



NATIONAL CURRICULUM: PHYSICAL EDUCATION

Analysis of Progression across the Key Stages

The following table details the requirements of the National Curriculum as well as the progression in learning across the Key Stages under key headings identified within the National Curriculum. The Key Stage statements of **'what children should achieve'** at each Key Stage are **shown in black**. Reference to **'what pupils should be taught' is shown in red**. As can be seen from the table, progression is more evident in some areas than in others. Teachers are encouraged to consider how any 'gaps' in progression might be addressed within their PE curricula to try to achieve as much coherence and continuity in pupils' learning across the breadth of the subject and the Key Stages as possible.

Progression in...	Purpose of Study <i>Aims (Italics)</i>	KS1	KS2
Movement	Develop competence to excel in a broad range of physical activities	Develop fundamental movement skills, becoming increasingly confident and competent <i>Master basic movements such as running, jumping, throwing and catching</i>	Continue to apply and develop a broader range of skills <i>Use running, jumping, throwing and catching in isolation and in combination</i>
Using skills, techniques		Access a broad range of opportunities to extend their agility, balance and coordination <i>Developing balance, agility and coordination</i>	Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement <i>Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics</i>
Range of activities, application		<i>Begin to apply basic movements in a range of activities</i>	<i>..... and in combination</i>
Dance		<i>Perform dances using simple movement patterns</i>	<i>Perform dances using a range of movement patterns</i>
Cooperation (social)	Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect	(work) individually and with others. Engage in cooperative physical activities	(enjoy) communicating, collaborating with each other <i>...and within a team</i>
Competition	A high quality physical education curriculum inspires	Engage in competitive physical activities (both	(enjoy) competing with each other

	all pupils to succeed and excel in competitive sport...	against self and against others)	
	Engage in competitive sports and activities		
Games		Participate in team games	Play competitive games, modified where appropriate
Tactics		Developing simple tactics for attacking and defending	Apply basic principles suitable for attacking and defending
Challenge	...succeed and excel (in competitive sport) and other physically	Range of increasingly challenging situations	Develop an understanding of how to improve in different physical activities and sports. Take part in OAA (outdoor adventurous) challenges both individually and within a team
Analysis and Evaluation			Learn how to evaluate and recognise their own success Compare their performances with previous ones and demonstrate improvement to achieve their personal best
Preparation for life and participation	It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness	Access a broad range of opportunities	
Health and Fitness	Are physically active for sustained periods of time Lead healthy, active lives		
Swimming		Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes	

		effectively e.g. front crawl, backstroke, breaststroke Perform safe self-rescue in different water-based situations	
--	--	---	--