

Be able to sustain physical activity for a period of time.

Play competitive games.

Understand the benefits that being active can have on my physical and mental health.

Demonstrate improvement to achieve my personal best

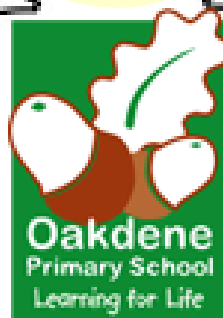
I am
physically
active...

I will use my skills in different ways and link them to make actions and sequences of

Swim a minimum of 25m.

Have flexibility, strength, technique, control and balance

Communicate, collaborate and compete with other people.



When I leave
Oakdene Primary
Academy I will ...

Be able to take part in outdoor and adventurous activity challenges both individually and within a team.

Have a broad range of skills.

Apply basic principles suitable for attacking and defending.

Have a broad range of skills.

Use running, jumping, throwing and catching in isolation and in combination.

Understand how to improve in different physical activities and sports.