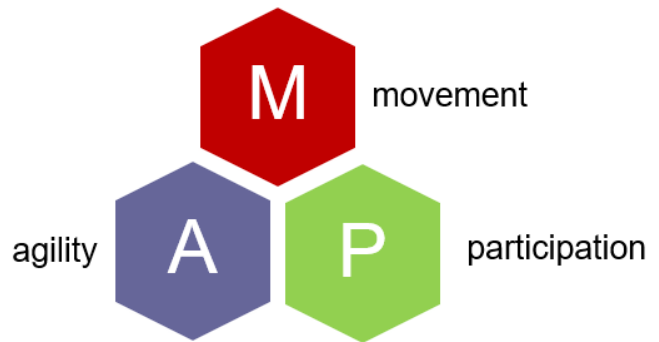


Subject Disciplinary Skills and Knowledge – An overview

Physical Education is underpinned by subject disciplinary skills. Disciplinary skills allow pupils to develop an understanding of the Fundamentals of movement and game play that allow them to actively engage in any sport, or physical activity. They build the pupils' physical literacy, and are essential lifelong skills. Every P.E. lesson we teach involves learning, developing or applying the Fundamentals (our school's term for Disciplinary Skills and Knowledge).

Our Fundamentals involve the development of three types of skill shown on the right.



Movement Skills

Movement is essential in all sports, games and physical activity. We define our movement skills in three progressive layers shown in this diagram:



All three stages of movement include three distinct skill areas:

Locomotor skills – moving to new space

Manipulative skills – moving to control equipment

Non-locomotor skills – movement of the body in the same space

Fundamental Movement Skills develop individually. When working on Fundamental Movement Skills, pupils are learning the specifics of the movement as part of their overall physical literacy.

Fundamental Movement Skills					
Locomotor Skills (L)		Manipulative Skills (M)		Non-locomotor skills (NL)	
run	hop	throw	kick	twist	turn
skip	gallop	control	bounce	balance	pivot
jump	side-step	send	receive	stretch	
		roll	catch		
		feed			

To begin to **Participate** it is necessary to develop the fundamental movement skills into combinations. The development of these movement skills, supported by the development of **Participation** and **Agility Skills**.

Specialised Movement Skills					
Locomotor and Manipulative		Non-Locomotor and Manipulative		Non-Locomotor and Locomotor	
dribble	run & throw	turn & throw	turn & kick	zig-zag runs	shuttle runs
run & kick	run & receive	turn & receive	turn & control	agility ladder	spot tasks
run & control		throw on one leg	receive on one leg	footwork patterns	
		pivot & bounce	turn & bounce		

To **Participate** skilfully, the pupils learn specific sequences and combinations of **Movement skills**, and combine these with their knowledge of **Participation** and **Agility Skills**.

Advanced Movement Skills	
Sequences of Locomotor, Manipulative and Non-Locomotor movements	
Examples:	
Cricket:	Turn & run, receive, turn & throw the ball when fielding in cricket
Football:	Turn & run, receive & dribble zig-zagging, turn & kick to advance down the wing and cross the ball
Boccia:	

Agility Skills

Pupils develop their Agility Skills, enabling them to change direction in a coordinated way with both speed and balance. As these skills develop and refine, they will contribute to skilful and effective participation.

Agility Skills			
change of direction	balance	speed	coordination
The ability to move the body in a way that changes the direction of travel.	The ability to remain reasonably steady and stable, both at rest and when moving (dynamic balance).	The ability to use movements together to produce quick and efficient movement patterns.	The ability to effectively and skilfully combine a series of movements.

Participation Skills

Participation skills enable pupils to skilfully participate in specific sports, games and activities. The pupils develop an understanding of how certain sports, games and activities share similar participation skills. This means that pupils can use and apply their knowledge of skills when playing different sports, games or activities whilst learning about the distinctiveness of each.

Participation Skills		
Technical (technique?)	Tactics	Rules ¹
Learning the technical requirements for specific sports, games and activity, including: <ul style="list-style-type: none"> • ball flight • activity specific movement • use of body weight • creating fields of vision • creating space • breathing • equipment • physical fitness • physical conditioning • stamina 	Learning the approaches that lead to effective participation, including: <ul style="list-style-type: none"> • anticipation • team work • attacking and defending • controlling space • pacing • team organisation • leadership 	Learning the rules of specific sports, games and activities to enable effective participation, including: <ul style="list-style-type: none"> • equipment • scoring • fouls • etiquette

The disciplinary skills outlined above enable our pupils to learn the skills and knowledge outlined in the National Curriculum.

¹ There is a cross-over between disciplinary skills and substantive knowledge when learning rules.