









Physical Education
Long Term Plan
 2019-2020 (cycle A) /2020-2021 (cycle B)

		Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Cycle A 2019/2020 EYFS & KSI	Pendle  Year R (20) And Year 1 (10)	Session 1: <u>Fundamental skills (games)</u> <ul style="list-style-type: none"> Travel with confidence and skill around, under, over and through balancing and climbing equipment. Show increasing control over an object in pushing, patting, throwing, catching or kicking it Experiment with different ways of moving. Jump off an object and lands appropriately. Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <u>Reception</u> <ul style="list-style-type: none"> Join in with team games Begin to understand what it means to attack and defend <u>Year 1 Non- negotiables:</u> <u>Basic:</u> Throw and kick a ball in different ways Basic skills- Throw and catch with a partner Balance Kick/ roll ball Plus <u>Outdoors - Moving and Handling and Health and self-care</u> <ul style="list-style-type: none"> Show control on large equipment outdoors Work with friends outdoors 	<u>Begin to perform simple dance moves (dance)</u> <ul style="list-style-type: none"> Travel with confidence and skill around, under, over and through balancing and climbing equipment. Develop control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space. Show some rhythm and control when moving Begin to perform simple dance moves Core Skill – Run, Hop, Skip, Jump Plus <u>Outdoors - Moving and Handling and Health and self-care</u> <ul style="list-style-type: none"> Show control on large equipment outdoors Work with friends outdoors 	Fundamental skills Throw and catch with a partner Balance Kick/roll a ball Warm up skills – Run, Hop, Skip, Jump Core Skills – Throw over, Throw under, Catch, Bounce, Kick & Roll a Ball. <ul style="list-style-type: none"> Show increasing control over an object in pushing, patting, throwing, catching or kicking it Show good control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space. 	Games with balls Plus <u>Outdoors - Moving and Handling and Health and self-care</u> <ul style="list-style-type: none"> Show control on large equipment outdoors Work with friends outdoors 	Fundamental skills (Athletics) <ul style="list-style-type: none"> Show control when travelling Show co-ordination on both floor and apparatus Jumps and lands appropriately Core Skills – Jump, run, hop, skip and throwing Plus Outdoors - Moving and Handling and Health and self-care <ul style="list-style-type: none"> Show control on large equipment outdoors Work with friends outdoors <u>Outdoors Adventurous activities:</u> Seedhill Athletics Track – Sports Day	<u>Begin to perform simple dance moves (dance)</u> <ul style="list-style-type: none"> Travel with confidence and skill around, under, over and through balancing and climbing equipment. Develop control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space. Core Skill – Run, Hop, Skip <u>Link to a key text</u> Plus <u>Outdoors - Moving and Handling and Health and self-care</u> <ul style="list-style-type: none"> Show control on large equipment outdoors Work with friends outdoors
	Pendle & Barley Year 1 (20)	Session 1: Baseline Unit- Lost and Found BFC Session 2: Movements, catch and throw Core task/s: overarm/ underarm throwing <ul style="list-style-type: none"> master basic movements including running, 	Dance BFC Learning a dance sequence <u>Dance</u> <ul style="list-style-type: none"> Perform dances using simple movement patterns. Demonstrate rhythm and control 	Athletics/ Gymnastics activities Core Task BFC <ul style="list-style-type: none"> 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 <u>Athletics/ gymnastics</u>	Games BFC Core Task-Kicking <ul style="list-style-type: none"> 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 	Athletics/ gymnastics BFC <ul style="list-style-type: none"> 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 <u>Athletics/ gymnastics</u>	Dance BFC Learning a dance sequence <u>Dance</u> <ul style="list-style-type: none"> Perform dances using simple movement patterns. Demonstrate rhythm and control


		<p>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><u>Non- negotiables:</u> <u>Basic:</u> Throw and kick a ball in different ways</p>		<ul style="list-style-type: none"> Show control and coordination when travelling and balancing Roll, jump, throw and balance with increasing control Basic: Balance <p>Session 2GAMES- BFC</p>	<ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending <p><u>Team games</u></p> <ul style="list-style-type: none"> Move or stop to catch or collect a ball Decide where to stand to make it difficult for the opposing team <p><u>Basic</u></p> <ul style="list-style-type: none"> Throw and kick a ball in different ways Hit a ball with a bat 	<ul style="list-style-type: none"> Show control and coordination when travelling and balancing Roll, jump, throw and balance with increasing control <p>Basic: Balance</p>	<p><u>Outdoors Adventurous activities:</u></p> <ul style="list-style-type: none"> Follow a simple course using a basic map Willingness to work and communicate as part of a team
<p>Barley</p>  <p>Year 2 (20)</p>	<p>Session 1: Games- Core task Piggy in the Middle (2)</p> <p>Session 2: Baseline Key skills development (see PE folder on server for 10 skills) BFC</p> <ul style="list-style-type: none"> 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><u>Non- negotiables:</u> <u>Basic:</u> Choose appropriate rolling, kicking and hitting skills within games</p> <p><u>Team games</u></p> <ul style="list-style-type: none"> Decide on the best position and move accordingly Understand the basic tactics of a game 	<p>Session 1: Dance Learning a dance sequence (Blackpool Tower Show)</p> <ul style="list-style-type: none"> perform dances using simple movement patterns. Perform dance actions with control and coordination Link two or more actions together <p>Session 2: Games- Net/Wall core task</p> <ul style="list-style-type: none"> participate in team games, developing simple tactics for attacking and defending 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><u>Non- negotiables:</u> <u>Basic:</u> Choose appropriate rolling, kicking and hitting skills within games</p> <p><u>Team games</u></p> <ul style="list-style-type: none"> Decide on the best position and move accordingly Understand the basic tactics of a game 	<p>Session 1: Dance Learning a dance sequence</p> <ul style="list-style-type: none"> perform dances using simple movement patterns. Perform dance actions with control and coordination Link two or more actions together <p>Session 2: athletics (BFC)</p> <ul style="list-style-type: none"> Balance on different points of the body Travel at different speeds in a variety of ways Jump with accuracy from a standing position 	<p>Session 1: Games- Net/Wall core task</p> <ul style="list-style-type: none"> 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 <p>Session 2: Dance</p> <ul style="list-style-type: none"> perform dances using simple movement patterns. Perform dance actions with control and coordination Link two or more actions together 	<p>Session 1: Athletics/ gymnastics</p> <ul style="list-style-type: none"> master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, Balance on different points of the body Travel at different speeds in a variety of ways Jump with accuracy from a standing position <p>Session 2: Striking and fielding games/ core task</p> <ul style="list-style-type: none"> 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 	<p>Session 1: Athletics/ baseline skills evaluation</p> <p>Session 2: Striking and fielding games/ core task</p> <ul style="list-style-type: none"> 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 	
Marsden	<p>Session 1: Swimming Session 2: Invasion Games</p>	<p>Session 1: Swimming Session 2: Dance</p>	<p>Session 1: Swimming Session 2: Gymnastic activities</p>	<p>Session 1: Swimming Session 2: Net/ wall games</p>	<p>Session 1: Swimming Session 2: Athletics</p>	<p>Session 1: Swimming Session 2: Striking/fielding games</p>	


 <p>Year 3 Units</p>	<p>“Three Touch Ball”</p> <ul style="list-style-type: none"> 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 <p><u>Non-negotiables</u> <u>Team games</u> Year 3: Develop fielding and possession skills.</p> <p>Begin to apply tactics and rules in a game.</p> <p>Year 4: Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p> <p><u>Basic skills:</u> Year 3: Throw and catch a ball with control. Strike a ball with control. Year 4: Throw and strike a ball with control and accuracy.</p>	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns <p>(Greek Dancing & Blackpool Tower Show)</p> <p><u>Non-negotiables</u> <u>Dance and movement</u> Year 3: Refine movements to create a basic dance sequence to match a purpose.</p> <p>Movements begin to show fluidity.</p> <p>Year 4: Refine movements to create a more complex sequence to match a purpose.</p> <p>Movements are clear and fluent.</p>	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p><u>Non-negotiables</u> <u>Gymnastics/ Athletics</u> Year 3: Control a balance.</p> <p>Combine techniques for a fluid sequence.</p> <p>Show control and accuracy within throwing and jumping movements.</p> <p>Year 4: Use a range of throwing, jumping and running speeds with control, accuracy and coordination.</p> <p>Demonstrate strength and flexibility in movements.</p>	<ul style="list-style-type: none"> 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 <p><u>Non-negotiables</u> <u>Team games</u> Year 3: Develop fielding and possession skills.</p> <p>Begin to apply tactics and rules in a game.</p> <p>Year 4: Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p>	<ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p><u>Non-negotiables</u> <u>Gymnastics/ Athletics</u> Year 3: Control a balance.</p> <p>Combine techniques for a fluid sequence.</p> <p>Show control and accuracy within throwing and jumping movements.</p> <p>Year 4: Use a range of throwing, jumping and running speeds with control, accuracy and coordination.</p> <p>Demonstrate strength and flexibility in movements.</p> <p><u>Outdoor/ adventurous activity:</u> Year 3: Works collaboratively to move from one place to another using a map. Can identify potential risks. Year 4: Works collaboratively using a map to solve problems with confidence. Identify risks and advise others.</p>	<ul style="list-style-type: none"> 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 <p><u>Non-negotiables</u> <u>Team games</u> Year 3: Develop fielding and possession skills.</p> <p>Begin to apply tactics and rules in a game.</p> <p>Year 4: Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p>
<p>Towneley</p>  <p>Y5 Units</p>	<p>Session 1: Swimming Session 2: Invasion games Core task <u>Hi 5 Netball</u></p> <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, 	<p>Session 1: Swimming Session 2: Dance</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] 	<p>Session 1: Swimming Session 2: Athletics/ Gymnastics core task (Year 5 task)</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <p><u>Non-negotiables</u></p>	<p>Session 1: Swimming Session 2: Net/wall core task (Year 5 task) *Badminton</p> <ul style="list-style-type: none"> play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and 	<p>Session 1: Swimming Session 2: Athletics (Year 5 task)</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with 	<p>Session 1: Swimming Session 2: Striking / fielding Core task <u>rounders</u></p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in isolation and in combination play competitive games, modified where



		<p>netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>Non-negotiables Team games- Year 4: Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p> <p>Year 5: Explain rules and tactics in detail.</p> <p>To work in a team or alone to gain possession of a ball.</p> <p>Basic skills: Year 3: Throw and catch a ball with control. Strike a ball with control. Year 4: Throw and strike a ball with control and accuracy.</p>	<ul style="list-style-type: none"> perform dances using a range of movement patterns <p>Non-negotiables Dance and movement</p> <p>Year 4: Refine movements to create a more complex sequence to match a purpose.</p> <p>Movements are clear and fluent.</p> <p>Year 5: When composing it is imaginative, creative and expressive.</p> <p>Movements show control.</p>	<p>Year 4: <u>Gymnastics/ Athletics</u></p> <p>Use a range of throwing, jumping and running speeds with control, accuracy and coordination.</p> <p>Demonstrate strength and flexibility in movements.</p> <p>Year 5: Control a take-off and landing. Combine a range of running, jumping and throwing techniques.</p> <p>Create a fluid sequence applying learnt skills.</p>	<p>tennis], and apply basic principles suitable for attacking and defending</p> <p>Non-negotiables Team games- Year 4: Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p> <p>Year 5: Explain rules and tactics in detail.</p> <p>To work in a team or alone to gain possession of a ball.</p>	<p>previous ones and demonstrate improvement to achieve their personal best.</p> <p>Non-negotiables Year 4: <u>Gymnastics/ Athletics</u></p> <p>Use a range of throwing, jumping and running speeds with control, accuracy and coordination.</p> <p>Demonstrate strength and flexibility in movements.</p> <p>Year 5: Control a take-off and landing. Combine a range of running, jumping and throwing techniques.</p> <p>Create a fluid sequence applying learnt skills.</p> <p>Outdoor/ adventurous activity:</p> <p>Year 4: Works collaboratively using a map to solve problems with confidence.</p> <p>Identify risks and advise others.</p> <p>Year 5: Orientate self to solve problems, locating particular places.</p> <p>Adapt actions to changing situations.</p>	<p>appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>Non-negotiables Team games- Year 4: Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p> <p>Year 5: Explain rules and tactics in detail.</p> <p>To work in a team or alone to gain possession of a ball.</p>
<p>Wycoller</p> 	<p>Session 1: Outdoor and adventurous/ Enrichment Unit Session 2: Invasion games- Core task Tag Rugby</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity challenges both individually and within a team play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic 	<p>Session 1: Invasion games- Core task Calling the Shots/ football Session 2: Dance</p> <ul style="list-style-type: none"> 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] 	<p>Session 1 and 2 Gymnastics/ Athletics Core Task</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <p>Non-negotiables:</p> <p>Gymnastics/ Athletics Show accuracy, control, speed, strength and stamina consistently within a range of movements.</p> <p>Develop and adapt techniques to improve performance.</p>	<p>Session 1: Net/wall core task (badminton) Session 2: Net/wall core task Basketball</p> <ul style="list-style-type: none"> 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 	<p>Session 1: Athletics Core Task Session 2: Athletics Core Task</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Non-negotiables:</p>	<p>Session 1: Striking/ fielding Core Task Cricket Session 2: Striking/ fielding Core Task Cricket</p> <ul style="list-style-type: none"> 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 	

		<p>principles suitable for attacking and defending</p> <p><u>Outdoor/ adventurous activity:</u></p> <p>Confidently orientate self and others to solve a problem in a more unfamiliar environment.</p> <p>Develop skills to solve problems in intellectual and physical challenges.</p> <p><u>Non- negotiables:</u></p> <p><u>Team games:</u> Gain possession confidently and apply attacking and defending skills.</p> <p>Apply understanding of rules and tactics e.g. officiating</p>	<ul style="list-style-type: none"> perform dances using simple movement patterns. <p><u>Non- negotiables:</u></p> <p><u>Team games:</u> Gain possession confidently and apply attacking and defending skills.</p> <p>Apply understanding of rules and tactics e.g. officiating</p> <p><u>Dance:</u> Perform dances using advanced techniques with a range of dance styles and forms.</p>		<p><u>Non- negotiables:</u></p> <p><u>Team games:</u> Gain possession confidently and apply attacking and defending skills.</p> <p>Apply understanding of rules and tactics e.g. officiating</p> <p><u>Basic skills (swimming):</u> Use a variety of strokes confidently and demonstrate to others.</p>	<p><u>Gymnastics/ Athletics</u> Show accuracy, control, speed, strength and stamina consistently within a range of movements.</p> <p>Develop and adapt techniques to improve performance.</p>	<p><u>Non- negotiables:</u></p> <p><u>Team games:</u> Gain possession confidently and apply attacking and defending skills.</p> <p>Apply understanding of rules and tactics e.g. officiating</p>
Cycle B 2020/2021	Pendle 	<p>Session 1: Baseline Unit- Lost and Found</p> <p>Session 2: Core task: rolling equipment</p> <p><u>Non- negotiables:</u></p> <p>Year 1 <u>Basic:</u> Hit a ball with a bat. Throw and kick a ball in different ways.</p> <p><u>Athletics:</u> Roll, jump, throw and balance with some control.</p> <ul style="list-style-type: none"> 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>Reception: Warm up skills – Run, Hop, Skip, Jump</p>	<p>Session 1:Dance Copying simple movement patterns/ Learning a dance sequence</p> <p>Reception dance</p> <ul style="list-style-type: none"> Show some rhythm and control when moving Begin to perform simple dance moves <ul style="list-style-type: none"> Travel with confidence and skill around, under, over and through balancing and climbing equipment. Develop control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space. <p>Core Skills – Run, Hop, Skip, Jump</p> <p>Year 1 Dance</p> <ul style="list-style-type: none"> Perform some simple dance moves. 	<p>Session 1:Dance Copying simple movement patterns/ Learning a dance sequence</p> <p>Reception dance</p> <ul style="list-style-type: none"> Show some rhythm and control when moving Begin to perform simple dance moves <ul style="list-style-type: none"> Travel with confidence and skill around, under, over and through balancing and climbing equipment. Develop control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space. <p>Core Skills – Run, Hop, Skip, Jump</p> <p>Year 1 Dance</p> <ul style="list-style-type: none"> Perform dances using simple movement patterns. 	<p>Session 1: Core Task-Kicking (games)</p> <p>Reception games Basic</p> <ul style="list-style-type: none"> Throw and catch with a partner Balance Kick / role a ball <p>Games</p> <ul style="list-style-type: none"> Join in with team games Begin to understand what it means to defend / attack in a game. <p>Warm up skills – Run, Hop, Skip, Jump</p> <p>Core Skills – Throw over, Throw under, Catch, Bounce, Kick & Roll a Ball.</p> <ul style="list-style-type: none"> Show increasing control over an object in pushing, patting, throwing, catching or kicking it Show good control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space. 	<p>Session 1: Athletics Reception Gymnastics/athletics</p> <ul style="list-style-type: none"> Show control when travelling Show coordination on both floor and apparatus Jumps and lands appropriately Travel with confidence and skill around, under, over and through balancing and climbing equipment. Show increasing control over an object in pushing, patting, throwing, catching or kicking it Experiment with different ways of moving. Jump off an object and lands appropriately. <p>Year 1 Athletics/ gymnastics</p> <ul style="list-style-type: none"> Show control and coordination when travelling and balancing Roll, jump, throw and balance with increasing control Basic: Balance master basic movements including running, 	<p>Session 1: Core task- Overarm throwing</p> <p>Session 2: Core task Underarm throwing / or see JP PE Key Sports unit plan Sport: Dodgeball</p> <ul style="list-style-type: none"> 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>Reception games Basic</p> <ul style="list-style-type: none"> Throw and catch with a partner Balance <p>Games</p> <ul style="list-style-type: none"> Join in with team games

	<p>Core Skills – Throw over, Throw under, Catch, Bounce, Kick & Roll a Ball.</p> <ul style="list-style-type: none"> Show increasing control over an object in pushing, patting, throwing, catching or kicking it Show good control and co-ordination in large and small movements. Move confidently in a range of ways, safely negotiating space. 	<ul style="list-style-type: none"> Demonstrate rhythm and control perform dances using simple movement patterns. <p>Session 2: Gymnastics activities Core Task</p> <p>Reception Gymnastics/athletics</p> <ul style="list-style-type: none"> Show control when travelling Show coordination on both floor and apparatus Jumps and lands appropriately Travel with confidence and skill around, under, over and through balancing and climbing equipment. Show increasing control over an object in pushing, patting, throwing, catching or kicking it Experiment with different ways of moving. Jump off an object and lands appropriately. <p>Year 1 Athletics/ gymnastics</p> <ul style="list-style-type: none"> Show control and coordination when travelling and balancing Roll, jump, throw and balance with increasing control <p>Basic: Balance</p> <ul style="list-style-type: none"> 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 	<ul style="list-style-type: none"> Demonstrate rhythm and control perform dances using simple movement patterns. <p>Session 2: Gymnastics activities Core Task</p> <p>Reception Gymnastics/athletics</p> <ul style="list-style-type: none"> Show control when travelling Show coordination on both floor and apparatus Jumps and lands appropriately Travel with confidence and skill around, under, over and through balancing and climbing equipment. Show increasing control over an object in pushing, patting, throwing, catching or kicking it Experiment with different ways of moving. Jump off an object and lands appropriately. <p>Year 1 Athletics/ gymnastics</p> <ul style="list-style-type: none"> Show control and coordination when travelling and balancing Roll, jump, throw and balance with increasing control <p>Basic: Balance</p> <ul style="list-style-type: none"> 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>Year 1 Team games</p> <ul style="list-style-type: none"> Move or stop to catch or collect a ball Decide where to stand to make it difficult for the opposing team <p>Basic</p> <ul style="list-style-type: none"> Throw and kick a ball in different ways Hit a ball with a bat <ul style="list-style-type: none"> 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 <p>Session 2: Core task- Catching/ bouncing</p> <p>Reception games</p> <p>Basic</p> <ul style="list-style-type: none"> Throw and catch with a partner Balance <p>Games</p> <ul style="list-style-type: none"> Join in with team games Begin to understand what it means to defend / attack in a game. <ul style="list-style-type: none"> Show increasing control over an object in pushing, patting, throwing, catching or kicking it Experiment with different ways of moving. Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p>Year 1 Team games</p> <ul style="list-style-type: none"> Move or stop to catch or collect a ball Decide where to stand to make it difficult for the opposing team <p>Basic</p>	<p>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>Session 2: Baseline Skills Assessment (see PE folder on server for 10 skills)</p> <p>Year 1</p> <ul style="list-style-type: none"> 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>Reception Core Skills – Jump, run, hop, skip and throwing</p> <p>Plus</p> <p>Outdoors Adventurous activities: Seedhill Athletics Track – Sports Day</p> <p>Reception</p> <p>Outdoors - Moving and Handling and Health and self-care</p> <ul style="list-style-type: none"> Show control on large equipment outdoors Work with friends outdoors <p>Year 1</p> <p>Outdoors Adventurous activities:</p> <ul style="list-style-type: none"> Follow a simple course using a basic map Willingness to work and communicate as part of a team 	<ul style="list-style-type: none"> Begin to understand what it means to defend / attack in a game. Show increasing control over an object in pushing, patting, throwing, catching or kicking it Experiment with different ways of moving. Negotiate space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. <p>Year 1 Team games</p> <ul style="list-style-type: none"> Move or stop to catch or collect a ball Decide where to stand to make it difficult for the opposing team <p>Basic</p> <ul style="list-style-type: none"> Throw and kick a ball in different ways <ul style="list-style-type: none"> 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
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					<ul style="list-style-type: none"> • Throw and kick a ball in different ways • 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 		
	<p>Barley</p> 	<p>Session 1: Games- Core task Piggy in the Middle (2)</p> <p>Session 2: Baseline Key skills development (see PE folder on server for 10 skills)</p> <ul style="list-style-type: none"> • 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><u>Non- negotiables:</u> <u>Year 1</u> Basic Throw and kick a ball in different ways. Team games</p> <ul style="list-style-type: none"> • Join in with team games • Begin to understand what it means to defend / attack in a game. <p><u>Year 2</u> Basic: Choose appropriate rolling, kicking and hitting skills within games Team games</p> <ul style="list-style-type: none"> • Decide on the best position and move accordingly • Understand the basic tactics of a game 	<p>Session 1: Dance</p> <ul style="list-style-type: none"> • Perform dances using simple movement patterns. <p>Year 1 Dance</p> <ul style="list-style-type: none"> • Perform some simple dance moves. • Demonstrate rhythm and control <p>Year 2 Dance</p> <ul style="list-style-type: none"> • Perform dance actions with control and coordination • Link two or more actions together <p>Session 2: Gymnastics activities Core Task</p> <ul style="list-style-type: none"> • 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 [for example, through athletics and gymnastics] <p><u>Year 1 Athletics/ gymnastics</u></p> <ul style="list-style-type: none"> • Show control and coordination when travelling and balancing • Roll, jump, throw and balance with increasing control 	<p>Session 1: Games- Net/Wall core task Tennis</p> <p>Session 2: Games- Net/Wall core task Dodgeball (next year volleyball)</p> <ul style="list-style-type: none"> • participate in team games, developing simple tactics for attacking and defending • 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><u>Non- negotiables:</u> <u>Year 1</u> Team games</p> <ul style="list-style-type: none"> • Move or stop to catch or collect a ball • Decide where to stand to make it difficult for the opposing team <p>Basic</p> <ul style="list-style-type: none"> • Throw and kick a ball in different ways <p><u>Year 2</u> Basic: Choose appropriate rolling, kicking and hitting skills within games Team games</p> <ul style="list-style-type: none"> • Decide on the best position and move accordingly • Understand the basic tactics of a game 	<p>Session 1: Dance</p> <ul style="list-style-type: none"> • Perform dances using simple movement patterns. <p>Year 1 Dance</p> <ul style="list-style-type: none"> • Perform some simple dance moves. • Demonstrate rhythm and control <p>Year 2 Dance</p> <ul style="list-style-type: none"> • Perform dance actions with control and coordination • Link two or more actions together <p>Session 2: Outdoors Adventurous activities: **See KS1 planning for activities</p> <p>Year 1</p> <ul style="list-style-type: none"> • Follow a simple course using a basic map • Willingness to work and communicate as part of a team <p>Year 2</p> <ul style="list-style-type: none"> • Developing knowledge of maps and diagrams to travel around a course. • Shows some awareness of safety. 	<p>Session 1: Athletics</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <p>Year 1 Athletics/ gymnastics</p> <ul style="list-style-type: none"> • Show control and coordination when travelling and balancing • Roll, jump, throw and balance with increasing control Basic: Balance <p>Year 2 Athletics/ gymnastics</p> <ul style="list-style-type: none"> • Balance on different points of the body • Travel at different speeds in a variety of ways • Jump with accuracy from a standing position <p>Session 2: Striking and fielding games/ core task</p> <ul style="list-style-type: none"> • participate in team games, developing simple tactics for attacking and defending <p><u>Non- negotiables:</u> <u>Year 1</u> Team games</p> <ul style="list-style-type: none"> • Move or stop to catch or collect a ball • Decide where to stand to make it difficult for the opposing team <p>Basic</p>	<p>Session 1: Athletics/ Baseline assessment</p> <ul style="list-style-type: none"> • develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <p>Year 1 Athletics/ gymnastics</p> <ul style="list-style-type: none"> • Show control and coordination when travelling and balancing • Roll, jump, throw and balance with increasing control Basic: Balance <p>Year 2 Athletics/ gymnastics</p> <ul style="list-style-type: none"> • Balance on different points of the body • Travel at different speeds in a variety of ways • Jump with accuracy from a standing position <p>Session 2: Striking and fielding games/ core task</p> <ul style="list-style-type: none"> • participate in team games, developing simple tactics for attacking and defending <p><u>Non- negotiables:</u> <u>Year 1</u> Team games</p> <ul style="list-style-type: none"> • Move or stop to catch or collect a ball • Decide where to stand to make it difficult for the opposing team

			<p>Basic: Balance</p> <p><u>Year 2 Athletics/ gymnastics</u></p> <ul style="list-style-type: none"> Balance on different points of the body. Travel at different speeds in a variety of ways. Jump with accuracy from a standing position. 			<ul style="list-style-type: none"> Hit a ball with a bat. Throw and kick a ball in different ways <p><u>Year 2</u></p> <p>Basic: Choose appropriate rolling, kicking and hitting skills within games</p> <p>Team games</p> <ul style="list-style-type: none"> Decide on the best position and move accordingly Understand the basic tactics of a game 	<p>Basic</p> <ul style="list-style-type: none"> Hit a ball with a bat. Throw and kick a ball in different ways <p><u>Year 2</u></p> <p>Basic: Choose appropriate rolling, kicking and hitting skills within games</p> <p>Team games</p> <ul style="list-style-type: none"> Decide on the best position and move accordingly Understand the basic tactics of a game
	<p>Marsden Year 4 Units</p> 	<p>Session 1: Swimming Session 2: Invasion Games “On the Attack”</p> <ul style="list-style-type: none"> 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 use running, jumping, throwing and catching in isolation and in combination <p><u>Non-negotiables</u> <u>Team games</u> <u>Year 3:</u> Develop fielding and possession skills.</p> <p>Begin to apply tactics and rules in a game.</p> <p><u>Year 4:</u> Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p> <p><u>Basic skills:</u> <u>Year 3:</u> Throw and catch a ball with control. Strike a ball with control.</p>	<p>Session 1: Swimming Session 2: Dance (last year Greek/ ballroom-teacher to select dance genre)</p> <ul style="list-style-type: none"> perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <p><u>Non-negotiables</u> <u>Dance and movement</u> <u>Year 3:</u> Refine movements to create a basic dance sequence to match a purpose.</p> <p>Movements begin to show fluidity.</p> <p><u>Year 4:</u> Refine movements to create a more complex sequence to match a purpose.</p> <p>Movements are clear and fluent.</p>	<p>Session 1: Swimming Session 2: Gymnastic Activities “Partner Work”</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p><u>Non-negotiables</u> <u>Gymnastics/ Athletics</u> <u>Year 3:</u> Control a balance.</p> <p>Combine techniques for a fluid sequence.</p> <p>Show control and accuracy within throwing and jumping movements.</p> <p><u>Year 4:</u> Use a range of throwing, jumping and running speeds with control, accuracy and coordination.</p> <p>Demonstrate strength and flexibility in movements.</p>	<p>Session 1: Swimming Session 2: The Lancashire PE Scheme of Work-Outdoor and Adventurous Activities (OAA)</p> <ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best. take part in outdoor and adventurous activity challenges both individually and within a team <p><u>Outdoor/ adventurous activity:</u> <u>Year 3:</u> Works collaboratively to move from one place to another using a map.</p> <p>Can identify potential risks.</p> <p><u>Year 4:</u> Works collaboratively using a map to solve problems with confidence.</p> <p>Identify risks and advise others.</p>	<p>Session 1: Swimming Session 2: Athletic Activities (sports day games)</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p><u>Non-negotiables</u> <u>Gymnastics/ Athletics</u> <u>Year 3:</u> Control a balance.</p> <p>Combine techniques for a fluid sequence.</p> <p>Show control and accuracy within throwing and jumping movements.</p> <p><u>Year 4:</u> Use a range of throwing, jumping and running speeds with control, accuracy and coordination.</p> <p>Demonstrate strength and flexibility in movements.</p>	<p>Session 1: Swimming Session 2: Striking/fielding Games <u>Rounders</u></p> <ul style="list-style-type: none"> 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 <p><u>Non-negotiables</u> <u>Team games</u> <u>Year 3:</u> Develop fielding and possession skills.</p> <p>Begin to apply tactics and rules in a game.</p> <p><u>Year 4:</u> Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p> <p><u>Basic skills:</u> <u>Year 3:</u> Throw and catch a ball with control. Strike a ball with control.</p>

	<p>Year 4: Throw and strike a ball with control and accuracy.</p>	<p>Year 4: Throw and strike a ball with control and accuracy.</p>	<p>Year 4: Throw and strike a ball with control and accuracy.</p>	<p>Year 4: Throw and strike a ball with control and accuracy.</p>	<p>Year 4: Throw and strike a ball with control and accuracy.</p>	<p>Year 4: Throw and strike a ball with control and accuracy.</p>	<p>Year 4: Throw and strike a ball with control and accuracy.</p>
<p>Towneley Year 4 Units</p> 	<p>Session 1: Swimming Session 2: Invasion Games “On the Attack”</p> <ul style="list-style-type: none"> 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 use running, jumping, throwing and catching in isolation and in combination <p><u>Non-negotiables</u> <u>Team games</u> Year 4: Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p> <p><u>Year 5:</u> Explain rules and tactics in detail.</p> <p>To work in a team or alone to gain possession of a ball.</p> <p><u>Basic skills:</u> Year 4: Throw and strike a ball with control and accuracy.</p> <p>Year 5: Strike a ball using backhand and forehand skills.</p> <p>Use a variety of techniques to pass a ball</p>	<p>Session 1: Swimming Session 2: Dance (Teacher to select dance genre)</p> <ul style="list-style-type: none"> perform dances using a range of movement patterns compare their performances with previous ones and demonstrate improvement to achieve their personal best. develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <p><u>Non-negotiables</u> <u>Dance and movement</u> Year 4: Refine movements to create a more complex sequence to match a purpose.</p> <p>Movements are clear and fluent.</p> <p><u>Year 5:</u> When composing it is imaginative, creative and expressive.</p> <p>Movements show control.</p>	<p>Session 1: Swimming Session 2: Gymnastic Activities “Partner Work”</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p><u>Non-negotiables</u> <u>Year 4: Gymnastics/ Athletics</u></p> <p>Use a range of throwing, jumping and running speeds with control, accuracy and coordination.</p> <p>Demonstrate strength and flexibility in movements.</p> <p><u>Year 5:</u> Control a take-off and landing. Combine a range of running, jumping and throwing techniques.</p> <p>Create a fluid sequence applying learnt skills.</p>	<p>Session 1: Swimming Session 2: The Lancashire PE Scheme of Work-Outdoor and Adventurous Activities (OAA)</p> <ul style="list-style-type: none"> compare their performances with previous ones and demonstrate improvement to achieve their personal best. take part in outdoor and adventurous activity challenges both individually and within a team <p><u>Outdoor/ adventurous activity:</u> Year 4: Works collaboratively using a map to solve problems with confidence.</p> <p>Identify risks and advise others.</p> <p><u>Year 5:</u> Orientate self to solve problems, locating particular places. Adapt actions to changing situations.</p>	<p>Session 1: Swimming Session 2: Athletic Activities (sports day games)</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p><u>Non-negotiables</u> <u>Year 4: Gymnastics/ Athletics</u></p> <p>Use a range of throwing, jumping and running speeds with control, accuracy and coordination.</p> <p>Demonstrate strength and flexibility in movements.</p> <p><u>Year 5:</u> Control a take-off and landing. Combine a range of running, jumping and throwing techniques.</p> <p>Create a fluid sequence applying learnt skills.</p>	<p>Session 1: Swimming Session 2: Striking/fielding Games Rounders</p> <ul style="list-style-type: none"> 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 <p><u>Non-negotiables</u> <u>Team games</u> Year 4: Apply and explain rules and tactics of a variety of games.</p> <p>Keep and control the possession of a ball.</p> <p>Field with control.</p> <p><u>Year 5:</u> Explain rules and tactics in detail.</p> <p>To work in a team or alone to gain possession of a ball.</p> <p><u>Basic skills:</u> Year 4: Throw and strike a ball with control and accuracy.</p> <p>Year 5: Strike a ball using backhand and forehand skills.</p> <p>Use a variety of techniques to pass a ball</p>	<p>Session 1: Outdoor and adventurous/ Enrichment Unit Session 2: Invasion games- Core task Tag Rugby</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity
<p>Wycoller</p> 	<p>Session 1: Outdoor and adventurous/ Enrichment Unit Session 2: Invasion games- Core task Tag Rugby</p> <ul style="list-style-type: none"> take part in outdoor and adventurous activity 	<p>Session 1: Invasion games- Core task Calling the Shots/ football Session 2: Dance</p> <ul style="list-style-type: none"> play competitive games, modified where 	<p>Session 1 and 2 Gymnastics/ Athletics Core Task</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for 	<p>Session 1: Net/wall core task (badminton) Session 2: Net/wall core task Basketball</p>	<p>Session 1: Dance Charleston or the Salsa</p> <ul style="list-style-type: none"> perform dances using simple movement patterns. <p><u>Dance:</u></p>	<p>Session 1: Striking/ fielding Core Task Cricket Session 2: Striking/ fielding Core Task Cricket</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in 	<p>Session 1: Striking/ fielding Core Task Cricket Session 2: Striking/ fielding Core Task Cricket</p> <ul style="list-style-type: none"> use running, jumping, throwing and catching in

	<p>challenges both individually and within a team</p> <ul style="list-style-type: none"> 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 <p><u>Outdoor/ adventurous activity:</u></p> <p>Confidently orientate self and others to solve a problem in a more unfamiliar environment.</p> <p>Develop skills to solve problems in intellectual and physical challenges.</p> <p><u>Non- negotiables:</u></p> <p><u>Team games:</u> Gain possession confidently and apply attacking and defending skills.</p> <p>Apply understanding of rules and tactics e.g. officiating</p>	<p>appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using simple movement patterns. <p><u>Non- negotiables:</u></p> <p><u>Team games:</u> Gain possession confidently and apply attacking and defending skills. Apply understanding of rules and tactics e.g. officiating</p> <p><u>Dance:</u> Perform dances using advanced techniques with a range of dance styles and forms.</p>	<p>example, through athletics and gymnastics]</p> <p><u>Non- negotiables:</u></p> <p><u>Gymnastics/ Athletics</u> Show accuracy, control, speed, strength and stamina consistently within a range of movements.</p> <p>Develop and adapt techniques to improve performance.</p>	<ul style="list-style-type: none"> 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 <p><u>Non- negotiables:</u></p> <p><u>Team games:</u> Gain possession confidently and apply attacking and defending skills.</p> <p>Apply understanding of rules and tactics e.g. officiating</p> <p><u>Basic skills (swimming):</u> Use a variety of strokes confidently and demonstrate to others.</p>	<ul style="list-style-type: none"> Perform dances using advanced techniques with a range of dance styles and forms. <p>Session 2: Athletics Core Task</p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p><u>Non- negotiables:</u></p> <p><u>Gymnastics/ Athletics</u> Show accuracy, control, speed, strength and stamina consistently within a range of movements.</p> <p>Develop and adapt techniques to improve performance.</p>	<p>isolation and in combination</p> <ul style="list-style-type: none"> 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 <p><u>Non- negotiables:</u></p> <p><u>Team games:</u> Gain possession confidently and apply attacking and defending skills.</p> <p>Apply understanding of rules and tactics e.g. officiating</p>
<p>The non- negotiables for swimming are: Over the year: Immerse body in the water confidently.</p> <p>Explore different strokes and use at least one basic stroke confidently, breathing properly.</p> <p>If using floats, swim with a controlled leg kick.</p> <p>Co-ordination and control in arm and leg movements.</p> <p>Explore personal survival skills safely</p>						

The objectives for KS2 swimming are as follows:

Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to:

- 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.