

**PE Intent**

Our PE curriculum is formed from the statutory Framework for the EYFS and the National Curriculum. The curriculum offers a varied program in order to enthuse children and inspire interest in a wide range of sports. The knowledge and skills have been carefully sequenced to enable our children to know more and to be able to do more. Sports may therefore be revisited in later year groups or skills may be revisited through a different sport to help pupils to retain knowledge and skills. In each half-term, we have planned end points for pupils to attain. These will mostly involve recording by video which will allow us to document the learning that has taken place across a half term. The PE curriculum is enhanced by links with Manchester PE Schools Association, local schools and community projects as well as through trips and visits. These help our children to widen their experience of sport and of the North-West region.

We have gone further than the requirements of the National Curriculum to build scheme of works that are ambitious and give our children a world perspective, for example, by incorporating famous athletes from across the globe. Through the PE curriculum, the children will have opportunity to practise good sporting behaviour, resilience and determination. They will have opportunity to be self-reflective and seek ways to improve their performance. This will give the children values and skills that they need for later life, such as: cooperation, collaboration, confidence, and analytical skills. The curriculum will help develop pupils' personal development such as their social skills, empathy, compassion, respect and understanding and application of the British Values.

Physical Education has been planned to promote physical activity and healthy lifestyles. Alongside the PSHE and Science curriculum, our PE Curriculum teaches children about the importance of healthy living and the benefits physical activity can have on someone's physical and mental well-being. We aim for this learning to have a positive impact on their future by encouraging our children to become physically active citizens. This is supported through our active lunchtimes. The children are encouraged to engage in active minutes through the wide range of sports on offer and the use of sports coaches to facilitate this. It also has the added benefit of an additional opportunity to practise the skills learnt in PE lessons.

The pupils who are disadvantaged and who have special needs and/or disabilities cover the same subjects as all pupils. In terms of differentiation, we will follow a STEP approach. Lessons will be adapted through changing the space, the task, the equipment or the people involved. Where a pupil has severe needs, they will have a bespoke curriculum matched to their education, health and care plan (EHCP). The class teacher will liaise with the SENCO and PE subject lead regarding specific adaptations to the lessons that need to take place for these children. Some pupils, who have specific needs or physical needs, will be withdrawn occasionally from lessons for specific exercises or interventions.

PE	Nursery	Reception	Year one	Year two	Year three	Year four	Year five	Year six
<b>Knowledge – by the end of the year pupils should know:</b>								
<b>Autumn One</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know there are different sizes/ types of balls</li> <li>To know we can move different parts of our body to music e.g. arms, head, hands</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To know you can manipulate differing size containers to pour fill and move water</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know that the pinching of the fingers can manipulate small objects e.g. beads, sequins etc.</li> </ul>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know we can move around spaces on one leg</li> <li>To know the difference between a stride, stamp and walk</li> <li>To know the difference between a jump, skip and sway</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To know the other to put your clothes on when getting changed</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know which hands to hold cutlery in</li> <li>To know the correct grip to hold a pencil</li> <li>To know the difference between buttons and zips</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Know what the difference is between a jog, run or sprint.</li> <li>Know the purpose of a jog, run and sprint.</li> <li>Know that a hop is to jump from one foot and landing on one foot. Know that a jump is from two feet and land on two feet or one foot.</li> <li>Know what an overarm and underarm throw are.</li> <li>Know the purpose of overarm and underarm throw.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Know what the pavane dance is</li> <li>-Know what a galliard dance is</li> <li>-Know that dancers improvise gestures</li> <li>-Know how to convey questions and reactions through gesture</li> <li>-Know what narrative linear form</li> <li>-know how to evaluate and improve others' timing, dynamics and steps</li> </ul>	<p><b>Net and wall - Tennis</b></p> <ul style="list-style-type: none"> <li>Know how to grip a tennis racquet</li> <li>Know how professional players to hit a forehand, backhand</li> <li>Know the role of the net in tennis and how this is the same or different to table tennis</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Know that a triple jump is a hop, skip and a jump</li> <li>- know how to record a jump distance. Measure the distance.</li> <li>-Know what a javelin, a discus and a hammer throw is</li> <li>-Know what a hitch kick and a hang kick are</li> <li>-know the skills of hurdling</li> <li>- know how professional athletes hurdle, triple jump and throw</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>Know what Bhangra is</li> <li>Know what street dance is</li> <li>Know what a fusion dance is</li> <li>Know how to choreograph moves</li> <li>Know what dance levels are</li> <li>Know what dancing in unison is</li> <li>Know what dancing in canon is</li> <li>Know the heritage and cultures of Bhangra dance form</li> <li>Know how professional dancers dance Bhangra</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>Know what Capoeira dance</li> <li>Know what a ginga step is</li> <li>Know what a spinning kick and swinging kick is</li> <li>Know how to dodge</li> <li>Know how to rotate their whole body and their arms in a dance</li> <li>Know the dance culture and heritage of Capoeira</li> <li>Know how professional dancers perform Capoeira</li> </ul>
<b>Autumn Two</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know you need to use one</li> </ul>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know how far something will be thrown is</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Know that there are different ways</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Know what a pencil, dish, forward roll are</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>Know different types of balance</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Know that you can use a float to learn to swim</li> </ul>	<p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>Know how to use a map of the</li> </ul>	<p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>Know the 8-point compass, the scale bar,</li> </ul>

	<p>foot to kick a ball</p> <ul style="list-style-type: none"> <li>To know we can move different parts of our body to music e.g. whole body</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To know how to push oneself along using both legs on the balance bikes</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know which hand is starting to feel more comfortable when mark making</li> <li>To know there are different types of marks that's can be made</li> </ul>	<p>determine on how much force we throw it with</p> <ul style="list-style-type: none"> <li>To know if we want to get an item to land near to us we need less force than if we want it to go far away</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To know you will need more force in your push to get over the bumps and mounds on the bike track</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know we need to change our hand position to complete different activities e.g. pinching movements for picking up</li> </ul>	<p>of moving around the room</p> <ul style="list-style-type: none"> <li>Know what balance is</li> <li>Know what a roll is</li> <li>Know what a tuck, pike, straddle, bunny jump are</li> </ul>	<ul style="list-style-type: none"> <li>Know what a gymnastic sequence is</li> <li>Know how to hold a T balance</li> <li>Know how professional gymnasts perform a tucked forward roll</li> <li>Know what a japana balance is</li> </ul>	<p>– arm, standing, knee work</p> <ul style="list-style-type: none"> <li>Know what a Japana inner flat position is</li> <li>Know how to perform a backward roll, Teddy bear roll</li> <li>Know that a sequence involves a start and finish position</li> <li>Know the technique involved in a cartwheel</li> <li>Know how to perform a sequence to the timing of a piece of music</li> </ul>	<p>-know what arm bands are for and what they do</p> <p>-know what the different swimming floats do</p> <p>-know that you can get water on your face and body when learning to swim</p> <p>-know how professional swimmers kick their legs in different ways</p> <p>-Know the techniques of floating</p> <p>-know how to hold the side of a pool and kick</p> <p>-know how to put their feet on the bottom of the pool and walk across</p> <p>-know that water gives water resistance against the body</p> <p>-Know the technique of a front crawl, backstroke, breast stroke kick holding a float</p>	<p>school and the school grounds</p> <ul style="list-style-type: none"> <li>Know 8 point compass</li> <li>Know how to use a simple key</li> <li>Know how to find markers around the school ground and mark them on a sheet</li> </ul>	<p>the map symbols and orientation of the map</p> <ul style="list-style-type: none"> <li>Know that you need to work as a team to solve problems and finish together</li> </ul>
<b>Spring One</b>	<b>P.E</b>	<b>P.E</b>	<b>Dance</b>	<b>Target games – skittles and boules</b>	<b>Dance</b>	<b>Swimming</b>	<b>Invasion games - basketball</b>	<b>Net and wall – badminton</b>

	<ul style="list-style-type: none"> <li>To know how to throw an object with two hands</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To know when moving water around spaces we need to have an awareness of others</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know there are different tools to mark make with other than pencils</li> </ul>	<ul style="list-style-type: none"> <li>To know what under, over and through means</li> <li>To know different ways to travel around an area e.g. running, skipping, walking</li> <li>To know what healthy choices are about food and drinks and why exercise is important</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To know how to balance on the bikes whilst picking something up</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know what the tripod grip is/ have a comfortable alternative to hold pencil</li> </ul>	<ul style="list-style-type: none"> <li>-Know that a stretch up and down in time to music is a dance move</li> <li>-know that professional dancers stretch left and right</li> <li>-Know what dynamics means (hard, soft)</li> <li>-Know that professional dancers to transfer from one foot to the other foot forwards, backwards, to the side</li> <li>-Know that gestures and gesticulations convey emotion</li> <li>-know the dance traditions from Tudor times</li> </ul>	<ul style="list-style-type: none"> <li>Understand how to play the game of skittles</li> <li>Know how to aim, know how professional bowls players (green, ten pin, crown green) aim their shots</li> <li>Know how to score points</li> <li>Know how to play bowls</li> <li>Know what a jack is</li> <li>Know how to direct a ball towards a jack</li> <li>Understand the tactics involved in the second bowl</li> </ul>	<ul style="list-style-type: none"> <li>Know what a musical is</li> <li>Know who Gene Kelly is</li> <li>Know what solo step phrases are</li> <li>Know what a large step, gallop and a skip is</li> <li>Know that dancers develop a pathway when moving</li> <li>Know what repetition, reversal and spatial orientation are</li> <li>Know the dance traditions of musicals – watch and learn from musical dance</li> </ul>	<ul style="list-style-type: none"> <li>-Know what front crawl, back crawl and breast stroke arms look like by looking at professional swimmers</li> <li>-Know that swimmers combine leg and arms in a stroke</li> <li>-know that swimmers breathe different ways in different strokes</li> </ul>	<ul style="list-style-type: none"> <li>Know the rules in basketball and netball of moving with the ball</li> <li>Know the rules of passing in basketball and netball</li> <li>Know the meaning of the different zones in basketball</li> <li>Know what to attack means in netball and basketball and know how to score a basket</li> <li>Know professional players defend the net in basketball and netball</li> </ul>	<ul style="list-style-type: none"> <li>Know how to use a badminton racquet</li> <li>Know how professionals hit a smash and a lob</li> <li>Identify similarity and differences between table tennis, tennis and badminton</li> <li>Know how to score points</li> <li>Know how to use footwork to get in the right place to hit a shot</li> </ul>
<p><b>Spring Two</b></p>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know what a target is</li> <li>To know how you have to look at the target before you throw</li> </ul> <p><b>Gross Motor</b></p>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know you can move a ball around an area using your feet</li> <li>To know which direct to kick the ball in so it travels</li> </ul>	<p><b>Target games - mixed</b></p> <ul style="list-style-type: none"> <li>Know that the strength of a throw depicts how far it will go</li> <li>Know what a target area is</li> </ul>	<p><b>Net and wall - table tennis</b></p> <ul style="list-style-type: none"> <li>Know the rules of table tennis</li> <li>Know how to stand to receive the ball</li> </ul>	<p><b>Striking and fielding – cricket</b></p> <ul style="list-style-type: none"> <li>-Know how to hold a cricket bat</li> <li>-Know how to hold a rounders bat</li> <li>-Know how professionals bowl a</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Know what you need to do to tread water</li> <li>-what you need to do to dive safely</li> </ul>	<p><b>Net and wall – tennis</b></p> <ul style="list-style-type: none"> <li>-know how professionals serve underhand and overarm in tennis</li> <li>-know the rules of the serve ie where to stand, where the ball</li> </ul>	<p><b>Invasion games - Rugby</b></p> <ul style="list-style-type: none"> <li>From a rugby league game with professional players, know how to move</li> </ul>

	<ul style="list-style-type: none"> <li>To know when stop at a specified point on the bike track</li> <li>To know how to turn on the bikes</li> <li>To know how to safely manoeuvre bigger pieces of equipment in a pair e.g. drain pipes</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know what actions are require to operate a peg</li> </ul>	<ul style="list-style-type: none"> <li>To know how to stop a ball using your feet</li> <li>To know the difference between kicking and rolling</li> </ul>	<ul style="list-style-type: none"> <li>Know what rolling or sliding means</li> <li>Know that professional bowls players (green, crown green and ten pin) change the weight of their throws and the direction</li> </ul>	<ul style="list-style-type: none"> <li>Know how to keep a rally going</li> <li>Know what happens if the ball hits the net</li> <li>Know how professional players keep rallies going</li> </ul>	<p>ball underhand and overarm</p> <ul style="list-style-type: none"> <li>-Know how professionals hit a ball bowled to them</li> <li>-Know the rules of rounders</li> </ul>		<p>must land and what happens when it hits the net</p> <ul style="list-style-type: none"> <li>-know how professionals volley</li> <li>-know how to score in tennis</li> </ul>	<p>with a rugby ball as a team</p> <ul style="list-style-type: none"> <li>Know how a team defend the line in rugby</li> <li>Know how professional players avoid a defender or attacker and find space</li> <li>Know how to tackle and defend</li> </ul>
<b>Summer One</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know different things can be used as a target e.g. bench, bowl, bucket</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know to use gentle motions when looking at book and turning its pages</li> <li>To know and experiment using a variety of different media to mark make</li> <li>To know what a zip is</li> <li>To know what a button is</li> </ul>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To understand the that we can move our bodies at different heights and levels</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To know how to move safely with equipment</li> </ul>	<p><b>Invasion games - benchball/ dodgeball</b></p> <ul style="list-style-type: none"> <li>Know how to throw, pass and catch with two hands</li> <li>Know that you aim a ball at someone's feet</li> <li>Know what you need to do get someone out</li> <li>Know how to defend in benchball</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Know that to long jump, you need to take off and propel forward.</li> <li>Know that you need to direct the limbs to where you want to land in a long jump.</li> <li>Know that when throwing, you need to use legs and arms to propel something forwards</li> <li>Know the difference</li> </ul>	<p><b>Invasion games - Netball</b></p> <ul style="list-style-type: none"> <li>Know the rules of passing a netball</li> <li>Know the rules of scoring in netball</li> <li>Know what defend and attack in netball mean</li> <li>Know what the netball zones are for on a court</li> <li>Know what to do when the ball goes out at the side</li> </ul>	<p><b>Invasion games - Football</b></p> <ul style="list-style-type: none"> <li>Know how professional players pass a football</li> <li>Know how professional players dribble and then pass a football</li> <li>Know the meaning of attack and defend in football and the role of defenders and goalkeeper and marking</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Know what a trajectory is and what flight is in jumps and throws</li> <li>-Know what a high jump is and how professional athletes jump</li> <li>-Know what a relay is and how they are run</li> <li>- know what they need to do to sprint 100m. Improve their times for 60m and 100m runs</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Know how to exchange a baton properly</li> <li>-Know what a pentathlon and decathlon are</li> <li>-know how to measure times, distances, heights and throws</li> <li>-Know that athletes work with coaches to improve their technique</li> </ul>

				between sprinting, jogging and running.		<ul style="list-style-type: none"> <li>Know what the football zones are</li> <li>Know the rules of throw-ins, free kicks and penalties.</li> </ul>		
<b>Summer Two</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know we can use all different parts of our body to help us travel e.g. crawl, slide, roll</li> <li>To know what it means to aim</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To know how to weave on a balance bike</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know how to form the letters in our name</li> </ul>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know a series of dance movements</li> <li>To know we can combine movements from out arms and legs to create a dance</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To know how to hold a pencil to form well-formed letters</li> </ul>	<p><b>Racquet ball sport - Table tennis</b></p> <ul style="list-style-type: none"> <li>Know how professionals hit a forehand</li> <li>Know how professionals hold a table tennis bat</li> <li>Know how to hit a backhand</li> <li>Know how professionals serve</li> <li>Know which side of the table the ball must hit</li> </ul>	<p><b>Invasion games - Football</b></p> <ul style="list-style-type: none"> <li>Know what to do to stop a moving football</li> <li>Know what dribbling means</li> <li>Know what to do to score a goal</li> <li>Know the rules of thro- ins and free kicks and penalties</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- from watching professional runners past and present, know that you have to lift your knees when sprinting.</li> <li>- know how to do a sprint start and move slowly upwards</li> <li>- know how to improve their 50m sprint times</li> <li>- from professional throwers, know what the glide technique is and when it could be used.</li> <li>- from professional throwers, know what the rotation technique is and when it could be used</li> <li>- know that in some throws, you can take a run up e.g. javelin</li> <li>- know how to improve the distance in their throws</li> </ul>	<p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>-Know the rules of rounders</li> <li>-Know the rules of cricket</li> <li>-Know how to get someone out in rounders</li> <li>-Know how to get someone out in cricket</li> <li>-Know what the wicket keeper does</li> </ul>	<p><b>Target games - golf</b></p> <ul style="list-style-type: none"> <li>Know how to hold a putter</li> <li>Know how to do a putting stroke</li> <li>Know how to put a ball into a hole</li> <li>Know how the ground affects the ball</li> <li>Know what pitching is</li> <li>Know what a wafted club</li> <li>Know to hold a wafted club</li> <li>Know what club to select</li> <li>Know how to use the flag to aim towards</li> </ul> <p><b>Striking and fielding – rounders</b></p>	<p><b>Target games - archery</b></p> <ul style="list-style-type: none"> <li>Know what a bow and arrow are</li> <li>Know what they're aiming</li> <li>Know how to hold a bow</li> <li>Know how to attach the arrow to the bow</li> <li>Know what the colours on the target mean</li> <li>Know how professionals stand and aim</li> </ul> <p><b>Striking and fielding – rounders</b></p>

					<ul style="list-style-type: none"> <li>- know how to measure their throws, sprints and jumps</li> <li>- know that professional jumpers run and take off in a long jump</li> <li>- know that you measure the distance of a jump from the take off board to the nearest part of the sand</li> </ul>		<ul style="list-style-type: none"> <li>-know the tactics used in rounders as the attacking team and as the batting team</li> <li>-know the tactics used in cricket as the fielding team and the batting team</li> <li>-know how to score runs in cricket and rounders</li> </ul>	<ul style="list-style-type: none"> <li>-know how to play a competitive game of cricket and rounders</li> <li>-know about attacking and defending in cricket</li> </ul>
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**Skills – by the end of the year pupils should be able to:**

<b>Autumn One</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>• To learn how to balance</li> <li>• To roll a ball.</li> <li>• To dance and make movement to songs e.g. top half of the body</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>• To pick up different objects of a range of sizes, shape and weight and move from one place to another</li> <li>• To tip water from one container into another.</li> </ul> <p><b>Fine Motor</b></p>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>• To run, jump on one leg to another and on 2 legs, hop.</li> <li>• To move freely and with pleasure and confidence in a range of ways e.g. skip, sway, jump, hop.</li> <li>• To stamp, stride, walk at different pace.</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>• To get changed independently</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>• To use cutlery at lunchtime.</li> <li>• To write/copying their name.</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- coordinate movement to run, speed up and slow down movements and adapt the size of the movements to change the speed of the run</li> <li>- run at three different speeds using three different height of leg lift.</li> <li>- balance on one leg and lift up to hop.</li> <li>- improve the quality of their hops</li> <li>- use bent knees and swinging arms</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-remember a sequence of movements in a Pavane and a Gilliard</li> <li>-perform the steps and improvise gestures and dynamics</li> <li>-perform in time to the music</li> <li>-improvise a scene by acting out a Tudor washing scene</li> <li>-convey messages through gestures and actions</li> <li>-dance solo, in pairs and in a quartet</li> </ul>	<p><b>Net/wall</b></p> <ul style="list-style-type: none"> <li>- keep the ball in the air with a racquet</li> <li>-hold a racquet correctly</li> <li>-hit a forehand</li> <li>- hit a backhand</li> <li>-anticipate the ball's movement and swing for the ball at the right time</li> <li>-hit the ball with the right amount of power</li> <li>-control the ball sufficiently to maintain a rally</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-perform a javelin throw from a running start</li> <li>-perform a discus throw and hammer throw</li> <li>- improve the distance of their throws and improve each other's techniques</li> <li>- long jump using a hitch kick and hang kick</li> <li>- perform a triple jump and improve the distance of the jump. Decide on which leg is best to take off with</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Fuse Bhangra with a different dance style</li> <li>-Perform movements at different levels and understand 'flight' in dance</li> <li>-Perform movements in different directions</li> <li>-Perform movements at the same time as someone else</li> <li>-Perform movements at a different time to somebody else</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Coordinate moves with a partner</li> <li>-Perform kicks</li> <li>-Mirroring partner moves</li> <li>-Perform rotations and arm rotations</li> <li>-perform flight moves</li> <li>-perform a range of movement patterns</li> </ul>
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	<ul style="list-style-type: none"> <li>To thread beads onto string and cotton</li> </ul>	<ul style="list-style-type: none"> <li>To button and unbutton.</li> <li>To begin tying laces and ribbons .</li> </ul>	<p>to jump and coordinate movement to move forwards when jumping.</p> <ul style="list-style-type: none"> <li>- improve the quality of their jumps</li> <li>- throw a beanbag overarm into and near a target</li> <li>- throw a beanbag underarm</li> <li>- improve the distance of their throws.</li> </ul>			<ul style="list-style-type: none"> <li>- perform a hurdle run over low hurdles to get the skills they need</li> <li>-record a distance using a tape measure and a time with a stop watch</li> </ul>	<ul style="list-style-type: none"> <li>-perform and improve their moves and coordination</li> </ul>	
<b>Autumn Two</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To kick a ball.</li> <li>To dance and make movement to songs e.g. whole body</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To ride bikes and scooters over uneven ground.</li> <li>To use construction materials to build something</li> <li>To navigate hazards safely</li> <li>To explore filling containers differently.</li> </ul> <p><b>Fine Motor</b></p>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To use balls, ropes, bean bags with some understanding of how to control them e.g. strength of throw/ aim</li> <li>To use practise skills learnt last half term e.g. rolling, jumping running etc and begin to refine them</li> <li>To develop and become confident in a range of ball skills</li> </ul> <p><b>Fine Motor</b></p>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>-Mirror and match someone's else's moves (head, hand, foot)</li> <li>- side step, crawl</li> <li>-move on to and off apparatus</li> <li>-balance on one leg,</li> <li>-balance on a line</li> <li>-balance on a bench (wide and thin part)</li> <li>-jump in tuck, pike, straddle and bunny</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>-perform a pencil, dish, and forward roll</li> <li>-evaluate and improve each other's rolls</li> <li>-perform and improve a sequence on the floor</li> <li>-perform a paired balance</li> <li>-perform a paired sequence</li> <li>-perform a sequence on apparatus</li> <li>-hold a T balance</li> <li>-perform a tucked forward roll</li> <li>-Perform a Japana 45 balance</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>-Perform different types of balance - frog, arm, standing, knee, Japana inner flat position</li> <li>-Perform different types of roll – backward, teddy bear</li> <li>-Perform a sequence involving a start and finish position and balance, roll and jump</li> <li>-Perform a cartwheel</li> <li>-Perform a sequence to the timing of a piece of music</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Use floatation device to keep afloat</li> <li>-Being able to be confident in water</li> <li>-To jump up and down in water</li> <li>-To jump into water safely</li> <li>-Holding the side to practise the kicking</li> <li>-Perform kicks holding on to a float</li> <li>-Perform breaststroke, front crawl and backstroke arms.</li> </ul>	<p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>-Read a map to find markers around the school</li> <li>-use the 8 point compass, key and symbols to navigate around a course</li> <li>-Read a key to work as a relay to place something at the correct location</li> <li>-Record time taken and improve on personal best</li> </ul>	<p><b>Orienteering</b></p> <ul style="list-style-type: none"> <li>-Orienteer around a course that they're less familiar with</li> <li>-use a compass, the scale on a map to find and locate markers</li> <li>-solve problems as a team</li> </ul>

	<ul style="list-style-type: none"> <li>To make some marks</li> <li>To trace horizontal lines, spirals, anti-clock wise moves and over their names</li> <li>To show preference for a dominant hand</li> </ul>	<ul style="list-style-type: none"> <li>To use scissors with increase control and begin to cut objects out</li> <li>To develop fine motor skills to begin to complete tasks such as threading, tying, pinching</li> </ul>						
<b>Spring One</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To throw objects such as bean bags and balls</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To move water from one place to another</li> <li>To know how and be able to move around safely with some awareness of others and degree of control.</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To use a variety of mark making tools to create.</li> <li></li> </ul>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know what healthy choices are about food and drinks and why exercise is important</li> <li>Learn how to travel in different ways, developing greater skills and confidence</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To travel with confidence and skill around, under, over and through equipment</li> <li>To balance on bikes whilst collecting different items</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To hold a pencil correctly</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-work as a pair or a team in a dance to stretch up, down and to left and right</li> <li>-work as a pair and a team to step forwards, backwards and to the sides to the time of music</li> <li>-Re-create a dragon dance</li> <li>-perform dances with different dynamics</li> <li>-perform dances with jumping and bouncing</li> <li>-Perform movement patterns with arms, gesticulations in time with steps and stretches</li> </ul>	<p><b>Target games</b></p> <ul style="list-style-type: none"> <li>-bowl towards the jack getting within 30cm</li> <li>-use tactics to remove someone else's bowl</li> <li>-play skittles, adjusting the strength or force given to a bowl</li> <li>-Keep score</li> <li>-Pull the arm back and roll the arm forwards in the direction of the shot</li> <li>-Work out how to get closer to the target by adjusting the force of the throw</li> <li>-Sequence of movement in a bowl</li> <li>-Use tactics and game plan</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>-Use moves to create a mood</li> <li>-Copy the movements in the solo phrases</li> <li>-perform a dance pathways in singing in the rain</li> <li>-use a prop in their dance</li> <li>-dance in time to the music to dancing in the Rain</li> <li>-combine moves to convey moods in Dancing in the rain</li> <li>-learn from Gene Kelly and adapt his moves</li> </ul>	<p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>-Perform breaststroke for 10m</li> <li>-perform front crawl for 10m</li> <li>-perform backstroke for 10m thinking about the timing of the arms and the legs</li> <li>-breathe successfully when swimming 10m</li> <li>-improve their techniques with practice</li> </ul>	<p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>-use hands correctly to pass the ball in basketball and netball when attacking the net with team mates</li> <li>-dribble a basketball successfully</li> <li>-Pass a basketball and a netball successfully when attacking the basket</li> <li>-intercept some players attacking the net to take the ball off them</li> <li>- score a basket</li> <li>-prevent a basket being scored</li> <li>-attack and defend in small groups 4x4, 6x6</li> <li>-use Spatial awareness when</li> </ul>	<p><b>Net/wall</b></p> <ul style="list-style-type: none"> <li>-Hit a lob and a smash</li> <li>-hit a flick serve</li> <li>- use footwork to get in the right place to hit a shot</li> <li>-hit a rally in badminton</li> </ul>

		•					positioning self on pitch	
<b>Spring Two</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To throw objects such as bean bags and balls onto a target e.g. chair/ bench</li> <li>To jump up and down</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To stop at a point or line, start again, turn left and right on a trike/bike</li> <li>To use equipment to vary the flow of water e.g. down a drain pipe To use</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>pincers and tweezers</li> <li>Peg pictures on a line e.g. chicks in a row on a string line.</li> <li>To pick up and move small objects such as marbles, pasta shapes.</li> </ul>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To explore moving the ball with their feet.</li> <li>To direct a ball to a set place,</li> <li>To practise kicking the ball from a standing position to each other.</li> <li>To kick the ball as they move slowly.</li> <li>To stop a ball which is rolling towards them and retain their balance.</li> <li>To stop and then kick a ball.</li> <li>To have confidence moving the ball through various obstacles</li> <li>To confidently demonstrate a variety of different ball skills</li> </ul>	<p><b>Target games</b></p> <ul style="list-style-type: none"> <li>-Direct a bowl towards a target</li> <li>-direct a marble and adjust the strength of the roll</li> <li>-play bowls</li> <li>-play marbles</li> <li>-play skittles</li> <li>-adjust the strength or force given to a throw</li> </ul>	<p><b>Net/wall games</b></p> <ul style="list-style-type: none"> <li>-keep a rally going</li> <li>- serve and return the ball with a forehand and a backhand</li> <li>-improve the shots and the length of the rallies</li> </ul>	<p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>-catch a tennis ball and a rounders ball and a cricket ball successfully</li> <li>-Run round bases in rounders keeping hold of the bat</li> <li>-Catch someone out in rounders and cricket</li> <li>-Run between wickets to score a run</li> <li>-Bowl a ball overarm and underarm</li> </ul>	<p>Swimming</p> <ul style="list-style-type: none"> <li>-swim 25m lengths thinking about breathing</li> <li>-Treading water</li> <li>Perform safe self-rescue from different water-based situations.</li> </ul>	<p><b>Net/wall</b></p> <ul style="list-style-type: none"> <li>-strike a volley with a reduced backswing</li> <li>-serve into the service box accurately</li> <li>-play a small game in 2s and 4s</li> </ul>	<p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>-run into space to make it easier to pass or defend</li> <li>-move as a team with a rugby ball towards the try line</li> <li>-move with defenders to stop a team scoring</li> <li>-play mini rugby games</li> </ul>

<b>Summer One</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To balance on one leg.</li> <li>To jump from spot to spot e.g. two feet</li> <li>To throw objects such as bean bags and balls into a target e.g. bucket/ bowl</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To paint with a cotton bud.</li> <li>To carefully turn the pages of a book and place it back where it belongs.</li> <li>To trace letters etc in sand, foam etc.</li> <li>To finger paint a picture.</li> <li>To independently put on coat with some support for zips and buttons</li> <li>To begin to use scissors to cut out a shape.</li> <li></li> </ul>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To know how to move safely with equipment</li> <li>To understand the that we can move our bodies at different heights and levels</li> <li>To talk about our heart rate and how it goes up and down with exercise</li> <li>To talk about sweat and how sweat we during exercise</li> <li>To talk about how sleep is important and know about how we need to follow bedtimes</li> <li>To know that we should exercise regularly and how it help us stay healthy</li> </ul>	<p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>- throw a ball accurately</li> <li>-catch different balls successfully</li> </ul> <p>Learn how to aim</p> <ul style="list-style-type: none"> <li>-learn how to dodge a shot</li> <li>-use space to dodge shots</li> <li>-Learn keep between your defender and the ball</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Take off in a long jump with one foot and with two feet.</li> <li>- Improve the distance of their jumps</li> <li>- use non-standard measures to measure and improve the distance they can jump.</li> <li>- use the techniques used by professional long jumpers past and present.</li> <li>- Know how to run slowly and jog.</li> <li>- Change their technique to sprint and to run.</li> <li>- use their arms to move at the same pace as their legs.</li> <li>- take notes from video clips of professional long, medium and short distance runners.</li> <li>- direct a tennis ball, a bean bag and larger ball towards an object.</li> <li>- use different amount of force and height to throw a certain distance</li> </ul>	<p><b>Invasion Skills</b></p> <ul style="list-style-type: none"> <li>-Pass a netball successfully</li> <li>-defend against a team passing the netball</li> <li>-Work as a team to attack and defend</li> <li>-use spatial awareness when positioning self on pitch</li> <li>-play a small-sided game</li> </ul>	<p><b>Invasion games</b></p> <ul style="list-style-type: none"> <li>-Pass a football using the correct force, direction, and different parts of the foot</li> <li>-Work as a team to attack and defend</li> <li>-play a modified game taking throw-ins accurately, free kicks and penalties</li> <li>-use spatial awareness when positioning self on pitch</li> <li>- pass to empty spaces that their teammates will fill</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Help each other to improve their technique</li> <li>-Help each other to improve the trajectory of their throw</li> <li>-Learn about the take-off leg for a high jump. Try a high jump.</li> <li>-perform a short relay race, holding the baton and exchange in a handover</li> <li>-pace oneself over a longer distance</li> <li>-run a hurdle run modifying the sprint to take account of the hurdles</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-Exchange baton successfully in a relay</li> <li>-compete in a mini decathlon</li> <li>-compare their performances in runs, jumps and throws with previous ones and demonstrate improvement and their personal bests</li> </ul>
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				- help each other to improve the direction and distance of their throws				
<b>Summer Two</b>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To be able to travel in a variety of different ways using a wide range of body parts.</li> <li>To aim balls at a target.</li> <li>Move to a song in time to the words.</li> </ul> <p><b>Gross Motor</b></p> <ul style="list-style-type: none"> <li>To weave in and out of obstacles whilst on a bike</li> </ul> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To develop their small motor skills so that they can use a range of tools competently, safely, and confidently.</li> <li>To write their names.</li> </ul>	<p><b>P.E</b></p> <ul style="list-style-type: none"> <li>To combine feet and arms to the movement of the music e.g. hoke y kokey</li> <li>To move feet to different paces of the music</li> </ul> <p><b>Gross Motor</b></p> <p><b>Fine Motor</b></p> <ul style="list-style-type: none"> <li>To begin demonstrating a tripod grip during writing tasks and throughout the provision</li> <li>To write well formed, recognisable letters</li> </ul>	<p><b>Net/ball game</b></p> <ul style="list-style-type: none"> <li>-hold the bat correctly</li> <li>-hit a serve</li> <li>-hit a forehand</li> <li>-hit a backhand</li> <li>-keep the ball in the air by tapping it up</li> </ul>	<p><b>Invasion Games</b></p> <ul style="list-style-type: none"> <li>-Use the feet to stop a ball</li> <li>-Use the feet to move a ball and dribble a ball</li> <li>-Be able to look up at obstacles and down at your feet</li> <li>-strike a ball in a free kick and penalty</li> <li>-aim at a goal</li> <li>-aim a throw-in ball</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>-lift knees when sprinting and moving their arms</li> <li>- perform a sprint start</li> <li>-Learn how to get further distance by jumping higher</li> <li>-Learn how to plant their foot</li> <li>-use the movement before the throw to increase the force</li> <li>-evaluating own performance</li> <li>- perform throws using the javelin, glide and rotation techniques</li> <li>-Increase the distance of their throws, jumps and the speed of their sprints</li> </ul>	<p><b>Fielding</b></p> <ul style="list-style-type: none"> <li>-Play rounders games in teams of 4</li> <li>-Play cricket games in teams of 4</li> <li>-Direct a ball towards an area of the field</li> <li>-Bowl accurately at a target</li> </ul>	<p><b>Target games</b></p> <ul style="list-style-type: none"> <li>-Use correct amount of force to use a putter to putt a ball in a hole/trap</li> <li>-Lay up close to the hole to make the shot easier</li> <li>-Use correct posture over the ball</li> <li>-Use correct amount of force to use their club, and use correct swing</li> <li>-coordinate putter with the ball</li> </ul> <p><b>Fielding games</b></p> <ul style="list-style-type: none"> <li>-use tactics in rounders to get more people out or to score more runs</li> <li>-use tactics in cricket to score more runs or get more people out</li> </ul>	<p><b>Target games</b></p> <ul style="list-style-type: none"> <li>-Hold the bow correctly and aim the arrow</li> <li>-hit the target area with an arrow</li> <li>-improve their aim and their performance to create a personal best</li> <li>-apply safety measure to shoot arrows safely</li> </ul> <p><b>Fielding games</b></p> <ul style="list-style-type: none"> <li>-play competitive games of cricket and rounders knowing the rules and how to attack and defend</li> </ul>
<b>General skills including questioning, problem solving, presenting and curiosity</b>								

	<ul style="list-style-type: none"> <li>• Understanding of the body after exercise</li> <li>• Dressing themselves</li> <li>• Trial and error</li> <li>• Hygiene</li> <li>• Health and safety practice</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of the body after exercise</li> <li>• Dressing themselves</li> <li>• Trial and error</li> <li>• Hygiene</li> <li>• Health and safety practice</li> </ul>	<ul style="list-style-type: none"> <li>• Understanding of the body after exercise</li> <li>• Dressing themselves</li> <li>• Trial and error</li> <li>• Hygiene</li> <li>• Health and safety practice</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Practice and improve</li> <li>• Knowledge of Tudor period</li> </ul>	<ul style="list-style-type: none"> <li>• How forces act on the body during athletics</li> <li>• Language of improvement</li> <li>• Creativity/ improvisation</li> <li>• Improvement</li> <li>• Helping each other to improve their moves</li> </ul>	<ul style="list-style-type: none"> <li>• Selecting the correct unit of measurement</li> <li>• Understanding of further (bigger number) and faster (smaller number)</li> <li>• Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Constructive feedback delivery</li> <li>• Evaluation</li> <li>• Patience</li> <li>• Encouragement</li> <li>• Resilience</li> </ul>	<ul style="list-style-type: none"> <li>• Resilience</li> <li>• Take criticism and coaching</li> <li>• Coaching</li> </ul>
	<ul style="list-style-type: none"> <li>• Warming up</li> <li>• Turn taking</li> <li>• Working in partners</li> <li>• Moving safely</li> </ul>	<ul style="list-style-type: none"> <li>• Warming up</li> <li>• Turn taking</li> <li>• Working in partners</li> <li>• Moving safely</li> </ul>	<ul style="list-style-type: none"> <li>• Warming up</li> <li>• Stretching</li> <li>• Close observation</li> <li>• Working in partners</li> <li>• Safety on equipment</li> <li>• Coordinating multiple movements</li> </ul>	<ul style="list-style-type: none"> <li>• Trial and improvement</li> <li>• Sequence of movement</li> <li>• Safety around equipment</li> <li>• Hygiene</li> <li>• Teamwork</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Appreciate other's performance (be a good audience member)</li> <li>• Listening to music</li> <li>•</li> </ul>		<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Strongest as the weakest team member – setting the pace on the slowest</li> <li>• Cultural awareness and respect for other cultures</li> <li>• To understand the significance of harvest for Bhangra dancing</li> </ul>	<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Calm in the face of adversity</li> <li>• Teamwork</li> <li>• What to do when things go wrong</li> <li>• Cultural awareness – mixing of culture. Not fixed.</li> <li>•</li> </ul>
			<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Cultural awareness/ respect</li> <li>• Remembering</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Estimation</li> <li>• Measuring distance</li> <li>• Winning and losing and handling both</li> <li>•</li> </ul>	<ul style="list-style-type: none"> <li>• Counting strokes</li> <li>•</li> </ul>			
			<ul style="list-style-type: none"> <li>• Estimation</li> <li>• Taking turns</li> <li>• Winning and losing and handling both</li> </ul>	<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Communication</li> </ul>	<ul style="list-style-type: none"> <li>•</li> </ul>			

			<ul style="list-style-type: none"> <li>• Teamwork</li> <li>• Verbal and non verbal communication</li> </ul>					
			<ul style="list-style-type: none"> <li>• Sequencing actions</li> </ul>					

**Experiences/community project/world perspective**

	<ul style="list-style-type: none"> <li>• Outdoor provision</li> </ul>	<ul style="list-style-type: none"> <li>• Outdoor provision</li> <li>• Manchester City Football Day</li> </ul>	<ul style="list-style-type: none"> <li>• Longford Park</li> <li>• Watch Olympic events (floor)</li> <li>• Watch a dragon dance</li> <li>• Watch videos of marbles games being played</li> <li>• Watching netball games</li> <li>• Watching table tennis being played</li> </ul>	<ul style="list-style-type: none"> <li>• Sale Harriers/ Etihad/ watch Olympic events</li> <li>• Gymnastics venue?</li> <li>• Perform Tudor dance at the Tudor hall</li> <li>• Watch video clips Lucy Worsley at Hampton Court</li> <li>• Bowling green visit/ trip</li> <li>• Football match?</li> </ul>	<ul style="list-style-type: none"> <li>• Professional/ Amateur thrower – demo of the glide/ rotation technique</li> <li>• Watch Singing in the Rain and George Sampson version</li> <li>• Tennis at the park</li> </ul>	<ul style="list-style-type: none"> <li>• Longford Park</li> <li>• Swimming at a swimming pool</li> </ul>	<ul style="list-style-type: none"> <li>• Professional athlete visit – high jumper?</li> <li>• Visit from a Bhangra group?</li> <li>• Pitch and putt or Frisbee golf – Longford Park <ul style="list-style-type: none"> <li>• Crazy golf (!)</li> </ul> </li> </ul>	<ul style="list-style-type: none"> <li>• Competition – Etihad/ Sale Harriers and compete.</li> <li>• Watch the British Championship</li> <li>• Chorlton Water Park orienteering course (secondary school volunteers)</li> <li>• See range of popular culture where dance appears.</li> </ul>
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**Vocabulary/Texts**

<ul style="list-style-type: none"> <li>• Aut 1: turn, page, gently, thread, bead, build, pattern, balance, shape, size, stack, on top, climb, kick, ball, fill,</li> </ul>	<ul style="list-style-type: none"> <li>• Aut 1: movement, space, walk, run, skip, jump, hop, leap, write, hold, tying, stride, pace, differently, cutlery, name</li> </ul>	<ul style="list-style-type: none"> <li>• Aut 1: run, jog, sprint, slow, quick, stride, one foot, two foot, jump, hop, leap, swing, bend, push,</li> </ul>	<ul style="list-style-type: none"> <li>• Aut 1: pavane, galliard, forward, backward, side, left, right, clockwise, anticlockwise, step, leap, turn,</li> </ul>	<ul style="list-style-type: none"> <li>• Aut 1: serve, forehand, backhand, grip, rally, aim, target, volley</li> <li>• Aut 2: flexibility, backward,</li> </ul>	<ul style="list-style-type: none"> <li>• Aut 1: hang kick, hitch kick, javelin, discus, hop skip jump, triple, hurdle, take off, further, faster,</li> </ul>	<ul style="list-style-type: none"> <li>• Aut 1: Bhangra, street, fusion, unison, canon, levels, choreograph</li> <li>• Aut 2: north, south, east, west, key,</li> </ul>	<ul style="list-style-type: none"> <li>• Aut 1: capoeira, ginga, bancao, meia-lua de frente, queixada, au, role, esquivia, unison,</li> </ul>
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	<p>empty, pour, container</p> <ul style="list-style-type: none"> <li>Aut 2: mark, write, draw, pen, pencil, bike, ride, fast, slow, uphill, downhill, build, block, brick, funnel, jug, container, pour</li> <li>Spr 1: Hold, pen, pencil, chalk, crayon, draw, shape, line, circle, pattern, swirl, move, look, aim, run, walk, climb, balance, ball, beanbag, hoop, target, container, jug, spill, full, water, liquid, pour</li> <li>Spr 2: Toilet, clean, germs, hygiene, flush, soap, wash, water, wipe, bottom, private parts, stop, go, right, left, turn, squeeze, tweezer, peg</li> <li>Sum 1: cut, edge, line, shape, jump, bend, knees, feet, together, hop, scissors, balance,</li> </ul>	<ul style="list-style-type: none"> <li>Aut 2: movement, threading, tying, cutting, holding, throwing, rolling, jumping, running, skipping, leaping, stretching, control, skill</li> <li>Spr 1: Roll, squeeze, grip, flat, jump, run, push, move, space, fast, slow, stop, start, twist, turn, run, tripod, dominant, obstacles</li> <li>Spr 2: Roll, kick, dribble, jump, run, push, move, space, fast, slow, stop, start, twist, turn, pass, dominant, obstacles</li> <li>Sum 1: run, jump, throw, levels, height, safety, equipment, exercise, healthy, bedtimes, sleep, routines, sweat, heart rate, equipment</li> <li>Sum 2: Roll, kick, dribble, jump, run, push, move, space, fast,</li> </ul>	<p>opposite, release, throw, overarm, underarm</p> <ul style="list-style-type: none"> <li>Aut 2: tuck, pike, straddle, side step, mirror, freeze, bunny</li> <li>Spr 1: left, right bounce jump, step, patterns of 4 or 8,</li> <li>Spr 2: aim, target, score, power, accuracy</li> <li>Sum 1: attack, defend, score, shoot, netball, benchball, pass, throw, catch,</li> <li>Sum 2: forehand, backhand, serve</li> </ul>	<p>gesture, improvise, pairs, quartets</p> <ul style="list-style-type: none"> <li>Aut 2: pencil roll, dish roll, japana, paired balance, sequence, match,</li> <li>Spr 1: bowl, target, aim, roll,</li> <li>Spr 2: forehand, backhand, grip, rally</li> <li>Sum 1: aim, target, direct, pace, long jump, sprint, take off, quick, slow</li> <li>Sum 2: dribble, football, shoot, score, goal, attack, defend</li> </ul>	<ul style="list-style-type: none"> <li>Spring 1: skip, leap, gallop, spin, rotate, turn, pathway, prop,</li> <li>Spring 2: jack, boule</li> <li>Sum 1: bounce pass, chest pass, shoulder pass, GK GD WD C WA GA GS</li> <li>Sum 2: plant, glide technique, rotation technique</li> </ul>	<p>record, distance</p> <ul style="list-style-type: none"> <li>Front crawl, back stroke, breast stroke, treading water, float, breathe, self rescue, safety</li> <li>Sum 1: defence, midfield, forwards, goalkeeper</li> </ul>	<p>orientate, direction,</p> <ul style="list-style-type: none"> <li>Spr 1: putter, grip, stroke</li> <li>Spr 2: shuttlecock, flick shot,</li> <li>Sum 1: bounce, chest, baseball, overhead pass, dribble, backboard</li> <li>Sum 2: 400m, high jump, trajectory, relay, baton, handover</li> </ul>	<p>mirroring, canon, freeze frame, ending tableau, ternary form</p> <ul style="list-style-type: none"> <li>Aut 2: compass, scale (of a map), distance (on a map)</li> <li>Spr 1: bow, arrow, target, aim, line up</li> <li>Sum 1: baton, exchange, straddle, Fosbury Flop,</li> <li>Rugby – tag, tackle, try</li> <li>Sum 2: lob, smash, flick serve, footwork,</li> </ul>
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	<p>paint, dot, cotton bud</p> <ul style="list-style-type: none"> <li>Sum 2: Obstacle, over, under, on top, around, move, climb, crawl, skip, jump, hop, run, walk, balance, beam, bench, curved, lines, letter, name, first, next</li> </ul>	<p>slow, stop, start, twist, turn, pass, dominant, obstacles, tripod</p>						
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**People**

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