



Long Term Objective Organisation for PE

Please note that only 'statutory requirements' should be included in this document; any supplementary guidance and information should be retained by Subject Leaders to support curriculum planning, but must not be included within the Framework of Expectations.

<u>Year 1</u>
<ul style="list-style-type: none">• 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.• swim competently, confidently and proficiently over a distance of at least 25 metres
<u>Year 2</u>
<ul style="list-style-type: none">• 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.• swim competently, confidently and proficiently over a distance of at least 25 metres
<u>Year 3</u>
<ul style="list-style-type: none">• use running, jumping, throwing and catching in isolation and in combination• play competitive games, modified where appropriate• develop flexibility, strength, technique, control and balance• take part in outdoor and adventurous activity challenges within a team• Compare their performances with previous ones and demonstrate improvement• swim competently, confidently and proficiently over a distance of at least 25 metres• use a range of strokes effectively
<u>Year 4</u>
<ul style="list-style-type: none">• use running, jumping, throwing and catching in isolation and in combination• play competitive games, modified where appropriate• develop flexibility, strength, technique, control and balance

- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges within a team
- compare their performances with previous ones and demonstrate improvement
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively

Year 5

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges 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
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.

Year 6

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
- 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.
- swim competently, confidently and proficiently over a distance of at least 25 metres
- use a range of strokes effectively
- perform safe self-rescue in different water-based situations.