

NATIONAL CURRICULUM: PHYSICAL EDUCATION

Analysis of Progression across the Key Stages

The following table details the requirements of the National Curriculum as well as the progression in learning across the Key Stages under key headings identified within the new curriculum.

The Key Stage statements of ‘what children should achieve’ at each Key Stage are shown in **black**. Reference to ‘what pupils should be taught’ is shown in **red**.

As can be seen from the table, progression is more evident in some areas than in others. Teachers are encouraged to consider how any ‘gaps’ in progression might be addressed within their PE curricula to try to achieve as much coherence and continuity in pupils’ learning across the breadth of the subject and the Key Stages as possible.

	Purpose of Study <i>Aims (italics)</i>	KS1	KS2	KS3	KS4
Movement	<i>Develop competence to excel in a broad range of physical activities</i>	Develop fundamental movement skills, becoming increasingly confident and competent Master basic movements such as running, jumping, throwing and catching	Continue to apply and develop a broader range of skills Use running, jumping, throwing and catching in isolation and in combination	Build on and embed the physical development and skills learned in KS1 and 2	Tackle complex and demanding physical activities
Using skills, techniques		Access a broad range of opportunities to extend their agility, balance and coordination	Learn how to use (skills) them in different ways and to link them to make actions and sequences of movement	Become more competent, confident and expert in their techniques and apply them across different sports and physical activities	

		Developing balance, agility and coordination	Develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics	Develop their technique and improve their performance in other competitive sports e.g. athletics and gymnastics	Develop their technique and improve their performance in other competitive sports e.g. athletics and gymnastics or other
					physical activities e.g. dance
Range of activities application		Begin to apply basic movements in a range of activities	 and in combination		
Dance		Perform dances using simple movement patterns	Perform dances using a range of movement patterns	Perform dances using advanced dance techniques in a range of dance styles and forms	Develop their technique and improve their performance in other physical activities e.g. dance
Cooperation (social)	Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect	(work) individually and with others. Engage in cooperative physical activities	(enjoy) communicating, collaborating with each other ...and within a team	...be encouraged to work in a team, building on trust and developing skills... (either individually) or as a group	...encourage pupils to work in a team, building on trust and developing skills... (either individual) or as a group
Competition	A high quality physical education curriculum inspires all pupils to succeed and excel in competitive sport... <i>Engage in competitive sports and activities</i>	Engage in competitive physical activities (both against self and against others)	(enjoy) competing with each other	Overcome opponents in direct competition through team and individual games Take part in competitive sports and activities outside school through community links or sports clubs	

Games		Participate in team games	Play competitive games, modified where appropriate	...through team and individual games	 in team and individual games
Tactics Attack/defend		Developing simple tactics for attacking and defending	Apply basic principles suitable for attacking and defending	Use a range of tactics and strategies to overcome opponents in direct competition (through team and individual games)	Use and develop a variety of tactics and strategies to overcome opponents in team and individual games
Challenge	succeed and excel (in competitive sport) and other physically	Range of increasingly challenging situations	Develop an understanding of how to improve in different		Tackle complex and demanding physical activities
	demanding activities		physical activities and sports Take part in OAA challenges both individually and within a team	Take part in OAAs which present intellectual and physical challenges and be encouraged to work in a team, building on trust and developing skills to solve problems, either individually or as a group	Take part in further OAAs in a range of environments which present intellectual and physical challenges and which encourage pupils to work in a team, building on trust and developing skills to solve problems, either individually or as a group

Analysis and evaluation			Learn how to evaluate and recognise their own success Compare their performances with previous ones and demonstrate improvement to achieve their personal best	Analyse their performances compared with previous ones and demonstrate improvement to achieve their personal best	Evaluate their performances compared to previous ones and demonstrate improvement across a range of physical activities to achieve their personal best
Preparation for life and participation	It should provide opportunities for pupils to become physically confident in a way, which supports their health and fitness	Access a broad range of opportunities		Develop the confidence and interest to get involved in exercise, sports and activities out of school and in later life Take part in competitive sports and activities outside school through community links or sports clubs	Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle Continue to take part regularly in competitive sports and activities outside school through community links or sports clubs
Health and fitness	<i>Are physically active for sustained periods of time</i> <i>Lead healthy, active lives</i>			Understand and apply the long-term health benefits of physical activity	Get involved in a range of activities that develops personal fitness and promotes an active, healthy lifestyle

Swimming			Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively e.g. front crawl, backstroke, breaststroke Perform safe self-rescue in different water-based situations		
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