

Intake Farm Primary and Nursery School
PE topic progression overview grid



Year	Topic Title	Objectives	Linking Topics
Foundation Stage	Health and wellbeing Yoga And Celebrations Power of PE	FS1 Continue to develop their movement, balancing, Hold a pose FS2 develop the overall body strength, coordination, balance and agility needed to engage successfully with future physical education sessions and other v physical disciplines including dance, gymnastics, sport and swimming.	PHSE Health and wellbeing links PHSE to know about different factors that support their overall health and well being Including regular physical activity. Links to topic Celebrations
	Games /Multiskills	FS1 Continue to develop ball skills Skip, hop, stand on one leg and hold a pose Revise and refine the fundamental movement skills they have already required Walking, jumping, running, hopping, skipping	Y1 Multi skills PHSE to know about different factors that support their overall health and well being Including regular physical activity. Year 1 Multi skills and foundations for other activities
	Expressive Arts Dance	FS1 Use large muscle movements to wave flags Increasingly able to use and remember sequences and patterns of movements which are related to music and rhythm FS2 Expressive Arts Explore and engage in music making and dance, performing solo or in groups	PHSE to know about different factors that support their overall health and well being Including regular physical activity. Year 1 dance
	Gymnastics	FS1 match their developing physical skills to tasks and activities in the setting, for example, they decide whether to crawl, walk or run across a plank, depending on its length and stairs, or climb up apparatus, using alternative feet. Go up steps	Links to Year 1 gymnastics

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		<p>FS2 develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Revise climbing.</p>	
	<p>Balance and agility Transport Power of PE</p>	<p>FS1 skip, hop, stand on one leg and hold a pose for a game like musical statues Start taking part in some group activities which they make up for themselves, or in teams.</p> <p>FS2 Progress towards a more fluent style of moving, with developing control and grace. Revise a and refine the fundamental movements skills they have already acquired Walking, jumping, running, hopping skipping.</p>	<p>Develop skills for dance/ gymnastics in Year 1 Links to FS topic transport</p>
	<p>Large Ball Skills Athletics Skills</p>	<p>FS1 Start taking part in group activities which they make up for themselves or in teams Continue to develop their movement balancing and ball skills.</p> <p>FS2 confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in groups.</p>	<p>Links to whole Sports day event Year 1 Athletics Develop skills for large ball skills such as rugby and football Year 1</p>

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Year 1	<u>Outdoor Adventure</u>	Begin to follow some simple rules They should enjoy communicating, collaborating their own success. Use varying speeds when running. Use running in a range of activities	Links to Geography Topic Where in the world is Ladybrook map skills Introduction into map skills and team work. Running links to all team games work
	<u>Zip and Move Space</u>	Develop agility balance and coordination To master basic movements including running, jumping throwing, and catching.	Develops Agility/ balance and control needed for all elements of PE Links to space topic theme Introduces children to working as a team Develops listening skills
	<u>Multiskills</u>	Use varying speeds when running. Explore footwork patterns. Explore arm mobility. Explore different methods of throwing. Practise short distance running.	Follows on from Foundation Multi skills Basic skills development for more focused units
	Team games	Throw underarm, bounce & catch ball by self & with partner Kick/stop a ball using a confident foot while static Run straight and on a curve and sidestep with correct technique Begin to follow some simple rules Participate in team games developing simple tactics for attacking and defending	Introduction into the skills which will be developed in Year 2 Introduction into competitive games during year 1 and 2
Yoga	Keep balance travelling in a range of ways Make body tense, relaxed, curled and stretched, showing some tension Children 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	Health and wellbeing links Good posture and core links to academic work. Links to athletics and gymnastic skills.	

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	<p>Dance</p> <p>Net and wall games</p>	<p>Copy dance moves. Make up a short dance, after watching one. Dance imaginatively. Change rhythm, speed, level and direction.</p> <p>Throw underarm, bounce & catch ball by self & with partner Kick/stop a ball using a confident foot while static Run straight and on a curve and sidestep with correct technique Begin to follow some simple rules Master basic movements of throwing and catching</p>	<p>Follows on from Foundation</p> <p>Introduction into large ball skills such as hand ball, dodge ball basketball which will be covered in KS2</p>
	<p>Gymnastics</p> <p>Striking Fielding <u>Defending / attacking</u></p>	<p>Make body tense, relaxed, curled and stretched, showing some tension. Begin to work on alone/with someone to make a sequence of shapes/travels Climb safely, showing some shapes and balances when climbing. Keep balance travelling in a range of ways along bench, spots, mat etc Roll in stretched/curled positions e.g. 'log' and 'egg rolls'</p> <p>Throw underarm, bounce & catch ball by self & with partner Kick/stop a ball using a confident foot while static Run straight and on a curve and sidestep with correct technique Begin to follow some simple rules</p>	<p>Development of core control- good posture good concentration</p> <p>Introduction into striking games such as rounders, tennis, golf, cricket which will be taught in KS2 Links into golf next half term</p>

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	<p>Athletics</p> <p>Striking and fielding Golf/ scatter ball/ cricket/ tennis</p> <p>Maypole dancing</p>	<p>Use varying speeds when running. Explore footwork patterns. Explore arm mobility. Explore different methods of throwing. Practise short distance running.</p> <p>Throw underarm, bounce & catch ball by self & with partner Kick/stop a ball using a confident foot while static Run straight and on a curve and sidestep with correct technique Begin to follow some simple rules</p> <p>Change rhythm, speed, level and direction. Create and perform dances using simple movement patterns, including those from different times and cultures</p>	<p>Building skills for Sports day/ links to multi skills. Builds on skills learnt in Foundation stage.</p> <p>Introduction into new skill This will be developed in Year 2</p> <p>Links to music beat/ pulse</p> <p>Links to music curriculum. Change of rhythm, speed and direction. Dances from different cultures.</p>
	<p>Defending and attacking Football/ hockey</p> <p>Athletics</p>	<p>Throw underarm, bounce & catch ball by self & with partner Kick/stop a ball using a confident foot while static Run straight and on a curve and sidestep with correct technique Begin to follow some simple rules</p> <p>Use varying speeds when running. Explore footwork patterns. Explore arm mobility. Explore different methods of throwing. Practise short distance running</p>	<p>Follows on from Foundation Mini Kicks skills</p> <p>Building skills for Sports day/ links to Multi skills</p>

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Year 2	<p><u>Health and wellbeing</u> <u>Outdoor Adventure</u></p>	<p>Pupils should participate in team games They should enjoy communicating, collaborating their own success. Run with agility and confidence.</p>	<p><u>Geography links Skills and fieldwork</u> World maps, Atlases and globes, compass directions, aerial photographs and plans, fieldwork.</p>
	<p><u>Multiskills</u></p>	<p>Run with agility and confidence. Learn the best jumping techniques for distance. Throw different objects in a variety of ways. Hurdle an obstacle and maintain effective running style. Run for distance. Complete an obstacle course with control and agility.</p>	<p>By end of key stage children should be able to jumping, throwing, catching in isolation and in a combination</p>
	<p><u>Team Games</u> <u>Rugby/ basketball/ netball</u></p>	<p>Perform some dribbling skills with hands and feet using space Pass a ball accurately (hands & feet) over longer distances to a team mate Combine stopping, pick up/collect & send a ball accurately to other players Make simple decisions about when /where to move in game to receive a ball</p>	<p>Building skills from Year 1 Links to have Intra competition. End of key stage expectation to participate in team games use simple tackles</p>
	<p><u>Health and wellbeing</u> <u>Yoga/ Zumba</u></p>	<p>Make body tense, relaxed, curled and stretched, in a range of movements. Children 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</p>	<p>Health and wellbeing link</p>

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	<p><u>Dance</u></p> <p><u>Attacking and defending</u> <u>Large ball skills</u></p>	<p>Change rhythm, speed, level and direction with consistency. Dance with control and co-ordination. Make a sequence by linking sections together. Link some movement to show a mood or feeling.</p> <p>Perform some dribbling skills with hands and feet using space</p> <p>Pass a ball accurately (hands & feet) over longer distances to a team mate</p> <p>Combine stopping, pick up/collect & send a ball accurately to other players</p> <p>Make simple decisions about when /where to move in game to receive a ball</p>	<p>Dance End of Key stage</p> <p>Building on skills developed in Year 1 Children should be taught to perform dances using simple movement patterns. Use movement imaginatively, responding to stimuli, including music and performing basic skills 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> <p>Building on large ball skills in year 1 Introduction to games in KS2 such as handball, dodgeball, basket ball</p>
	<p><u>Gymnastics</u></p>	<p>Make body tense, relaxed, curled and stretched, in a range of movements. Perform a sequence with changes in speed & direction including 3 different actions (<i>sometimes giving advice to others</i>) Be still on single/two + points of contact on floor/apparatus showing tension & control Link known shape/travel/roll/jump to a balance using floor & on apparatus Jump/land with control using different body shapes in flight</p>	<p>Continue to develop flexibility, strength control and balance, through gymnastics and athletics.</p>

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	scores.	jumping, throwing catching skills inn isolation and as a combination
<u>Net and wall games</u>	<p>Can travel whilst bouncing a ball showing control. Can use a range of skills to help keep possession of the ball. Can perform the basic skills needed for games with control and consistency. In pairs make up a game. Play simple rally game. Use a range of skills to keep possession and make progress towards a goal, (on own or with others) Can choose good places to stand when receiving ball. (Give reason for their choice) Use batting or throwing skills to make the game harder for their opponent</p>	<p>Builds on basic skills taught in KS1. Developing skills to be more competitive in Upper KS2.To take part in competitive games and use basic attacking and defending skills.</p>
<u>Health and wellbeing Yoga Zumba/ circuits</u>	Pupils should be taught to develop flexibility, strength, technique, control and balance,	PHSE and well-being links. Skills linked to gymnastics, such as pose, balance and strong core. Links to increasing fitness levels for all pupils
<u>Gymnastics</u>	<p>Use a greater number of own ideas for movement in response to a task. Combine arm actions with skips/leaps/steps/jumps & spins in travel Travel while using various hand apparatus, (ribbon/hoop/ rope/ball) Know principles of balance and apply them on floor & apparatus</p>	Continue to develop flexibility, strength control and balance, through gymnastics and athletics
<u>Defending and attacking</u>	Can travel whilst bouncing a ball showing control.	

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	<p>Striking and fielding Golf</p>	<p>Choose and understand appropriate running techniques. Compete in a mini competition, recording scores.</p> <p>Can travel whilst bouncing a ball showing control. Can use a range of skills to help keep possession of the ball. Can perform the basic skills needed for games with control and consistency. In pairs make up a game. Play simple rally game. Use a range of skills to keep possession and make progress towards a goal, (on own or with others) Can choose good places to stand when receiving ball. (Give reason for their choice) Use batting or throwing skills to make the game harder for their opponent</p>	<p>Continuation of skills taught in KS1. Links to other striking skills taught in upper Key stage 2 such as rounder's, tennis and cricket.</p>
	<p>Striking and fielding Cricket</p>	<p>Can travel whilst bouncing a ball showing control. Can use a range of skills to help keep possession of the ball. Can perform the basic skills needed for games with control and consistency. In pairs make up a game. Play simple rally game. Use a range of skills to keep possession and make progress towards a goal, (on own or with others) Can choose good places to stand when receiving ball. (Give reason for their choice) Use batting or throwing skills to make the game harder for their opponent</p> <p>Run in different directions and at different speeds, using a good technique. Improve throwing technique. Reinforce jumping techniques.</p>	<p>Builds on striking skills from Year 2 Preparation for Year 4 striking games such as rounder's. Introduction to intra games Year 3 only</p> <p>Continuation and development of skills taught in KS1 and links to skills in upper</p>

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	Athletics	Understand the relay and passing the baton. Choose and understand appropriate running techniques. Compete in a mini competition, recording scores.	KS2. Sports day links/ competitions/ multi skills. sports day links
Year 4	Throwing and catching Dodgeball/ bench ball/ Netball	Select and maintain a running pace for different distances. Practise throwing with power and accuracy. Throw safely and with understanding. Demonstrate good running technique in a competitive situation. Explore different footwork patterns Understand which technique is most effective when jumping for distance. Utilise all the skills learned in this unit in a competitive situation.	To ensure children are secure with the basic skills of throwing, catching running in combination and isolation. In preparation for more focused games work in upper KS2
	Balance and coordination Circuits/ Zumba/Yoga	Pupils should be taught to develop flexibility, strength, technique, control, and balance Can follow a school map to navigate around a simple course designed by themselves. -Can read basic symbols on an orienteering map. -Can use verbal communication within group activities to help solve problems. -Can use non-verbal communication strategies to help solve problems/complete challenges.	PHSE and well-being links. Skills linked to gymnastics, such as pose, balance and strong core. Links to increasing fitness levels for all pupils
	Outdoor Adventure	-Can follow the instructions of others when working within a team. -Can evaluate their own performance.	Develops more detailed map skills in preparation for Year 5/6
	Invasion Games Rugby/ Hockey/ Frisbee/ Netball	Can keep a game going using a range of different throwing. Strike a ball with intent Throw more accurately when bowling and / or fielding. Can effectively play a competitive net/ wall game. Can keep and use the rules they are given. Can try to make things difficult for opponent by directing the ball to space at different speeds and height.	To take part in competitive games and use basic attacking and defending skills. To link with Year 3 to take part in intra competitions.

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	Gymnastics	<p>Share ideas and give positive criticism/advice to self & others. Create & perform matching/mirroring sequences explaining how it could be improved Perform at least 3 different rolls (shoulder, forward, back) with some control Link a roll with travel and balance using floor and apparatus with good body control</p>	<p>Continue to develop flexibility, strength control and balance, through gymnastics and athletics. Develops greater use of own ideas and sequences</p>
	Dance	<p>Respond imaginatively to stimuli related to character/music/story Perform clear & fluent dances that show sensitivity to idea/stimuli Make up dance within a small group Can evaluate their own performance.</p>	<p>Develops on from skills taught in Year 3 Developing use of own ideas in preparation for upper Key Stage 2</p>
	Striking/ Fielding/ Rounders/ Golf/ Cricket	<p>Can keep a game going using a range of different throwing. Strike a ball with intent Throw more accurately when bowling and / or fielding. Can effectively play a competitive net/ wall game. Can keep and use the rules they are given. Can try to make things difficult for opponent by directing the ball to space at different speeds and height.</p>	<p>Introduction to new sport rounder's. Develops skills taught in Year 3 such as cricket. For children to take part in intra and inter rounder's competitions.</p>
	Athletics	<p>Select and maintain a running pace for different distances. Practise throwing with power and accuracy. Throw safely and with understanding. Demonstrate good running technique in a competitive situation. Explore different footwork patterns Understand which technique is most effective when jumping for distance. Utilise all the skills learned in this unit in a competitive situation. Can evaluate their own performance.</p>	<p>Links to sports day. Develops previously learnt skills. Develop strength, control balance and techniques. To develop skill of evaluating own performance.</p>

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Year 5	<p>Attacking principles Netball/ Basketball/ handball</p>	<p>Can travel with a ball showing change of speed and directions using either foot or hand. Can use a range of techniques when passing, e.g. high, low bounced, fast, slow. Can hit the ball with purpose, varying the speed, height and direction. Can hit the ball from both sides of the body. Can judge how far they can run to score points</p>	<p>Introduction to Netball to be taught at the same time as Year 6 to enable end of unit intra competition.</p>
	<p>Attacking and defending Hockey/ rugby/ basketball/ Netball</p> <p>Invasion games Dodgeball/ frisbee/ bench ball</p>	<p>Play competitive games and apply basic principles of attacking and defending Use running, jumping, throwing and catching in isolation and in combination</p>	<p>Introduction into new striking sport. To take part in intra competitions. Can play games showing tactics and communication Links to School Games</p>
	<p>Orienteering Outdoor Education activities</p>	<ul style="list-style-type: none"> -Can plan a simple orienteering trial for others to complete. E.g. -using the local area. -Can read some map symbols when following a given route. -Can begin to read a compass. -Can plan ideas of how to solve a problem before attempting it. -Can decide if verbal or non-verbal communication is the most effective choice when solving problems. 	<p>Links to geography National Parks / map skills PHSSE Team work links Literacy links verbal/ Non-verbal instructions. Developing evaluation skills</p>

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		<p>-Beginning to take the lead within a group challenge and is starting to give clear instructions to others.</p> <p>-Can evaluate her own and the team's performance within a challenge and make suggestions of how to improve for next time.</p>	
	Gymnastics	<p>Share ideas and give positive criticism/advice to self & others.</p> <p>Create & perform matching/mirroring sequences explaining how it could be improved</p> <p>Perform at least 3 different rolls (shoulder, forward, back) with some control</p> <p>Link a roll with travel and balance using floor and apparatus with good body control</p>	Continue to develop flexibility, strength control and balance, through gymnastics and athletics
	Dance	<p>Show/fluency/control in chosen dances in response to stimuli</p> <p>Perform fluent dances with characteristics of different styles/eras</p> <p>Adapt & refine (in pair/group), dances that vary direction, space & rhythm</p>	<p>Continuation of skills and development</p> <p>Performing dances range of patterns</p>
	Striking and fielding Tennis Rounder's Cricket	<p>Demonstrate good techniques in a competitive situation.</p> <p>Can travel with a ball showing change of speed and directions using either foot or hand.</p> <p>Can use a range of techniques when passing, e.g. high, low bounced, fast, slow.</p> <p>Can hit the ball with purpose, varying the speed, height and direction.</p> <p>Can hit the ball from both sides of the body.</p> <p>Can judge how far they can run to score points</p>	<p>Introduction to new striking sport</p> <p>Be able to hit a ball at different speeds.</p> <p>Develops skills from Year 4 Throwing, catching and striking skills. Intra and inter completion links</p>
	Athletics	<p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p> <p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p> <p>Explore different footwork</p>	<p>Develops basic skills taught in Year 3</p> <p>Develop communication skills</p> <p>Continue to develop flexibility, strength control and balance, through gymnastics and athletics</p> <p>Intra / inter links with Yea 4 and 6</p> <p>Sports day links</p>

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		<p>patterns. Understand which technique is most effective when jumping for distance. Learn how to use skills to improve the distance of a pull throw.</p> <p>Develop flexibility strength technique control and balance Compare their performance with previous ones and demonstrate improvement to achieve personal best. Use running, jumping, throwing and catching in isolation and in combination</p>	<p>To increase fitness levels Health and wellbeing links</p>
Year 6	<p>Circuits/ Zumba/ Yoga Running and jumping skills</p>		
	<p>Attacking principles Netball/ basketball / Handball</p>	<p>Can dribble effectively around obstacles. Can shoe precision and accuracy when sending and receiving. Perform with accuracy and control. Can combine and perform skills with control, adapting them to meet the needs of the situation. Play shots on both sides of the body. Use different ways of bowling. Play games showing tactical awareness and knowledge for rules and scoring. Respond by choosing and using skills which meet the needs of the situation. Can choose when to pass, dribble, so they keep possession of the ball and make progress towards a goal.</p>	<p>. By end of key stage to be able to Netball at the same time as Year 6 to have intra competition end of unit</p>
	<p>Outdoor Education</p>	<p>-Can plan a simple orienteering trial for others to complete e.g. using the local area. -Can read a wide variety of map symbols and use a compass when following a given route. -Can take the lead within a group challenge and give clear instructions to others. -Can decide if verbal or non-verbal communication is the most effective choice when solving problems and say why. -Can evaluate own and the team's performance within a challenge and make suggestions of how and why they need to improve for next time.</p>	<p>Links to geography skills Team building and leadership skills preparation for secondary school</p>
	<p>Attacking and defending Rugby</p>	<p>Can dribble effectively around obstacles. Can shoe precision and accuracy when sending and receiving. Perform with accuracy and control. Can combine and perform skills with control, adapting them to meet the needs of the situation. Play shots on both sides of the body. Use different ways of bowling.</p>	<p>Can dribble effectively</p>
	<p>Hockey/ football</p>		

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		<p>Play games showing tactical awareness and knowledge for rules and scoring. Respond by choosing and using skills which meet the needs of the situation. Can choose when to pass, dribble, so they keep possession of the ball and make progress towards a goal.</p>	
	<p>Gymnastics</p> <p>Invasion games Large balls handball/ bench ball/ handball Passing marking</p>	<p>Select a suitable routine to perform to different audiences, bearing in mind who the audience is. Transfer sequence above onto suitably arranged apparatus & floor Perform 6-8-part floor sequence as individual, pair & small group to a piece of music Demonstrate 3 paired balances in sequence using various skills/actions</p> <p>Can show precision and accuracy when sending and receiving. Perform with accuracy and control. Can combine and perform skills with control, adapting them to meet the needs of the situation. Play shots on both sides of the body</p>	<p>Continue to develop flexibility, strength control and balance, through gymnastics and athletics</p> <p>Develops accuracy and control</p>
	<p>Dance</p> <p>Striking fielding Tennis/ Rounder's</p>	<p>Create & perform dances in a variety of styles consistently Be aware of & use musical structure, rhythm & mood & can dance accordingly Use appropriate criteria & terminology to evaluate performances</p> <p>Can dribble effectively around obstacles. Can show precision and accuracy when sending and receiving. Perform with accuracy and control. Can combine and perform skills with control, adapting them to meet the needs of the situation. Play shots on both sides of the body. Use different ways of bowling. Play games showing tactical awareness and knowledge for rules and scoring. Respond by choosing and using skills which meet the needs of the situation. Can choose when to pass, dribble, so they keep possession of the ball and make progress towards a goal.</p>	<p>Develops skills from Year 5 Intra competition</p>

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	<p>Athletics</p>	<p>Explain how warming up affects performance Set realistic targets for self-running short and long distance. Perform relay change overs Demonstrate a range of jumps showing power, control and consistency at both take-off and landing. Throw with greater accuracy, control and efficacy of movement using pulling, pushing and slinging action with foam javelin, shot and discuss</p> <p>Identify the main strengths of a performance of self and others</p>	<p>Continue to develop flexibility, strength control and balance, through gymnastics and athletics</p> <p>Intra/ Inter links with Year 4 Sports day events Continue to develop flexibility, strength control and balance, through gymnastics and athletics</p> <p>End of Key Stage Use running, jumping, throwing and catching in isolation and in a combination. Develop flexibility, strength, techniques, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>End of Key Stage Pupils should be taught to play competitive games and apply basic principles suitable for attacking and defending. They should enjoy communicating, collaborating, and competing with each other.</p> <p>Increase fitness and wellbeing levels</p>
	<p>Athletics</p>	<p>Explain how warming up affects performance Set realistic targets for self-running short and long distance. Perform relay change overs Demonstrate a range of jumps showing power, control and consistency at both take-off and landing. Throw with greater accuracy, control and efficacy of movement using pulling, pushing and slinging action with foam javelin, shot and discuss</p> <p>Identify the main strengths of a performance of self and others</p>	
	<p>Circuits/ Zumba/ Yoga Running and jumping skills</p>	<p>Develop flexibility strength technique control and balance Compare their performance with previous ones and demonstrate improvement to achieve personal best. Use running, jumping, throwing and catching in isolation and in combination</p>	

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Swimming

<p style="text-align: center;">Swimming</p> <p style="text-align: center;">We are allocated 18 swimming slots per year. Pupils in Key Stage 2 are offered the sessions.</p>	<p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To show breath control.</p> <p>Treading water.</p> <p>To submerge their heads in water.</p> <p>Begin to use some different stokes when swimming.</p> <p>To develop a knowledge and understanding of water safety key messages.</p> <p>To know, how and when to use appropriate survival and self-rescue methods.</p> <p>To have a knowledge and understanding of local hazards.</p> <p>To know what to do to help others.</p> <p>Introduction to deeper water.</p> <p>To develop balance, link activities and travel further on whole stroke.</p> <p>To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke showing they are able to co-ordinate their movements.</p>	<p>End of Key Stage Pupils should be taught to swim competently, confidently, and proficiently over a distance of at least 25 m.</p> <p>To use a range of strokes effectively (EG: front crawl, backstroke, and breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p> <p>Life skill to be able to swim 25 meters</p> <p>Continue to develop flexibility, strength control and balance, through gymnastics and athletics competency.</p>
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	<p>Strokes must be recognisable to an onlooker and be strong at the beginning and end.</p> <p>Pupils are able to swim at least 25m (can be more)</p> <p>End of Key Stage Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 m.</p> <p>To use a range of strokes effectively (EG: front crawl, backstroke and breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p> <p>To develop basic pool safety skills and confidence in water.</p> <p>To develop travel in vertical or horizontal position and introduce floats.</p> <p>To develop push and glides, any kick action on front and back with or without support aids.</p> <p>To develop entry and exit, travel further, float and submerge.</p> <p>To show breath control.</p> <p>Treading water.</p> <p>To submerge their heads in water.</p>	
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	<p>Begin to use some different stokes when swimming.</p> <p>To develop a knowledge and understanding of water safety key messages.</p> <p>To know, how and when to use appropriate survival and self-rescue methods.</p> <p>To have a knowledge and understanding of local hazards.</p> <p>To know what to do to help others.</p> <p>Introduction to deeper water.</p> <p>To develop balance, link activities and travel further on whole stroke.</p> <p>To use a range of strokes effectively e.g. front crawl, backstroke and breaststroke showing they are able to co-ordinate their movements.</p> <p>Strokes must be recognisable to an onlooker and be strong at the beginning and end.</p> <p>Pupils are able to swim at least 25m (can be more)</p> <p>End of Key Stage Pupils should be taught to swim competently, confidently and proficiently over a distance of at least 25 m.</p> <p>To use a range of strokes effectively (EG: front crawl, backstroke and breaststroke)</p> <p>Perform safe self-rescue in different water-based situations.</p>	
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