

Physical Education – Programme of Study		
30 - 50 months	<ul style="list-style-type: none"> <li>• Moves freely with pleasure and confidence in a range of ways</li> <li>• Runs skillfully, adjusting speed and direction</li> <li>• Can catch a large ball</li> </ul>	Objectives may be covered through a combination of the following sport opportunities; <ul style="list-style-type: none"> <li>• Climbing</li> <li>• Gymnastics</li> <li>• Swimming</li> <li>• Cycling</li> <li>• Horse riding</li> <li>• Hockey</li> <li>• Cricket</li> </ul>
40 - 60 months	<ul style="list-style-type: none"> <li>• Travels with confidence and skill around climbing equipment</li> <li>• Jumps off an object and lands appropriately</li> <li>• Shows increasing control when throwing, catching and kicking</li> </ul>	
2021 ELGs	<ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely</li> <li>• Demonstrate strength, balance and coordination</li> <li>• Move energetically; running, jumping, dancing, hopping, skipping and climbing</li> </ul>	
Year 1	<ul style="list-style-type: none"> <li>• Master basic movements; running, jumping, throwing and catching</li> <li>• Develop balance, agility and co-ordination</li> <li>• Participate in team games</li> </ul>	
Year 2	<ul style="list-style-type: none"> <li>• Develop simple tactics for attacking and defending</li> <li>• Perform dances using simple movement patterns</li> </ul>	