



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<i>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</i>						
Base One (EYFS and KS1)	Invasion Games Participate in team games, developing simple tactics for attacking and defending	Gymnastics Developing balance, agility and co-ordination	Swimming (10 weeks) - use a range of strokes effectively (for example, front crawl, backstroke and breaststroke) -perform safe self-rescue in different water-based situations		Striking & Fielding Master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities	Athletics Master basic movements including running, jumping, throwing and catching, and begin to apply these in a range of activities
			Dance Perform dances using simple movement patterns			
<p align="center"><u>Outdoor Education</u></p> <p align="center"><i>*Please see our Forest School overview which links to this document.</i></p> <p align="center">Take part in outdoor and adventurous activity challenges both individually and within a team.</p>						

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Base Two (KS2)	Invasion Games Play competitive games, modified where appropriate [for example,basketball, football, hockey, netball) and apply basic principles suitable for attacking and defending.	Gymnastics Develop flexibility, strength, technique, control and balance Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Swimming (10 weeks) 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	Striking & Fielding Play competitive games, modified where appropriate (for example, cricket), and apply basic principles suitable for attacking and defending.	Athletics Use running, jumping, throwing and catching in isolation and in combination.	
			Dance Perform dances using a range of movement patterns Compare their performances with previous ones and demonstrate improvement to achieve their personal best.			
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