

PHYSICAL EDUCATION

Year 1 & Year 2	Year 3, Year 4, Year 5 & Year 6
Confidently perform basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Use running, jumping, throwing and catching in isolation and in combination
Participate in team games, developing simple tactics for attacking and defending	Play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis, and apply basic principles suitable for attacking and defending
Perform dances using simple movement patterns	Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics
	Perform dances using a range of movement patterns
	Take part in outdoor and adventurous activity challenges both individually and within a team
	Swim competently, confidently and proficiently over a distance of at least 25 meters
	Use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke
	Perform safe self-rescue in different water-based situations