



Gaddesby Primary School Curriculum



PE

EYFS	Year 1 and 2	Year 3 and 4	Year 5 and 6
Manage their own needs and good hygiene practice (PSED)	Master basic movements including running, jumping, throwing and catching	Use running, jumping, throwing and catching in isolation and in combination	Use running, jumping, throwing and catching in isolation and in combination
Revise and refine fundamental movement skills: rolling, crawling, walking, jumping, running, hopping, skipping and climbing (PD)	Develop balance, agility and co-ordination, and begin to apply these in a range of activities	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis]
Progress towards a more fluent style of moving (PD)	Participate in team games	Apply basic principles suitable for attacking and defending	Apply basic principles suitable for attacking and defending
Developing gross motor (PD)	Develop simple tactics for attacking and defending in team games	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
Developing fine motor skills (PD)	perform dances using simple movement patterns.	Perform dances using a range of movement patterns	Perform dances using a range of movement patterns
Developing core strength (PD)		Take part in outdoor and adventurous activity challenges both individually and within a team	Take part in outdoor and adventurous activity challenges both individually and within a team
Explore using apparatus; inside and outside (PD)		Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Compare their performances with previous ones and demonstrate improvement to achieve their personal best
Develop ball skills (passing, batting, throwing, catching, kicking and aiming) (PD)			
Attempt to move in time to music (EAD)			
		Swimming	
		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	