

This document has been developed using the Early Learning Goals and the National Curriculum to help summarise and identify what West Cornforth Primary School would like our pupils to look, sound and behave like by the end of each year group.

The physically educated child in each year will:

EYFS	Explore and experiment with a range of movements and actions in gymnastics, dance and games type activities developing control and coordination. Move confidently in a range of way, safely negotiating space. Can cooperate with others to take turns and organise activities. Participate in gymnastics and dance intra-school activities.
Year 1	Experience a range of movements and actions, developing agility, balance and coordination in a range of situations. Show simple tactics in a range of situations. Perform with confidence in a range of activities. Take part in increased range of intra-school festivals and activities.
Year 2	Develop competence in fundamental movements (running, jumping, throwing, catching). Understand when they are attacking and defending in a range of challenging situations. Demonstrate teamwork. Enjoy participation in PE, sport or physical activity.
Year 3	Perform a range of skills in isolation. Identify how to improve the performance of others and communicate their ideas clearly. Compete regularly against themselves and others. Chooses to participate in regular physical activity or sport. To explore ways of moving in water with and without swimming aids.
Year 4	Use a range of skills in combination to make actions or sequences of movement. Understand how to improve their own performance. Act in a sporting matter regardless of the result of competitive activity, Participate regularly in school based sporting opportunities. Developing confidence in and under water. Swim 10m unaided.
Year 5	Demonstrate skills with control and coordination. Communicate and collaborate to solve problems in outdoor and adventurous activities. Challenge themselves to improve their own performance towards their 'personal best'. Regularly participate in interschool sport. Use a range of recognised swimming strokes. Swim up to 25m unaided.
Year 6	Apply activity specific skills with control. Evaluate the performance of themselves and others. Act as a role model within a range of sporting contexts. Regular participant in sport or physical activity. Understand and lead healthy lifestyles. By the end of KS2 children can swim 25m unaided and perform a self-rescue.