



National Curriculum Outcome

EYFS Outcomes

- Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge. (PSED)
- Explain the reasons for rules, know right from wrong and try to behave accordingly. (PSED)
- Manage their own basic hygiene and personal needs, including dressing.
- Work and play cooperatively and take turns with others. (PSED)
- Negotiate space and obstacles safely, with consideration for themselves and others. (PD)
- Demonstrate strength, balance and coordination when playing. (PD)
- Move energetically, such as running, jumping, dancing, hopping, skipping and climbing (PD)
- Perform songs, rhymes, poems and stories with others, and (when appropriate) try to move in time with music. (EAD)

KS 1 NC Outcomes

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and coordination, and begin to apply these in a range of activities;
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns

KS 2 Outcomes

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- 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
- develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a team
- compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Swimming and water safety

All schools must provide swimming instruction either in key stage 1 or key stage 2.

In particular, pupils should be taught to:



							<ul style="list-style-type: none"> • 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.
Area of Study	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Understanding of Fitness and Health	<p>Has an awareness of how exercise is important to lead a healthy, active life.</p> <p>Joins in activities to be physically active.</p>	<p>Has an increasing awareness of how exercise is important to lead a healthy, active life.</p> <p>Joins in activities to be physically active.</p>	<p>Has an increasing awareness of how exercise is important to lead a healthy, active life.</p> <p>Shows effort to be physically active for longer periods of time.</p>	<p>Demonstrates by participation an awareness of how exercise is important to lead a healthy, active life.</p> <p>Shows effort to be physically active for longer periods of time.</p>	<p>Demonstrates by participation an awareness of how exercise is important to lead a healthy, active life.</p> <p>Is physically active for sustained period of time.</p>	<p>Can explain and demonstrate how exercise is important to lead a healthy, active life.</p> <p>Is physically active for sustained period of time.</p>	<p>Can explain and demonstrate how exercise is important to lead a healthy, active life.</p> <p>Is physically active for sustained period of time.</p>



Dance	<p>Moves energetically when dancing.</p> <p>Tries to move in time with music.</p>	Performs dances using simple movement patterns.	Performs dances using simple movement patterns, becoming more innovative.	Performs dances using a range of movement patterns.	Performs dances using a range of movement patterns in a controlled way.	Performs dances using a range of movement patterns in a controlled way, showing clarity, fluency, accuracy and consistency.	Performs dances using a range of movement patterns in a controlled way, showing clarity, fluency, accuracy and consistency.
Gymnastics	<p>Can negotiate space and obstacles safely,</p> <p>Can demonstrate some strength, balance and coordination.</p>	Is developing balance, agility and coordination.	Is developing balance, agility and coordination.	Is demonstrating increasing flexibility, strength, technique, control and balance	Is demonstrating increasing flexibility, strength, technique, control and balance	Is demonstrating flexibility, strength, technique, control and balance working alone or with others and in combined movement.	Is demonstrating flexibility, strength, technique, control and balance working alone or with others and in combined movement.
Net and Wall Games	Work and play cooperatively and take turns with others.	Begins to master basic throwing and catching skills.	Begins to master basic throwing and catching skills.	Uses throwing and catching skills in isolation and combination.	Uses throwing and catching skills in isolation and combination.	Uses throwing and catching skills in isolation and combination and when using racquets and bats competitively	Uses throwing and catching skills in isolation and combination and when using racquets and bats competitively
Striking and Fielding		Begins to master basic throwing and catching skills and can send a ball using an object such as a bat.	Begins to master basic throwing and catching skills and can send a ball using an object such as a bat.	Uses throwing and catching skills in isolation and combination.	Uses throwing and catching skills in isolation and combination.	Uses throwing and catching skills in isolation and combination and when using racquets and bats competitively	Uses throwing and catching skills in isolation and combination and when using racquets and bats competitively



Invasion Games		Can participate in simple team games whilst following the rules.	Can participate in simple team games whilst following the rules.	Can participate in simple team games whilst following the rules and beginning to apply tactics for attacking and defending.	Can participate in simple team games whilst following the rules and beginning to apply tactics for attacking and defending.	Can participate in competitive team games and apply principles for attacking and defending.	Can participate in competitive team games and apply principles for attacking and defending.
Athletics		Is beginning to demonstrate some flexibility, strength, technique, control and balance when participating in athletic events.	Is beginning to demonstrate some flexibility, strength, technique, control and balance when participating in athletic events.	Is demonstrating increasing flexibility, strength, technique, control and balance when participating in athletic events.	Is demonstrating increasing flexibility, strength, technique, control and balance when participating in athletic events.	Is demonstrating flexibility, strength, technique, control, balance and stamina when participating in athletic events. Can compare their performances with previous ones and strives to achieve a personal best.	Is demonstrating flexibility, strength, technique, control, balance and stamina when participating in athletic events. Can compare their performances with previous ones and strives to achieve a personal best.
Outdoor and Adventurous						Can participate in outdoor and adventurous activity /challenges individually and within a team.	Can participate in outdoor and adventurous activity /challenges individually and within a team.
Swimming				Can swim up to 25 metres Uses a range of strokes Can perform safe self-rescue in different water-based situations.			
Evaluating and Improving performance	Be confident to try new activities and show independence, resilience and	Can begin to use my observations to improve my work.	Can begin to use my observations to improve my work.	Explains how my work is similar and different from that of others.	Explains how my work is similar and different from that of others.	Can develop confidence to excel in a broad range of activities.	Can develop confidence to excel in a broad range of activities.



	perseverance in the face of a challenge						
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