



Curriculum Aims

Pupils develop **physical literacy** through:

- Fundamental movement skills → applied movement → sport-specific skills
- Increasing **control, confidence, creativity, and tactical understanding**
- Opportunities to **cooperate, compete, and evaluate performance**

Skills Progression

EYFS

Focus: Fundamental Movement & Physical Confidence

- Move safely with increasing control and coordination
- Develop:
 - Running, jumping, balancing, climbing
 - Throwing and catching (large equipment first)
- Begin to:
 - Work with others
 - Follow simple rules
- Express movement through:
 - Dance and imaginative play
- Use space safely and explore different pathways



Year group	Movement	Object control	Game awareness	Gymnastics & Dance	Personal development	
Year 1 & 2	<ul style="list-style-type: none"> • Balance on different body parts • Travel in different ways (levels, directions, speeds) • Link simple actions (jump -> land -> roll) 	<ul style="list-style-type: none"> • Throw, catch, roll and strike with increasing control • Begin to aim and apply simple techniques 	<ul style="list-style-type: none"> • Follow simple rules • Begin to understand: Turn taking Team roles 	<ul style="list-style-type: none"> • Create short sequences • Copy and repeat movements • Begin to show control and shape 	<ul style="list-style-type: none"> • Work cooperatively • Show perseverance and confidence 	



	Movement and physical development	Object control (sport specific)	Tactical understanding	Gymnastics & Parkour & Dance	OAA	Personal development
Year 3 & 4	<ul style="list-style-type: none"> • Perform movements with: <ul style="list-style-type: none"> ○ Control ○ Fluency ○ Increasing precision • Link actions into sequences (gymnastics/parkour) 	<ul style="list-style-type: none"> • Pass, receive, and dribble with control • Strike a ball with accuracy • Apply skills in small-sided games 	<ul style="list-style-type: none"> • Begin to understand: <ul style="list-style-type: none"> ○ Space (attack/defend) ○ Simple strategies • Make basic decisions in games 	<ul style="list-style-type: none"> • Create longer sequences • Use: <ul style="list-style-type: none"> ○ Balance ○ Levels ○ Direction changes • Show control when landing and transitioning • Create and perform sequences with: <ul style="list-style-type: none"> ○ Rhythm ○ Expression • Begin to refine timing 	<ul style="list-style-type: none"> • Work in teams to solve problems • Follow and give simple instructions 	<ul style="list-style-type: none"> • Take leadership in small groups • Begin to evaluate own and others' performance



Year 5 & 6	Movement and physical competence	Sport-specific skills	Tactical understanding	Gymnastics & Parkour
	<ul style="list-style-type: none"> • Perform skills with: <ul style="list-style-type: none"> ○ Accuracy ○ Consistency ○ Confidence • Combine movements fluently in different contexts 	<ul style="list-style-type: none"> • Apply techniques effectively in: <ul style="list-style-type: none"> ○ Invasion games ○ Net & wall ○ Striking & fielding 	<ul style="list-style-type: none"> • Understand and apply: <ul style="list-style-type: none"> ○ Attacking and defending strategies ○ Positioning and movement off the ball • Make decisions under pressure 	<ul style="list-style-type: none"> • Create complex sequences showing: <ul style="list-style-type: none"> ○ Control ○ Creativity ○ Flow • Adapt movements to different environments
	Dance	OAA	Athletics	Evaluation and leadership
	<ul style="list-style-type: none"> • Perform confidently with: <ul style="list-style-type: none"> ○ Expression ○ Intent • Refine timing and formation 	<ul style="list-style-type: none"> • Plan and solve more complex challenges • Show leadership and teamwork • Navigate using simple maps (where applicable) 	<ul style="list-style-type: none"> • Apply techniques to improve: <ul style="list-style-type: none"> ○ Speed ○ Distance ○ Stamina • Compete against personal bests and others 	<ul style="list-style-type: none"> • Evaluate performance and suggest improvements • Lead small groups or activities • Demonstrate resilience and sportsmanship