



| EYFS | Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---|--|--------|--|--------|--------|--------|
| <p>Be confident to try new activities and show independence, resilience and perseverance in the face of a challenge.</p> <p>Explain the reasons for rules, know right from wrong and try to behave accordingly.</p> <p>Work and play cooperatively and take turns with others.</p> <p>Negotiate space and obstacle safely, with consideration for themselves and others.</p> <p>Demonstrate strength, balance and coordination when playing.</p> <p>Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p>Perform songs, rhymes etc. with others and (when appropriate) try to move in time with music.</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 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. | | | |
| Swimming and Water Safety | <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 | | | | | |



Next steps:

- Evaluate and, if necessary, redraft long term planning.
- Review assessment procedures.
- Ensure teachers annotate this year's planning so it can be used to inform next year's learning.