## PE Curriculum KS1

Objective		Ye	ar 1		Year 2					
	GAMES	DANCE	GYMNATICS	ATHLETICS	GAMES	DANCE	GYMNASTICS	ATHLETICS		
Pupils 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										
Pupils participate in team games, developing simple tactics for attacking and defending										
Pupils perform dances using simple movement patterns.										

## PE Curriculum KS2

Objective	Year 3				Year 4					Year 5				Year 6			
	GAMES	DANCE	GYM	ATHL	GAMES	DANCE	GYM	ATHL	SWIMMING	GAMES	DANCE	GYM	ATHL	GAMES	DANCE	GYM	ATHL
Pupils use running, jumping, throwing and catching in isolation and in combination																	
Pupils 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																	
Pupils develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]																	
Pupils perform dances using a range of movement patterns																	
Pupils take part in outdoor and adventurous activity challenges both individually and within a team																	
Pupils compare their performances with previous ones and demonstrate improvement to achieve their personal best.																	
Pupils swim competently, confidently and proficiently over a distance of at least 25 metres																	
Pupils use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]																	
Pupils perform safe self- rescue in different water- based situations.																	