



NEW NATIONAL CURRICULUM

SUBJECT AREA: P.E.

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| End of year expectations: |
| Year 1 |
| <ul style="list-style-type: none">• Begin to develop basic movements including running, jumping, throwing and catching.• Begin to develop balance and co-ordination and apply to a range of activities• Copy basic dance movements using simple movements |
| End of year expectations: |
| Year 2 |
| <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 |
| End of year expectations: |
| Year 3 |
| <ul style="list-style-type: none">• Use running, jumping, throwing and catching in isolation and in combination• Play competitive games, modified where appropriate such as: badminton, basketball, cricket, football, hockey, netball, rounders and tennis• Apply basic principles for attacking and defending• Develop flexibility, strength, control and balance, for example through gymnastics and athletics• Perform dances using a range of movement patterns• Compare their performances with previous ones and demonstrate improvement to achieve their personal best• To develop and improve individual stroke technique and distance swimming |
| End of year expectations: |
| Year 4 |
| <ul style="list-style-type: none">• Use running, jumping, throwing and catching in isolation and in combination• Play competitive games, modified where appropriate such as: badminton, basketball, cricket, football, hockey, netball, rounders and tennis• Apply basic principles for attacking and defending• Develop flexibility, strength, control and balance, for example through gymnastics and athletics• Perform dances using a range of movement patterns• Compare their performances with previous ones and demonstrate improvement to achieve their personal best• Complete Survival Level 1 |
| End of year expectations: |
| Year 5 |
| <ul style="list-style-type: none">• Use running, jumping, throwing and catching in isolation and in combination• Play competitive games, modified where appropriate such as: badminton, basketball, cricket, football, hockey, netball, rounders and tennis• Apply basic principles for attacking and defending• Develop flexibility, strength, control and balance, for example through gymnastics and athletics• 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
- Complete Survival Level 2

End of year expectations:

Year 6

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate such as: badminton, basketball, cricket, football, hockey, netball, rounders and tennis
- Apply basic principles for attacking and defending
- Develop flexibility, strength, control and balance, for example through gymnastics and athletics
- 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