



Princefield First School

Physical Education



		Early Years	Key Stage 1		Key Stage 2	
		Reception	Year 1	Year 2	Year 3	Year 4
Strand		<p>Physical Development. Moving and Handling.</p> <p>Move confidently in a range of ways, safely negotiating space.</p>	<p>Develop competence to excel in a broad range of physical activities. Pupils ...</p> <ul style="list-style-type: none"> <input type="checkbox"/> are physically active for sustained periods of time <input type="checkbox"/> engage in competitive sports and activities <input type="checkbox"/> lead healthy, active lives. 		<p>Develop competence to excel in a broad range of physical activities. Pupils ...</p> <ul style="list-style-type: none"> <input type="checkbox"/> are physically active for sustained periods of time <input type="checkbox"/> engage in competitive sports and activities <input type="checkbox"/> lead healthy, active lives. 	
Dance	<p>Children represent their own ideas thoughts and feelings through art, music, dance, role play and stories.</p>	<p>Perform dances using simple movement patterns.</p> <ul style="list-style-type: none"> • Use movement imaginatively, responding to stimuli, including music, and performing basic skills. • Change the rhythm, speed, level and direction of their movements. • Create and perform dances using simple movement patterns, including those from different times and cultures. <p>Express and communicate ideas and feelings.</p>		<p>Perform dances using a range of movement patterns. Compare their performances with previous ones to achieve their personal best.</p> <ul style="list-style-type: none"> • Use movement imaginatively, responding to stimuli, including music, and developing skills. • Develop the rhythm, speed, level and direction of their movements. • Create and perform dances using more complex movement patterns, including those from different times and cultures. <p>Respond to a range of stimuli and accompaniment.</p>		

Strand		Reception	Year 1	Year 2	Year 3	Year 4
Gymnastics	Physical Development. Moving and Handling.	Master basic movements such as developing balance, agility and co-ordination.	Develop flexibility, strength, technique, control and balance.	Compare their performances with previous ones to achieve their personal best.	Create and perform fluent sequences on the floor and using apparatus.	Include variations in level, speed and direction in their sequence.
	Show good control and coordination in large and small movements.	<ul style="list-style-type: none"> Perform basic skills in travelling, being still, finding space and using it safely, both on the floor and using apparatus. Develop the range of their skills and actions. Choose and link skills and actions in short movement phrases. Create and perform short, linked sequences that show a clear beginning, middle and end and have contrasts in direction, level and speed.				
Games	Handle equipment and tools effectively.	Participate in team games, developing simple tactics for attacking and defending.	Play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending.	Use skills and tactics and apply basic principles suitable for attacking and defending.	Work with others to organise and keep the games going.	Take part in outdoor and adventurous activity challenges both individually and within a team.
	Children know the importance of good health is physical exercise and a healthy diet and talk about ways to keep healthy and safe.	Master basic movements such as running, jumping, throwing, catching and begin to apply these in a range of activities. <ul style="list-style-type: none"> Travel with, send and receive a ball and other equipment in different ways. Develop these skills for simple net, striking/fielding and invasion type games. Play simple, competitive net, striking/fielding and invasion type games that they and others have made, using simple tactics for attacking and fielding.				

Swimming			N/A	<p>Swim competently, confidently and proficiently over set distances (up to 25m)</p> <p><input type="checkbox"/> use a range of swimming strokes effectively such as front crawl, backstroke and breaststroke.</p> <ul style="list-style-type: none">• Pace themselves in floating and swimming challenges related to speed, distance and personal survival.• Use recognized arm and leg actions, lying on their front and back.
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