



PE

EYFS

Start to develop coordination, spatial awareness and control over their own bodies. Explore ways to keep healthy and safe.

Key Stage 1

Develop physical skills with increasing competence in a range of activities and games. Begin to develop confidence to participate in and enjoy physical activity; starting to recognise the importance of a healthy lifestyle.

Lower Key Stage 2

Apply physical skills in a variety of activities and sports. Continue to develop confidence to participate in and enjoy physical activity; recognising the importance of a healthy lifestyle.

Upper Key Stage 2

Apply and refine complex techniques in physical activities and sports. Be confident to participate in, lead and enjoy activities; making informed decisions about their own healthy lifestyle and recognising their own sporting aptitudes.