

These documents outline the skills that pupils should be able to demonstrate by the end of their two-year programme.

Key Stage One						
Pupils should be able to:						
Mastering Movements	<ul style="list-style-type: none"> <li>• Run with control and speed, changing direction around obstacles and peers, stopping and starting under instruction whilst looking ahead.</li> <li>• Skip, hop and jump, showing awareness of the technique needed to land safely</li> <li>• Balance on a range of surfaces, using different body parts. This includes balancing objects on the body.</li> <li>• Use a skipping rope.</li> <li>• Jump between different heights and lengths.</li> <li>• Kick, roll, bounce and throw with increasing accuracy, aiming at a target or a peer.</li> <li>• Catch or stop a ball using their foot, hands, racket or stick, showing skill in stopping the ball before redirecting it.</li> <li>• Send and receive large and small balls whilst they and/or their partner are moving</li> </ul>					
Competitive Sports	<ul style="list-style-type: none"> <li>• Become familiar with a range of competitive sports</li> <li>• Show awareness of the need to communicate with team mates when playing, shouting for their attention</li> <li>• Use space to ensure that their team travels effectively.</li> </ul>					
Dance & Gymnastics	<ul style="list-style-type: none"> <li>• Copy and remember sequences of actions.</li> <li>• Choreograph short routines, showing awareness of how different movements convey a mood.</li> <li>• Choreograph routines that use levels and space effectively.</li> <li>• Balance and travel in a variety of ways, using equipment safely.</li> <li>• Work with a partner to link sequences.</li> </ul>					
Understanding Healthy Lifestyles	<ul style="list-style-type: none"> <li>• Observe the basic effects of exercise on their bodies e.g. increased heart rate or temperature</li> <li>• Understand that exercise is essential to healthy living</li> <li>• Evaluate their own exercise levels and set targets to improve their health.</li> </ul>					
Cultural Opportunities and Topic Coverage						
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
1 <sup>st</sup> Year						
2 <sup>nd</sup> Year						

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<b>Lower Key Stage Two</b> Pupils should be able to:	
Mastering Movements	<ul style="list-style-type: none"> <li>● Run with increasing control and speed, showing skill in managing space and changing direction at speed.</li> <li>● Demonstrate a range of ways to travel and identify situations in which each technique is useful.</li> <li>● Begin to develop strength, lifting objects and using their body weight as resistance e.g. using the monkey bars or gym apparatus.</li> <li>● Manage more complex uses of a skipping rope, including skipping backwards or with a crossed rope.</li> <li>● Continue to jump between different heights and lengths.</li> <li>● Kick, roll, bounce and throw with increasing accuracy, showing good awareness of technique and altering their approach when they do not reach their target.</li> <li>● Catch or stop a ball using their foot, hands, racket or stick, whilst walking or running.</li> <li>● Show awareness of a range of techniques within a sport, such as using a back-hand in tennis.</li> </ul>
Competitive Sports	<ul style="list-style-type: none"> <li>● Explain the basic rules of a range of competitive sports</li> <li>● Show awareness of tactics when participating in team games, communicating with teammates to coordinate effective attacks and defences.</li> <li>● Apply taught skills in order to keep possession of a ball.</li> <li>● Explain the principles of sportsmanship and demonstrate them when playing in competitive sports.</li> <li>● Evaluate their own performance against a measure of personal best.</li> </ul>
Dance & Gymnastics	<ul style="list-style-type: none"> <li>● Copy and remember extended routines, moving with fluency and control.</li> <li>● Choreograph extended routines, showing awareness of purpose and using space and levels effectively.</li> <li>● Change shape whilst traveling in the air.</li> <li>● Incorporate the use of equipment into their routines, showing skill in safely traveling around it.</li> <li>● Work with a partner to create well-coordinated routines.</li> </ul>
Understanding Healthy Lifestyles	<ul style="list-style-type: none"> <li>● Explain the basic effects of exercise on their bodies</li> <li>● Explain why exercise is essential to healthy living</li> <li>● Identify the benefits of conducting a specific exercise for their bodies.</li> </ul>
Outdoor Adventure Activities	<ul style="list-style-type: none"> <li>● Use maps and a compass to complete an orienteering course.</li> <li>● Identify potential dangers in outdoor environments and show control in managing risk.</li> <li>● Work as part of a team to travel over extended, uneven distances, supporting peers over difficult surfaces.</li> </ul>
Swimming & Water Safety	<ul style="list-style-type: none"> <li>● Swim for at least 25 metres, showing competence in at least one stroke.</li> <li>● Coordinate leg and arm movements with breathing.</li> <li>● Explain the principles of water safety.</li> </ul>

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<b>Cultural Opportunities and Topic Coverage</b>						
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>1<sup>st</sup> Year</b>						
<b>2<sup>nd</sup> Year</b>						

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Upper Key Stage Two Pupils should be able to:	
Mastering Movements	<ul style="list-style-type: none"> <li>• Sprint for 100m, showing awareness of good technique</li> <li>• Run for extended distances, developing stamina by controlling speed and breathing</li> <li>• Demonstrate skill in changing speed and direction whilst managing a ball.</li> <li>• Continue to develop strength, lifting objects and using their body weight as resistance e.g. using the monkey bars or gym apparatus.</li> <li>• Self-evaluate their own performance, identifying which aspects of their technique need to change in order to increase accuracy or speed and altering accordingly.</li> <li>• Continue to develop their skills in controlling a ball, or other equipment, learning the specific techniques associated with individual sports and applying them in games (e.g. serving in Tennis).</li> </ul>
Competitive Sports	<ul style="list-style-type: none"> <li>• Explain the rules of a range of competitive sports and apply them when officiating games.</li> <li>• Pre-plan tactics to use in competitive contexts and communicate with team-mates throughout the game to adapt tactics accordingly.</li> <li>• Coach peers in how to apply skills in order to keep possession of a ball.</li> <li>• Demonstrate sportsmanship in all playing contexts, supporting team-mates to develop resilience and learn from losses.</li> <li>• Evaluate their team's performance and develop collective strategies to improve.</li> </ul>
Dance & Gymnastics	<ul style="list-style-type: none"> <li>• Copy and remember extended routines, moving with fluency and control, holding positions with strength and conviction.</li> <li>• Choreograph extended, imaginative routines, showing awareness of purpose and using space and levels effectively.</li> <li>• Change shape whilst traveling in the air.</li> <li>• Incorporate traveling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching, twisting and the use of equipment into their routines.</li> <li>• Work with a partner to create well-coordinated routines.</li> </ul>
Understanding Healthy Lifestyles	<ul style="list-style-type: none"> <li>• Explain the specific effects of exercise on their bodies</li> <li>• Explain why exercise is essential to healthy living, identifying which exercises are more suitable than others for specific purposes or lifestyles</li> <li>• Plan appropriate exercises into their own lives, founding their decisions in personal areas for development.</li> </ul>
Outdoor Adventure Activities	<ul style="list-style-type: none"> <li>• Use maps and a compass to complete an orienteering course with skill and speed.</li> <li>• Identify potential dangers in outdoor environments and show control in managing risk.</li> <li>• Work as part of a team to travel over extended, uneven distances, supporting peers over difficult surfaces.</li> <li>• Embrace a range of outdoor, adventurous activities, demonstrating resilience and self-awareness.</li> </ul>
Swimming & Water	<ul style="list-style-type: none"> <li>• Swim for at least 100 metres, showing competence in front crawl, backstroke and breaststroke</li> </ul>

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Safety	<ul style="list-style-type: none"> <li>• Coordinate leg and arm movements with breathing.</li> <li>• Explain and demonstrate the basic principles of water safety and recovery.</li> </ul>					
<b>Cultural Opportunities and Topic Coverage</b>						
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>1<sup>st</sup> Year</b>						
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