

## Perryfields Primary PRU Curriculum Overview

### Physical Education

Due to us having mixed age classes we operate a two year cycle with our curriculum. This ensures that over time all the pupils get a full entitlement. We use specialist coaches to deliver parts of our scheme of work as well as enriching it with visitors and educational visits. The swimming scheme is based on Swim England's 7 Stages to Learn to Swim and the football uses the FA Premier League Programme of Work. As per the national curriculum we aim for pupils to:

- develop competence to excel in a broad range of physical activities
- be physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives.

The curriculum is split into Classes 1 and 2 and Classes 3 and 4. Based on the pupil's attainment there are occasions when a pupil will be placed in a different group in order to meet their needs. For example, a pupil from Class 1 has engaged with the older group and the Llanrug residential visit as he has demonstrated a talent within PE. Due to the unique nature of our pupils we focus on sports that enhance fitness, teamwork, movement techniques as well as the life skill of swimming. Enrichment opportunities seek to provide pupils with access to other sports both in an intra and inter school context.

The following key drivers underpin our learning and are developed through the school. Our three key drivers for our school curriculum are:

1. **Aspirations** - we want our pupils to **aspire** to be the best version of themselves. We have incredibly **high expectations** and are passionate about ensuring that every pupil is exposed to a range of possibilities to broaden their **aspirations, build their confidence** and deepen their **knowledge** of the world around them.
2. **Communication** - to help our pupils to develop the knowledge and skills necessary to communicate their thoughts, ideas and feelings successfully across the curriculum through a variety of outlets – this includes through the Arts, Sports and Science, Technology, Engineering and Mechanics (STEM).
3. **Learning Powers** - we aim to develop our pupils' learning habits in order to prepare them for a lifetime of learning. Developing our pupils' learning powers is central to everything we do; it is not an addition to our curriculum but underpins the whole learning process.



**Classes 1 and 2:**

**Cycles 1 and 2**

	<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>Topic Theme</b>	<b>Swimming</b>  Basic Movements (Rugby)  Team Games (Football)	<b>Swimming</b>  Basic Movements (Basketball)  Team Games (Football)	<b>Swimming</b>  Basic Movements (Tennis)  Team Games (Football)	<b>Swimming</b>  Basic Movements (Cricket)  Team Games (Football)	<b>Swimming</b>  Basic Movements (Tennis)  Team Games (Football)	<b>Swimming</b>  Basic Movements (Cricket)  Team Games (Football)
<b>Objectives</b>	<p><b>Swimming:</b></p> <p>Move forward for a distance of 5 metres, feet may be on or off the floor.</p> <p>Move backwards for a distance of 5 metres, feet may be on or off the floor.</p> <p>Move sideways for a distance of 5 metres, feet may be on or off the floor.</p> <p>Move from a flat floating position</p>	<p><b>Swimming:</b></p> <p>Move from a flat floating position on the back and return to standing.</p> <p>Push and glide in a flat position on the back from a wall.</p> <p>Move from a flat floating position on the back and front and return to standing without support.</p> <p>Travel using a recognised leg action with feet off</p>	<p><b>Swimming:</b></p> <p>Sink, push away from wall and maintain a streamlined position.</p> <p>Push and glide on the front and back with arms extended and log roll onto the back and front.</p> <p>Travel 5 metres on the front, perform a tuck to rotate onto the back and return on the back.</p>	<p><b>Swimming:</b></p> <p>Sink, push away from wall and maintain a streamlined position.</p> <p>Push and glide on the front with arms extended and log roll onto the back.</p> <p>Push and glide on the back with arms extended and log roll onto the front.</p> <p>Travel 5 metres on the front,</p>	<p><b>Swimming:</b></p> <p>Perform a sequence of changing shapes (minimum of three) whilst floating on the surface and demonstrate an understanding of floating.</p> <p>Push and glide from the wall towards the pool floor.</p> <p>Kick 10 metres backstroke (one item of equipment optional).</p>	<p><b>Swimming:</b></p> <p>Perform a flat stationary scull on the back.</p> <p>Perform a feet first sculling action for 5 metres in a flat position on the back.</p> <p>Perform a sculling sequence with a partner for 30-45 seconds to include a rotation.</p> <p>Push and glide and swim 10 metres backstroke</p>

	<p>on the front and return to standing. Push and glide in a flat position on the front from a wall.</p> <p><b>Redgate Sports:</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in rugby.</p> <p><b>Jackman Pro Sports:</b></p> <p>Practise keeping control of a ball while moving along.</p> <p>Work in pairs to develop control of a piece of equipment, first while stationary and then while moving.</p>	<p>the pool floor on the back and front for 5 metres, without the use of floatation equipment.</p> <p>Perform a tuck to rotate from a flat floating position on the front, to a back floating position, then return to standing.</p> <p>Perform a tuck to rotate from a flat floating position on the back, to a front floating position, then return to standing.</p> <p>Perform a log roll from the back to the front and from the front to the back.</p> <p><b>Redgate Sports:</b></p> <p>Master basic movements including running, jumping, throwing</p>	<p>Fully submerge to pick up an object.</p> <p>Push and glide and travel 10 metres on the front and back.</p> <p>Perform a tuck float and hold for three seconds.</p> <p><b>Redgate Sports:</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in tennis.</p> <p><b>Jackman Pro Sports:</b></p> <p>Exploring shooting techniques with different parts of the foot.</p>	<p>perform a tuck to rotate onto the back and return on the back.</p> <p>Fully submerge to pick up an object. Push and glide and travel 10 metres on the back.</p> <p>Push and glide and travel 10 metres on the front.</p> <p>Perform a tuck float and hold for three seconds.</p> <p>Perform dances using simple movement patterns</p> <p><b>Redgate Sports:</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing</p>	<p>Kick 10 metres front crawl (one item of equipment optional).</p> <p>Perform a head first sculling action for 5 metres in a flat position on the back.</p> <p><b>Redgate Sports:</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in tennis.</p> <p><b>Jackman Pro Sports:</b></p> <p>Developing ball control to travel in different directions and speed.</p> <p>Apply travelling skills when being</p>	<p>Push and glide and swim 10 metres front crawl</p> <p>Perform a handstand and hold for a minimum of three seconds.</p> <p>Perform a forward somersault.</p> <p><b>Redgate Sports:</b></p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in cricket.</p> <p><b>Jackman Pro Sports:</b></p> <p>Developing shooting technique at identified targets.</p>
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	<p>Challenge object manipulation, ball skills and creativity.</p> <p>Developing ball control, as well as the ability to move at the right speed to track and stop a ball.</p> <p>Ball control in pairs and small sided games – focus on being able to track and stop a moving ball.</p> <p><b>School Lessons:</b></p> <p>Applying skills in a range of different games such as: -Football -Cricket -Basketball</p>	<p>and catching, as well as developing balance, agility and co-ordination, and begin to apply these in basketball.</p> <p><b>Jackman Pro Sports:</b></p> <p>Travel in different ways with control of the body</p> <ul style="list-style-type: none"> <li>• travel at different speeds, in different directions and on different levels</li> <li>• negotiate space to avoid others.</li> </ul> <p>Developing ball control to travel as instructed.</p> <p>Developing ball control to travel in different directions and speed.</p> <p>Apply travelling skills when being</p>	<p>Exploring shooting techniques for power.</p> <p>Exploring shooting techniques with accuracy.</p> <p>Developing shooting technique at identified targets.</p> <p>Developing shooting technique using both feet.</p> <p>Apply shooting skills in small sided games.</p> <p><b>School Lessons:</b></p> <p>Applying skills in a range of different games such as: -Football -Cricket -Basketball</p>	<p>balance, agility and co-ordination, and begin to apply these in cricket.</p> <p><b>Jackman Pro Sports:</b></p> <p>Challenge object manipulation, ball skills and creativity.</p> <p>Introduce a variety of turns: -instep -outer foot -drag back</p> <p>Developing ball control, as well as the ability to move at the right speed to track and stop a ball.</p> <p>Ball control in pairs and small sided games – focus on being able to apply turns to deceive opponents.</p>	<p>in a space with others.</p> <p>Apply travelling skills to deceive opponents.</p> <p>Apply travelling skills in small sided games.</p> <p><b>School Lessons:</b></p> <p>Applying skills and fitness in a range of different athletics including -Running sprints, distance -Throwing -Jumping</p>	<p>Developing shooting technique using both feet.</p> <p>Developing shooting technique from angles such as: -straight on -to a side -diagonal angle</p> <p>Apply shooting skills in small sided games.</p> <p><b>School Lessons:</b></p> <p>Applying skills and fitness in a range of different athletics including -Running sprints, distance -Throwing -Jumping</p>
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		<p>in a space with others.</p> <p>Apply travelling skills in small sided games.</p> <p><b>School Lessons:</b></p> <p>Applying skills in a range of different games such as: -Football -Cricket -Basketball</p>		<p><b>School Lessons:</b></p> <p>Applying skills in a range of different games such as: -Football -Cricket -Basketball</p>		
<p><b>Ongoing Objectives</b></p>	<p>Enter and exit the water safely.</p> <p>Scoop the water and wash the face.</p> <p>Give examples of two pool rules.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply</p>	<p>Jump in from poolside safely.</p> <p>Blow bubbles a minimum of three times rhythmically, with nose and mouth submerged.</p> <p>Give examples of two pool rules.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility</p>	<p>Jump in from poolside and submerge.</p> <p>Exit the water without using steps.</p> <p>Know the four key water safety messages including: Always swim in a safe place. Always swim with an adult. If you fall in, float, breathe, relax.</p>	<p>Jump in from poolside and submerge.</p> <p>Exit the water without using steps.</p> <p>Know the four key water safety messages including: Always swim in a safe place. Always swim with an adult. If you fall in, float, breathe, relax.</p>	<p>Travel on back and log roll in one continuous movement onto front.</p> <p>Travel on front and log roll in one continuous movement onto back.</p> <p>Push and glide and swim 10 metres, choice of stroke is optional.</p> <p>Master basic movements including running,</p>	<p>Tread water for 30 seconds.</p> <p>Perform three different shaped jumps into deep water.</p> <p>Give examples of two pool rules.</p> <p>Know the four key water safety messages including: Always swim in a safe place. Always swim with an adult.</p>

	<p>these in a range of activities.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>and co-ordination, and begin to apply these in a range of activities.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>If someone else in trouble, call 999.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>If someone else in trouble, call 999.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Reinforce keeping control of a ball while moving along.</p> <p>Work in pairs to develop control of a piece of equipment, first while stationary and then while moving.</p> <p>Compare their performances with previous ones and</p>	<p>jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.</p> <p>Travel in different ways with control of the body</p> <ul style="list-style-type: none"> <li>• travel at different speeds, in different directions and on different levels</li> <li>• negotiate space to avoid others.</li> </ul> <p>Developing ball control to travel as instructed.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>If you fall in, float, breathe, relax. If someone else in trouble, call 999</p> <p>Demonstrate an action for getting help.</p> <p>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities</p> <p>Exploring shooting techniques with different parts of the foot.</p> <p>Exploring shooting techniques for power.</p> <p>Exploring shooting techniques with accuracy.</p>
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				demonstrate improvement to achieve their personal best.		Compare their performances with previous ones and demonstrate improvement to achieve their personal best.
<b>Enrichment</b>	<p>Inclusion Games – Bowling</p> <p>Bell Boating</p> <p>Yoga</p> <p>Outdoor and Adventurous Pursuits – Forest School</p>	<p>Inclusion Games: -Volleyball, athletics, basketball, table tennis</p> <p>Yoga</p> <p>Outdoor and Adventurous Pursuits – Forest School</p> <p>Swan Theatre – Dance Show</p>	<p>Yoga</p> <p>Outdoor and Adventurous Pursuits – Forest School</p>	<p>Yoga</p> <p>Outdoor and Adventurous Pursuits – Forest School</p>	<p>Worcestershire County Cricket Club – Chance to Shine</p> <p>Bell Boating</p> <p>Yoga</p> <p>Outdoor and Adventurous Pursuits – Forest School</p>	<p>Himbleton Cricket Club</p> <p>Bell Boating</p> <p>Yoga</p> <p>Outdoor and Adventurous Pursuits – Forest School</p>

**Classes 3 and 4:**

**Cycles 1 and 2**

	<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>Topic Theme</b>	<b>Swimming</b>  <b>Basic Movements (Rugby)</b>  <b>Team Games (Football)</b>	<b>Swimming</b>  <b>Basic Movements (Basketball)</b>  <b>Team Games (Football)</b>	<b>Swimming</b>  <b>Basic Movements (Tennis)</b>  <b>Team Games (Football)</b>	<b>Swimming</b>  <b>Basic Movements (Cricket)</b>  <b>Team Games (Football)</b>	<b>Swimming</b>  <b>Basic Movements (Tennis)</b>  <b>Team Games (Football)</b>	<b>Swimming</b>  <b>Basic Movements (Cricket)</b>  <b>Team Games (Football)</b>
<b>Objectives</b>	Use a range of strokes effectively: Front crawl, backstroke  Swim competently, confidently and proficiently over a distance of at least 25 metres – Front crawl, backstroke  Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, incorporating a number of the following skills:	Use a range of strokes effectively: Front crawl, backstroke  Swim competently, confidently and proficiently over a distance of at least 25 metres – Front crawl, backstroke  Perform a movement sequence (linking skills with strokes and sculls) of one minute duration, incorporating a number of the following skills:	Use a range of strokes effectively: Front crawl, backstroke, breast stroke  Swim competently, confidently and proficiently over a distance of at least 25 metres – Front crawl, backstroke  <b>Redgate Sports:</b>  Practising movements in tennis by combining skills such as:	Use a range of strokes effectively: Front crawl, backstroke, breast stroke  Swim competently, confidently and proficiently over a distance of at least 25 metres – Front crawl, backstroke  <b>Redgate Sports:</b>  Master basic movements including running, jumping, throwing and catching, as well as	Use a range of strokes effectively: Front crawl, backstroke, breast stroke, butterfly  Swim competently, confidently and proficiently over a distance of at least 25 metres – Front crawl, backstroke  Swim 10 metres wearing clothes.  Perform safe self-rescue in different water-based situations.	Use a range of strokes effectively: Front crawl, backstroke, breast stroke, butterfly  Swim competently, confidently and proficiently over a distance of at least 25 metres – Front crawl, backstroke  Swim 10 metres wearing clothes.  Perform safe self-rescue in different water-based situations.  <b>Redgate Sports:</b>



	<p>Sculling: head first, feet first</p> <p>Rotation: forward or backward somersault, log roll</p> <p>Floating: star on the front or on the back, tuck float, create own</p> <p>Eggbeater: Moving, lifting one or both arms out of the water.</p> <p><b>Redgate Sports:</b></p> <p>Practising movements in rugby by combining skills such as: -Passing, moving in straight lines, moving at differing angles.</p> <p>Introduce and practice deception of an opponent – dummy moves,</p>	<p>Sculling: head first, feet first</p> <p>Rotation: forward or backward somersault, log roll</p> <p>Floating: star on the front or on the back, tuck float, create own</p> <p>Eggbeater: Moving, lifting one or both arms out of the water.</p> <p><b>Redgate Sports:</b></p> <p>Practising movements in basketball by combining skills such as: -Passing, dribbling and moving in straight lines, moving at differing angles, shooting lay-up and standing.</p>	<p>-forehand, volley, overhead in a static position.</p> <p>Introduce forehand, volley, overhead in a moving context.</p> <p>Introduce and practise movement and deception of an opponent – baseline and net</p> <p><b>Jackman Pro Sports:</b></p> <p>Developing shooting technique at identified targets.</p> <p>Developing shooting technique using both feet.</p> <p>Developing and practising deception when shooting – dummy, changing</p>	<p>developing balance, agility and co-ordination, and begin to apply these in cricket.</p> <p>Develop underarm and overarm bowling techniques with increasing accuracy.</p> <p>Master gripping a bat appropriately and standing in a position ready to receive the ball.</p> <p>Develop a forward and backward defensive shot with appropriate technique.</p> <p>Practise striking the ball using a variety of attacking shots.</p> <p><b>Jackman Pro Sports:</b></p>	<p><b>Redgate Sports:</b></p> <p>Practising movements in tennis by combining skills such as: -forehand, volley, overhead in a static position.</p> <p>Introduce forehand, volley, overhead in a moving context.</p> <p>Introduce and practise movement and deception of an opponent – baseline and net</p> <p>Apply tennis rules to a game situation.</p> <p><b>Jackman Pro Sports:</b></p> <p>Travel in different ways with control of the body • travel at different speeds, in</p>	<p>Develop overarm bowling techniques with increasing accuracy and ball manipulation/grips.</p> <p>Master a forward and backward defensive shot with appropriate technique.</p> <p>Practise striking the ball with an appropriate technique using a variety of attacking shots – drive, cut, pull.</p> <p><b>Jackman Pro Sports:</b></p> <p>Developing shooting technique at identified targets.</p> <p>Developing shooting technique using both feet.</p>
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	<p>sidestep, hitch kick, swerve.</p> <p><b>Jackman Pro Sports:</b></p> <p>Challenge object manipulation, ball skills and creativity.</p> <p>Developing ball control, as well as the ability to move at the right speed to track and stop a ball.</p> <p>Ball control in pairs and small sided games – focus on being able to track and stop a moving ball.</p> <p>Apply tactics and team collaboration in small sided games.</p> <p><b>School Lessons:</b> Applying skills in a range of different games such as:</p>	<p>Introduce and practise deception of an opponent – dummy moves, sidestep, swerve.</p> <p>Introduce and practise passing around opponents.</p> <p><b>Jackman Pro Sports:</b></p> <p>Travel in different ways with control of the body</p> <ul style="list-style-type: none"> <li>• travel at different speeds, in different directions and on different levels</li> <li>• negotiate space to avoid others.</li> </ul> <p>Apply travelling skills when being in a space with others.</p> <p>Develop travelling using both feet, instep, outer foot and laces competently.</p>	<p>direction, flighted and low strikes.</p> <p>Apply shooting skills in small sided games.</p> <p>Apply tactics and team collaboration in small sided games.</p> <p>Introduce body position (shielding), defending and attacking tactics within small sided games.</p> <p><b>School Lessons:</b></p> <p>Applying skills in a range of different games such as:</p> <ul style="list-style-type: none"> <li>-Football</li> <li>-Cricket</li> <li>-Basketball</li> <li>-Tennis</li> </ul>	<p>Practise a variety of turns:</p> <ul style="list-style-type: none"> <li>-instep</li> <li>-outer foot</li> <li>-drag back</li> </ul> <p>Introduce the Cruyff turn and step over.</p> <p>Developing ball control, as well as the ability to move at the right speed to track and stop a ball, whilst performing a trick or skill.</p> <p>Ball control in pairs and small sided games – focus on being able to apply turns and skills to deceive opponents.</p> <p>Introduce body position (shielding), defending and attacking tactics within small sided games.</p>	<p>different directions and on different levels</p> <ul style="list-style-type: none"> <li>• negotiate space to avoid others.</li> </ul> <p>Develop travelling using both feet, instep, outer foot and laces competently. Apply deception of an opponent, - dummy, shoulder drop, eyes.</p> <p>Apply lifting the head to travel with mastery and be able to adapt and use the ball, such as passing to a teammate or lining up a shooting opportunity.</p> <p>Apply travelling skills in small sided games.</p> <p>Apply tactics and team collaboration in small sided games.</p>	<p>Developing and practising deception when shooting – dummy, changing direction, flighted and low strikes.</p> <p>Apply shooting skills in small sided games.</p> <p>Apply tactics and team collaboration in small sided games.</p> <p>Introduce body position (shielding), defending and attacking tactics within small sided games.</p> <p><b>School Lessons:</b> Applying skills and fitness in a range of different athletics including</p> <ul style="list-style-type: none"> <li>-Running sprints, distance</li> <li>-Throwing</li> <li>-Jumping</li> </ul>
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	<ul style="list-style-type: none"> <li>-Football</li> <li>-Cricket</li> <li>-Basketball</li> </ul>	<p>Apply deception of an opponent, - dummy, shoulder drop, eyes.</p> <p>Apply lifting the head to travel with mastery and be able to adapt and use the ball, such as passing to a teammate or lining up a shooting opportunity.</p> <p>Apply travelling skills in small sided games.</p> <p>Apply tactics and team collaboration in small sided games.</p> <p><b>School Lessons:</b></p> <p>Applying skills in a range of different games such as:</p> <ul style="list-style-type: none"> <li>-Football</li> <li>-Cricket</li> <li>-Basketball</li> </ul>		<p><b>School Lessons:</b></p> <p>Applying skills in a range of different games such as:</p> <ul style="list-style-type: none"> <li>-Football</li> <li>-Cricket</li> <li>-Basketball</li> <li>-Tennis</li> </ul>	<p><b>School Lessons:</b></p> <p>Applying skills and fitness in a range of different athletics including</p> <ul style="list-style-type: none"> <li>-Running sprints, distance</li> <li>-Throwing</li> <li>-Jumping</li> </ul>	
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<p><b>Ongoing Objectives</b></p>	<p>Perform a sitting dive or dive.</p> <p>Give two examples of how to prepare for exercise and understand why it is important.</p> <p>Demonstrate an action for getting help.</p> <p>Give examples of four pool rules.</p> <p>Consolidate and master basic movements including running, jumping, throwing, catching, balance, agility and co-ordination.</p> <p>Practise keeping control of a ball while moving along.</p> <p>Work in pairs to develop control of a piece of equipment, first</p>	<p>Perform a sitting dive or dive.</p> <p>Give two examples of how to prepare for exercise and understand why it is important.</p> <p>Demonstrate an action for getting help.</p> <p>Give examples of four pool rules.</p> <p>Perform a handstand and hold for a minimum of three seconds.</p> <p>Perform a forward somersault.</p> <p>Consolidate and master basic movements including running, jumping, throwing, catching, balance, agility and co-ordination.</p>	<p>Perform three different shaped jumps into deep water.</p> <p>Perform a surface dive.</p> <p>Know the four key water safety messages including: Always swim in a safe place. Always swim with an adult. If you fall in, float, breathe, relax. If someone else in trouble, call 999</p> <p>Demonstrate an action for getting help.</p> <p>Consolidate and master basic movements including running, jumping, throwing, catching, balance, agility and co-ordination.</p>	<p>Perform three different shaped jumps into deep water.</p> <p>Perform a surface dive.</p> <p>Know the four key water safety messages including: Always swim in a safe place. Always swim with an adult. If you fall in, float, breathe, relax. If someone else in trouble, call 999</p> <p>Demonstrate an action for getting help.</p> <p>Perform a handstand and hold for a minimum of three seconds.</p> <p>Perform a forward somersault.</p>	<p>Perform three different shaped jumps into deep water.</p> <p>Perform a handstand and hold for a minimum of three seconds.</p> <p>Perform a forward somersault.</p> <p>Consolidate and master basic movements including running, jumping, throwing, catching, balance, agility and co-ordination.</p> <p>Apply travelling skills when being in a space with others.</p>	<p>Tread water using eggbeater action for 30 seconds.</p> <p>Complete an obstacle course (using minimum of four objects) with feet off the pool floor throughout.</p> <p>Give two examples of how to prepare for exercise and understand why it is important.</p> <p>Give examples of four pool rules.</p> <p>Perform a handstand and hold for a minimum of three seconds.</p> <p>Perform a forward somersault.</p> <p>Consolidate and master basic movements including running, jumping, throwing,</p>
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	while stationary and then while moving.	<p>Developing ball control to travel as instructed.</p> <p>Developing ball control to travel in different directions and speed.</p>	<p>Exploring shooting techniques with different parts of the foot.</p> <p>Exploring shooting techniques for power.</p> <p>Exploring shooting techniques with accuracy.</p>	<p>Consolidate and master basic movements including running, jumping, throwing, catching, balance, agility and co-ordination.</p> <p>Challenge object manipulation, ball skills and creativity.</p> <p>Introduce a variety of turns: -instep -outer foot -drag back</p> <p>Developing ball control, as well as the ability to move at the right speed to track and stop a ball.</p>		<p>catching, balance, agility and co-ordination.</p> <p>Develop underarm and overarm bowling techniques with increasing accuracy.</p> <p>Master gripping a bat appropriately and standing in a position ready to receive the ball.</p> <p>Develop a forward and backward defensive shot with appropriate technique.</p> <p>Practise striking the ball using a variety of attacking shots.</p>
<b>Enrichment</b>	<p>Inclusion Games – Bowling</p> <p>Bell Boating</p> <p>Yoga</p>	<p>Inclusion Games: -Volleyball, athletics, basketball, table tennis</p> <p>Yoga</p>	<p>Yoga</p> <p>Outdoor and Adventurous Pursuits – Forest School</p>	<p>Yoga</p> <p>Football fixtures – inter school</p> <p>Football venue Visit</p>	<p>Worcestershire County Cricket Club – Chance to Shine</p> <p>Bell Boating</p>	<p>Himbleton Cricket Club</p> <p>Bell Boating</p> <p>Yoga</p>

	<p>Athletics venue Visit – Nunnery Wood/Birmingham</p> <p>Outdoor and Adventurous Pursuits – Forest School</p>	<p>Outdoor and Adventurous Pursuits – Forest School</p> <p>Swan Theatre – Dance Show</p>		<p>Outdoor and Adventurous Pursuits – Forest School</p>	<p>Yoga</p> <p>Llanrug Residential – Outdoor and Adventurous Pursuits</p> <p>Outdoor and Adventurous Pursuits – Forest School</p>	<p>Outdoor and Adventurous Pursuits – Forest School</p>
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