

Physical Education National Curriculum Expectations LKS2	Year 3			Year 4			Year 5			Year 6		
	AUT	SPR	SUM	AUT	SPR	SUM	AUT	SPR	SUM	AUT	SPR	SUM
use running, jumping, throwing and catching in isolation and in combination												
perform dances using a range of movement patterns												
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]												
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.												
swim competently, confidently and proficiently over a distance of at least 25 metres <ul style="list-style-type: none"> • use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] • perform safe self-rescue in different water-based situations. 												