

NEW NATIONAL CURRICULUM – 2014

SUBJECT AREA: P.E.

End of year expectations:

Year 1

- Begin to develop basic movements including running, jumping, throwing and catching.
- Begin to develop balance and co-ordination and apply to a range of activities
- Copy basic dance movements using simple movements

End of year expectations:

Year 2

- 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

End of year expectations:

Year 3

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate such as: badminton, basketball, cricket, football, hockey, netball, rounders and tennis
- Apply basic principles for attacking and defending
- Develop flexibility, strength, control and balance, for example through gymnastics and athletics
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- To develop and improve individual stroke technique and distance swimming

End of year expectations:

Year 4

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate such as: badminton, basketball, cricket, football, hockey, netball, rounders and tennis
- Apply basic principles for attacking and defending
- Develop flexibility, strength, control and balance, for example through gymnastics and athletics
- Perform dances using a range of movement patterns
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best
- Complete Survival Level 1

End of year expectations:

Year 5

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate such as: badminton, basketball, cricket, football, hockey, netball, rounders and tennis
- Apply basic principles for attacking and defending
- Develop flexibility, strength, control and balance, for example through gymnastics and athletics
- 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
- Complete Survival Level 2

End of year expectations:

Year 6

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate such as: badminton, basketball, cricket, football, hockey, netball, rounders and tennis
- Apply basic principles for attacking and defending
- Develop flexibility, strength, control and balance, for example through gymnastics and athletics
- 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