

## St Marys PE Curriculum Key Concepts and Disciplinary knowledge

Key Concepts	Disciplinary Knowledge
<ul style="list-style-type: none"><li>• Healthy active lifestyle</li><li>• Competition</li><li>• Physical confidence</li><li>• Physical literacy</li><li>• Competence</li><li>• Creativity</li><li>• Performance</li><li>• Fundamental movement</li><li>• Agility</li><li>• Balance</li><li>• Coordination</li><li>• Cooperation</li><li>• Respect</li></ul>	<ul style="list-style-type: none"><li>• Practice</li><li>• Lifestyle choices</li><li>• Growth mindset</li><li>• Challenge</li><li>• sportsmanship</li></ul>