

PE Curriculum Map

<p>EYFS</p>	<p>Managing self: Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <p>Moving and handling: Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p>Gross motor skills: Introduction to play equipment in the outdoor area such as stilts, stepping stones, obstacle course. Introduction to play equipment that encourages climbing, balancing, jumping leading to confident and proficient use of play equipment.</p> <p>Fine motor skills: Posture and core muscle strength.</p> <p style="color: red;">These skills will be underpinning the rest of the curriculum to follow.</p>		
<p>Year 1</p>	<p>1.1a Fundamentals</p> <ul style="list-style-type: none"> ● Changing direction ● Controlled movements ● Basic changes during exercise <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Master basic movements including running and develop balance, agility and coordination, and begin to apply these in a range of activities. <p>1.1b Team Building</p> <ul style="list-style-type: none"> ● Cooperation <p>1.1c Balls Skills</p> <ul style="list-style-type: none"> ● Controlling a ball ● Sending and receiving ● Tracking a moving object <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Master basic movements including throwing and catching and develop coordination, and begin to apply these in a range of activities. 	<p>1.2a Invasion Games</p> <ul style="list-style-type: none"> ● Attacking and defending ● Finding space ● Following simple rules <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. ● Participate in team games, developing simple tactics for attacking and defending. <p>1.2b Health and Fitness</p> <ul style="list-style-type: none"> ● Warming up ● Warming down ● Recognising how exercise makes me feel ● Fitness challenges <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Master basic movements including running and jumping and develop balance, agility and coordination and begin to apply these in a range 	<p>1.3a Target Games</p> <ul style="list-style-type: none"> ● Rolling a ball ● Overarm throws <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Master basic movements including throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. <p>1.3b Athletics</p> <ul style="list-style-type: none"> ● Participate in competitive activities ● Running ● Jumping ● Throwing <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities.

	<p>1.1.d Gymnastics</p> <ul style="list-style-type: none"> Controlled movements Balance Hopping and jumping Performing to an audience <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Develop balance, agility and coordination, and begin to apply these in a range of activities. 	<p><i>of activities.</i></p> <p>1.2c Sending and receiving</p> <ul style="list-style-type: none"> Gross motor skills Catching Throwing with increasing accuracy <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. <p>1.2d Net and wall games</p> <ul style="list-style-type: none"> Racket skills Throwing Tracking a moving object <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. Develop simple tactics for attacking and defending. 	<p>1.3c Striking and fielding</p> <ul style="list-style-type: none"> Tracking a moving object Applying basic movements in a range of activities Hand-eye coordination <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. <p>1.3d OAA</p> <ul style="list-style-type: none"> Teamwork Cooperation <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. Participate in team games.
Year 2	<p>2.1a Fundamentals</p> <ul style="list-style-type: none"> Providing feedback to others Balance when changing direction Hopping, skipping and jumping with increasing control <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running and jumping and develop balance, agility and coordination, and begin to apply these in a range of activities. <p>2.1b Team Building</p>	<p>2.2a Invasion Games</p> <ul style="list-style-type: none"> Attacking and defending Finding space Following simple rules <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. 	<p>2.3a Target Games</p> <ul style="list-style-type: none"> Rolling a ball Overarm throws <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. <p>2.3b Athletics</p> <ul style="list-style-type: none"> Jump and land with control

	<ul style="list-style-type: none"> ● Cooperation ● Teamwork ● Following instructions carefully ● Providing feedback to others <p>2.1c Ball Skills</p> <ul style="list-style-type: none"> ● Dribbling a ball with hands and feet ● Sending and receiving ● Tracking a ball and collecting. <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● <i>Master basic movements including throwing and catching and develop coordination, and begin to apply these in a range of activities.</i> <p>2.1d Gymnastics</p> <ul style="list-style-type: none"> ● Fundamental gymnastic movements ● Using our bodies to make shapes ● Plan and repeat simple sequences <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● <i>Develop balance, agility and coordination, and begin to apply these in a range of activities.</i> 	<p>2.2b Health and Fitness</p> <ul style="list-style-type: none"> ● Fundamentals of endurance ● Skipping ● Perseverance <p>2.2c Sending and receiving</p> <ul style="list-style-type: none"> ● Trapping and cushioning a ball ● Throwing and kicking to a partner ● Confidently stopping a moving ball <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● <i>Master basic movements including running and throwing and catching and develop coordination, and begin to apply these in a range of activities.</i> <p>2.2d Net and wall games</p> <ul style="list-style-type: none"> ● Defending a space ● Throwing with increasing accuracy ● Sportsmanship <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● <i>Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities.</i> ● <i>Develop simple tactics for attacking and defending.</i> 	<p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● <i>Master basic movements including jumping and develop balance and coordination and begin to apply these in a range of activities.</i> <p>2.3c Striking and fielding</p> <ul style="list-style-type: none"> ● Tracking a moving object ● Understand basic rules and score games fairly ● Overarm throws to increase distance <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● <i>Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities.</i> ● <i>Participate in team games, developing simple tactics for attacking and defending.</i> <p>2.3d OAA</p> <ul style="list-style-type: none"> ● Develop simple tactics ● Competitive and cooperative physical activities ● Develop fundamental movements <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● <i>Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities.</i> ● <i>Participate in team games.</i>
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Year 3	<p>3.1a Ball Skills</p> <ul style="list-style-type: none"> ● Catching different sized objects ● Throwing, catching, dribbling and shooting with increasing control. <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running, jumping, throwing and catching in isolation and in combination. <p>3.1b Fundamentals</p> <ul style="list-style-type: none"> ● Fundamental movements with increasing control ● Balance ● Agility ● Linking jumps and hops <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping in isolation and in combination. ● Develop control and balance. <p>3.1c Gymnastics</p> <ul style="list-style-type: none"> ● Performing for an audience ● Linking actions that flow ● Move in unison with a partner ● Sequences of contrasting actions <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Develop flexibility, strength, technique, control and balance. <p>3.1d Football</p> <ul style="list-style-type: none"> ● Finding space ● Tracking opponents to slow them ● Attacking and defending <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate (football), and apply basic principles suitable for attacking and defending. 	<p>3.2a Health and Fitness</p> <ul style="list-style-type: none"> ● Warming up and down ● Understanding changes that happen during exercise ● Balance between speed and endurance <p>3.2b Basketball</p> <ul style="list-style-type: none"> ● Learning rules and following instructions ● Finding space ● Tracking opponents to slow them ● Attacking and defending <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate (basketball), and apply basic principles suitable for attacking and defending. <p>3.2c Badminton</p> <ul style="list-style-type: none"> ● Serving to begin a game ● Forehand hitting <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate (badminton), and apply basic principles suitable for attacking and defending. <p>3.2d Handball</p> <ul style="list-style-type: none"> ● Learning rules and following instructions ● Finding space ● Tracking opponents to slow them ● Attacking and defending <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. 	<p>3.3a Tennis</p> <ul style="list-style-type: none"> ● Racket control ● Returning a ball <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate (tennis), and apply basic principles suitable for attacking and defending. <p>3.3b Athletics</p> <ul style="list-style-type: none"> ● Jumping for distance ● Relays ● Sprinting technique <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping in isolation and in combination. ● Develop flexibility, strength, technique, control and balance. ● Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>3.3d OAA</p> <ul style="list-style-type: none"> ● Map reading ● Applying strategies to solve problems ● Understanding successes and failures <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Take part in outdoor and adventurous activity challenges both individually and within a team. <p>3.3c Cricket</p> <ul style="list-style-type: none"> ● Striking a bowled ball ● Bowling a ball ● Rules of a game <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate (cricket), and apply basic principles
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		<ul style="list-style-type: none"> Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. 	<p>suitable for attacking and defending.</p>
Year 4	<p>4.1a Ball Skills</p> <ul style="list-style-type: none"> Throwing a catching with both hands Tracking a ball not sent to me Dribbling with increasing control and coordination <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. <p>4.1b Tag Rugby</p> <ul style="list-style-type: none"> Rules of a game Changing direction under pressure Balance when moving at speed Changing speed with intention <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (rugby), and apply basic principles suitable for attacking and defending. <p>4.1c Gymnastics</p> <ul style="list-style-type: none"> Identifying muscles used in different movements Sequences using level and shape Balancing independent and with a partner <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. 	<p>4.2a Lacrosse</p> <ul style="list-style-type: none"> Rules of a game Picking up ground balls. Sending and receiving Catching and throwing Shooting Defence vs attack <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. <p>4.2b Health and Fitness</p> <ul style="list-style-type: none"> Identifying areas of improvement Changing direction at speed Perseverance Understanding how different activities put different strains on my body <p>4.2c Hockey</p> <ul style="list-style-type: none"> Delaying opponents to prevent scoring Dribbling, passing, receiving and shooting with increasing control and accuracy Simple tactics to gain possession Simple tactics to score <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. 	<p>4.3a Athletics</p> <ul style="list-style-type: none"> Difference between sprinting and jogging techniques Jumping for distance with balance and control Throwing with accuracy and power <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>4.3b Tennis</p> <ul style="list-style-type: none"> Using the “ready position” to defend Racket skills Playing a continuous game <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (tennis), and apply basic principles suitable for attacking and defending. <p>4.3c Rounders</p> <ul style="list-style-type: none"> Bowling with increasing accuracy Applying tactics with teammates Striking a bowled ball <p><i>National curriculum links:</i></p>

		<ul style="list-style-type: none"> • <i>Play competitive games, modified where appropriate (hockey) and apply basic principles suitable for attacking and defending.</i> <p>4.2d Badminton</p> <ul style="list-style-type: none"> • Different shots using forehand and backhand control • Trick shots <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • <i>Use running and jumping, throwing and catching in isolation and in combination.</i> • <i>Play competitive games, modified where appropriate (badminton), and apply basic principles suitable for attacking and defending.</i> 	<ul style="list-style-type: none"> • <i>Use running and jumping, throwing and catching in isolation and in combination.</i> • <i>Play competitive games, modified where appropriate (rounders), and apply basic principles suitable for attacking and defending.</i> <p>4.3d Swimming</p> <ul style="list-style-type: none"> • Competently, confidently and proficiently swim a distance of 25m • Perform safe self-rescue in different water-based situations <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • <i>Swim competently, confidently and proficiently over a distance of at least 25 metres</i> • <i>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]</i> • <i>Perform safe self-rescue in different water-based situations.</i>
UKS2	Year 5 & 6 lessons are split evenly between PE and Games. Each class takes part in each unit of learning, on a half termly rotation.		
	PE	Games	
Year 5	<p>5.1a Fitness</p> <ul style="list-style-type: none"> • Analyse fitness scores and identify areas of improvement • Understand set criteria to make judgements • Strength and flexibility to improve performance <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • <i>develop flexibility, strength, technique, control and balance.</i> • <i>Use running, jumping, throwing and catching in isolation and in combination.</i> <p>5.1b OAA</p> <ul style="list-style-type: none"> • Navigation using maps and markers • Orientation of a map • Critical thinking • Collaborative problem solving 	<p>5.2a Fundamental Skills</p> <ul style="list-style-type: none"> • Pace and control • Understanding how different activities having different effects on our bodies <p>5.2b Netball</p> <ul style="list-style-type: none"> • Shooting with control • Rules of a game • Positioning during attack and defence • Tactics for different positions <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • <i>Use running and jumping, throwing and catching in isolation and in combination.</i> • <i>Play competitive games, modified where appropriate (netball), and apply basic principles suitable for attacking and defending.</i> 	

National curriculum links:

- *Take part in outdoor and adventurous activity challenges both individually and within a team.*

5.1c Gymnastics

- Sequences using apparatus and the floor
- Cannon and synchronisations
- Understand set criteria to make judgements

National curriculum links:

- *Develop flexibility, strength, technique, control and balance.*

5.1d Athletics - Throwing

- Developing techniques to throw with increasing distance and accuracy
- Analysing performing for improvement

National curriculum links:

- *Use throwing and catching in isolation and in combination.*
- *Develop flexibility, strength, technique, control and balance.*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

5.1e Athletics - Jumping

- Performing a range of jumps
- Controlled take off and landing
- Using feedback to improve technique

National curriculum links:

- *Use running and jumping in isolation and in combination.*
- *Develop flexibility, strength, technique, control and balance.*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

5.2c Football

- Communication to create space and keep possessions
- Dribbling, passing, receiving and shooting with increasing accuracy under increasing pressure.
- Making informed decisions of when to pass and who to.

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (football), and apply basic principles suitable for attacking and defending.*

5.2d Rugby

- Passing and receiving the ball under pressure
- Rules of a game
- Understanding basic tactics for attacking and defending situations
- Closing down space

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (rugby), and apply basic principles suitable for attacking and defending.*

5.2e Dodgeball

- Using skills under increasing pressure
- Throwing with increasing accuracy
- Rules of a game

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.*

5.2f Lacrosse

- Maintaining possession
- Picking up the ball and carrying it
- Catching and throwing
- Shooting
- Dodging

		<ul style="list-style-type: none"> ● Goalkeeping ● Defence vs attack <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. <p>5.2g Tennis</p> <ul style="list-style-type: none"> ● Developing a wider range of skills ● Analysing performances for improvement ● Using tactics to control a game <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate (tennis), and apply basic principles suitable for attacking and defending. <p>5.2h Rounders</p> <ul style="list-style-type: none"> ● Striking a ball with a rounder bat ● Fielding ● Applying increasingly complex tactics with teammates <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate (rounders), and apply basic principles suitable for attacking and defending.
Year 6	<p>6.1a Swimming</p> <ul style="list-style-type: none"> ● Competently, confidently and proficiently swim a distance of 25m ● Perform safe self-rescue in different water-based situations <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● 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. 	<p>6.2a Netball</p> <ul style="list-style-type: none"> ● Create space ● Passing, receiving and shooting with increasing accuracy under increasing pressure ● Marking ● Intercepting <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> ● Use running and jumping, throwing and catching in isolation and in combination. ● Play competitive games, modified where appropriate (netball), and apply basic principles suitable for attacking and defending.

6.1b Gymnastics

- Combining actions, shapes and balances with control and fluency
- Lead a group warm up
- Work collaboratively to create sequences and routines

National curriculum links:

- *Develop flexibility, strength, technique, control and balance.*

6.1c Fitness

- Encourage and motivate others to achieve their best
- Create ways to test different components of fitness
- Collect, record and analyse scores to identify improvements

National curriculum links:

- *Use running, jumping, throwing and catching in isolation and in combination.*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

6.1d OAA

- Navigate a course with increasing speed and accuracy
- Critical thinking to inform ideas and strategies
- Problem solving
- Reflecting on outcomes and decisions

National curriculum links:

- *Take part in outdoor and adventurous activity challenges both individually and within a team.*

6.1e Athletics

National curriculum links:

- *Use running and jumping in isolation and in combination.*
- *Develop flexibility, strength, technique, control and balance.*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

6.2b Dodgeball

- Select appropriate actions for different situations
- Use wide range of skills with increasing control
- Apply game rules consistently and fairly

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (dodgeball), and apply basic principles suitable for attacking and defending.*

6.2c Football

- Create space
- Dribbling, passing, shooting with increasing accuracy under increasing pressure
- Marking
- Tackling

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (football), and apply basic principles suitable for attacking and defending.*

6.2d Rugby

- Create space
- Pass and receive the ball with increasing accuracy under increasing pressure
- Collaboratively create tactics and evaluate their performance.

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (rugby), and apply basic principles suitable for attacking and defending.*

6.2e Table Tennis

- Forehand and backhand grip
- Rallying
- Serving
- Rules of the game
- Grip

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate, and apply basic principles*

suitable for attacking and defending.

6.2f Hockey

- Dribble to beat a defender
- Sending the ball with a push pass
- Receiving the ball with control
- Move into space to support a team mate
- Block tackle and jab tackle to dispossess
- Apply rules of the game across other invasion games
- Develop dribbling to beat a defender
- Send the ball using a push pass.
- Receive the ball with control.
- Move into space to support a teammate.
- Know how to perform a block and jab tackle to gain possession of the ball.
- Apply rules from invasion games to activity.

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (hockey), and apply basic principles suitable for attacking and defending.*

6.2g Rounders

- Striking a ball with a rounder bat with increasing accuracy
- Fielding
- Applying increasingly complex tactics with teammates

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (rounders), and apply basic principles suitable for attacking and defending.*

6.2h Cricket

- Strike a bowled ball with increasing consistency and accuracy
- Use a wide range of fielding skills with increasing control

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (cricket), and apply basic principles suitable for attacking and defending.*