

Coverage of National Curriculum Objectives

Physical Education

Objective Pupils should be taught to:	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
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	X	X				
participate in team games, developing simple tactics for attacking and defending	X	X				
perform dances using simple movement patterns.	X	X				
use running, jumping, throwing and catching in isolation and in combination			X	X	X	X
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			X	X	X	X
develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]			X	X	X	X
perform dances using a range of movement patterns			X	X	X	X
take part in outdoor and adventurous activity challenges both individually and within a team			X	X	X	X
compare their performances with previous ones and demonstrate improvement to achieve their personal best.			X	X		

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