



P.E. Curriculum progression

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

The national curriculum for physical education aims to ensure that all pupils:

- ♣ develop competence to excel in a broad range of physical activities
- ♣ are physically active for sustained periods of time
- ♣ engage in competitive sports and activities
- ♣ lead healthy, active lives



KS1 PE Curriculum

Objective	Year 1					
	Dance	Games	Athletics	Games	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.						

Objective	Year 2					
	Games	Games	Dance	Games	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.						



KS2 PE Curriculum

Objective	Year 3					
	Swimming	Swimming	Games	Games	Gym and Dance	Athletics
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.						



KS2 PE Curriculum

Objective	Year 4					
	Games	Games (Outdoor adventurous)	Swimming	Swimming/Cricket	Gymnastics/Dance	Athletics
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.						



KS2 PE Curriculum

Objective	Year 5					
	Gymnastics	Dance	Games (Outdoor Adventurous activities)	Games	Swimming	Athletics
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.						



KS2 PE Curriculum

Objective	Year 6					
	Games (outdoor adventurous)	Games	Athletics	Games	Gym and Dance	Athletics
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.						