

	<u>Physical activities</u>	<u>Health and well-being</u>
Early Years	<ul style="list-style-type: none"> • Children will revise and refine the fundamental movement skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, and climbing • Children will negotiate space and obstacles safely, with consideration for themselves and others • Children will begin to combine different movements with ease and fluency • Children will learn to confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group • Children will further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming • Children will follow the BEAM programme during the Autumn term to focus on their balance and movement • Children will participate in REAL PE sessions throughout Autumn and Spring terms • Towards the end of the Summer term children will be taught by an outside gym coach once a week following the REAL gym programme • Children will participate in city wide competitive sports events through the year 	<ul style="list-style-type: none"> • Children will know and talk about the different factors that support their overall health and well-being: regular physical exercise, healthy eating, tooth brushing, and sensible amounts of 'screen time', having a good sleep routine and being a safe pedestrian

<p>Year 1</p>	<ul style="list-style-type: none"> • To participate in team games, learning simple tactics for defending and attacking • To perform dances using simple movement patterns • To begin learning 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 • Children will participate in REAL PE sessions throughout the year • Children will be taught by an outside gym coach once a week during Spring term following the REAL gym programme • Children will participate in city wide competitive sports events through the year 	<ul style="list-style-type: none"> • Children are given the opportunities to become physically confident in many different ways and in a way which supports their health and fitness • Children are given opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect
<p>Year 2</p>	<ul style="list-style-type: none"> • To participate in team games, developing simple tactics for defending and attacking • To perform dances using simple movement patterns • To master the skills of 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 • Children will participate in REAL PE sessions throughout the year • Children will be taught by an outside gym coach once a week during the Autumn and Spring term following the REAL gym programme • Children will participate in city wide competitive sports events through the year <p><u>Swimming and Water Safety</u> Children will attend weekly swimming lessons starting during Spring term:</p>	<ul style="list-style-type: none"> • Children are given the opportunities to become physically confident in many different ways and in a way which supports their health and fitness • Children are given opportunities to compete in sport and other activities to build character and help to embed values such as fairness and respect

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| | <ul style="list-style-type: none">• To begin to swim competently, confidently and proficiently over a distance of at least 25 metres• To begin to use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]• To begin to learn how to perform safe self-rescue in different water-based situations | |
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