

Physical Education Expectations KS1				Year 1			Year 2					
				Autumn	Spring	Summer	Autumn	Spring	Summer			
master 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				Continue (Throw and catch from EYFS)		Introduce (all other skills)	Revisit		Revisit			
participate in team games, developing simple tactics for attacking and defending									Introduce			
perform dances using simple movement patterns.					Introduce			Continue				
Physical Education National Curriculum Expectations	Year 3			Year 4			Year 5			Year 6		
	AUT	SPR	SUM	AUT	SPR	SUM	AUT	SPR	SUM	AUT	SPR	SUM
use running, jumping, throwing and catching in isolation and in combination			Revisit		Revisit	Revisit	Extend		Extend			Extend
perform dances using a range of movement patterns		Introduce		Revisit				Extend		Extend		
play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending	Introduce	Introduce	Revisit	Continue		Introduce	Revisit		Continue		Extend	Extend
develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]		Introduce	Revisit		Revisit			Continue		Extend		
take part in outdoor and adventurous activity challenges both individually and within a team												Partake on residential
compare their performances with previous ones and demonstrate improvement to achieve their personal best.		Introduce		Continue				Extend		Extend		
swim competently, confidently and proficiently over a distance of at least 25 metres <ul style="list-style-type: none"> use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] perform safe self-rescue in different water-based situations. 							Introduce			Introduce		