



NC: All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2

Progression in PE



NC: take part in outdoor adventurous activity (OAA) by the end of KS2.



	FMS and Fitness	Gym/Yoga	Dance	Games								Athletics	
				Striking and fielding		Invasion Games		Target Games		Netwall Games			
YR 6	MULTISKILLS FITNESS MINI MUAY THAI SELF DEFENCE	YOGA GYMNASTICS	DANCE	ROUNDERS KWIK CRICKET	FOOTBALL TAG RUGBY	QUICKSTICKS NETBALL	HANDBALL BASKETBALL	Boccia DODGEBALL	TENNIS	ATHLETICS	INDOOR ATHLETICS		
YR 5	MULTISKILLS FITNESS MINI MUAY THAI SELF DEFENCE	YOGA GYMNASTICS	DANCE	ROUNDERS KWIK CRICKET	FOOTBALL TAG RUGBY	QUICKSTICKS NETBALL	HANDBALL BASKETBALL	Boccia DODGEBALL	TENNIS	ATHLETICS	INDOOR ATHLETICS		
YR 4	MULTISKILLS FITNESS MINI MUAY THAI SELF DEFENCE	YOGA GYMNASTICS	DANCE	ROUNDERS KWIK CRICKET	FOOTBALL TAG RUGBY	QUICKSTICKS NETBALL	HANDBALL BASKETBALL	Boccia DODGEBALL	TENNIS	ATHLETICS	INDOOR ATHLETICS		
YR 3	MULTISKILLS FITNESS MINI MUAY THAI SELF DEFENCE	YOGA GYMNASTICS	DANCE	ROUNDERS KWIK CRICKET	FOOTBALL TAG RUGBY	QUICKSTICKS NETBALL	HANDBALL BASKETBALL	Boccia DODGEBALL	TENNIS	ATHLETICS	INDOOR ATHLETICS		
YR 2	MULTISKILLS FITNESS MINI MUAY THAI	YOGA GYMNASTICS	DANCE	KWIK CRICKET Football Fundamentals	Rugby Fundamentals	BALL SKILLS BALL GAMES	Social Dodgeball	TENNIS	ATHLETICS	INDOOR ATHLETICS			
YR 1	MULTISKILLS FITNESS MINI MUAY THAI	YOGA GYMNASTICS	DANCE	KWIK CRICKET Football Fundamentals	Rugby Fundamentals	BALL SKILLS BALL GAMES	Social Dodgeball	TENNIS	ATHLETICS	INDOOR ATHLETICS			
EY	MULTISKILLS FITNESS	YOGA GYMNASTICS	DANCE	Football Fundamentals	FIRST PE	ENJOY A BALL	TENNIS	ATHLETICS					

KS1 NC: Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

KS1 NC: Master basic movements such as jumping. Develop balance, agility and co-ordination.

KS1 NC: Can perform dances using simple movement patterns.

KS1 NC: Master basic movements such as running, jumping, throwing and catching. Participate in team games, developing simple tactics for attacking and defending.

KS2 NC: Can use running, jumping, throwing and catching in isolation and in combination. Play competitive/modified games, and apply basic principles suitable for attacking and defending.

KS1 NC: Master basic movements including running, jumping and throwing, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

KS2 NC: Can use running, jumping, throwing and catching in isolation and in combination and developed flexibility, strength, technique, control and balance. Can compare performances with previous ones and demonstrate improvement to achieve their personal best.

National Curriculum requirements:

KS2 NC: Can compare their performances with previous ones and demonstrate improvement to achieve their personal best.

KS2 NC: Can use range of skills in different ways and to link them to make actions and sequences of movement. Developed flexibility, strength, technique, control and balance.

KS2 NC: Perform dances using a range of movement patterns.