

Lympsham CofE Academy
PE Curriculum Content and Progression of Skills



Curriculum Area	EYFS	Year 1	Year 2	Year 3	Year 4
Skills		-confidently perform 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		-Use running, jumping, throwing and catching in isolation and in combination -Play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounder's and tennis and apply basic principles suitable for attacking and defending -Develop flexibility, strength, technique, control and balance e.g. 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 -Swim competently, confidently and proficiently over a distance of at least 25 metres -Use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke -Perform safe self-rescue in different water-based situations	