

PE National Curriculum objectives	
Key Stage 1	Key Stage 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 Gymnastics; Games; Athletics; OAA • participate in team games, developing simple tactics for attacking and defending Games • perform dances using simple movement patterns Dance • 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 Swimming • Healthy lifestyles 	<ul style="list-style-type: none"> • use running, jumping, throwing and catching in isolation and in combination Athletics; Games; OAA; Gymnastics • 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 Games • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Athletics; Gymnastics • perform dances using a range of movement patterns Dance • take part in outdoor and adventurous activity challenges both individually and within a team OAA • compare their performances with previous ones and demonstrate improvement to achieve their personal best Evaluation • 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 Swimming • Healthy lifestyles

	T1 We are mathematicians	T2 We are historians	T3 We are geographers	T4 We are readers and writers	T5 We are scientists and engineers	T6 We are creative	Throughout the year	Sports Day T6
Driver	Love of learning	History	Geography	Reading	Science	The Arts	Swimming	Athletics
EYFS	Dance	Gymnastics	Games Chinese New Year Dance	Gymnastics	Dance May Dance	Games	Developing confidence in water; blow bubbles	Running races Jumping races Throwing
Year 1	Multiskills Games	Dance OAA	Gymnastics	Multiskills Games	Dance May Dance	Athletics	Head underwater; blow bubbles; float with aids; jump in; 10m with aids; water safety	
Year 2	Multiskills Games	Dance OAA	Gymnastics	Multiskills Games	Dance May Dance	Athletics	Push and glide; streamline; 10m one stroke; jump in; floating shapes; water safety	
Year 3	Tag Rugby Basketball	Dance Outdoor and Adventurous Activities (OAA)	Gymnastics Dodgeball	Hockey Rounders	Tennis May Dance	Athletics	Streamline; jump into deep; sculling; 10m two strokes; object from bottom; manage risks	Running races Jumping races Throwing Jumping Balance
Year 4	Football Netball	Dance Badminton	Gymnastics Dodgeball	Tennis Cricket	Outdoor and Adventurous Activities (OAA) May Dance	Athletics	Streamline; 10m two or three strokes controlled; jump into deep; sculling; object from bottom; manage risks	
Year 5	Tag Rugby Basketball	Dance Outdoor and Adventurous Activities (OAA)	Gymnastics Dodgeball	Hockey Rounders	Tennis May Dance	Athletics	25m front crawl, back or breast stroke; tread water; developing technique; self-rescue; manage risks	
Year 6	Football Netball	Dance Badminton	Gymnastics Dodgeball	Tennis Cricket	Outdoor and Adventurous Activities (OAA) May Dance	Athletics	25m front crawl, back and breast stroke; tread water; good technique; keep self and others safe; manage risks	

Threads running throughout: transferable skills; healthy lifestyles; evaluation and improvement; sport for enjoyment and competition; rules and tactics; warm up and cool down; coordination; control; teamwork; organisation; leadership; resilience.