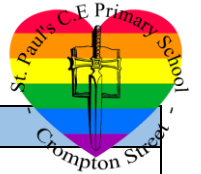


St. Paul's Long-Term Planning



P.E. - National Curriculum Overview

EYFS – 3 – 4 years

Pupils will develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.

Go up steps and stairs, or climb up apparatus, using alternate feet.

Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks.

Start taking part in some group activities which they make up for themselves, or in teams. Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.

Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.

Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel. Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

EYFS – Reception: Pupils will revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing

Progress towards a more fluent style of moving, with developing control and grace.

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.

Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.

Combine different movements with ease and fluency.

Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

KS1 : Pupils will develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: ♣ master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities ♣ participate in team games, developing simple tactics for attacking and defending ♣ perform dances using simple movement patterns. **KS2 -** Pupils extend their knowledge and understanding beyond the local area to include the United Kingdom and Europe, North and South America. This will include the location and characteristics of a range of the world's most significant human and physical features. They develop their use of geographical knowledge, understanding and skills to enhance their locational and place knowledge.

KS2: Pupils will continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: ♣ use running, jumping, throwing and catching in isolation and in combination ♣ play competitive games, modified where appropriate [for example, 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 [for example, through athletics and gymnastics] ♣ perform dances using a range of movement patterns ♣ take part in outdoor and adventurous activity challenges both individually and within a team ♣ compare their performances wit

EYFS Physical Development	KS1 P.E.	KS2 P.E.
ELG: Gross Motor Skills	Gymnastics/Yoga Dance Athletics Games Swimming Fundamental Movement Skills	Gymnastics/Yoga Dance Athletics Games Swimming

Purpose of study –

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

Aims –

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives.

Attainment targets –

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study.

Key stage 1 –

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Key stage 2 –

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Intent statement –

E. at St. Paul's aims to provide all children with the skills to develop their physical capabilities and confidence. Through a structured cycle of a broad curriculum, we aim to teach all children how to collaborate and cooperate in sports that promote the sporting values of fairness, team building, equality, discipline, inclusion, perseverance and respect that allow them to succeed within all our key concepts of gymnastics, games, athletics, dance and swimming.

At St. Paul's we provide a wide range of extra-curricular opportunities. Extra-curricula P.E. is important for St. Paul's children. These opportunities are in addition to any physical activity undertaken as part of the school curriculum. These opportunities provide children with the opportunity to practise, consolidate and apply their learning.

P.E. is for all. It is important that all children receive a high-quality education regardless of their starting points or experience outside of school. P.E. for all flows through the essence of our school's curriculum.

At St. Paul's, we pride ourselves on embedding our Golden Threads: Reading, Emotional-wellbeing and Caring for all Creation through all of our learning.

- In P.E. we support reading by providing all children with a variety of texts that relate to physical education including biographies, autobiographies and sporting reports. Children will develop the skills to be able to infer tactics within a game allowing them to play a wide range of sports with confidence and competitively. P.E. sessions will provide all children with specific terminology and informational language. Building children's vocabulary increases participation in games and prevents children becoming marginalised by not knowing and understanding the language of physical activity.
- In P.E. we support emotional wellbeing by teaching, learning and sharing about the links between physical health and mental wellbeing. Each year, we participate and celebrate work within Children's Mental Health Week. Allowing all children with the opportunity to gain a deeper understanding of the relationship between exercise and the impact this has on mental health.
- In P.E. we support caring for all creation by teaching and learning about our sporting values: fairness, team building, equality, discipline, inclusion, perseverance and respect. All children will experience a wide range of outdoor and adventurous activities within P.E. sessions and as part of the wider curriculum.

Ambitions –

At St. Paul's our P.E. curriculum is ambitious by the goal we set ourselves that allows all children to have represented school within at least one sporting event.

	Autumn		Spring		Summer	
Nursery	<p>Intro to Games</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p>	<p>Intro to Yoga</p> <p>Develop basic flexibility, strength, technique, control and balance.</p>	<p>Gymnastics 1</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Movement for Sport</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p>	<p>Intro to Racket Skills</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p>	<p>Physical Literacy 3</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>
	<p>Physical Literacy</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Movement to music</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Story Book Sports</p> <p>Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.</p>	<p>Gymnastics 2</p> <p>Go up steps and stairs, or climb up apparatus, using alternate feet.</p> <p>Skip, hop, stand on one leg and hold a pose for a game like musical statues. Use large-muscle movements to wave flags and streamers, paint and make marks.</p> <p>Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.</p>	<p>Physical Literacy 2</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Sports Day Events</p> <p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>

Reception	<p>Intro to Games</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>	<p>Gymnastics 1</p> <p>Revise and refine the fundamental movement skills they have already acquired: • rolling • crawling • walking • jumping • running • hopping • skipping • climbing</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Combine different movements with ease and fluency.</p> <p>Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group. Develop overall body-strength, balance, co-ordination and agility.</p>	<p>Physical Literacy 2</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Intro to Yoga</p> <p>Develop basic flexibility, strength, technique, control and balance.</p>	<p>Physical Literacy 3</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Intro to Racket Skills</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p> <p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p>
	<p>Physical Literacy 1</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination</p>	<p>Movement to music</p> <p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and</p>	<p>Gymnastics 2</p> <p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination,</p>	<p>Story Book Sports</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p>	<p>Movement for sports</p> <p>Progress towards a more fluent style of moving, with developing control and grace.</p>	<p>Sports Day Events</p> <p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to</p>

	when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.	co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns	and begin to apply these in a range of activities. Develop flexibility, strength, technique, control and balance.	Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming. Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming. Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.	apply these in a range of activities.
Year 1	Intro to Games 1 Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Gymnastics 1 Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Develop flexibility, strength, technique, control and balance.	Gymnastics 2 Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Develop flexibility, strength, technique, control and balance.	Intro to Racket Skills Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Intro to striking and fielding Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Physical literacy 2 Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

	<p>Physical Literacy 1</p> <p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Intro to Yoga</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Movement to music</p> <p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Perform dances using simple movement patterns.</p>	<p>Intro to Games 2</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Intro to Striking and fielding</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Sports Day Events</p> <p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>
Year 2	<p>Jag Tag for Beginners</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Intro to Games 1</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Gymnastics 1</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Gymnastics 2</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Attack Vs Defence Games</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Sports Day Events</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>
	<p>Movement to Music</p>	<p>Intro to Net and Wall</p>	<p>Intro to Yoga</p>	<p>Intro to Games 2</p>	<p>Physical Literacy 2</p>	<p>Physical Literacy 3</p>

	<p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Perform dances using simple movement patterns.</p>	<p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Develop flexibility, strength, technique, control and balance.</p>	<p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>	<p>Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p>
Year 3	<p>Intro to Invasion Games 2</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Intro to Jag Tag</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Intro to Dance</p> <p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Perform dances using simple movement patterns.</p>	<p>Intro to Attacking and Defending</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Intro to Striking and Fielding (PLAYING)</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Intro to Invasion Games 2</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>
	<p>Intro to Yoga</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Intro to Gymnastics</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and</p>	<p>Intro to Net and Wall Games 2</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p>	<p>Intro to Net and Wall Games 2</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p>	<p>Intro to Athletics</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination,</p>	<p>Intro to Striking and Fielding</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p>

		<p>co-ordination, and begin to apply these in a range of activities.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>and begin to apply these in a range of activities.</p>	<p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>
Year 4	<p>Development of Invasion Games 2</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Development of Jag Tag</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Development of Dance</p> <p>Develop basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Perform dances using simple movement patterns.</p>	<p>Development of Striking and Fielding</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Development of Net and Wall Games</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Development of Invasion Games</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>
	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</p>	<p>Swimming</p> <p>Swim competently, confidently and proficiently over a distance of at least 25 metres.</p> <p>Use a range of strokes effectively [for example,</p>	<p>Development of Attacking and Defending</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and</p>	<p>Development of Athletics</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination,</p>	<p>Development of Striking and Fielding</p> <p>Play competitive games, apply basic principles suitable for attacking and defending.</p> <p>Compare their performances with previous ones and</p>

	Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.	Perform safe self-rescue in different water-based situations.	front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.	demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	and begin to apply these in a range of activities.	demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.
Year 5	Jag Tag Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Dodgeball Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Dance Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Perform dances using simple movement patterns.	Netball Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Athletics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.	Cricket Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.
	Gymnastics Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. Develop flexibility, strength, technique, control and balance.	Yoga Develop flexibility, strength, technique, control and balance.	Badminton Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Basketball Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Rounders Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.	Football Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.

Year 6	<p style="text-align: center;">Jag Tag</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;">Dodgeball</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;">Dance</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Perform dances using simple movement patterns.</p>	<p style="text-align: center;">Basketball</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;">Athletics</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p>	<p style="text-align: center;">Cricket</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>
	<p style="text-align: center;">Gymnastics</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p style="text-align: center;">Yoga</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p style="text-align: center;">Badminton</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;">Netball</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;">Rounders</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>	<p style="text-align: center;">Football</p> <p>Play competitive games, apply basic principles suitable for attacking and defending. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. Use running, jumping, throwing and catching in isolation and in combination.</p>

