

## **Physical Education Progression Map**



**INTENT:** At Carr Head Primary School we recognise the important role PE plays in the curriculum and we are committed to providing all children with opportunities to engage fully in physical education. PE and school sport should provide opportunities for all pupils to become physically literate and confident in a way which also supports their health and fitness. Children should acquire not only physical skills, knowledge and understanding, but also the awareness and importance of leading healthy, active lives as well as the values of sportsmanship, fairness and respect through the sports and activities they participate in.

Key Learning Progression								
	EYFS Key Stage 1			Key Stage 2				
	Oak	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
Gymnastics	The children will be able to travel in a variety of ways. They will be able to perform a variety of gymnastic rolls. The children will be able to balance on large body parts. When using apparatus, the children will travel over, under and through and balance on it.	The children will be able to travel in different ways and perform a pencil roll.  The children will be able to apply the skills of travelling, rolling and jumping into a sequence.	The children will be able to perform an egg roll. They will be able to travel and then move into an egg roll. The children will be able to travel and perform a roll with a shape. They will be able to apply the skills of travelling, rolling and jumping into a sequence with 2 different shapes.	The children will be able to travel with control on 4 points.  They will be able to show balances on 2,3 and 4 points of the body.  When performing basic rolls, they will show accuracy and control.  The children will be able to create and demonstrate a sequence with at least 6 actions.	The children will be able to show balances in front and back support positions. They will be able to create and demonstrate a sequence with at least 6 actions. They will be able to teach the sequence to a partner. The children will be able to create and demonstrate a sequence of movements involving balances on apparatus.	The children will be able to perform a range of counter balances with a partner. They will know the difference between counter balance and counter tension. The children will be able to create a sequence with a partner that includes counter balances and counter tension. They will be able to perform sequences with a partner that in canon and unison on apparatus.	The children will be able to perform shapes and balances with a partner. Working in groups, the children will be able to perform a group counter balance. The children will be able to create a sequence of gymnastics actions including paired and group balances.	
Dance		The children will be able to take on the role of a character linking movement ideas. They will be able link sequences of movements to retell a story.	The children will work as a class to create dances for the main characters in a story. The children will be able to create a solo based on action words. They will be able to perform a group dance with interesting movements. The children will work in pairs to create interesting shapes with their bodies. They will be able to share, create and learn a new unison dance.	The children will be able to work in a team to perform shapes using their bodies in interesting ways. They will be able to create a rhythmic circle dance performed in unison. The children will work together to produce a whole class circle dance.	The children will be able to perform movements in CANON and UNISON. They will be able to work in pairs to create and perform a duet performance demonstrating increased choreographic skills. The children will be able to perform a range of travelling steps along a pathway. They will be able to create a mirrored sequence with a partner.	The children will be able to convey the emotions, moods and feelings of characters. They will be able to create a sequence using props to show a conflict between characters. They will be able to link sequences to produce a complete story dance.	The children will be able to construct a dance and share creations with the class. The children will be able to create a group dance using a range of dynamics. They will be able to create and perform 2 dances from different stimulus (group and duet). The children will be able to make creative decisions on their performance structure and implement these practically.	

use an underarm and overarm throw with increasing accuracy and distance (overarm). They will be able to show two tactics in a simple game. The children will be able to to roll a ball with some accuracy.  The hildren will be able to acth and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and bounce a ball with some accuracy.  They will be able to cath and ball and show the ready position.  They will be able to cath and ball and show the ready position.  They will be able to act in an ant / wall game.  They will be able to act in an and one aball with some accuracy.  The children will be able to use a simple tactic in a net / wall game.  The children will be able to act in an and one aball with accuracy.  The children will be able to use and antended throw accurately at a target in a game stuation.  The children will be able to use an one-handed pass and one-handed pass a		The shildness will be able to						
overarm throw with increasing accuracy and distance (overarm). They will be able to catch a large bail. The children will be able to to strain a simple game. They will be able to to sue an underarm throw with some accuracy. Incliden will be able to to use an underarm throw with some accuracy. They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to to strain a simple game. They will be able to to use an underarm throw with some accuracy, incliden will be able to act and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce and be accuracy and the children will be able to use a simple statcits in a manded throw.  They will be able to strike a ball with some accuracy.  They will be able to accuracy and the children will be able to use a simple statcits in a manded pass and onne.  The children will be able to accuracy.  They will be able to accuracy and the children will be able to use a same accuracy. Including a manded pass and onne.  They will be able to accuracy and the children will be able to accuracy and the children will be able to accuracy.  The children will be able to accuracy and the children will be able to accur	Games	The children will be able to						
accuracy. They will be able to show two tactics in a simple game. The children will be able to the foliation will be able to the children will be able to actarbate and bounce a ball with some accuracy.  They will be able to strike a ball with some accuracy, including throwing at targets.  They will be able to throw and the children will be able to the children will be able to actarbate the children will be able to actarbate to apply simple tactic to apply simple tactics when passing a rugby ball. The children will be able to actarbing the will be able to actarbing the children will be able to actarbing. They will be able to actarbing the children will be able to apply and an exclusive the children will be able to apply actarbing the children will be able to actarbing the children wi				1 .	·	_		pass a rugby ball backwards
They will be able to show to tactics in a simple game.  They will be able to strike a large ball.  They will be able to stact a large ball.  The children will be able to to tact and bounce a ball with some accuracy, undoing throwing at targets.  They will be able to acth and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to oach and bounce a ball with some accuracy.  They will be able to accuracy and control.  They will be able to oach and bounce pass and one-handed pass and one-handed pass and one-handed pass and one-handed pass and oach and passing and defended risk of the will be able to oach and passing and oach and passing and oach and passing and oach and pass aball to a game.  They will be able to actic a ball with some a simple tactic so untwint and opponent in a game of rugby.  The children will be able to oach and passing and oach and pass aball to a game.  The children will be able to oach and passing and oach and pass a ball to a game.  The children will be able to oach and pass a ball to a game.  The children will be able to oach and pass a ball to a game.  The children will be able to oach and pass a ball using a bale to dribble and pass a ball using a bockey stick.  The children will be able to oach and pass a ball using a b			' '		1		1.	•
They will be able to catch a large ball. The children will be able to the catch and bounce a ball with some accuracy. Including tactics. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to catch and bounce a ball with some accuracy. They will be able to apply as imple tactic to on the handball. They will be able to use a one-handed pass and one-handed bounce pass effectively in a game. They will be able to use a simple tactic in a net / wall game. They will be able to use a simple tactic when playing a rugby and a hockey stick. The children will be able to defending tactics when playing a rugby and a hockey stick. The children will be able to defending tactics when playing a rugby and a hockey stick. The children will be able to apply simple tactic to outwit an opponent in a game of rugby. The children will be able to apply simple tactic to outwit and one-handed bounce pass a ball using a hockey stick. The children will be able to apply simple tactics to outwit and one-handed bounce and playing a rugby and a hockey stick. The children will be able to apply simple tactics to outwit and one-handed bounce and playing a rugby and a hockey stick. The children will be able to apply simple tactic to apply simple tactic to the demonstrate of rugby. The children will be able to demonstrate on the children will be able to apply			1	1		1		1
The children will be able to use an underarm throw with some accuracy.  The children will be able to use an underarm throw with some accuracy, including throwing at targets. They will be able to catch and bounce a ball with some accuracy.  The children will be able to use an underarm throw with some accuracy.  The children will be able to use and fielding games, using simple tactics. They will be able to catch and bounce a ball with some accuracy.  The children will be able to apply a simple tactic to apply a simple tactic to undersome throw with a defender in handball.  The children will be able to use and serving a rugby said. The children will be able to use and the same accuracy.  The children will be able to use and the same accuracy including throwing at targets. They will be able to use and the same accuracy including throwing at targets. The children will be able to use and shall and show the ready position for catching. The children will be able to use and one-handed pass and handed pas			1 -	1 '			1	rugby with confidence and
The children will be able to roll a ball with some accuracy, including throwing at targets. They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to use a simple tactic to outwit a defending and beautiful to a ball to to catch in a met / wall game.  They will be able to use a simple tactic to a ball with some accuracy.  They will be able to oratch a ball using their hand or a barry in a pass.  They will be able to use a simple tactic to outwit and feleding games, using simple tactics.  They will be able to catch a ball using their hand or a barry in a pass.  They will be able to use a simple tactic to outwit and feleding games, using simple tactics.  They will be able to catch a ball with some accuracy.  The children will be able to oratch a ball using their hand or a barry in a pass.  They will be able to use a simple tactic to outwit and feleding game.  They will be able to use a simple tactic to a ball with a defending tactics when playing a returbality peg game.  They will be able to use a simple tactic to actch a ball using the ball to a game.  They will be able to use a simple tactic to act the ball using a hockey stick.  They will be able to acton to demonstrate running and pass and one-handed pass and one-hande					-	1 -	1 -	•
some accuracy, including throwing at targets. They will be able to catch and bounce a ball with some accuracy.  They will be able to catch from the ready position for catching. The children will be able to use a simple tactic in a net / wall game.  They will be able to use a simple tactic in a net / wall game.  The children will be able to to subtwit an opponent in a game of rugby.  The children will be able to stark a ball using their hand or a bat. The children will be able to gass, and in a game-like situation. They will be able to use a simple tactic in a net / wall game.  They will be able to use a simple tactic in a net / wall game.  They will be able to to stark a defender in handball. They will be able to use a simple tactic in a net / wall game.  They will be able to stark a one-handed pass and one-handed		I -					demonstrate a shoulder	The children will be able to
throwing at targets. They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch from the ready position. They will be able to use a simple tactic in a net / wall game.  They will be able to a ball using their hand or a ball using their hand or a ball wish game.  They will be able to use a simple tactic in a net / wall game.  They will be able to use a simple tactic in a net / wall game.  They will be able to use a simple tactic in a net / wall game.  They will be able to use a simple tactic in a net / wall game.  They will be able to use a simple tactic in a net / wall game.  They will be able to use a simple tactic in a net / wall game.  They will be able to use a simple tactic in a net / wall game.  They will be able to use a one-handed bounce pass effectively in a game.  They will be able to use a opply simple attacking and defending tacking and opponent in a game of rugby.  They will be able to pass a rugby ball with consistency accuracy and control.  The children will be able to apply simple attacking and opponent in a game of rugby.  They will be able to pass a ball with one playing a rugby and a hockey type game.  They will be able to apply simple attacking and opponent in a game of rugby.  The children will be able to apply simple attacking and opponent in a game of rugby.  The children will be able to apply simple attacking and opponent in a game of rugby simple attacking and opponent in a game.  They will be able to pass a ball with one to apply simple attacking and opponent in a game of rugby simple attacking and opponent in a game opponent in a game.  They will be able to apply simple attacking and opponent in a game of rugby simple attacking and opponent in a game.  They will be able to apply simple attacking and opponent in a game.  They will be able to pass a ball with one apply simple attacking and opponent in a game.  They will be able to pass a ball with one apply simple attacking and opponent i					1		1 *	apply simple tactics when
They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to catch and bounce a ball with some accuracy.  They will be able to use a one-handed pass and o		roll a ball with some	some accuracy, including	fielding games, using simple		They will be able to	The children will be able to	playing a competitive rugby
and bounce a ball with some accuracy.    A		accuracy.	throwing at targets.	l .	handball.	demonstrate running and	apply simple attacking and	style game.
accuracy.    position for catching. The children will be able to catch from the ready position. They will be able to use a simple tactic in a net / wall game.    The children will be able to use a simple tactic in a net / wall game. The children will be able to devise their own game.   handed bounce pass effectively in a game.   handed bounce pass effectively in a game.   trugby ball with consistency, accuracy and control. The children will be able to apply simple tactics when playing a rugby and a hockey type game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball in a game.   They will be able to apply simple tactics when to pass a ball with consistency.   The children will be able to apply and a hockey type game.   They will be able to apply and a hockey type game.   They will be able to apply and a hockey type game.   They will be able to apply and a hockey type game.   They will be able to apply and a hockey type game.   They will be able to apply and a hockey type game.   They will be able to apply and a hockey type game.   They will be able to pass a ball in a game and a to the pass a ball in a game and a to the pass a ball in a game and a to the pass a ball in a game and a to the pass a ball in a game and a to the pass a ball in a game and a to the pass a ball in a game and a to the pass a ball in a game and a to the pass a bal			1 -	They will be able to catch a	They will be able to use a	1	defending tactics when	They will be able to bowl
The children will be able to catch from the ready position. They will be able to use a simple tactic in a net / wall game.  The children will be able to strike a ball using a hockey stick. They will be able to strike a ball with in a game.  They will be able to strike a ball with game.  They will be able to devise their own game.  They will be able to strike a ball with game.  The children will be able to devise their own game.  They will be able to to tripe game.  They will be able to strike a ball with a pass, a ball to a playing a rugby and a hockey stick.  The children will be able to apply simple tactics when playing a rugby and a hockey stick a ball with a pass a ball to a teammate using a hockey stick.  They will be able to to tripe game.  They will be able to strike a ball with consistency, accuracy and control.  The children will be able to apply simple tactics when playing a rugby and a hockey type game.  They will be able to tripe will be able to be able to pass a ball to a teammate using a hockey stick.  They will be able to dribble and pass a ball using a hockey stick.  They will be able to dribble and pass a ball using a hockey stick.  The children will be able to apply simple tactics when playing a rugby and a hockey stick.  They will be able to apply simple tactics when playing a rugby and a hockey stick.  They will be able to apply simple tactics when playing a rugby and a hockey stick.  They will be able to apply simple tactics when playing a rugby and a hockey stick.  They will be able to apply simple tactics when playing a rugby and a hockey stick.  They will be able to apply simple tactics when playing a rugby and a hockey stick.  They will be able to apply simple tactics when playing a rugby and a hockey stick.  They will be able to apply simple tactics when playing a rugby and a hockey stick.  They will be able to apply simple tactics when apply simple tactics			and bounce a ball with some	ball and show the ready	one-handed pass and one-	The children will be able to	playing a netball-type game.	underarm and overarm with
catch from the ready position. They will be able to use a simple tactic in a net / wall game.  They be able to strike a ball using their hand or a bat. The children will be able to devise their own game.  They will be able to strike a ball using their hand or a bat. The children will be able to devise their own game.  They will be able to strike a ball using their hand or a bat. The children will be able to devise their own game.  They will be able to strike a ball using their hand or a bat. They will be able to strike a ball using their hand or a bat. They will be able to strike a ball using their hand or a bat. They will be able to devise their own game.  They will be able to strike a ball with apply simple tactics when playing a rugby and a hockey type game. They will be able to to the able to to be able to pass a ball to a teammate using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. They will be able to apply attacking and defending skills when			accuracy.	position for catching.	handed bounce pass	use tactics to outwit an	They will be able to pass a	accuracy.
ball using their hand or a bat.  The children will be able to apply simple tactics when playing a rughy simple tactics when playing a rughy and a hockey strick.  The children will be able to apply simple tactics when playing a rughy and a hockey strick as a ball in a game. They will decisions when to pass a ball in a game-like situation.  The children will be able to apply simple tactics when playing a rughy and a hockey strick as a ball in a game. They will decisions when to pass a ball in a game-like situation.  The children will be able to be able to pass a ball to a teammate using a hockey strick.  They will be able to dribble and pass a ball using a hockey strick.  The children will be able to apply attacking and defending skills when				The children will be able to	effectively in a game.	opponent in a game of	rugby ball with consistency,	The children will be able to
ball using their hand or a bat.  They will be able to use a simple tactic in a net / wall game.  ball using their hand or a bat.  The children will be able to apply simple tactics when playing a rugby and a hockey type game.  They will decisions when to pass a ball in a game-like situation.  The children will be able to devise their own game.  They will decisions when to pass a ball in a game-like situation.  The children will be able to be able to pass a ball to a teammate using a hockey stick.  They will be able to dribble and pass a ball using a hockey stick.  The children will be able to apply attacking and defending skills when				catch from the ready	They will be able to strike a	rugby.	accuracy and control.	strike a ball with a cricket bat
simple tactic in a net / wall game.  The children will be able to devise their own game.  The children will be able to pass a ball in a game-like situation. The children will be able to be able to pass a ball to a teammate using a hockey stick. They will be able to district in a modification of the children will be able to be able to pass a ball to a teammate using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. The children will be able to apply attacking and defending skills when				position.	ball using their hand or a		The children will be able to	in a game.
devise their own game.  type game.  type game.  They will decisions when to pass a ball in a game-like situation.  The children will be able to be able to pass a ball to a teammate using a hockey stick.  They will be able to dribble and pass a ball using a hockey stick.  The children will use tactics in a rough and pass a ball using a hockey stick.  The children will be able to dribble and pass a ball using a hockey stick.  The children will be able to apply attacking and defending skills when				They will be able to use a	bat.		apply simple tactics when	They will be able to apply
game.  devise their own game.  type game.  They will decisions when to pass a ball in a game-like situation. The children will be able to be able to pass a ball to a teammate using a hockey stick. They will be able to dibble and pass a ball using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. The children will be able to apply attacking and defending skills when				simple tactic in a net / wall	The children will be able to		playing a rugby and a hockey	tactics in a modified
They will decisions when to pass a ball in a game-like situation. The children will be able to dribble and pass a ball using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. The children will be able to apply attacking and defending skills when					devise their own game.			competitive cricket game.
situation. The children will be able to be able to pass a ball to a teammate using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. The children will be able to dribble and pass a ball using a hockey stick. The children will be able to apply attacking and defending skills when								The children will be able to
situation. The children will be able to be able to pass a ball to a teammate using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. The children will be able to dribble and pass a ball using a hockey stick. The children will be able to apply attacking and defending skills when							pass a ball in a game-like	strike a ball with a rounders
The children will be able to be able to pass a ball to a teammate using a hockey stick.  They will be able to dribble and pass a ball using a hockey stick.  The children will be able to dribble and pass a ball using a hockey stick.  The children will be able to apply attacking and defending skills when							1.	
be able to pass a ball to a teammate using a hockey stick. They will be able to dribble and pass a ball using a hockey stick. The children will use tactics in a rougame.  The children will be able to apply attacking and defending skills when							1	They will be able to throw a
teammate using a hockey stick.  They will be able to dribble and pass a ball using a hockey stick.  The children will be able to apply attacking and defending skills when								ball overarm when fielding.
stick. They will be able to dribble and pass a ball using a hockey stick. The children will be able to apply attacking and defending skills when							1	The children will be able to
They will be able to dribble and pass a ball using a hockey stick. The children will be able to apply attacking and defending skills when							· ·	
and pass a ball using a hockey stick.  The children will be able to apply attacking and defending skills when								
hockey stick. The children will be able to apply attacking and defending skills when							1 -	gaine.
The children will be able to apply attacking and defending skills when							, ,	
apply attacking and defending skills when							1	
defending skills when								
piaying a nockey type game.							l	
							playing a nockey type game.	

Athletics	The children will be able to hop with rhythm. They will be able to roll a ball with some accuracy. The children will be able to throw underarm with some accuracy. They will be able to jump as far as possible and land safely with control. The children will be able to run and change direction. They will be able to complete a running and jumping course.	The children will be able to throw overarm and underarm accurately and for distance. They will be able to jump for distance with control. The children will be able to complete an obstacle course with speed and agility.	The children will be able to explore different running techniques. They will be able to throw using a push action and a sling action. The children will be able to perform a hop, step and jump. They will be able to pass a quoit to a teammate in a relay.	The children will be able to explore different running techniques. They will be able to throw for distance using a push, pull and sling throw. The children will be able to jump from two feet to two feet. They will be able to perform a combination of 5 jumps. They will be able to pass a baton to a teammate in a relay.	The children will be able to use running techniques for short and long distances. They will be able to take off and land one foot to one foot (same and other) The children will be able to use a pull and push throw.	The children will be able to use running techniques for short and long distances. They will be able to take off and land one foot to two. The children will be able to perform a sling and a heave throw. They will be able to take off and land using a hop, skip and jump.
OAA			The children will be able to work with others to complete a journey in the school grounds. They will know how to use a control card. The children will know how to keep a map 'set' or 'orientated'. They will know some of the symbols on an orienteering map.	The children will be able to work as a team to solve problems. They will cooperate as a team to complete challenges. The children will be able to explain how they worked as a team to solve challenges.	The children will be able to keep a map set when moving. They will be able to plan an efficient route round a simple course. The children will be able to get around a simple course using the 8 points of the compass. They will be able to navigate to control markers during an event.	
SWIMMING					The children will be able to use a range of strokes effectively.	The children will be able to swim at least 25m. They will perform self-rescue in water-based situation.

IMPACT (End Points)								
By the end of the year,	EYFS	KEY ST	AGE 1	KEY STAGE 2				
children will:	Oak	Year One	Year Two	Year Three	Year Four	Year Five	Year Six	
	Children will show good control and coordination in large and small movements. They will move confidently in a range of ways, safely negotiating space. They will handle equipment effectively. Children will know the importance of exercise and a healthy diet for good health. They can talk about ways to keep healthy. Children will play co-operatively, taking turns.	Pupils will continue to develop fur becoming increasingly competent broad range of opportunities to eco-ordination, individually and wirengage in competitive (both again operative physical activities, in a situations.	t and confident and access a xtend their agility, balance and th others. They will be able to nst self and others) and co-	actions and sequences of moven	d develop a broader range of skills, la ment. They will enjoy communication prove in different physical activities a	ng, collaborating and competing v		