



THE
ROBERT DRAKE
PRIMARY SCHOOL

CURRICULUM PROGRESSION FOR PHYSICAL EDUCATION

| EYFS | → YEARS 1 and 2 | → YEARS 3 and 4 | → YEARS 5 and 6 |
|---|---|---|---|
| <p>Children will show good control and co-ordination in large and small movements. They will move confidently in a range of ways, safely negotiating space. They will handle equipment and tools. Children will know the importance of maintaining good health through physical exercise, and a healthy diet, and talk about ways to keep healthy and safe.</p> | <p>Pupils will start to develop fundamental movement skills, becoming increasingly confident and competent. Pupils will access a broad range of opportunities to extend their agility, balance and coordination. They will work individually and with others. They will engage in cooperative physical activities. They will engage in competitive physical activities (both against themselves and others). They will experience a range of increasingly challenging situations. They will access a broad range of sporting opportunities.</p> | <p>Pupils will continue to develop a broader range of skills. They will learn how to use these skills in different ways. They will develop skills of communicating and collaborating with each other. They will develop skills of competing with each other and begin to develop an understanding of how to improve their skills in different physical activities and sports. They will begin to learn how to evaluate and recognise their own success. They will swim competently, confidently and proficiently over a distance of at least 25 metres. They will use a range of strokes when swimming.</p> | <p>Pupils will use a broader range of skills and apply them to a range of sporting activities. They will develop these skills and link them to make actions and sequences of movement. They will further develop skills in order to communicate and collaborate with each other. They will understand and explain how they can improve in different physical activities and their sports. They will develop their understanding of how to evaluate and recognise their own success.</p> |

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