

Physical Education



	Term 1	Term 2	Term 3
Early Years	<p><u>Indoor</u> Dance - exploring different movements: demonstrating strength, balance and coordination. Listening attentively and following instructions, developing spatial awareness, participating in small groups.</p> <p>Physical development - moving energetically such as running, jumping, dancing, skipping and hopping. Giving focus and attention when following instructions. Being confident to try new activities and showing independence when facing new challenges.</p> <p><u>Outdoor</u> Me & Myself - Dressing themselves and moving freely with pleasure in a range of different ways. Playing and sharing with others.</p> <p>Working with others - To develop handling and manipulation skills and control in both large and small</p>	<p><u>Indoor</u> Gymnastics- Strength, balance, coordination, move energetically, running, jumping/hopping and landing techniques, understanding the importance of moving, landing and stopping safely. Negotiate space, explore movements and try new activities.</p> <p>Dance - exploring different movements: demonstrating strength, balance and coordination. Listening attentively and following instructions, developing spatial awareness, participating in small groups.</p> <p><u>Outdoor</u> Throwing and Catching (bean bags) - building confidence and developing fundamental movement skills such as locomotor and manipulation skills such as running, jumping, throwing, catching, and gathering.</p> <p>Ball skills - Develop fundamental movement skills, running, jumping and skipping, throwing</p>	<p><u>Indoor</u> Gymnastics - Strength, balance, coordination, move energetically, running, jumping/hopping and landing techniques, understanding the importance of moving, landing and stopping safely. Negotiate space, explore movements and try new activities.</p> <p>Dance - exploring different movements: demonstrating strength, balance and coordination. Listening attentively and following instructions, developing spatial awareness, participating in small groups</p> <p><u>Outdoor</u> Athletics (Sports Day Practice) - Speed, agility, balance, strength and coordination. Show increasing control over an object by pushing, patting, throwing, catching or kicking. Good control and coordination in large and small movements. Negotiate space when playing racing and chasing games. Adjust speed or change direction to avoid obstacles.</p>

	movements.	and catching a large ball, playing in a group, turn taking and sharing.	
Year 1	<p><u>Indoor</u> Dance - Developing fundamental movement skills, using different parts of the body singly and in combination. Move with control.</p> <p>Fitness - Developing balance, agility and coordination, promoting children to lead healthy, active lifestyles, speed and agility, jumping, balance, control, coordination, turn taking and stamina.</p> <p><u>Outdoor</u> Ball skills and games - develop basic ball control including catching small and large balls. Explore moving the ball in different ways. Beginning to aim at</p>	<p><u>Indoor</u> Gymnastics (Routine building) - developing fundamental movement skills. Travelling, balancing, rolling and jumping whilst landing safely.</p> <p>Dance - Basic movements, developing fundamental movement skills and performing simple movement patterns. Communicating their moods, feelings and ideas through simple compositions.</p> <p><u>Outdoor</u> Bat and ball skills (mini tennis) - Explore basic movements and develop fundamental skills such as running, jumping, throwing and catching whilst developing balance, agility and coordination. Successfully holding a racket and controlling ball movements.</p> <p>Dribbling and kicking skills (football) - running, jumping, throwing and catching, and developing balance, agility and coordination. Participating in team games, using simple tactics and forming simple plans to achieve success. Developing basic ball control, experimenting with different types of sending and receiving, and showing some success when aiming at a target.</p>	<p><u>Indoor</u> Gymnastics (Equipment - benches, mats and vault) - Use different combinations of floor, mats and apparatus, showing control, accuracy, fluency, agility and coordination on equipment.</p> <p>Dance - Mastering basic movements, developing fundamental movement skills and performing simple movement patterns. Communicating their moods, feelings and ideas through simple compositions.</p> <p><u>Outdoor</u> Group games and inventing rules - Participate in team games, using simple tactics and forming easy to follow instructions. Move fluently, changing speed and direction. Creating and inventing simple to follow rules.</p> <p>Athletics - Learn basic athletic skills and techniques: Relay, obstacle, throwing, balancing, jumping, hopping, and balancing with control. Running with control and coordination, and throwing towards a target.</p>

Indoor

Dance - Developing fundamental movement skills, using different parts of the body singly and in combination. Move with control.

Fitness -Balance, agility and coordination. Negotiate space, explore movements and engage in discussions around the benefits of regular exercise and promoting healthy, active lifestyles.

Outdoor

Throwing and catching – inventing games - develop basic ball control including catching small and large balls. Explore moving the ball in different ways.

Making up games: aiming hitting and kicking - Hitting a small ball with a bat, racquet or stick at a target. Travel with a ball in small game situations. Kick a ball back and forth to a partner accurately in a range of directions during a game.

Indoor

Dance - Continuing to develop their fundamental movement skills, using different parts of the body singly and in combination. Move with control.

Gymnastics (Routine building) - Travelling, balancing, rolling, and jumping. Explore and form simple sequences of different actions, moving safely, changing direction and speed.

Outdoor

Rackets games (mini tennis) - Begin to control the ball (direction, speed) when hitting it. Move fluently changing speed and direction with and without a ball. Experiment with different types of sending and receiving and aiming at a target.

Dribbling and kicking skills (football) - develop basic ball skills, both with and without a ball, moving in a safe way. Experiment with different types of sending and receiving, and show some success when aiming at a target. Use simple tactics and form simple plans to achieve success.

Indoor

Dance - Developing fundamental movement skills, using different parts of the body singly and in combination. Move with control.

Gymnastics (Equipment - benches, mats and vault)- Use different combinations of floor, mats and apparatus, showing control, accuracy, fluency, agility and coordination on equipment.

Outdoor

Group games and inventing rules - Participate in team games, using simple tactics and forming easy to follow instructions. Move fluently, changing speed and direction. Creating and inventing simple to follow rules.

Athletics - Learn basic athletic skills and techniques: jumping, hopping, balancing with control, running with control and throwing towards a target.

Indoor

Dance (Hip Hop) - flexibility, strength, technique, control and balance, comparing performances, and dance using a range of movement patterns

Fitness - Developing strength, speed, aerobic fitness, coordination, flexibility, technique and control. Exploring healthy, active lifestyles with staying physically active for periods of time.

Outdoor

Mini Tennis - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Participating in competitive games, using basic skills and knowledge to make it difficult for the opposition.

Inventing games - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Playing competitive games, using basic principles suitable for attacking and defending.

Indoor

Gymnastics (Routine building) - balance, agility, coordination, flexibility, strength, technique and control whilst maintaining spatial awareness and landing safely.

Dance - Exploring the use of stimuli to create narratives and developing a range of expressive qualities and movement patterns by learning and creating dance phrases and performing with quality and fluency.

Outdoor

Hockey - Possession, control, direction and speed in game situations. Attacking and defending using accuracy and control when passing, shooting and receiving.

Squash (C5) - Racket control, ball control, shot selection, and footwork.

Invasion games (Tag Rugby) - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Playing competitive games, using basic principles suitable for attacking and defending.

Indoor

Gymnastics (Equipment - vaults, benches, ropes and apparatus) - balance, agility, coordination, flexibility, strength, technique and control whilst maintaining spatial awareness and landing safely.

Dance - Exploring the use of stimuli to create narratives to communicate moods, feelings and ideas through expressive compositions.

Outdoor

Kwik cricket/rounders - bat and ball control, throwing, catching, gathering, intercepting and hitting the ball with the correct technique.

Squash (C4) - Racket control, ball control, shot selection, and footwork.

Athletics (Relay, obstacle, hurdles) - running, jumping, teamwork, throwing with control and consistency.

Indoor

Dance (Hip Hop) - flexibility, strength, technique, control and balance, comparing performances, and dance using a range of movement patterns.

Fitness - Developing strength, speed, aerobic fitness, coordination, flexibility, technique and control. Exploring healthy, active lifestyles with staying physically active for periods of time.

Outdoor

Tennis - Running, jumping, throwing and catching in game situations whilst continuing to develop balance, strength, agility and control. Exploring competitive games, using basic skills and knowledge to make it difficult for the opposition.

Inventing games/Invasion games (Tag Rugby) - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Playing competitive games, using basic principles suitable for attacking and defending.

Squash (C6) - Racket control, ball control, shot selection, and footwork.

Indoor

Gymnastics (Routine building) - balance, agility, coordination, flexibility, strength, technique and control whilst maintaining spatial awareness and landing safely.

Dance - Exploring the use of stimuli to create narratives and developing a range of expressive qualities and movement patterns by learning and creating dance phrases and performing with quality and fluency.

Outdoor

Hockey - Possession, control, direction and speed in game situations. Attacking and defending using accuracy and control when passing, shooting and receiving.

Squash (C5) - Racket control, ball control, shot selection, and footwork.

Inventing games/Invasion games (Tag Rugby) - (C6) - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Playing competitive games, using basic principles suitable for attacking and defending.

Indoor

Gymnastics (Equipment - vaults, benches, ropes and apparatus) - balance, agility, coordination, flexibility, strength, technique and control whilst maintaining spatial awareness and landing safely.

Dance - Exploring the use of stimuli to create narratives to communicate moods, feelings and ideas through expressive compositions.

Outdoor

Kwik cricket/rounders - Bat and ball control, throwing, catching, gathering, intercepting and hitting the ball with the correct technique.

Athletics (Relay, obstacle, hurdles) - running, jumping, teamwork, throwing with control and consistency.

<p style="text-align: center;">Year 5</p>	<p><u>Indoor</u> Dance (Hip Hop) - Flexibility, strength, technique, control and balance, compare performances, dance using a range of movement patterns.</p> <p>Fitness - Developing balance, agility and coordination, flexibility, strength, technique and control.</p> <p><u>Outdoor</u> Tennis - Running, jumping, throwing and catching in game situations, and continue to develop balance, strength, agility and control.</p> <p>Invasion games (Tag Rugby) - Running, throwing and catching in game situations. Participate in competitive games, using basic principles for attacking and defending.</p>	<p><u>Indoor</u> Gymnastics (Routine building)- Balance, agility and coordination, flexibility, strength, technique, and control.</p> <p>Dance - Respond to a variety of stimuli showing a range of actions performed with control and fluency. Create and perform dances using a range of movements.</p> <p><u>Outdoor</u> Hockey - Dribbling, attacking and defending, speed, control, formations, possession, moving to get away from an opponent. Perform and combine skills.</p> <p>Net/court games (Netball/ Basketball) - Passing, attacking (shooting), defending, keeping possession or moving to get away from an opponent.</p>	<p><u>Indoor</u> Gymnastics (Equipment - vaults, benches, ropes and apparatus)- Balance, agility and coordination, flexibility, strength, technique, and control.</p> <p>Dance - Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a small group.</p> <p><u>Outdoor</u> Swimming - use a variety of arm/leg actions front/back. Link the correct arm and leg movement for front and back strokes. Use a range of strokes effectively - front crawl, backstroke and breaststroke. (Swim 25-50 meters unaided, swim 30-45 secs)</p> <p>Striking and fielding games (Cricket/Rounders) - Bowling - at a target, Fielding and batting (tactics), retrieving/gathering, intercepting, throwing, catching, bowling and hitting, applying basic principles for attacking and defending.</p> <p>Athletics - Running, jumping, and throwing skills in isolation and combination. Sprinting, middle/long distance running, field throwing: shot put, discuss, javelin, field jump: standing long up.</p>
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Indoor

Dance (Hip Hop) - Flexibility, strength, technique, control and balance, compare performances, dance using a range of movement patterns.

Fitness - Developing balance, agility and coordination, flexibility, strength, technique and control

Outdoor

Tennis - Running, jumping, throwing and catching in game situations, and continue to develop balance, strength, agility and control. Rally with a partner or opponent.

Invasion games (Tag Rugby) - Running, throwing and catching in game situations. Skills and tactics during game play. Participate in competitive games, using basic principles for attacking and defending.

Indoor

Gymnastics (Routine building)- Balance, agility and coordination, flexibility, strength, technique, and control.

Dance (genre) - Explore, improvise and choose appropriate stimuli for chosen dance style. Perform a variety of dance styles with accuracy and consistency.

Outdoor

Hockey - Dribbling, attacking and defending, speed, control, formations, possession, moving to get away from an opponent. Perform and combine skills. Follow rules of the game and understand formations and individual roles.

Net/court games (Netball/ Basketball) - Passing, attacking (shooting), defending, teamwork, keeping possession or moving to get away from an opponent. Understand formations and rules of the game.

Indoor

Gymnastics (Equipment - vaults, benches, ropes and apparatus)- Balance, agility and coordination, flexibility, strength, technique, and control.

Dance - Compose, develop and adapt motifs to create longer dances and demonstrate your own dance ideas.

Outdoor

Striking and fielding games (Cricket/Rounders) - Bowling - at a target, Fielding and batting (tactics), retrieving/gathering, intercepting, throwing, catching, bowling and hitting, applying basic principles for attacking and defending.

Athletics - Running, jumping, and throwing skills in isolation and combination.
Sprinting, middle/long distance running, field throwing: shot put, discuss, javelin, field jump: standing long up.

	Term 4	Term 5	Term 6
Early Years	<p><u>Indoor</u> Dance - exploring different movements: demonstrating strength, balance and coordination. Listening attentively and following instructions, developing spatial awareness, participating in small groups.</p> <p>Physical development - moving energetically such as running, jumping, dancing, skipping and hopping. Giving focus and attention when following instructions. Being confident to try new activities and showing independence when facing new challenges.</p> <p><u>Outdoor</u> Me & Myself - Dressing themselves and moving freely with pleasure in a range of different ways. Playing and sharing with others.</p> <p>Working with others - To develop handling and manipulation skills and control in both large and small movements.</p>	<p><u>Indoor</u> Gymnastics- Strength, balance, coordination, move energetically, running, jumping/hopping and landing techniques, understanding the importance of moving, landing and stopping safely. Negotiate space, explore movements and try new activities.</p> <p>Dance - exploring different movements: demonstrating strength, balance and coordination. Listening attentively and following instructions, developing spatial awareness, participating in small groups.</p> <p><u>Outdoor</u> Throwing and Catching (bean bags) - building confidence and developing fundamental movement skills such as locomotor and manipulation skills such as running, jumping, throwing, catching, and gathering.</p> <p>Ball skills - Develop fundamental movement skills, running, jumping and skipping, throwing and catching a large ball, playing in a group, turn taking and sharing.</p>	<p><u>Indoor</u> Gymnastics - Strength, balance, coordination, move energetically, running, jumping/hopping and landing techniques, understanding the importance of moving, landing and stopping safely. Negotiate space, explore movements and try new activities.</p> <p>Dance - exploring different movements: demonstrating strength, balance and coordination. Listening attentively and following instructions, developing spatial awareness, participating in small groups</p> <p><u>Outdoor</u> Athletics (Sports Day Practice) - Speed, agility, balance, strength and coordination. Show increasing control over an object by pushing, patting, throwing, catching or kicking. Good control and coordination in large and small movements. Negotiate space when playing racing and chasing games. Adjust speed or change direction to avoid obstacles.</p>

Year 1

Indoor

Dance - Developing fundamental movement skills, using different parts of the body singly and in combination. Move with control.

Fitness - Developing balance, agility and coordination, promoting children to lead healthy, active lifestyles, speed and agility, jumping, balance, control, coordination, turn taking and stamina.

Outdoor

Ball skills and games - develop basic ball control including catching small and large balls. Explore moving the ball in different ways. Beginning to aim at

Indoor

Gymnastics (Routine building) - developing fundamental movement skills. Travelling, balancing, rolling and jumping whilst landing safely.

Dance - Basic movements, developing fundamental movement skills and performing simple movement patterns. Communicating their moods, feelings and ideas through simple compositions.

Outdoor

Bat and ball skills (mini tennis) - Explore basic movements and develop fundamental skills such as running, jumping, throwing and catching whilst developing balance, agility and coordination. Successfully holding a racket and controlling ball movements.

Dribbling and kicking skills (football) - running, jumping, throwing and catching, and developing balance, agility and coordination. Participating in team games, using simple tactics and forming simple plans to achieve success. Developing basic ball control, experimenting with different types of sending and receiving, and showing some success when aiming at a target.

Indoor

Gymnastics (Equipment - benches, mats and vault) - Use different combinations of floor, mats and apparatus, showing control, accuracy, fluency, agility and coordination on equipment.

Dance - Mastering basic movements, developing fundamental movement skills and performing simple movement patterns. Communicating their moods, feelings and ideas through simple compositions.

Outdoor

Group games and inventing rules - Participate in team games, using simple tactics and forming easy to follow instructions. Move fluently, changing speed and direction. Creating and inventing simple to follow rules.

Athletics - Learn basic athletic skills and techniques: Relay, obstacle, throwing, balancing, jumping, hopping, and balancing with control. Running with control and coordination, and throwing towards a target.

Indoor

Dance - Developing fundamental movement skills, using different parts of the body singly and in combination. Move with control.

Fitness -Balance, agility and coordination. Negotiate space, explore movements and engage in discussions around the benefits of regular exercise and promoting healthy, active lifestyles.

Outdoor

Throwing and catching – inventing games - develop basic ball control including catching small and large balls. Explore moving the ball in different ways.

Making up games: aiming hitting and kicking - Hitting a small ball with a bat, racquet or stick at a target. Travel with a ball in small game situations. Kick a ball back and forth to a partner accurately in a range of directions during a game.

Indoor

Dance - Continuing to develop their fundamental movement skills, using different parts of the body singly and in combination. Move with control.

Gymnastics (Routine building) - Travelling, balancing, rolling, and jumping. Explore and form simple sequences of different actions, moving safely, changing direction and speed.

Outdoor

Rackets games (mini tennis) - Begin to control the ball (direction, speed) when hitting it. Move fluently changing speed and direction with and without a ball. Experiment with different types of sending and receiving and aiming at a target.

Dribbling and kicking skills (football) - develop basic ball skills, both with and without a ball, moving in a safe way. Experiment with different types of sending and receiving, and show some success when aiming at a target. Use simple tactics and form simple plans to achieve success.

Indoor

Dance - Developing fundamental movement skills, using different parts of the body singly and in combination. Move with control.

Gymnastics (Equipment - benches, mats and vault)- Use different combinations of floor, mats and apparatus, showing control, accuracy, fluency, agility and coordination on equipment.

Outdoor

Group games and inventing rules - Participate in team games, using simple tactics and forming easy to follow instructions. Move fluently, changing speed and direction. Creating and inventing simple to follow rules.

Athletics - Learn basic athletic skills and techniques: jumping, hopping, balancing with control, running with control and throwing towards a target.

Indoor

Dance - flexibility, strength, technique, control and balance, comparing performances, and dance using a range of movement patterns

Fitness - Developing strength, speed, aerobic fitness, coordination, flexibility, technique and control. Exploring healthy, active lifestyles with staying physically active for periods of time.

Outdoor

Mini Tennis - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Participating in competitive games, using basic skills and knowledge to make it difficult for the opposition.

Inventing games - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Playing competitive games, using basic principles suitable for attacking and defending.

Indoor

Gymnastics (Routine building) - balance, agility, coordination, flexibility, strength, technique and control whilst maintaining spatial awareness and landing safely.

Dance - Exploring the use of stimuli to create narratives and developing a range of expressive qualities and movement patterns by learning and creating dance phrases and performing with quality and fluency.

Outdoor

Hockey - Possession, control, direction and speed in game situations. Attacking and defending using accuracy and control when passing, shooting and receiving.

Invasion games (Tag Rugby) - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Playing competitive games, using basic principles suitable for attacking and defending.

Indoor

Gymnastics (Equipment - vaults, benches, ropes and apparatus) - balance, agility, coordination, flexibility, strength, technique and control whilst maintaining spatial awareness and landing safely.

Dance - Exploring the use of stimuli to create narratives to communicate moods, feelings and ideas through expressive compositions.

Outdoor

Kwik cricket/rounders - bat and ball control, throwing, catching, gathering, intercepting and hitting the ball with the correct technique.

Athletics (Relay, obstacle, hurdles) - running, jumping, teamwork, throwing with control and consistency.

Indoor

Dance - flexibility, strength, technique, control and balance, comparing performances, and dance using a range of movement patterns.

Fitness - Developing strength, speed, aerobic fitness, coordination, flexibility, technique and control. Exploring healthy, active lifestyles with staying physically active for periods of time.

Outdoor

Tennis - Running, jumping, throwing and catching in game situations whilst continuing to develop balance, strength, agility and control. Exploring competitive games, using basic skills and knowledge to make it difficult for the opposition.

Inventing games - running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Playing competitive games, using basic principles suitable for attacking and defending.

Indoor

Gymnastics (Routine building) - balance, agility, coordination, flexibility, strength, technique and control whilst maintaining spatial awareness and landing safely.

Dance - Exploring the use of stimuli to create narratives and developing a range of expressive qualities and movement patterns by learning and creating dance phrases and performing with quality and fluency.

Outdoor

Hockey - Possession, control, direction and speed in game situations. Attacking and defending using accuracy and control when passing, shooting and receiving.

Invasion games (Tag Rugby)

- running, jumping, throwing and catching in game situations, continuing to develop balance, strength, agility and control. Playing competitive games, using basic principles suitable for attacking and defending.

Indoor

Gymnastics (Equipment - vaults, benches, ropes and apparatus) - balance, agility, coordination, flexibility, strength, technique and control whilst maintaining spatial awareness and landing safely.

Dance - Exploring the use of stimuli to create narratives to communicate moods, feelings and ideas through expressive compositions.

Outdoor

Kwik cricket/rounders - Bat and ball control, throwing, catching, gathering, intercepting and hitting the ball with the correct technique.

Athletics (Relay, obstacle, hurdles) - running, jumping, teamwork, throwing with control and consistency.

Indoor

Dance (Hip Hop) - Flexibility, strength, technique, control and balance, compare performances, dance using a range of movement patterns.

Fitness - Developing balance, agility and coordination, flexibility, strength, technique and control.

Outdoor

Tennis - Running, jumping, throwing and catching in game situations, and continue to develop balance, strength, agility and control.

Invasion games (Tag Rugby) - Running, throwing and catching in game situations. Participate in competitive games, using basic principles for attacking and defending.

Indoor

Gymnastics (Routine building)- Balance, agility and coordination, flexibility, strength, technique, and control.

Dance - Respond to a variety of stimuli showing a range of actions performed with control and fluency. Create and perform dances using a range of movements.

Outdoor

Hockey - Dribbling, attacking and defending, speed, control, formations, possession, moving to get away from an opponent. Perform and combine skills.

Net/court games (Netball/ Basketball) - Passing, attacking (shooting), defending, keeping possession or moving to get away from an opponent.

Indoor

Gymnastics (Equipment - vaults, benches, ropes and apparatus)- Balance, agility and coordination, flexibility, strength, technique, and control.

Dance - Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working on their own, with a partner and in a small group.

Outdoor

Swimming - use a variety of arm/leg actions front/back. Link the correct arm and leg movement for front and back strokes. Use a range of strokes effectively - front crawl, backstroke and breaststroke. (Swim 25-50 meters unaided, swim 30-45 secs)

Striking and fielding games (Cricket/Rounders) - Bowling - at a target, Fielding and batting (tactics), retrieving/gathering, intercepting, throwing, catching, bowling and hitting, applying basic principles for attacking and defending.

Athletics - Running, jumping, and throwing skills in isolation and combination.
Sprinting, middle/long distance running, field throwing: shot put, discuss, javelin, field jump: standing long up.

Year 6

Indoor

Dance (Hip Hop) - Flexibility, strength, technique, control and balance, compare performances, dance using a range of movement patterns.

Fitness - Developing balance, agility and coordination, flexibility, strength, technique and control

Outdoor

Tennis - Running, jumping, throwing and catching in game situations, and continue to develop balance, strength, agility and control. Rally with a partner or opponent.

Invasion games (Tag Rugby) - Running, throwing and catching in game situations. Skills and tactics during game play. Participate in competitive games, using basic principles for attacking and defending.

Indoor

Gymnastics (Routine building)- Balance, agility and coordination, flexibility, strength, technique, and control.

Dance (genre) - Explore, improvise and choose appropriate stimuli for chosen dance style. Perform a variety of dance styles with accuracy and consistency.

Outdoor

Hockey - Dribbling, attacking and defending, speed, control, formations, possession, moving to get away from an opponent. Perform and combine skills. Follow rules of the game and understand formations and individual roles.

Net/court games (Netball/ Basketball) - Passing, attacking (shooting), defending, teamwork, keeping possession or moving to get away from an opponent. Understand formations and rules of the game.

Indoor

Gymnastics (Equipment - vaults, benches, ropes and apparatus)- Balance, agility and coordination, flexibility, strength, technique, and control.

Dance - Compose, develop and adapt motifs to create longer dances and demonstrate your own dance ideas.

Outdoor

Striking and fielding games (Cricket/Rounders) - Bowling - at a target, Fielding and batting (tactics), retrieving/gathering, intercepting, throwing, catching, bowling and hitting, applying basic principles for attacking and defending.

Athletics - Running, jumping, and throwing skills in isolation and combination.
Sprinting, middle/long distance running, field throwing: shot put, discuss, javelin, field jump: standing long up.