



Early Years Foundation stage Early Learning Goals	Key stage 1 National curriculum expectation	Key stage 2 National curriculum expectation
<p>Physical Development ELG: Gross Motor Skills Children at the expected level of development will: -</p> <ul style="list-style-type: none"> ● Negotiate space and obstacles safely, with consideration for themselves and others; ● Demonstrate strength, balance and coordination when playing; ● Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Expressive Arts and Design ELG: Being Imaginative and Expressive Children at the expected level of development will: -</p> <ul style="list-style-type: none"> ● Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music. 	<p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ● 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 ● Participate in team games, developing simple tactics for attacking and defending ● Perform dances using simple movement patterns. 	<p>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.</p> <p>Pupils should be taught to:</p> <ul style="list-style-type: none"> ● 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. <p>Swimming and water safety In particular, pupils should be taught to:</p> <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.



Gymnastics						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Move in a variety of ways</p> <p>Demonstrate strength, balance and coordination</p>	<p>Gymnastics take-offs and landings</p>	<p>Identifying and describing good-quality form and movement</p> <p>Simple gymnastics scoring and judging</p> <p>Static and dynamic balances</p>	<p>Body control skills in gymnastics rolls, jumps, and sequences</p> <p>Increasing flexibility through static and dynamic stretches</p>	<p>Cartwheels and explosive movements in gymnastics</p>	<p>Performing extended gymnastics sequences with or without props</p>	<p>Performing extended gymnastics sequences with or without props</p>

Dance						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Try to move in time with music.</p> <p>Move energetically</p>	<p>Expressing feelings of characters through dance</p>	<p>Performing dance in duets and formations</p>	<p>Creating, performing and evaluating dance sequences</p>	<p>Character, formations, and freeze frame positions in dance</p>	<p>Understanding locomotor vs. non-locomotor movement in dance</p>	<p>Understanding locomotor vs. non-locomotor movement in dance</p>

Athletics						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Linking running and jumping, long-distance throwing</p>	<p>Jumping for distance and height</p>	<p>Completing running and jumping challenges</p>	<p>Baton passing, discus throw, javelin.</p>	<p>Sprinting and pacing for distance when running</p>	<p>Sprinting and pacing for distance when running</p>



Games						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Negotiate space and obstacles safely, with consideration for themselves and others;</p>	<p>Basics of games rules, such as end zones and bases</p> <p>Participating in simple, fun competitions</p> <p>Hitting objects with a hand or bat</p> <p>Tracking and retrieving rolling balls</p> <p>Learners will have experienced a variety of games playing with beanbags and hoops.</p> <p>They will have practised throwing and catching and can demonstrate the basics of these skills</p>	<p>Dribbling and passing balls</p> <p>Goalkeeping principles</p> <p>Bowling, batting and team fielding</p> <p>Basic net game rules and skills, such as boundary lines</p>	<p>Fielding, bowling and batting for cricket and rounders</p> <p>Passing, dribbling, and teamwork for football</p> <p>Building an attack and defence skills for handball</p> <p>Netball zone play and passing tactics Working in teams to solve problems in outdoor settings</p> <p>Basic racquet skills, such as forehand shots and serves</p>	<p>Cricket wicket keeping, bowling</p> <p>Tackling, passing, and goal-side marking in football</p> <p>Circle running, 3-man weave, wave defence basics for handball</p> <p>Hockey stick-handling skills, passing, and run pacing High five positions and one-to-one marking in netball</p> <p>Basics of tag rugby, including positions and scoring</p>	<p>Cricket bowling and wicket keeping skills</p> <p>Handball jump shots, set plays, and goalkeeping</p> <p>Bounce passing, one- and two-handed shooting in netball</p> <p>Fielding backwards hits in rounders</p> <p>Tag rugby passing and use of the diamond formation</p> <p>Use of volley shots and overhead shots in tennis, plus doubles play</p>	<p>Cricket bowling and wicket keeping skills</p> <p>Handball jump shots, set plays, and goalkeeping</p> <p>Bounce passing, one- and two-handed shooting in netball</p> <p>Fielding backwards hits in rounders</p> <p>Tag rugby passing and use of the diamond formation</p> <p>Use of volley shots and overhead shots in tennis, plus doubles play</p>



Health						
EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Describing benefits of exercise and ways people enjoy it	Describing healthy lifestyles and how exercise supports healthy living				