PE Curriculum KS1

Objective		Ye	ar 1		Year 2						
	GAMES	DANCE	GYMNATICS	ATHLETICS	GAMES	DANCE	GYMNASTICS	ATHLETICS			
Pupils 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											
Pupils participate in team games, developing simple tactics for attacking and defending											
Pupils perform dances using simple movement patterns.											

PE Curriculum KS2

Objective	Year 3			Year 4				Year 5				Year 6				
	GAMES	DANCE	GYM	ATHL	GAMES	DANCE		ATHL	GAMES	DANCE	_	ATHL	GAMES		-	ATHL
Pupils use running, jumping, throwing and catching in isolation and in combination																
Pupils 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																
Pupils develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]																
Pupils perform dances using a range of movement patterns																
Pupils take part in outdoor and adventurous activity challenges both individually and within a team																
Pupils compare their performances with previous ones and demonstrate improvement to achieve their personal best.																
Pupils swim competently, confidently and proficiently over a distance of at least 25 metres																
Pupils use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]																
Pupils perform safe self-rescue in different water-based situations.																