

	Transferable skills for life	Transferable skills for work	Subject knowledge and skills	Curriculum	Further ops
By end of 16th form	Independence, Self confidence, Leadership Communication Team work, Resilience Perseverance, Understand competition and outcomes Confidence to compete, Getting appropriately changed before/ after activity considering personal hygiene needs Using public spaces		Knowledge of health and fitness and how to keep fit beyond OTS Knowledge of sports/activities they have enjoyed and how to access these Have an ethos to stay healthy and fit as adults	Pathways to long term participation in physical activity and/or sport	Young sports leaders award D of E (Bronze & Silver) Lunchtime club After school clubs Sports Days Sports Partnership events Reindeer Run
By end of KS4	Independence, Self confidence Communication, Team work Leadership, Resilience Perseverance, understanding of competition and outcomes Awareness of appropriate clothing for physical activities, Leading games		Understand how bodies and minds benefit through exercise Evaluate self and peer performance and suggest improvements Participate in sports games Knowledge of basic rules and tactics in conditioned game situations Lead a warmup/ game Choose the correct equipment Design simple games with given equipment	Fundamental movement skills Basic conditioned game play A variety of different activities and sports	
By end of KS3	Gross motor, Manipulative Spatial awareness, basic fundamental movement skills Be able to change independently Being able to win or lose – sportsmanship Learning how to get changed		Recognise changes your body and mind during/ after exercising Selecting and applying skills to sports games Pair work to group work Recognise the importance of keeping healthy Use equipment safely Make suggestions for activities		Lunchtime club Sports Partnership events Sports day Reindeer Run
By end of KS2	Mobility, Spatial awareness Physical control Follow simple instructions, Join with games and physical activities Learning how to get changed, Taking turns Cooperation with others		Mobility Spatial awareness of self and others Physical control Manipulative skills Coordination Individual to pair work Recognising different sporting equipment Recognising the purpose of different areas Moving with confidence, imagination and safety Use equipment safely		Sports Partnership events Sports day Reindeer Run
By end of EYFS	Regulation – learning to learn Learning to play Communication Self confidence Taking turns Imagination Creativity		Mobility Spatial awareness Physical control Manipulative skills Balance		Sports Partnership events Sports day Reindeer Run