



<b>PE</b>					
<b>Year group</b>	<b><u>Invasion games</u></b>	<b><u>Striking and fielding</u></b>	<b><u>Net and wall</u></b>	<b><u>Athletic movement</u></b>	<b><u>On-going PE knowledge and understanding</u></b>
N	<ul style="list-style-type: none"> <li>Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping</li> <li>Mount stairs, steps or climbing equipment using alternate feet</li> <li>Walk downstairs, two feet to each step while carrying a small object</li> <li>Run skilfully and negotiate space successfully, adjusting speed or direction to avoid obstacles</li> <li>Stand momentarily on one foot when shown</li> <li>Catch a large ball</li> </ul>				
R	<ul style="list-style-type: none"> <li>Show good control and co-ordination in large and small movements</li> <li>Move confidently in a range of ways, safely negotiating space</li> </ul>				
1	<ul style="list-style-type: none"> <li>Basic ball skills (dribbling, passing and shooting)</li> <li>Hand to eye coordination</li> <li>Point scoring games</li> <li>Hockey, basketball and football</li> </ul>	<ul style="list-style-type: none"> <li>Basic catching skills – gross motor skills</li> <li>Hand to eye coordination</li> <li>Introduction of rolling, bowling and throwing</li> <li>Simple understanding of 1x1 striking and fielding game</li> <li>Cricket and rounders (including kick rounders)</li> </ul>	<ul style="list-style-type: none"> <li>Begin to work on basic tennis skills e.g. bouncing and catching</li> <li>Develop tennis ball skills</li> <li>Stance and appropriate movement (ready position and side steps)</li> <li>1 v1 wall games (1 touch)</li> <li>Begin to understand net and wall games</li> </ul>	<ul style="list-style-type: none"> <li>Gross motor skills</li> <li>Fundamentals of controlled movements through running, throwing and jumping</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental of movements – understanding the basics of health and fitness</li> <li>Recognise and describe how their bodies feel during different activities e.g. I am hot</li> <li>Discuss what a warm up and cool down does to the body</li> </ul>
2	<ul style="list-style-type: none"> <li>Understand purpose of warm up, cool down and exercise</li> <li>Coordination with increasing fluidity</li> <li>Basic ball skills with more control</li> <li>Hand to eye coordination</li> <li>Point scoring games</li> <li>Hockey, basketball and football</li> </ul>	<ul style="list-style-type: none"> <li>Consolidation of catching skills</li> <li>Hand to eye coordination</li> <li>Consolidation of rolling, bowling, throwing and catching</li> <li>Improved understanding of 1x2 striking and fielding game</li> <li>Cricket and rounders (including kick rounders)</li> </ul>	<ul style="list-style-type: none"> <li>Continue to work on basic tennis skills</li> <li>Further develop tennis ball skill especially hand to eye co-ordination</li> <li>Develop bouncing and catching with more control</li> <li>Introduction to racket skills</li> <li>Stance and appropriate movement (ready position and side steps)</li> <li>1 v1 wall games (1 touch, no bounce pat ball)</li> <li>Show understanding net and wall games</li> </ul>	<ul style="list-style-type: none"> <li>Developed gross motor skills</li> <li>Improved coordination when running, throwing and jumping</li> <li>Introduction of measuring distance e.g. using nonstandard units of measure to calculate distance jumped</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental of movements - understanding the basics of health and fitness</li> <li>Recognise and describe how their bodies feel during different activities in more detail e.g. my heart is beating fast</li> <li>Show developed understanding of what a warm up and cool down does to the body</li> </ul>
3	<ul style="list-style-type: none"> <li>Select and use appropriate skills previously taught in KS1</li> <li>Increase coordination in relation to movement</li> <li>Demonstrate dynamic movement and increased ball skills e.g. fluid dribbling and ball control</li> <li>Hand to eye coordination</li> <li>Point scoring games introducing basic tactics and strategy</li> <li>Hockey, basketball and football</li> </ul>	<ul style="list-style-type: none"> <li>Show improved hand to eye coordination through catching skills</li> <li>Introduce the roles of fielders, batters (striking) and bowlers</li> <li>Improved understanding of 2x2 striking and fielding games (mini rounders games)</li> <li>Introduction and use of a cricket bat</li> <li>Cricket and rounders (including kick rounders)</li> </ul>	<ul style="list-style-type: none"> <li>Use known tennis ball skills including hand to eye co-ordination, bouncing and catching</li> <li>Racket skills</li> <li>Intro to different strokes (forehand, volley and backhand)</li> <li>Show good stance and appropriate movement (ready position and side steps)</li> <li>1 v1 net and wall game</li> <li>Show understanding and discuss a range of net and wall games</li> </ul>	<ul style="list-style-type: none"> <li>Improved coordination</li> <li>Understanding of how the body functions when running, throwing and jumping</li> <li>Introduction of measuring distance e.g. using nonstandard and standard units of measure to calculate distance jumped</li> <li>Demonstrate smoother movement with control at higher speeds</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental of movements – understand health and fitness including purpose of warm up, cool down and exercise and the impact it has on the body</li> <li>Comprehension of rules of the games e.g. understand the concept of shooting and scoring in basketball</li> </ul>



4	<ul style="list-style-type: none"> <li>Select and use appropriate skills and equipment</li> <li>Consolidate existing skills, perform actions and skills with more consistent control and quality</li> <li>Start to identify what makes effective performance</li> <li>Introduction of small sided games</li> <li>Increase coordination in relation to movement</li> <li>Demonstrate dynamic movement and increased ball skills e.g. fluid dribbling, passing, shooting and ball control</li> <li>Developing the understanding of defending and attacking</li> <li>Point scoring games consolidate basic tactics and strategy</li> <li>Hockey, basketball and football</li> </ul>	<ul style="list-style-type: none"> <li>Show improved hand to eye coordination through catching and throwing skills</li> <li>Improved understanding the roles of fielders, batters (striking) and bowlers and apply in game situations</li> <li>Take on each role within a game</li> <li>Participate in 3x3 striking and fielding games (mini rounders games)</li> <li>Basic tactics and strategies in a game situation including point scoring games</li> <li>Improved use of equipment e.g. cricket bat</li> <li>Cricket and rounders (including kick rounders)</li> </ul>	<ul style="list-style-type: none"> <li>Use known tennis ball skills including hand to eye co-ordination, bouncing and catching and develop using equipment</li> <li>Continue to work on racket skills</li> <li>Further develop better technique of strokes (forehand, volley, backhand and serve)</li> <li>Show understanding and discuss a range of net and wall games. Beginning to explore the rules of different games</li> </ul>	<ul style="list-style-type: none"> <li>Improved coordination</li> <li>Understanding of how the body functions when running, throwing and jumping</li> <li>Introduction of measuring distance e.g. using nonstandard and standard units of measure to calculate distance jumped</li> <li>Identify quality running, throwing and jumping</li> <li>Demonstrate smoother movement with control at higher speed</li> <li>Focus on smooth techniques</li> </ul>	<ul style="list-style-type: none"> <li>Fundamental of movements – understand health and fitness including purpose of warm up, cool down and exercise and the impact it has on the body</li> <li>Start to evaluate own performance</li> <li>Comprehension of rules of the games e.g. understand the role of the attacker and defender in basketball</li> </ul>
5	<ul style="list-style-type: none"> <li>Choose and combine skills more fluently</li> <li>Choose and apply a range of strategies and tactics in relation to small sided games</li> <li>Consolidate core skills e.g. dribbling, passing, shooting and apply in game situations</li> <li>Working towards 4 x 4 sided games</li> <li>Hockey, basketball and football</li> </ul>	<ul style="list-style-type: none"> <li>Choose and combine skills more fluently</li> <li>Understanding the roles of fielders, batters (striking) and bowlers and apply in game situations and take on each role within a game</li> <li>Participate in a small sided game including point scoring</li> <li>Developed tactics and strategies in a game situation including point scoring games</li> <li>Controlled use of equipment e.g. cricket bat</li> <li>Cricket and rounders (including kick rounders)</li> </ul>	<ul style="list-style-type: none"> <li>Use known tennis ball skills including hand to eye co-ordination, bouncing and catching and develop using equipment</li> <li>Continue to work on racket skills and focus on technique of different strokes (forehand, volley, backhand and serve)</li> <li>Apply tactics and strategies to 1 v1 and 2v2 net and wall games</li> <li>Assess work</li> <li>Show understanding and discuss a range of net and wall games. Explain how rules of different games are similar and different</li> </ul>	<ul style="list-style-type: none"> <li>Improved coordination</li> <li>Understanding of how the body functions when running, throwing and jumping and analyse body movements</li> <li>Measure distances e.g. using nonstandard and standard units of measure to calculate distance jumped in a competitive context</li> <li>Identify quality running, throwing and jumping</li> <li>Demonstrate quality movements with control at higher speed</li> <li>Focus on improved techniques</li> </ul>	<ul style="list-style-type: none"> <li>Explain deeply the importance of preparing for physical activity and the effects it has on the body e.g. connection of nutrition and exercise</li> <li>Develop their ability to evaluate their own work and their peers e.g. demonstrations, WWW – what went well, EBI – even better ifs</li> <li>Comprehension of rules of the games e.g. understand how you can travel with the ball during basketball</li> </ul>
6	<ul style="list-style-type: none"> <li>Choose and combine skills more fluently</li> <li>Choose and apply a range of strategies and tactics in relation to small sided games e.g. keeping possession, when to defend, when to attack</li> <li>Consolidate core skills e.g. dribbling, passing, shooting and apply in game situations</li> <li>Play 4 x 4 sided games and take on different roles</li> <li>Hockey, basketball and football</li> </ul>	<ul style="list-style-type: none"> <li>Choose and combine skills more fluently</li> <li>Show developed understanding the roles of fielders, batters (striking) and bowlers and apply in game situations and take on each role within a game successfully</li> <li>Play in a small sided game including point scoring in a competitive context</li> <li>Developed tactics and strategies in a game situation</li> <li>Controlled and safe use of equipment e.g. cricket bat</li> <li>Cricket and rounders (including kick rounders)</li> </ul>	<ul style="list-style-type: none"> <li>Use known tennis ball skills including hand to eye co-ordination, bouncing and catching and develop using equipment</li> <li>Continue to work on racket skills and focus on technique of different strokes (forehand, volley, backhand and serve)</li> <li>Select correct shots</li> <li>Apply tactics and strategies to 1 v1 and 2v2 net and wall games</li> <li>Show understanding and discuss a range of net and wall games. Explain how rules of different games are similar and different</li> </ul>	<ul style="list-style-type: none"> <li>Understanding of how the body functions when running, throwing and jumping and analyse body movements</li> <li>Measure distances choosing appropriate units of measure in a competitive context</li> <li>Identify quality running, throwing and jumping and</li> <li>Demonstrate quality movements with control at higher speed</li> <li>Focus on improved techniques</li> <li>Record skills and evaluate findings e.g. using an ipad</li> </ul>	<ul style="list-style-type: none"> <li>Explain deeply the importance of preparing for physical activity and the effects it has on the body e.g. connection of nutrition and exercise</li> <li>Develop their ability to evaluate their own work and their peers e.g. demonstrations, WWW – what went well, EBI – even better ifs, suggest ways of improving</li> <li>Self-analyse movement and compare to others</li> <li>Comprehension of rules of the games e.g. understand how you can travel with the ball during basketball and compare this to another known game</li> </ul>



			<ul style="list-style-type: none"><li>• Apply tactics and strategies in game situations</li><li>• Analyse work and assess others</li><li>• Create wall games with rules and point scoring</li></ul>		
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PE				
Year group	Gymnastics	Dance	Multi-skills	Fitness for KS1 & Outdoor and adventure for KS2
1	<ul style="list-style-type: none"> <li>To explore movement actions</li> <li>Travel in different directions</li> <li>Link moves together while travelling, aiming to change level, speed and direction</li> <li>To explore gymnastic actions and shapes</li> <li>Explore rolling movements</li> <li>Travelling methods and shapes</li> <li>To explore travelling on benches</li> <li>Travel with a focus on changing direction and level</li> <li>To choose and use simple compositional ideas by creating and performing sequences</li> <li>Use a variety of small equipment to perform a travelling sequence, using all of the skills learned</li> </ul>	<ul style="list-style-type: none"> <li>To change direction during travelling moves</li> <li>Start to link moves together</li> <li>Start to move in time to the music</li> <li>Develop gesture and ways of travelling</li> <li>Listen beats in the music and begin to move in time to the music, travelling, gesturing and jumping</li> <li>Begin to explore basic body patterns and movements to music</li> <li>Perform dance moves that flow smoothly from one to the next.</li> <li>Dance to beats of four or eight.</li> <li>Use gesture as an image in dance</li> <li>Perform a dance in time to music and with fluency</li> </ul>	<ul style="list-style-type: none"> <li>Perform balances using a number of different parts of the body</li> <li>Run on the balls of the feet, concentrating on coordination, not speed</li> <li>Co-ordinate the upper and lower body together</li> <li>Move with greater precision and control.</li> <li>Use timing to aim, stop and guide an object</li> <li>Aim a variety of balls and equipment accurately</li> <li>Quickly change direction whilst running, with control and fluency</li> <li>Use controlled movement to travel in different ways</li> <li>Use agility, balance and co-ordination when performing activities</li> <li>To practise ABC (agility, balance and co-ordination) at circuit stations</li> <li>To travel in different directions (side to side, up and down) with control and fluency</li> <li>To travel in different ways, showing clear transitions between movements</li> <li>To aim a variety of balls and equipment accurately</li> <li>To time running to stop or intercept the path of a ball</li> <li>To combine a number of co-ordination drills, using upper and lower body movements</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate the correct technique for activities</li> <li>To improve on scores</li> <li>Develop agility and co-ordination</li> <li>Perform simple patterns of movement</li> <li>Understand the importance of using the arms when running</li> <li>Run quickly in a relay activity, aiming to improve speed</li> <li>Perform a skipping circuit with knowledge and understanding</li> <li>Perform using simple movement patterns</li> <li>Use techniques already learned to improve performance</li> </ul>
2	<ul style="list-style-type: none"> <li>To explore movement actions with control and link them together with flow</li> <li>Travel in different directions at different speeds and levels.</li> <li>Link three moves together while travelling, aiming to change level, speed and direction</li> <li>Link isolated moves and shapes when travelling</li> <li>Explore rolling movements as a way of travelling</li> <li>Explore travelling to move along, over, around onto and off a bench</li> <li>Travel with a focus on changing direction and level, using small equipment</li> <li>To repeat and link combinations of gymnastic actions</li> <li>To link combinations of movements and shapes with control</li> </ul>	<ul style="list-style-type: none"> <li>To link travelling moves that change direction and level</li> <li>To use a variety of moves</li> <li>Move in time to the music.</li> <li>Understand beats in the music, moving in time to the music, travelling, gesturing and jumping in a variety of different ways</li> <li>Explore basic body patterns and movements to music</li> <li>Dance to beats of four or eight</li> <li>Use gesture as an image in dance</li> <li>To use a variety of moves that change speed and direction</li> <li>Perform dance moves that flow smoothly from one to the next</li> <li>To link together dance moves with gestures and changing direction in time to music</li> </ul>	<ul style="list-style-type: none"> <li>To explore static balancing</li> <li>To understand concepts of bases</li> <li>Learn about a stable base and losing balance</li> <li>To combine a number of co-ordination drills, using upper and lower body movements</li> <li>Move the body in a variety of ways</li> <li>To aim a variety of balls and equipment accurately</li> <li>Know how to throw a ball at the right speed and strength</li> <li>To travel in different ways, showing clear transitions between movements</li> <li>Be able to copy a partner and change speed and direction</li> <li>To maintain balance when changing direction</li> <li>Explore different ways of twisting and turning</li> <li>To use skills learned in a game</li> <li>Play fairly and understand the rules of a game</li> </ul>	<ul style="list-style-type: none"> <li>To demonstrate the correct technique for activities</li> <li>Develop agility and co-ordination</li> <li>Perform simple patterns of movement</li> <li>Complete a running circuit</li> <li>Demonstrate good technique while skipping</li> <li>Observe and comment on others' performance</li> <li>Master basic movements, as well as developing balance, agility and co-ordination</li> <li>Perform using simple movement patterns</li> <li>Hoop skills that will aid core strength and balance</li> <li>Develop hand-eye co-ordination</li> <li>Master basic movements, as well as develop balance, agility and co-ordination</li> <li>Perform using simple movement patterns</li> </ul>



3	<ul style="list-style-type: none"> <li>To explore jumping techniques</li> <li>Be able to jump with a stable, safe landing</li> <li>Try different ways of jumping</li> <li>Be able to land safely when jumping from a bench.</li> <li>Use other skills learned to vary jumps</li> <li>To work with a partner or a small group to create a sequence that develops jumping skills</li> <li>Use the skills learned to work as a group to create complex shapes at different levels</li> <li>To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements</li> <li>Use a different stimulus to create a sequence</li> <li>Use some skills learned in previous lessons to develop a sequence</li> <li>Co-operate in partners</li> <li>Use all skills learned in previous lessons to develop a sequence</li> </ul>	<ul style="list-style-type: none"> <li>To explore dance movements from a range of diverse cultures</li> <li>Count beats and change direction while dancing</li> <li>Keep count and tempo while dancing.</li> <li>Develop dance steps with clarity and rhythm, using own ideas</li> <li>To perform a dance with rhythm and expression</li> <li>Learn new different steps and start to develop them</li> <li>Maintain a consistent tempo throughout the dance, using counting</li> <li>Learn how to tell a story using dance</li> <li>Develop precision of movement</li> <li>To work co-operatively with partners to create a dance piece to perform in front of others with confidence</li> </ul>	<ul style="list-style-type: none"> <li>To change and maintain centre of balance</li> <li>Change the centre of balance to different parts of the body</li> <li>To develop co-ordination whilst moving an object</li> <li>Use hand-eye co-ordination to keep control of an object</li> <li>To demonstrate agility by being able to twist and turn and change direction</li> <li>Use agility, stopping and turning in a game</li> <li>To practise co-ordination and moving with others</li> <li>To observe and be aware of others' speed and try to match it</li> <li>To use co-ordination skills to move an object</li> <li>Use hand-eye co-ordination to balance, carry and travel with an object</li> <li>To use all ABC skills learned so far, to the best of your ability</li> <li>Focus and concentrate on the skills learned and use them effectively</li> </ul>	<ul style="list-style-type: none"> <li>Follow simple directions and marked routes on the school site</li> <li>Negotiate simple obstacles</li> <li>Repeat routes, identify alternative routes</li> <li>Use pictorial and diagrammatic map references</li> <li>Use basic compass directions i.e. N, S, E and W</li> <li>Use familiar signs, keys and symbols</li> <li>Set a simple map</li> <li>Estimate time and distances</li> <li>Observe daily weather changes</li> <li>Recognise and describe features of the environments</li> </ul>
4	<ul style="list-style-type: none"> <li>To explore jumping techniques and link them with other gymnastic actions</li> <li>To explore jumping techniques and to link them with other gymnastic actions.</li> <li>Explore a variety of jumps</li> <li>Link jumps into sequences</li> <li>Use all skills learned in previous lessons to develop a sequence</li> <li>To improve the ability to choose appropriate actions when creating a sequence of gymnastic movements to music</li> </ul>	<ul style="list-style-type: none"> <li>To explore dance movements from a range of diverse cultures and create patterns of movement</li> <li>Count beats (a variety of different beats per bar) and change direction at the appropriate time</li> <li>Develop dance steps with clarity and rhythm, using own and peer's ideas</li> <li>To perform a dance with rhythm and expression</li> <li>Learn new different steps, develop and amend them accordingly</li> <li>Maintain a consistent tempo throughout the dance</li> <li>Learn how to tell a story using dance reflecting the given cultural background using gestures and step patterns with fluency</li> <li>To work co-operatively with a group to create a dance piece to perform in front of others with confidence.</li> </ul>	<ul style="list-style-type: none"> <li>To complete a range of circuit-based activities</li> <li>Learn new moves and perform them with good technique and balance</li> <li>Develop agility and co-ordination</li> <li>Perform more complex patterns of movement</li> <li>Demonstrate the correct technique for activities</li> <li>Include previously learnt circuit moves e.g. skipping, running stations</li> </ul>	<ul style="list-style-type: none"> <li>Follow simple directions and marked routes on the school site</li> <li>Negotiate simple obstacles</li> <li>Repeat routes, identify alternative routes</li> <li>Use pictorial and diagrammatic map references</li> <li>Use basic compass directions i.e. N, S, E and W</li> <li>Use familiar signs, keys and symbols</li> <li>Set a simple map</li> <li>Estimate time and distances</li> <li>Observe daily weather changes</li> <li>Recognise and describe features of the environments</li> </ul>
5	<ul style="list-style-type: none"> <li>To identify and practise gymnastic shapes and balances</li> <li>To use and refine the following skills: flexibility, strength and balance</li> <li>To identify and practise symmetrical and asymmetrical body shapes</li> <li>To construct sequences using balancing and linking movements</li> <li>To develop skills for movement, including rolling and bridging</li> <li>Explore counterbalances and start to incorporate them into movements</li> <li>To complete a sequence of balances and moves in unison with a partner</li> </ul>	<ul style="list-style-type: none"> <li>To observe, identify and practise the patterns and actions including street dance</li> <li>Begin to learn some street dance moves and devise poses and start to develop into a dance</li> <li>To explore dance patterns and moving to the beat</li> <li>Know how to use expressive movements in dance</li> <li>To work with a partner to create a short dance phrase</li> </ul>	<ul style="list-style-type: none"> <li>To complete a range of circuit-based activities and understand the reason for doing them</li> <li>Demonstrate the correct technique for activities</li> <li>Discover which activities individuals find easy or difficult</li> <li>Develop agility and co-ordination</li> <li>Perform more complex patterns of movement</li> <li>Include previously learnt circuit moves e.g. skipping, plank</li> </ul>	<ul style="list-style-type: none"> <li>Follow simple plans and maps on schools site</li> <li>Use/follow instructional signs, diagrammatic references and simple compass bearings</li> <li>Set map of imagined site including symbols</li> <li>Observe, record and analyse seasonal weather changes</li> <li>Identify hazards associate with extreme weather</li> <li>Use natural and man-made materials to construct shelters and equipment</li> <li>Recognise, use and create symbols</li> <li>Copy combinations and patterns of actions e.g. ways of transporting particular load</li> <li>Describe their own and others' work</li> <li>Compare estimated and actual times</li> </ul>



	<ul style="list-style-type: none"> <li>To develop the skill of critique, including the ability to identify strengths and areas for improvement</li> </ul>			<ul style="list-style-type: none"> <li>Compare own performance with that of others</li> <li>Use observation to improve own performance</li> <li>Assess own and other's work using specific criteria</li> <li>Practise actions and patterns of actions to improve</li> <li>Work constructively</li> </ul>
6	<ul style="list-style-type: none"> <li>To use and refine the following skills: flexibility, strength, balance, power and mental focus</li> <li>To identify and practise symmetrical and asymmetrical body shapes with developed control</li> <li>To construct sequences using balancing and linking movements and develop skills for movement, including rolling, bridging and dynamic movement</li> <li>To use counterbalances and incorporate them into a sequence of movements.</li> <li>To use own and others' bodyweight to balance</li> <li>To perform movements in canon and in unison</li> <li>To complete a sequence of balances and moves in canon with a partner or group</li> <li>To make up longer sequences and perform them with fluency and clarity of movement</li> <li>To develop the skill of critique, including the ability to identify strengths and areas for improvement</li> </ul>	<ul style="list-style-type: none"> <li>To observe, identify and practise the patterns and actions including street dance</li> <li>Learn more complex street dance moves and devise poses and develop into a dance</li> <li>To demonstrate an awareness of the music's rhythm and phrasing when improvising</li> <li>Confidently use expressive movements in dance</li> <li>To work with a partner or small group to create a different dance phrases of different lengths</li> <li>To work as a group and co-operate to adapt two routines and put them together</li> </ul>	<ul style="list-style-type: none"> <li>To complete and compile a range of circuit-based activities and understand the reason for doing them</li> <li>Include previously learnt circuit moves e.g. skipping, plank, burpee, triceps dips</li> <li>Choose appropriate equipment e.g. benches, skipping ropes</li> <li>Demonstrate the correct technique for activities</li> <li>Develop agility and co-ordination</li> <li>Perform more complex patterns of movement</li> <li>Learn new circuit moves and perform them with good technique and balance</li> <li>Discover which activities individuals find easy or difficult</li> </ul>	<ul style="list-style-type: none"> <li>Orienteering, journeying, camping and bivouacking</li> <li>Orientate a map to features within the immediate environment</li> <li>Recognise and use less familiar signs and symbols</li> <li>Use simple grid references and co-ordinates</li> <li>Plan, prepare for and undertake a short journey</li> <li>Use ICT to design, plan and record e.g. design orienteering course</li> <li>Challenge, confidence and Team Building Activities</li> <li>Alone and in pairs and team, take part in activities which involve: <ul style="list-style-type: none"> <li>Loading and packing</li> <li>Travelling with a load</li> <li>Trusting and supporting others</li> <li>Collaborative problem solving</li> <li>Co-operative and collaborative working with increasing levels of difficulty and complexity</li> </ul> </li> </ul>

\*Year 3 children provided with swimming on a termly basis. Lessons carried on by Kensington Sports Centre by instructors