

***Early Learning Goals:** For a child to be able to progress beyond EYFS expectations in PE, they should be able to demonstrate that they can: 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; work and play cooperatively and take turns with others; be confident to try new activities and show independence, resilience and perseverance in the face of challenge; give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.

PE - Athletics and Games								
EYFS * (Green= Nursery Purple = Reception)	Year 1 Developing	Year 1 Expected	Year 2 Expected	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
Start taking part in some group activities which they make up for themselves, or in teams.	Be able to run with control over stopping and starting.	Be able to run with confidence and be able to change direction	Be able to run with confidence understanding the difference between sprinting and jogging	Show an ability to alter speed smoothly when running.	Run showing coordination between arm and leg movements	Maintain a good running technique whilst in a competitive situation.	Modify running technique in response to changing circumstances. E.g. change in ball direction	
Revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including sport. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.	Jump and land safely.	Jump and land safely with control.	Complete a series of jumps showing control at take-off and landing.	Demonstrate different jumps and sequences of jumps with a consistent technique.	Adapt and improve a range of jumps.	Maintain a good jumping technique whilst in a competitive situation.	Modify jumping technique in response to changing circumstances.	
	Be able to throw an object to a partner.	Throw with some coordination and accuracy at different targets.	Throw with increasing coordination and accuracy at different targets.	Throw a range of objects into a target area with consistency and accuracy.	Throw with more control, accuracy and efficiency in a game situation.	Throw a ball accurately whilst moving.	Modify throwing technique in response to changing circumstances.	
	Attempt to catch an object using 2 hands.	Catch an object successfully using 2 hands	Catch a range of different sized objects.	Catch a variety of objects using 1 hand.	Catch a ball in a game situation choosing an appropriate method to catch the ball.	Catch a ball accurately whilst moving.	Modify catching technique in response to changing circumstances.	
	Find space away from others.	Recognise space and keep space within a game	Demonstrate some methods of attacking and defending.	Develop ways of attacking and defending as a team.	Choose the best tactics to defend and attack.	Think of a team plan and share it with others.	Modify your tactics in response to changing circumstances.	

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Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.								
Develop overall body-strength, balance, co-ordination and agility								
Below age related expectations								
At age related expectations								
Exceeding age related expectations								
PE - Gymnastics								
EYFS	Year 1 Developing	Year 1 Expected	Year 2 Expected	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
Go up steps and stairs, or climb up apparatus, using alternate feet. Skip, hop, stand on one leg and hold a pose for a game like musical statues.	Be able to move around in their own space	Explore gymnastic actions and the importance of being still in gymnastics	Begin to link 3 gymnastic actions and balances to create a short sequence	Show awareness of their whole bodies and how hands and feet are used in gymnastics	Be able to select actions which link together accurately with a clear linking movement	Create a gymnastic routine which meets a specific theme	Choose and apply gymnastic actions and linking movements showing whole body control and planning	
Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical	Watch others and say what they have done	Watch, copy and describe what others have done	Improve their sequence using	Describe how their performance has improved	Suggest ways in which others could improve, showing clear attention to detail	Explain how a theme is clear and how improvements could be made		

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<p>education sessions and other physical disciplines including gymnastics.</p> <p>Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</p> <p>Combine different movements with ease and fluency</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>Develop overall body-strength, balance, co-ordination and agility</p>			<p>feedback from others</p>					
<p>Below age related expectations</p>								
<p>At age related expectations</p>								
<p>Exceeding age related expectations</p>								

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Combine different movements with ease and fluency								
Below age related expectations								
At age related expectations								
Exceeding age related expectations								

PE - Swimming

EYFS	Year 3 Developing	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
N/A	Enter and exit the water carefully, using steps.	Enter the water carefully, as taught from the side.	Enter and exit the water carefully, as taught from the side.	Enter the water safely by jumping in and exit from the side.	Enter the water safely by diving.	Adapt a dive to water conditions.
	Move on and below the surface with confidence.	Use different arm and leg movements to propel through the water.	Begin to swim short distances with no support.	Use a range of strokes effectively.	Swim competently and perform a safe self rescue.	Swim competently over a long distance using a range of strokes.
Below age related expectations						
At age related expectations						

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Exceeding age related expectations						
PE - Outdoor Adventurous Activities						
EYFS	Year 3 Developing	Year 3 Expected	Year 4 Expected	Year 5 Expected	Year 6 Expected	Year 6 Exceeded
N/A	Choose simple approaches to solve the problems they are set.	Realise that activities need thinking through and recognise planning is useful.	Choose sensible skills and approaches for the challenges set.	Use skills with control in problem solving activities.	Use physical and teamwork skills well in a variety of different challenges.	Successfully apply skills and understanding to new challenges and environments.
Below age related expectations						
At age related expectations						
Exceeding age related expectations						