		١	Year 1			Year 2			Year 3			Year 4			Year 5			Year 6		
	National Curriculum Objective	Α	Sp	Su																
KS1	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.																			
KS2	Use running, jumping, throwing and catching in isolation and in combination																			
	Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending																			
	Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]																			
	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 [for example, front crawl, backstroke and breaststroke]																			
	Perform safe self-rescue in different water-based situations.																			