

Apply tactics and strategies to games.

Complete swimming standards in self rescue, water safety and swimming 25m.

Students take up differing roles such as umpires/ scorers.

Students use the skills learned in a competitive context

Students compete in inter school competitions.

Children are encouraged to participate at local clubs

Archery Kurling Tag Rugby Football Swimming Tri Golf Tennis Multi skills Cricket Netball Basketball

Y6

OAA Leadership Swimming Tennis Multi skills Cricket Netball Basketball

Communicate effectively with others.

Be critical own performance and that of others

Develop knowledge of strategies tactics rules and roles

Work well as part of a team

Students compete in intra school competitions.

KS2 pupils will have OAA experience including

Sustain physical activity.

Develop strength, flexibility and control

Develop a variety of swimming strokes.

Working towards NC targets for Swimming

Improve teamwork in various contexts.

Improve teamwork in various contexts.

Enjoy Competing.

Swimming Tri Golf Tennis Multi skills Cricket Netball Basketball

Y4

Swimming Tri Golf Tennis Multi skills Cricket Netball Basketball

Y5

Children begin to have leadership opportunities.

Utilising Space in games.

Apply basic tactics to a variety of games.

Start to work on attack vs defence in Invasion games.

Learn about their bodies and what is happening during activity.

Explore different cultures through dance

Taking off and Landing in different ways.

Scoring Points.

Performing Gymnastics moves with control.

Using 8 counts to perform dance routines.

Take part in simple games

Begin reflecting on how we can improve performance.

Moving a variety of ways in a controlled manner.

Dance

Y3

Striking and fielding Ball skills Dance Gymnastics Athletics Small sided games

Y2

Small Sided Games

Introduce tactics in a variety of games

Work in a group and communicate ideas.

Give helpful feedback to a partner.

Throwing accurately to a target.

Perform fundamental movements with confidence.

Show positive attitudes if winning or losing

Defending and attacking basics.

Jumping, Rolling and balancing and creating a small sequence safely.

What is exercise?

Play safely and follow rules.

send and receive a ball.

Using apparatus safely.

Moving and stopping safely

Changing speed and direction

Working as part of a team.

Exploring equipment

EYFS

Fundamental Skills Ball Games Dance Gymnastics Multi Skills

Y1

Dance Athletics Ball Games Gymnastics Agility

What is healthy food?

Can we share equipment? Repeat and remember actions

Travelling from place to place.

Learn to engage in and enjoy exercise.

Moving to music and telling a story.

Moving with a ball both with hands and feet.

What happens to the body during exercise?