

Progression of Skills	By the end of KS1	By the end of KS2
Acquiring and Developing	Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities	Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.
Evaluating and Improving	n/a	Pupils should be taught to compare their performances with previous ones to achieve their personal best.
Games	<p>Pupils should be taught to master basic movements such as running, jumping, throwing, catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Pupils should be taught to participate in team games, developing simple tactics for attacking and defending</p>	<p>Pupils should be taught to use running, jumping, catching and throwing in isolation and in combination.</p> <p>Pupils should be taught to play competitive games, modified where appropriate, such as football, netball, rounders, cricket, hockey, basketball, badminton and tennis, and apply basic principles suitable for attacking and defending</p>
Dance	<p>Pupils should be taught to perform dances using simple movement patterns. Use movement imaginatively, responding to stimuli, including music and performing basic skills</p> <ul style="list-style-type: none"> •change rhythm, speed, level and direction of their movements •create and perform dances using simple movement patterns, including those from different times and cultures •express and communicate ideas and feelings 	<p>Pupils should be taught to create dances using a range of movement patterns, including those from different times, place and cultures</p> <ul style="list-style-type: none"> -Respond to a range of stimuli and accompaniment -Through dance, develop flexibility, strength, technique, control and balance -Perform dances using a range of movement patterns
Gymnastics		Pupils should be taught to develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics.
Athletics	n/a	Pupils should be taught to develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics.
Outdoor and Adventurous Activities	n/a	Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
Swimming	<p>All schools must provide swimming instruction either in Key Stage 1 or Key Stage 2. In particular, pupils should be taught to:</p> <ul style="list-style-type: none"> • swim competently, confidently and proficiently over a distance of at least 25 metres • use a range of strokes effectively such as front crawl, backstroke and breaststroke • perform safe self-rescue in different water-based situations. 	
End of KS Expectation	Pupils should develop core movement, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and co-ordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.	Pupils should continue to implement and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to succeed in different activities and sports and learn how to evaluate and recognise their own success.