

National Curriculum Progression in Physical Education

National Curriculum Progression		
Early Learning Goals	Key Stage 1	Key Stage 2
<p>Expected</p> <ul style="list-style-type: none"> - Children show good control and coordination in large and small movements. - They move confidently in a range of ways, safely negotiating space. - They handle equipment effectively. - Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. - Children play cooperatively, taking turns with others. - They take account of one another's ideas about how to organise their activity. 	<ul style="list-style-type: none"> - Pupils should continue to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, 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. <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ● 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. 	<ul style="list-style-type: none"> - 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. <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ● 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
<p>Exceeding</p> <ul style="list-style-type: none"> - Children can hop confidently and skip in time to music. - Children know about and can make healthy choices in relation to healthy eating and exercise. - Children play group games with rules. 	<p>Swimming and water safety</p> <p>All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> - 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. 	