

Continuous PE provision for all key stages:

Walk to school week / Mode shift stars / Science and RSHE lessons:  
To lead healthy, active lives



**EY END GOAL**

- **Dance:** To move energetically in a range of movements
- **Gymnastics:** demonstrate strength and balance
- **Games:** Negotiate space and obstacles safely

**KS1 END GOAL**

- **Dance:** simple movement patterns
- **Gymnastics:** balance, agility and coordination
- **Games:** participate in team games with simple attacking and defending tactics

**KS2 END GOAL**

- **Dance:** a range of movements
- **Gymnastics:** flexibility, strength, control and balance
- **Games:** play competitively, building strategy for attacking and defending.
- **Swim** 25m independently

**KS2 additional PE provision: Through other events**

Residential / Activity Day / Water sports:  
To take part in outdoor and adventurous activity challenges both individually and in a team.

Sports Partnership festivals / school games / QUAD kids:  
To play competitive games and apply basic principles

Weekly KS2 swimming sessions:  
To swim confidently, competently and proficiently over a distance of at least 25m.  
To use a range of strokes effectively  
To perform safe self rescue in different water based situations

