



	Year 1 and 2	Year 3, 4, 5 and 6
Skills	<ul style="list-style-type: none"> ● S1 confidently perform 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 ● S2 participate in team games, developing simple tactics for attacking and defending ● S3 perform dances using simple movement patterns 	<ul style="list-style-type: none"> ● S1 use running, jumping, throwing and catching in isolation and in combination ● S2 play competitive games, modified where appropriate e.g. badminton, basketball, cricket, football, hockey, netball, rounders and tennis and apply basic principles suitable for attacking and defending ● S3 develop flexibility, strength, technique, control and balance e.g. through athletics and gymnastics ● S4 perform dances using a range of movement patterns ● S5 take part in outdoor and adventurous activity challenges both individually and within a team ● S6 swim competently, confidently and proficiently over a distance of at least 25 metres ● S7 use a range of swimming strokes effectively e.g. front crawl, backstroke and breaststroke ● S8 perform safe self-rescue in different water-based situations
Swimming & Water Safety		<ul style="list-style-type: none"> ● SWS1 swim competently, confidently and proficiently over a distance of at least 25 metres ● SWS2 use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] ● SWS3 perform safe self-rescue in different water-based situations.