

**Great Hollands Primary  
School**

**PE**

**Curriculum**



# PE Curriculum

At GHPS, we prioritise the importance of regular physical activity to aid children's physical and mental wellbeing. Our aim is to equip children with the skills, knowledge and enthusiasm to participate in active lifestyles. Children will learn how to control the movement of their bodies; use various pieces of equipment to help them perform various skills; collaborate with their peers in team situations and focus on developing their own abilities independent of others.

At GHPS, we have specialist sport coaches from PlaySport who teach PE to all of the children from EYFS through to Year 6. This means the children receive a curriculum that is professionally and confidently delivered to develop their skills at the appropriate levels of age and ability. The focus is for the children to concentrate on improving their own skills to build on their prior learning. PE lessons are heavily linked to the school's GREAT values; thus, every child is given the platform and encouragement to learn in a positive and nurturing environment.

To encourage teamwork further, children are provided with opportunities to compete in their houses across different sporting activities, providing opportunities for all children to be involved in inter-school competitions. A focus on allowing children as many opportunities as possible to access a variety of team and individual sporting games, which they may not have had previous experiences of, is of high importance, including lacrosse, volleyball and handball, ensuring pupils remain able to enjoy being as physically active as possible.

In Key Stage 1, focus is on children developing and refining their gross motor skills through sporting activities to use their bodies in various ways to demonstrate balance, agility and co-ordination.

In Key Stage 2, children build on their prior knowledge to develop skills further through a variety of wide range sporting activities. Pupils also visit other facilities, including Bracknell Leisure Centre and events held at other Bracknell Forest schools through inter-school competitions and our local secondary schools.

## GHPS PE Content Overview

<b>Year</b>	<b>Reception</b>		
<b>Term</b>	<b>Autumn, Spring &amp; Summer</b>		
<b>Focus</b>	<b>Gymnastics, Dance &amp; Games</b>		
<b>ELGs</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>	<b>1 2 3 4 5</b>
<b>Reception Programme of Study</b>	<p>Describe how the body feels when still and when exercising.            Create a short sequence of movements.            Roll in different ways with some control.            Travel in different ways.            Stretch in different ways.            Jump in a range of ways from one space to another with control.            Begin to balance with control.            Move around, under, over, and through different objects and equipment.            Control whole body when performing a sequence of movements.            Participate in simple games.</p>	<p>Join a range of different movements together.            Change the speed of their actions.            Change the style of their movements.            Create a short movement phrase which demonstrates their own ideas.            Control my body when performing a sequence of movements.            Talk about what they have done.            Talk about what others have done.</p>	<p>Strike a ball with a bat or racquet            Roll equipment in different ways.            Throw underarm.            Throw an object at a target.            Catch equipment using two hands.            Move a ball in different ways, including bouncing and kicking.            Use equipment to control a ball.            Kick an object at a target.            Move safely around the space and equipment.            Travel in different ways, including sideways and backwards.            Play a range of chasing games            Follow simple rules.            Control my body when performing a sequence of movements.            Participate in simple games.            Talk about what they and others have done.</p>
<b>EYFS Early Learning Goals</b>	<p><b>Pupils should be taught to:</b></p> <ol style="list-style-type: none"> <li>1. <u>Self-regulation</u> <ol style="list-style-type: none"> <li>a. Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate.</li> <li>b. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions.</li> </ol> </li> <li>2. <u>Managing self</u> <ol style="list-style-type: none"> <li>a. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge.</li> <li>b. Explain the reasons for rules, know right from wrong and try to behave accordingly.</li> <li>c. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices.</li> </ol> </li> <li>3. <u>Building relationships</u> <ol style="list-style-type: none"> <li>a. Work and play cooperatively and take turns with others.</li> <li>b. Show sensitivity to their own and to others' needs.</li> </ol> </li> <li>4. <u>Physical development</u> <ol style="list-style-type: none"> <li>a. Negotiate space and obstacles safely, with consideration for themselves and others</li> <li>b. Demonstrate strength, balance and coordination when playing</li> <li>c. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ol> </li> <li>5. <u>Being imaginative and expressive</u> <ol style="list-style-type: none"> <li>a. Perform songs, rhymes, poems and stories with others, and – when appropriate try to move in time with music.</li> </ol> </li> </ol>		

Year	Year 1 & 2					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Gymnastics Games – Ball skills	Indoor Tag Rugby skills Indoor Athletics	Gymnastics Dance	Hockey skills Tennis skills	Dance Cricket catching/striking skills	Gymnastics Athletics
NC	<b>1 2 3</b>	<b>1 2 3</b>	<b>1 2 3</b>	<b>1 2 3</b>	<b>1 2 3</b>	<b>1 2 3</b>
<b>Year 1 &amp; 2 Programme of Study</b>	<p>Create and perform a movement sequence. Copy actions and movement sequences with a beginning, middle and end. Link two actions to make a sequence. Recognise and copy contrasting actions (small/tall, narrow/wide). Travel in different ways, changing direction and speed. Hold still shapes and simple balances.</p> <p>Throw underarm and overarm. Catch and bounce a ball. Use rolling skills in games. Practise accurate throwing and consistent catching. Travel with a ball in different ways, including using hands and feet. Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. Pass the ball to another player in a game. Use kicking skills in games.</p>	<p>Travel with a ball in different directions (side to side, forwards and backwards) with control and fluency. Pass the ball to another player. Run at different speeds. Begin to use space in a game. Use simple defensive skills such as marking a player or defending a space. Use simple attacking skills such as dodging to get past a defender. Engage in team activities</p> <p>Perform different types of jumps. Perform a short jumping sequence. Jump as high and as far as possible. Land safely and with control. Throw underarm and overarm. Throw a ball towards a target with increasing accuracy. Improve the distance they can throw by using more power.</p>	<p>Carry out simple stretches. Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Begin to move with control and care. Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control.</p> <p>Describe how the body feels before, during and after exercise. Carry and place equipment safely. Copy and repeat actions. Put a sequence of actions together to create a motif. Vary the speed of their actions. Use simple choreographic devices such as unison, canon and mirroring. Watch and describe performances.</p>	<p>Hold a hockey stick correctly. Practise basic striking and sending of a hockey ball using a push technique. Receive a hockey ball using the flat side of the stick. Travel with a ball in different directions (side to side, forwards and backwards) with some control and fluency. Begin to use the terms attacking and defending in context. Perform learnt skills using a range of actions and body parts with some control and coordination. Watch and describe performances.</p> <p>Control and balance a ball using a racquet. Hit a stationary ball with a racquet with coordination. Practice hitting a moving ball with a racquet with some coordination. Experiment with using different power to hit a ball. Practice hitting a ball to a partner with some control. Hit a ball at a target using learnt skills with some control.</p>	<p>Begin to improvise independently to create a simple dance. Perform using a range of actions and body parts with some coordination. Begin to perform learnt skills with some control. Begin to say how they could improve.</p> <p>Strike a stationary ball with a bat. Practice hitting skills to strike a moving ball with a bat. Throw underarm and overarm. Practise accurate throwing and consistent catching. Follow simple rules to play games, including engaging in team activities. Begin to perform learnt skills with some control. Begin to say how they could improve.</p>	<p>Create and perform a movement sequence. Copy and link actions and movement sequences. Travel in different ways, changing direction and speed with confidence. Hold still shapes &amp; basic balances. Carry out a range of simple jumps, landing safely. Move around, under, over, and through different objects and equipment. Perform using a range of actions and body parts with increasing coordination. Perform learnt skills with increasing control.</p> <p>Jog &amp; sprint in a straight line. Vary their pace and speed when running. Change direction when jogging and sprinting. Run with a basic technique over different distances. Engage in competitive activities and team games. Maintain control as they change direction when jogging and sprinting. Begin to say how they could improve.</p>
<b>KS1 POS</b>	<p><b>Pupils should be taught to:</b></p> <ol style="list-style-type: none"> <li>1. 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.</li> <li>2. Participate in team games, developing simple tactics for attacking and defending.</li> <li>3. Performances using simple movement patterns.</li> </ol>					

Year	Year 3 & 4					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Gymnastics Tag Rugby / Fencing	Indoor Athletics Dance	Lacrosse Basketball	Swimming / Tennis Handball	Tennis Rounders	Athletics OAA
NC	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>Year 3 &amp; 4 Programme of Study</b>	<p>Use an increasing range of actions, directions and levels in their sequences. Move with clarity, fluency &amp; expression. Show changes of direction, speed and level during a performance. Travel in different ways, including using flight. Improve the placement and alignment of body parts in balances. Use equipment to vault in a variety of ways.</p> <p>Move the ball using a range of techniques showing control and fluency. Experiment with types of passes. Occasionally contribute towards helping their team keep possession. Use defending skills as an individual to prevent a player from scoring. Vary the tactics they use in a game. Perform and apply skills and techniques with control and accuracy. Modify their use of skills or techniques to achieve a better result.</p>	<p>Confidently demonstrate an improved technique for sprinting. Perform a relay, focusing on the baton changeover technique. Speed up and slow down smoothly. Learn how to combine a hop, step and jump to perform the standing triple jump. Land safely and with control. Continue to develop techniques to throw for increased distance.</p> <p>Identify &amp; repeat the movement patterns and actions of a chosen dance style. Compose a dance that reflects the chosen dance style with increasing length within a small group. Begin to vary dynamics and develop actions. Demonstrate rhythm and spatial awareness. Change parts of a dance as a result of self-evaluation. Use simple dance vocabulary when comparing and improving work.</p>	<p>Use a stick to move with a ball using a range of techniques showing control &amp; fluency. Use hand-eye coordination to catch a moving ball. Develop different ways of throwing &amp; catching with a stick. Pass the ball with a stick showing accuracy &amp; success in a game situation. Occasionally contribute towards helping their team keep &amp; win back possession using a range of attacking/defending skills &amp; techniques. Make the best use of space to pass and receive the ball. Take part in a range of competitive games and activities.</p> <p>Develop different ways of throwing and catching. Move with the ball using a range of techniques showing control and fluency. Pass the ball with increasing speed, accuracy &amp; success. Use a range of attacking and defending skills and techniques, inc. occasionally contributing towards helping their team keep and win back possession of the ball in small games. Make use of space to pass and receive the ball. Take part in a range of small competitive games and activities.</p>	<p>Swim competently, confidently &amp; proficiently over a distance of at least 25m. Use a range of strokes effectively, including front crawl, backstroke &amp; breaststroke. Perform safe self-rescue in different water-based situations. Use a racquet to hit it a ball with accuracy &amp; control, inc. over a net. Rally with a partner. Use hand-eye coordination to use at least 2 different shots in a game situation. Adapt rules to alter games. Perform &amp; apply skills/techniques with control and accuracy. Take part in a range of competitive games and activities. Pass &amp; catch a ball with increasing speed, accuracy and success in small game situations. Move with the ball, inc. dribbling, using techniques which show control &amp; fluency. Occasionally contribute towards helping their team keep &amp; win back possession of the ball in a team game. Make the best use of space to pass &amp; receive the ball. Use a range of attacking and defending skills/techniques in a game. Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements. Modify use of skills or techniques to achieve a better result.</p>	<p>Use a racquet to hit it a ball with accuracy and control, including over a net. Rally with a partner. Use hand-eye coordination to use at least two different shots in a game situation. Adapt rules to alter games. Perform and apply skills and techniques with control and accuracy. Take part in a range of competitive games and activities.</p> <p>Use a bat to hit a ball with accuracy and control. Use hand-eye coordination to strike a moving and a stationary ball. Develop different ways of throwing and catching. Use fielding skills as an individual to prevent a player from scoring. Vary the tactics they use in a game. Modify their use of skills or techniques to achieve a better result.</p>	<p>Confidently demonstrate techniques for sprinting. Participate in and successfully perform a baton changeover technique quickly. Speed up and slow down smoothly with increased control.</p> <p>Orientate themselves with accuracy around a short trail. Create a short trail for others with a physical challenge. Communicate clearly with others in a team and with other teams. Experience a range of roles within a team and begin to identify the key skills required to succeed at each. Plan and organise a trail that others can follow. With equipment. Begin to use a map to complete an orienteering course and begin to identify ways of improving completion time.</p>
<b>KS2 POS</b>	<p>Pupils should be taught to:</p> <ol style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate [e.g., badminton, basketball, cricket, football, hockey, netball, rounders, tennis], and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control &amp; balance [e.g., through athletics &amp; gymnastics].</li> <li>Perform dances using a range of movement patterns.</li> <li>Take part in outdoor and adventurous activity challenges both individually &amp; within a team.</li> </ol>			<ol style="list-style-type: none"> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ol> <p><b>Swimming and Water Safety</b> Pupils should be taught to:</p> <ol style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</li> <li>Perform safe self-rescue in different water-based situations.</li> </ol>		

Year	Year 5					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Tag Rugby Gymnastics	Basketball Indoor Athletics	Dance Hockey	Handball / Swimming Badminton	Kwik cricket Table Tennis	Athletics OAA
NC	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>Year 5 Programme of Study</b>	<p>Pass a ball with speed &amp; accuracy using appropriate techniques in mini game situations. Demonstrate an increasing awareness of space. Choose the best tactics for attacking &amp; defending. Consistently perform and apply ball carrying skills with accuracy and control. Demonstrate greater consistency to tackle an opponent. Adjust speed to dodge tackles in small games. Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Select ideas to compose specific sequences of movements, shapes and balances. Perform jumps, shapes and balances fluently and with control.</p> <p>Confidently develop the placement of their body parts in balances, recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</p> <p>Confidently use equipment to vault in a variety of ways.</p> <p>Develop strength, technique and flexibility throughout performances.</p> <p>Combine equipment with movement to create sequences.</p>	<p>Consolidate different ways of throwing and catching and know when each is appropriate in a game. Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>Keep and win back possession of the ball effectively in a team game. Demonstrate an increasing awareness of space.</p> <p>Choose the best tactics for attacking and defending.</p> <p>Shoot into a hoop using different techniques.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Choose and use criteria to evaluate own and others' performance.</p> <p>Accelerate from a variety of different starting positions.</p> <p>Improve techniques for jumping for distance.</p> <p>Perform an effective standing long jump. Land safely &amp; with control.</p> <p>Throw a variety of implements using a range of throwing techniques. Continue to develop techniques to throw for increased distance and measure and record.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance</p>	<p>Identify and repeat the movement patterns and actions of a chosen dance style. Show a change of pace and timing in their movements.</p> <p>Demonstrate imagination and creativity in the movements they devise. Use transitions to link motifs smoothly together.</p> <p>Improvise with confidence, still demonstrating fluency across sequences.</p> <p>Perform own longer, more complex sequences in time to the rhythm of music.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance using more complex dance vocabulary.</p> <p>Use two different techniques to hit a hockey ball and when different shots are best used.</p> <p>Develop a reverse stick technique and use it in a game.</p> <p>Move a ball using dribbling and passing with speed and accuracy using appropriate techniques.</p> <p>Practice two forms of tackling to win back possession of the ball effectively.</p> <p>Demonstrate an increasing awareness of space.</p> <p>Shoot at goal with intended placement and accuracy.</p> <p>Understand and apply the 'foot rule' in game situations.</p>	<p>Swim competently, confidently &amp; proficiently over a distance of at least 25m. Use a range of strokes effectively, inc. front crawl, backstroke, breaststroke.</p> <p>Perform safe self-rescue in different water-based situations</p> <p>Use variety of ways to dribble in a game with success. Use ball skills in various ways &amp; begin to link together. Keep and win back possession of the ball effectively in a team game using attacking &amp; defending skills. Identify when to pass &amp; when to dribble in a game.</p> <p>Devise &amp; adapt rules to create own game. Consistently perform &amp; apply skills/techniques with accuracy &amp; control. Explain why they used particular skills &amp; techniques and effect had on performance</p> <p>Practice techniques for all strokes, including developing a backhand technique. Strike a shuttlecock over a net in a court with increasing consistency.</p> <p>Explore when different shots are best used. Demonstrate an awareness of court position and tactics. Consistently perform &amp; apply skills/techniques with accuracy &amp; control. Take part in competitive games with a strong understanding of tactics and composition. Choose and use criteria to evaluate own &amp; others' performance.</p>	<p>Develop a safe and effective overarm bowl.</p> <p>Explore different techniques to strike a bowled ball over increasing distances.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p> <p>Hit a bowled ball over longer distances.</p> <p>Begin to communicate tactical plans to others during a game.</p> <p>Apply hand-eye coordination to begin to direct a ball when striking or hitting.</p> <p>Throw and catch accurately and successfully.</p> <p>Build on prior learning to identify and apply techniques for hitting a table tennis ball.</p> <p>Continue to develop a backhand technique and use it in mini games.</p> <p>Strike a ball with intended accuracy over a net.</p> <p>Serve confidently underarm, trialling different techniques.</p> <p>Consistently perform and apply skills and techniques with accuracy and control.</p> <p>Take part in competitive games with a strong understanding of tactics and composition.</p> <p>Choose and use criteria to evaluate own and others' performance.</p>	<p>Identify their reaction times when performing a sprint start.</p> <p>Accelerate from a variety of different starting positions.</p> <p>Confidently and independently select the most appropriate pace for different distances and different parts of a run.</p> <p>Measure and record the distance of their throws.</p> <p>Take part in competitive games with strong understanding of tactics and composition.</p> <p>Explain why they have used particular skills or techniques, and the effect they have had on their performance</p> <p>Start to orientate themselves with increasing confidence and accuracy around an orienteering course.</p> <p>Begin to use navigation equipment, including a map and compass, to orientate around a trail. Use clear communication effectively as part of a team.</p> <p>Complete orienteering activities both as part of a team and independently.</p> <p>Use equipment to create and plan of an outdoor activity that challenges others.</p> <p>Identify the quickest route to accurately navigate an orienteering course.</p> <p>Offer a detailed and effective evaluation of both personal performances and activities.</p>
	<b>KS2 POS</b>	<p><b>Pupils should be taught to:</b></p> <ol style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control &amp; balance [for example, through athletics and gymnastics].</li> <li>Perform dances using a range of movement patterns.</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ol>			<ol style="list-style-type: none"> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ol> <p><b>Swimming and Water Safety</b></p> <p>Pupils should be taught to:</p> <ol style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</li> <li>Perform safe self-rescue in different water-based situations.</li> </ol>	

Year	Year 6					
Term	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Focus	Tag Rugby Gymnastics	Indoor Athletics Basketball	Judo / lacrosse Volleyball	Judo / lacrosse Dance / Swimming	Kwik cricket Tennis	Athletics OAA
NC	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9	1 2 3 4 5 6 7 8 9
<b>Year 6 Programme of Study</b>	<p>Choose &amp; make the best pass in a game situation &amp; link a range of skills together with fluency, e.g., passing &amp; receiving the ball on the move. Demonstrate awareness of space to effectively keep &amp; win back possession in team games. Consistently perform &amp; apply ball carrying skills with greater accuracy &amp; control. Consistently tackle an opponent successfully. Apply skills and knowledge to plan &amp; implement attacking/defending. Communicate plans to others during a game. Take part in competitive games with a strong understanding of rules &amp; tactics.</p> <p>Create own complex sequences involving full range of actions &amp; movements: travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching. Demonstrate precise and controlled placement of body parts in their actions, shapes and balances. Confidently use equipment to vault &amp; incorporate this into sequences. Apply skills and techniques consistently, showing precision &amp; control. Develop strength, technique &amp; flexibility during performances. Link actions to create a complex sequence using a full range of movement showcasing different abilities. Perform &amp; apply variety of skills &amp; techniques confidently, consistently and with precision.</p>	<p>Use their preferred leg when running over hurdles. Apply acceleration to work as a team to competitively perform a relay. Develop a strong technique for the standing vertical jump. Maintain control at each of the different stages of the triple jump. Develop and improve their techniques for jumping for height and distance with control and support others in improving their performance. Perform &amp; apply a variety of skills and techniques confidently, consistently and with precision. Thoroughly evaluate their own and others work, suggesting thoughtful and appropriate improvements.</p> <p>Throw, catch &amp; control a ball successfully under pressure. Demonstrate two techniques to intercept, tackle and win back possession safely &amp; successfully. Show confidence in using ball skills in various ways in a game situation, and link these together effectively. Lead others through communicating plans to others during a game. Alternate between hands when dribbling in a game with success. Take part in competitive games with a strong understanding of tactics and composition. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>	<p>Choose &amp; make the best pass with a stick in a game situation &amp; link a range of skills together with fluency, e.g. passing &amp; receiving the ball on the move. Keep &amp; win back possession of the ball effectively, in a variety of ways in a team game. Demonstrate a good awareness of space. Think ahead, create a plan and apply knowledge of attack or defence. Follow &amp; create complicated rules to play a game successfully with a strong understanding of tactics &amp; composition. Perform &amp; apply hand-eye coordination skills to catch a moving ball confidently, consistently with movement and precision. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p> <p>Perform various strikes of the ball (inc. over the net) with precision and confidence, inc. serving, bump hitting, setting and spiking. Keep possession of the ball effectively &amp; in a variety of ways in a team game. Choose &amp; make the best decisions to work as a team to demonstrate attacking and defending techniques. Use blocking skills as part of a team and individually to prevent a player from scoring. Follow and create complicated rules to play a game successfully. Communicate plans to others during a game. Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</p>	<p>Perform with confidence, using a range of controlled movement patterns. Combine flexibility, techniques &amp; movements to create a fluent sequence. Identify &amp; repeat the movement patterns &amp; actions of a chosen dance style. Move appropriately &amp; with the required style in relation to the stimulus, e.g., using various levels, ways of travelling &amp; motifs. Move rhythmically &amp; accurately in dance sequences whilst showing a change of pace &amp; timing in movements. Dance with fluency &amp; control, linking all movements, ensuring transitions flow. Modify some elements of a sequence as a result of self &amp; peer evaluation.</p> <p>Swim competently, confidently and proficiently over a distance of at least 25m. Use range of strokes effectively, including front crawl, backstroke &amp; breaststroke. Perform safe self-rescue in different water-based situations.</p>	<p>Bowl overarm with a run up demonstrating increasing speed and accuracy. Use different techniques to strike a bowled ball over increasing distances. Use fielding skills and tactics to gather a ball quickly as a team to prevent the opposition from scoring. Hit a bowled ball with intended placement with confidence. Communicate tactical plans to others during a game. Apply various throwing and catching techniques accurately and successfully. Take part in competitive games with a strong understanding of tactics and composition. Identify and apply different techniques for hitting a tennis ball. Explore when different shots are best used, including one and two-handed shots. Develop a backhand technique &amp; use it in a game. Demonstrate techniques for all strokes over a net. Play a tennis game using an overhead serve. Demonstrate a good awareness of space on a court. Perform and apply a variety of skills and techniques confidently, consistently and with precision within games.</p>	<p>Build up speed quickly for a sprint finish. Accelerate to pass other competitors. Develop the technique for the push, pull and fling throw and support others in improving their performance. Accurately measure and record the distance of their throws. Perform and apply a variety of skills and techniques confidently, consistently and with precision. Take part in competitive games with a strong understanding of tactics and composition. Thoroughly evaluate their own and others work, suggesting thoughtful and appropriate improvements. Orientate themselves with confidence and accuracy around an orienteering course. Design an orienteering course with equipment that is clear to follow and offers challenge to others. Use clear communication to effectively work as part of a team. Compete in orienteering activities both as part of a team and independently, with increasing speed. Choose the best equipment for an outdoor activity. Identify the quickest route to accurately navigate an orienteering course using a map and a compass. Listen to feedback and suggest improvements to an orienteering course.</p>
	<b>KS2 POS</b>	<p><b>Pupils should be taught to:</b></p> <ol style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination.</li> <li>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending.</li> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</li> <li>Perform dances using a range of movement patterns.</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team.</li> </ol>			<ol style="list-style-type: none"> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ol> <p><b>Swimming and Water Safety</b></p> <p>Pupils should be taught to:</p> <ol style="list-style-type: none"> <li>Swim competently, confidently and proficiently over a distance of at least 25 metres.</li> <li>Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke].</li> <li>Perform safe self-rescue in different water-based situations.</li> </ol>	