



PE at RCS

Foundation Stage (FS)

By the end of the FS the children will be able to show good control in a range of fine and gross motor activities. For gross motor skills these will include being able to ride a tricycle and a scooter safely around a space and climb, jump off and balance on the FS climbing equipment. The children will have begun to develop some basic throwing and catching skills using balls and bean-bags, and be able to hit a ball using a racket. They will be able to move in a range of imaginative ways, including imitating animal movements/fireworks etc.

For fine motor skills these will include being able to hold scissors correctly and cut around basic shapes, use hammers to nail shapes into tap tap boards, join a range of construction toys, and use glue sticks, tape and threading methods effectively. They will be able to hold a pencil correctly and form recognisable letters.

The children will be able to name ways in which we can be healthy, including doing exercise, and washing our hands. They will be able to say what foods are healthy and what foods are not. They will be able to blow their nose, go to the toilet and wash their hands independently. The children will be able to put on their own coats, hats and gloves, and will attempt to do up their own zips and buttons.

Key Stage 1 (KS1)

By the end of KS1 pupils will be able to demonstrate the basic movement skills including running, jumping, throwing and catching. They will have also developed balance, agility and coordination skills and shown they can apply them to a range of activities. Pupils will be able to demonstrate simple tactics for attacking and defending and been able to use these in team games. Pupils will be able to perform dances using simple movement patterns. Pupils will have been given the guidance to understand how they can lead healthy, active lives and understand the importance of being physically active for a sustained period of time. Pupils will have begun to gain confidence in water. Pupils will have participated in the following sports: yoga, gymnastics, dance, karate, swimming, multisports, netball, football, cricket, athletics, tennis and rounders.

Key Stage 2 (KS2)

By the end of KS2 pupils will be able to demonstrate a broader range of movement skills for running, jumping, throwing and catching and they will have learnt how to use them in different ways and link them to make actions and sequences of movement. Pupils will be able to demonstrate more complex tactics for attacking and defending and been able to use these in competitive games. Pupils will be able to demonstrate flexibility, strength, technique, control and balance in sports like gymnastics, karate and athletics. Pupils will be able to perform dances using a range of movement patterns. Pupils will have had opportunities to take part in outdoor and adventurous activity challenges both individually and within a team. Pupils will have had opportunities to improve on personal performances, in order to demonstrate personal best. Pupils will be confident in water and the majority of them will be able to swim 25m. Some pupils will have had the opportunities to use a range of strokes and begin to perform safe self-rescue in water-based activities.

In addition, selected pupils will be given opportunities to represent the school in sporting competitions, including those aimed specifically at SEND pupils.

Implementation

The curriculum delivered is based on the National Curriculum. Children at RCS from Year 1 to Year 6 have 2 sessions of PE every week. In the FS children learn through a topic based curriculum and aspects of PE are woven through all areas of learning as opportunities arise. The learning intentions can be found in the Physical Development strand and in particular, the Moving and Handling section and Health and Self-Care section of the EYFS curriculum. Opportunities to develop physical skills are made both in the indoor and

outdoor learning environments. Both Nursery and Reception have a weekly Chelsea Football coaching session. Reception have a weekly PE lesson.

The detail of where all the aspects of the PE Curriculum are taught, can be seen in the table below. Each year group also has a [Curriculum Map \(hyper link\)](#) and the aspects of the PE Curriculum designated to that year group have been allocated to each half term. Currently our outdoor PE sessions including the following sports (netball, football, tennis, multisports, athletics, cricket, rugby, handball, rounders) are taught by a PE specialist from Chelsea Sports Academy. Our swimming lessons for Year 1 and Year 2 are taught by qualified swimming teachers at Putney Pool and our karate lessons are taught by a qualified black belt karate instructor who is a member of our staff. All other PE sessions are taught by the teachers or HLTA's.

Teachers strive to meet the needs of all individual learners in their teaching of PE. This may include, for example, the use of flexible groupings, thorough modelling/demonstrations and opportunities for all pupils to develop their leadership skills. Please see our SEND/Equality Statement of Intent/Implementation [\(hyper link\)](#) for more information on ways in which we seek to ensure that all pupils have opportunities to succeed across all curriculum areas.

Year Group	Aspect of PE Curriculum	Area of PE Covered
1	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>Multisports Use basic movements and spatial awareness. Move with a ball. Demonstrate rolling skills. Demonstrate underarm throwing skills. Receive and catch a ball. Send and receive a ball with control. Use sending skills and aim. Strike a ball. Use send and receive while striking. Use all skills to complete a carousel.</p> <p>Gymnastics Carry and place apparatus. Travel safely in different ways. Travel at different speeds and levels. Make and hold different shapes. Link 2 actions to make a sequence. Link 2 actions with a movement.</p> <p>Netball Track and receive a ball. Bounce a ball with control. Throw and catch. Throw and catch a ball with a partner. Throw overarm. Throw a quoit.</p> <p>Karate What is karate, rules, etiquette. Standing in rows, N, S, E, W. Positional language – forwards, back, left, right, turning. Following instructions, stretches and conditioning. Choku Tsuki. Gedan Barai (shizentai). Zenkutsu Dachi. Oi Tsuki and Mawatee (Turn).</p> <p>Football Pass the ball in the direction of a player using correct techniques. Dribble with the ball under control and close to feet whilst moving the ball in different directions. Shoot at a target using the correct techniques. Use the techniques in a fun football circuit. React quickly to get to the ball before an opponent and use dribbling and</p>

	<p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p> <p>Perform dances using simple movements patterns.</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p>	<p>shooting skills to score a goal. Use dribbling and shooting in a match.</p> <p>Yoga Develop coordination while in basic yoga poses and moving between them. Increase coordination while on all fours. Develop agility by correctly coming into and out of the dog pose. Develop agility by varying the speed of movements and poses. Develop balance in standing positions. Develop balance when moving between yoga positions.</p> <p>Dance Dance with an object. Use body and an object to express an idea. Move in different ways. Make different shapes with body. Make different shapes with others. Dance in different formations.</p> <p>Athletics Move at different speeds. Move along different pathways. Jump for height. Jump for distance. Jump in different ways. Perform a jumping sequence.</p> <p>Cricket Hold a racket correctly and use it to control a beanbag in a variety of ways. Use a racket to hit a ball or beanbag with control. Apply my racket skills to play a target game. Hold a cricket bat correctly and use it to hit a ball. Practise a range of cricket skills. Combine my skills to play a competitive team game.</p> <p>Swimming Water confidence.</p>
2	<p>Master basic movements including running, jumping, throwing and catching.</p> <p>Perform dances using simple movements patterns.</p> <p>Master basic movements including running, jumping, throwing and catching.</p>	<p>Multisports Demonstrate basic movement and spatial awareness. Move with a ball. Send and receive a ball by rolling. Send and receive a ball by throwing. Send and receive by kicking. Aim by throwing. Handle a racket correctly. Use a racket with accuracy. Demonstrate fielding skills. Strike a ball.</p> <p>Dance Change the speed, weight and size of my movements. Use my body and an object to express an idea. Move in different ways. Make different shapes with my body. Make different shapes with others. Dance in different formations. Understand how dance can be used to communicate. Use different dance movements to communicate an idea. Dance in different formations to communicate different ideas. Communicate feelings through dance. Refine and improve my movements. Change the rhythm of my movements to communicate different ideas.</p> <p>Netball</p>

	<p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Develop balance, agility and coordination and begin to apply these in a range of activities.</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Participate in team games, developing simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching.</p>	<p>Develop throwing and catching skills using a range of apparatus (shapes, weight, texture). Throw, catch and bounce in different ways. Throw and catch stationary and on the move. Understand “beat your own record.” Make up games using throw, catch and bounce. Throw a ball into a target/net.</p> <p>Gymnastics Move and balance with agility and coordination. Roll with coordination and control. Make long thin shapes with my body. Take my weight on my hands and feet. Take my weight on my hands. Perform and complete.</p> <p>Football Begin to understand how to dribble a ball. Practice passing the ball. Move fluently, changing direction. Practice finding a space to receive the ball. Practice defending the ball. Competition.</p> <p>Karate Recap including rows and language. Moving backwards Zenkutsu Dachi. Oi Tsuki – forwards, backwards and turning. Gedan Barai – forwards, backwards and turning. Mae Geri (standing and moving forward). Assessment. Recap. Age Uke (Rising block). Soto Ude Uke. Standing distance and Jodan/Chudan – attack block. Assessment.</p> <p>Athletics Run at different paces, describing the different paces. Use a variety of different stride lengths. Travel at different speeds. Begin to select the most suitable pace and speed for distance. Perform and compare different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot. Jump for distance from a standing position with accuracy and control. Investigate the best jumps to cover different distances. Throw different types of equipment in different ways, for accuracy and distance. Investigate ways to alter their throwing technique to achieve greater distance.</p> <p>Rounders Catch a ball from a distance using correct technique. Use underarm throw to bowl a ball at a batter. Use overarm throw to throw a ball a distance. Know which throw to use in rounders game. Pass ball using correct throw in triangle of bowler (underarm), backstop (overarm), fielder (overarm). Hit a ball with a rounders bat. Play small sided rounders game with only 2 bases and use all throwing and batting techniques.</p> <p>Tennis</p>
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		<p>Hold a racket correctly and use it to control a beanbag in a variety of ways. Use a racket to hit a ball or beanbag with control. Apply my racket skills to play a target game. Hold a racket correctly to hit a ball. Hit a ball that has been thrown underarm. Practise and use a simple tactic.</p>
<p>3</p>	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Swim competently, confidently and proficiently over a distance of 25m. Use a range of strokes.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Take part in outdoor and adventurous activity challenges both individually and in a team.</p>	<p>Multiskills Demonstrate spatial awareness. Demonstrate ball familiarisation and bouncing skills. Travel with a ball. Demonstrate sending skills. Demonstrate receiving skills. Throw and catch.</p> <p>Swimming</p> <p>Netball Pass a ball over a short distance with control, pace and accuracy. Pivot with control and balance within the rules of the game. Shoot with accuracy and by using the correct technique. Improve agility, balance, coordination and speed of feet. Pass a ball to people on my team and ensure my footwork is used within the laws of the game. Accurately pass the ball and then run towards a target whilst dodging obstacles and find space to run into.</p> <p>Football Keep control of the ball while travelling. Pass and receive the ball accurately. Tackle and keep possession of the ball. Shoot at a target. Play as part of a team.</p> <p>Rugby Evade and tag opponents. Evade opponents while keeping control of the rugby ball. Pass the ball accurately and receive the ball safely. Pass the ball accurately and receive the ball safely while on the move. Pass the ball accurately and receive the ball safely in a game situation. Apply learned skills in a game of tag rugby.</p> <p>Athletics Practise existing running, jumping and throwing skills. Sprint effectively. Run with fluency over hurdles. Jump for distance. Develop and refine different throwing techniques. Learn different push throw techniques.</p> <p>Tennis Hit a ball into the air and to ground from strings and frame. Hit a ball from a bounce throw. Hit a ball from a volley. Play a backhand from a bounce pass. Use a backhand and forehand to hit a target. Hit a ball from a high throw.</p> <p>Outdoor and Adventurous Activities Work effectively with others to complete a task. Communicate effectively. Follow multi-step instructions. Solve a range of problems when working with others. Follow a set of directions</p>

		<p>correctly. Give clear and precise directions for someone else to follow. Follow simple maps. Know what orienteering is. Know and understand a range of map symbols.</p>
4	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Perform dances using a wide range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>Multiskills Judge distance and timing. Use footwork and placement. Throw underarm. Throw underarm and catch. Develop striding skills.</p> <p>Gymnastics Perform a range of jumps accurately. Accurately perform a forward roll from standing and a tuck backward roll. Perform a squat on vault accurately. Perform a lunge into handstand and cartwheel accurately. Link movements together by performing a chassis step, straight jump half-turn and cat leap. Create and perform gymnastics sequence with partner.</p> <p>Netball Demonstrate how to chest pass and develop catching skills. Demonstrate and use different passing techniques (bounce and overhead). Demonstrate the footwork rule and how to pivot. Demonstrate how to dodge and mark opponent. Demonstrate the correct shooting techniques and the importance of using space. Understand the different positions in netball to play a game.</p> <p>Karate Recap from previous year. Introduce Kata. Kihon Kata first four moves. Kihon Kata first four moves and next 4 moves. Kihon Kata – 270 turn and mirror. Assessment (full Kihon Kata).</p> <p>Football Keep control of ball while travelling. Accurately pass a football. Pass the ball whilst moving. Understand how to defend in football. Use attacking skills in a game situation. Competitive football games.</p> <p>Dance Respond to stimuli creating movement phrase using specific skills. Create own movement phrases to represent rivers and seas. Link and combine movement phrases and patterns. Perform a short dance phrase with expression. Respond to changing stimulus. Use a range of dance techniques to create a movement sequence.</p> <p>Handball Throw and catch. Develop throwing and catching. Pass and shoot. Develop passing and shooting. Move with and without the ball.</p> <p>Gymnastics Perform static body shapes. Make body shapes in the air. Carry out rhythmic gymnastics moves. Perform a rhythmic gymnastics routine.</p>

	<p>Use running, jumping, throwing and catching in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Take part in outdoor and adventurous activity challenges both individually and in a team.</p>	<p>Create symmetrical shapes. Apply the gymnastics skills learnt.</p> <p>Athletics Practise existing running, jumping and throwing skills. Improve running technique for sprinting including a sprint finish. Practice relay running. Jump for distance. Learn the pull throw technique. Refine running, jumping and throwing skills.</p> <p>Karate Recap on previous moves. Introduce Gohon Kumite. Gohon Kumit – Oi Tsuki Jodan. Gohon Kumite – Oi Tsuki Chudan. Gohon Kumite – Oi Tsukin Jodan and Oi Tsuki Chudan. Assessment (full Gohan Kumite routine – Oi Tsuki)</p> <p>Cricket Catch with accuracy. Use an overarm throw to hit a target with accuracy. Strike a ball in an intended direction. Work cooperatively to field a ball. Use striking and fielding skills in a game. Design and play games that use striking and fielding skills.</p> <p>Outdoor and Adventurous Activities Work together in small groups, developing problem solving skills. Describe how the body reacts at different times and how this affects performance whilst showing leadership skills. Navigate around a space with growing confidence. Read a map with increasing accuracy and confidence and within a time limit. Create symbols that are effective for map reading. Follow a map with increasing accuracy and confidence.</p>
5	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate</p>	<p>Multiskills Demonstrate basic movements and spatial awareness. Keep possession. Attack and defend. Mark an opponent. Control a ball with a racket. Control a ball with different parts of a racket.</p> <p>Karate Recap Kata and Kumite. Chudan Uchi Uke. Kiba Dachi and moving and turning. Keage in Kiba Dachi. Assessment.</p> <p>Netball Identify and complete the different passes used in netball. Understand the rule of footwork. Understand that marking helps to intercept the ball and dodging enables a player to get away from a marker. State the difference between attacking skills and defending skills. Identify positions in netball and the different areas players can be in. Competition.</p> <p>Gymnastics Perform a range of jumps and leaps. Perform a straddle forward roll and backward roll to straddle correctly. Perform a straddle on vault</p>

<p>improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Perform dances using a range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p>correctly. Perform a lunge into cartwheel correctly. Link movements together by performing a straight jump full turn, a cat leap half turn and a pivot. Work in a small group to create and perform a gymnastic sequence with a theme.</p> <p>Football Receive a pass and then pass the ball in an intended direction. Dribble with the ball using both the inside and outside of the foot. Dribble then shoot at a target using the correct techniques shown. Use the techniques previously taught to complete a football circuit. Use the techniques taught to keep the ball under control. Understand positions on a pitch and use tactics to play a game.</p> <p>Dance Remember, practise and combine a complex dance phrase. Create movement patterns similar to a known dance. Create a narrative through movement. Respond to a variety of ideas. Select appropriate movements to fit with a chosen dance style. Suggest and make improvements to a dance phrase.</p> <p>Handball Shoot and defend. Block during a small sided game. Show the principles of attacking and defending. Play a full size game. Know tactics to play as goal keeper. Play a competitive game.</p> <p>Karate Recap previous learning. Kekomi in Kiba Dachi. Kokutsu Dachi. Shuto Kokutsu Dachi. Assessment.</p> <p>Athletics Practise and refine existing running, jumping and throwing skills. Use an effective technique for sprinting including a sprint start. Sustain running pace over long distances. Practise jumping for height. Learn the fling throw techniques. Use a variety of throwing techniques.</p> <p>Gymnastics Perform a stag jump and split leap. Perform a pike roll. Perform a squat through vault. Perform a round off. Independently plan a sequence of gymnastics movements that are creatively linked together. Perform a gymnastics sequence in a pair or group in time to music.</p> <p>Rounders Learn the correct techniques for batting and bowling in rounders. Use the correct techniques for throwing and catching when fielding in rounders. Know the roles and responsibilities of the backstop and base fielders in rounders. Field</p>
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	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p>effectively in these positions and demonstrate good skill and technique. Know the roles and responsibilities of the deep fielders in rounders. Field effectively in these positions and demonstrate good skill and technique. Read the game of rounders and apply tactics to outwit opponents. Use a variety of throwing techniques. Know and apply all rules in a game.</p> <p>Fitness and Cross Country</p> <p>Perform the beep test. Use a rope to increase fitness levels. Use interval running to improve stamina for running a distance. Compare performances.</p>
6	<p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Perform dances using a range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p>	<p>Multiskills</p> <p>Demonstrate ball control and spatial awareness. Attack keeping possession. Defend keeping possession. Attack and defend. Pass and dribble. Show tactical awareness.</p> <p>Karate</p> <p>Recap previous learning. Shuto in Kokutsu Dachi. Heian Shodan. Assessment week (Kata).</p> <p>Netball</p> <p>Replicate 3 types of passing. Pass to a player moving on to a pass. Demonstrate tactical knowledge by moving into space to receive a pass. Control feet when moving in different directions and at speed. Identify the areas for each position in high 5 netball. Demonstrate balance, high release wrist action during shooting with some accuracy.</p> <p>Dance</p> <p>Perform the Charleston. Perform the Lambeth walk. Perform the Lindy Hop. Plan an alternative dance which tells the story of a wartime event. Perform an alternative dance which reflects an aspect of WW2. Plan and perform a WW2 dance style party.</p> <p>Football</p> <p>Dribble and control a ball.</p> <p>Pass a ball using my side foot.</p> <p>Pass and move off the ball. Attack and outwit an opponent. Use the correct technique to shoot.</p> <p>Play a competitive game of football.</p> <p>Gymnastics</p> <p>Accurately perform a cat leap full turn and a stag leap. Accurately perform a dive forward roll and a pike backward roll. Accurately perform a straddle over vault. Perform a hurdle step into a cartwheel and a round off. Use a series of similar movements in quick succession, linked together to form a sequence. Work in a large group to choreograph and perform a gymnastics routing in time to music.</p> <p>Rugby</p>

	<p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Perform dances using a range of movement patterns.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p> <p>Use running, jumping, throwing and catching in isolation and in combination.</p> <p>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.</p>	<p>Evade and tag opponents. Pass and receive a pass at speed. Pass and receive a pass at speed in a game situation. Refine attacking and defending skills. Develop tactics as a team. Apply learned skills in a game of tag rugby.</p> <p>Karate Recap. Gohon Kumite- Oi Tsuki Jodan/ Chudan/ Mae Geri Chudan. Recap Kekomi Keage in Kiba Dachi. Heian Shodan and introduction to grading. Assessment week (Orange belt grading).</p> <p>Dance Respond to stimuli, improving freely using a range of controlled movements. Perform a range of dance techniques with accuracy and consistency. Work with a group to create appropriate dance movements to fit with different musical stimuli. Represent objects and actions through a dance phrase. Select and use a range of movements to create a dance phrase that demonstrates my ideas. Suggest and make improvements to my groups dance phrase, based on peer feedback.</p> <p>Rounders Develop fielding skills in rounders. Develop batting skills in rounders. Develop bowling technique in rounders. Use the short barrier fielding technique. Use all skills in a class rounders game.</p> <p>Cricket React quickly and catch balls thrown at different heights and angles. Attack the ball using effective fielding techniques. Throw the ball accurately over a large distance. Strike a bowled ball over a large distance into space. Bowl a ball overarm at a target. Apply striking and fielding skills to complete a circuit of activities.</p>
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