PE National Curriculum Expectations LKS2	Year 3			Year 4		
	Autumn	Spring	Summer	Autumn	Spring	Summer
Use running, jumping throwing and catching in isolation and combination						
Play competitive games, modified where appropriate (eg in badminton, basketball, cricket, football, hockey, netball, rounders and tennis) and apply basic principles suitable for attacking and defending						
Develop flexibility, strength, technique, control and balance (eg through gymnastics and athletics)						
Perform dances using range of movement and patterns						
Take part in outdoor and adventures activity challenge challenges both individually and within a team						
Compare their performances with previous ones and demonstrate improvements to achieve their best						
Swim competently, confidently and proficiently over a distance of at least 25 metres						
Use a range of strokes effectively (for example, front crawl, backstroke and breaststroke)						
Perform safe self rescue in different water - based situations						