



Curriculum Progression Document

Subject: Physical Education

The **National Curriculum** for **Physical Education** aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:




- *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*
- *participate in team games, developing simple tactics for attacking and defending*
- *perform dances using simple movement patterns*





Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- *use running, jumping, throwing and catching in isolation and in combination*
- *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*
- *develop flexibility, strength, technique, control and balance [for example, 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*
- *compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

Area of Subject		Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gymnastics & Dance 	Curriculum Objectives	<i>- developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> <i>- perform dances using simple movement patterns.</i>		<i>- develop flexibility, strength, technique, control and balance</i> <i>- perform dances using a range of movement patterns</i>			
	Supporting Knowledge & Skills	See Gymnastics and Dance Progression of Skills Document					
Games 	Curriculum Objectives	<i>- master basic movements including throwing and catching</i> <i>- developing balance, agility and co-ordination, and begin to apply these in a range of activities</i> <i>- participate in team games, developing simple tactics for attacking and defending</i>		<i>- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], - apply basic principles suitable for attacking and defending</i>			
	Supporting Knowledge & Skills	See Games Progression of Skills Documents					
Athletics 	Curriculum Objectives	<i>- master basic movements including running, jumping, throwing</i> <i>developing balance, agility and co-ordination, and begin to apply these in a range of activities</i>		<i>- use running, jumping, throwing and catching in isolation and in combination</i> <i>- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</i>			
	Supporting Knowledge & Skills	See Athletics Progression of Skills Document					

OAA 	Curriculum Objectives					<i>- take part in outdoor and adventurous activity challenges both individually and within a team</i>
	Supporting Knowledge & Skills					See OAA Progression of Skills Document
Swimming 	Curriculum Objectives			<i>- swim competently, confidently and proficiently over a distance of at least 25 metres</i> <i>- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</i> <i>- perform safe self-rescue in different water-based situations.</i>		
	Supporting Knowledge & Skills			- If appropriate, take part in competitive swimming galas (intra- and inter- school).		
Improving Performance 	Curriculum Objectives			- compare their performances with previous ones and demonstrate improvement to achieve their personal best		
	Supporting Knowledge & Skills	<ul style="list-style-type: none"> • Talk about the differences between own and others' performances. • Say what has gone well and why. • Identify how a performance could be improved. • Describe how body feels 	Discuss I say how work is similar to and different from others'. <ul style="list-style-type: none"> • Use this understanding to improve own performance. 	Analyse and comment on skills and techniques and how they are applied in own and in others' work. <ul style="list-style-type: none"> • Modify and refine skills and techniques to improve performance. 		
Health and Fitness 	Curriculum Objectives					
	Supporting Knowledge & Skills	Describe how body feels during different activities, using parts of the body to describe the effects.	Give reasons why warming up before an activity is important. <ul style="list-style-type: none"> • Give reasons why physical activity is good for health. 	Explain how different parts of body react during different types of exercise. <ul style="list-style-type: none"> • Warm up and cool down in ways that suit the activity. • Describe why regular, safe exercise is good for fitness and health. 		