



New National Curriculum Objectives

PE			
PE	Key Stage 1	1a	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
		1b	participate in team games, developing simple tactics for attacking and defending
		1c	perform dances using simple movement patterns.
	Key Stage 2	2a	use running, jumping, throwing and catching in isolation and in combination
		2b	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
		2c	develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
		2d	perform dances using a range of movement patterns
		2e	take part in outdoor and adventurous activity challenges both individually and within a team
		2f	compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Key Stage 1 or 2	Swimming and water safety	
		g	swim competently, confidently and proficiently over a distance of at least 25 metres
		h	use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]
i		perform safe self-rescue in different water-based situations.	