

Wedmore Physical Education Progression in Skills

Physical Education	
Key Stage 1 - Year 1 and Year 2	
Skills and Coverage	<ul style="list-style-type: none">• Develop core movement skills, mastering basic movements such as running, jumping, throwing, and catching.• Develop core movements around the development of balance, agility and co-ordination.• Apply these skills to a range of activities.• Participate in team games, developing simple tactics for attacking and defending.• Perform dances using simple movement patterns.
Key Stage 2- Year 3 and Year 4	
Skills and Coverage	<ul style="list-style-type: none">• Use running, jumping, throwing and catching in isolation and combination.• Play competitive games at an appropriate level, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis.• Apply basic principles suitable to these games for attacking and defending.• Develop flexibility, strength, technique, control and balance through gymnastics and athletics.• Perform dances using a range of movement patterns.• Take part in outdoor and adventurous activity challenges both individually and as part of a team.• Compare performances to previous ones to achieve their personal best.• Swim competently, confidently and proficiently over a distance of at least 25m.• Use a range of strokes efficiently, such as front crawl, back stroke, and breaststroke.• Perform safe self-rescue in different water based situations.