

St Augustine’s Catholic Primary School

PE Progression

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| **Early Years Foundation stage** | • Moving and handling: Children show good control and co-ordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.  • Health and self-care: Children know the importance for good health of physical exercise and a healthy diet and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently |
| **End of Key Stage 1** | • 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. |
| **End of Key Stage 2** | • 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 (KS2)** | • 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. |