

St Mary's Farnham Royal Church of England Primary School

We aspire to grow as a community through FAITH as a FAMILY.

Thriving for all our FUTURES enabling us to FLOURISH



Physical Education

EYFS

Move: Move with purpose and precision.

Year 1

Movement: Hold a balance, jump for height and distance.

Skills: Throw underarm and catch with some accuracy .

Year 2

Sequence: Improve performance by structuring skills and actions (speed/ direction etc)

Movement: Jump for distance and height with controlled landing

Year 3

Movement: Run for speed over a distance

Year 4

Skills: Kick a ball accurately, pass a ball from chest height accurately and skip in a fluid motion.

Movement: Skip in a fluid motion and complete a forward roll landing on feet.

Year 5

Skills: Dribble a football between cones.

Strategy: Draw on previous knowledge and experiences of tactics, strategies and composition, using skill, precision and creativity.

Year 6

Skills: Perform a drop kick, basketball dribble and strike a ball with a range of bats for accuracy and distance

Strategy: Consider own and others' weaknesses and strengths when planning activities and actions, and analyse, modify and refine skills accordingly.