



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 negotiate space and obstacles safely, with consideration for themselves and others, demonstrate strength, balance and coordination when playing. They will move energetically, such as running, jumping, dancing, hopping, skipping and climbing. They will hold a pencil effectively in preparation for fluent writing – using the tripod grip in almost all cases, use a range of small tools, including scissors, paint brushes and cutlery and begin to show accuracy and care when drawing.</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 effectively e.g. front crawl, backstroke, breaststroke and perform safe</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>

		self-rescue in different water-based situations.	
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