

National Curriculum Objectives – PE

KS1

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.

KS2

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.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
- perform safe self-rescue in different water-based situations.

Skill	Year 1	Year 2
Gymnastics	<ul style="list-style-type: none"> • control bodily position through tensing, relaxing, curling and stretching • control their body when travelling and balancing • copy and repeat sequences • pupils are taught to climb safely 	<ul style="list-style-type: none"> • plan and perform a sequence of movements • contrast their movements within a sequence • create a sequence based on given instructions • work independently or on in a group to create a sequence • be more precise with movement and travel
Dance	<ul style="list-style-type: none"> • move to music • copy dance movements • move safely around the space • create their own short dance sequence 	<ul style="list-style-type: none"> • change rhythm, speed, level and direction • move with increased control and coordination • create a sequence by linking sections together • dance imaginatively and link movement to show a mood or feeling
Games	<ul style="list-style-type: none"> • throw • roll a piece of equipment • hit a ball with a bat • catch with both hands • throw and kick in different ways 	<ul style="list-style-type: none"> • apply fundamental skills in a game • engage in competitive and cooperative games • follow rules • choose tactics, including deciding on best position to attack and defend
Athletics	<ul style="list-style-type: none"> • run, jump, throw • aim for a target • apply their fundamental movement skills when completing activities, such as: hurdles or relay races 	<ul style="list-style-type: none"> • remember skills needed to participate in athletic activities with increased independence • remember and follow a sequence of instructions • increase complexity of challenges
OAA		
Swimming		

Skill	Year 3	Year 4
Gymnastics	<ul style="list-style-type: none"> • be independently creative with their ideas, extending their choice of apparatus • reflect on the function and impact of muscles within gymnastics • analyse similarities and differences in gymnastic sequences • develop flexibility 	<ul style="list-style-type: none"> • develop an understanding of how to independently improve their movement, speed, direction and shape • perform and create increasingly more complex sequences
Dance	<ul style="list-style-type: none"> • improvise freely, translating ideas from a stimulus into movement • create and share phrases with a partner or small group • remember and repeat phases to perform in a dance 	<ul style="list-style-type: none"> • take the lead when working collaboratively • use dance to communicate an idea • refine dance movements, making them fluent clear
Games	<ul style="list-style-type: none"> • throw and catch with control under pressure • be aware of space, using it to support teammates and cause problems for opposition • consistently adhere to rules to keep the game going • keep possession with some success when using equipment that is not used for throwing and catching skills 	<ul style="list-style-type: none"> • increase accuracy when throwing and catching • catch with one hand • keep possession with an increasing amount of success • move into position when not in possession • adapt tactics and skills according to game situation
Athletics	<ul style="list-style-type: none"> • control and adapt speed and direction • link running and jumping activities with some fluency, control and consistency • develop flexibility • make up and repeat a short sequence of jumps • take part in a relay activity, remembering what to do • adapt throwing techniques for a variety of objects to achieve accuracy and appropriate distance 	<ul style="list-style-type: none"> • develop techniques to run over a variety of distances • develop accuracy when aiming for a target • jump and throw in a variety of different ways
OAA	<ul style="list-style-type: none"> • develop orienteering skills through following clues individually and as part of a team 	<ul style="list-style-type: none"> • further develop their orienteering skills by following a map, both individually and as part of a team
Swimming		<ul style="list-style-type: none"> • swim confidently, competently, and proficiently over a distance of at least 25 metres • use a range of strokes effectively • perform safe self-rescue in different water-based situations

Skill	Year 5	Year 6
Gymnastics	<ul style="list-style-type: none"> • develop and control their techniques • consistently perform sequences with increased precision • perform sequences to audiences 	<ul style="list-style-type: none"> • combine their own work with others • link their sequences to specific timings, including to music
Dance	<ul style="list-style-type: none"> • compose their own dances in a creative and imaginative way • perform expressively and sensitively to an accompaniment • improve control, fluency, accuracy and consistency • reflect on previous performances and refine movement based on those reflections 	<ul style="list-style-type: none"> • create an imaginative dance sequence in a specific style • make independent music and style choices to create a dance
Games	<ul style="list-style-type: none"> • apply possession skills when working as part of a team • develop skills to compete fairly • pass in a variety of different ways • use forehand and backhand with a racquet • field • choose best tactics for attacking and defending • use a variety of techniques to pass, dribble, and shoot 	<ul style="list-style-type: none"> • explain complicated rules • create a plan and communicate it to others • lead others in a game situation
Athletics	<ul style="list-style-type: none"> • compare their performance with previous ones and demonstrate improvement to achieve their personal best • refine jumping skills when taking off and landing • refine accuracy when throwing • combine running and jumping • follow specific rules • peer and self-reflect on previous performances and demonstrate improvement 	<ul style="list-style-type: none"> • develop and adapt skills in different situations • develop stamina • develop communication skills through leadership and coaching
OAA	<ul style="list-style-type: none"> • follow maps with increased independence • work together as part of a team, ensuring the safety and success of each teammate when completing an activity 	<ul style="list-style-type: none"> • refine map reading skill • develop leadership skills
Swimming		