



Hill Avenue Academy PE Overview

PE	Autumn Term	Spring Term	Summer Term
Nursery	Moving and handling	Moving and handling	Moving and handling
Physical development	<ul style="list-style-type: none"> Run safely on my whole foot. Squat with steadiness to rest or play with an object on the ground, and can rise to my feet without using my hands. Climb confidently and I am beginning to pull myself up on nursery play climbing equipment. Kick a large ball 	<ul style="list-style-type: none"> Move freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Mount stairs, steps or climbing equipment using alternate feet. 	<ul style="list-style-type: none"> Walk downstairs, two feet to each step while carrying a small object Run skillfully and negotiates space successfully, adjusting speed or direction to avoid obstacles Stand momentarily on one foot when shown Catch a large ball
Reception	Moving and handling	Moving and handling	Moving and handling
Physical development	<ul style="list-style-type: none"> Explore different ways of moving Jump off an object and land appropriately Negotiate space successfully when playing racing and chasing games with other children, adjusting my speed or changing my direction to avoid obstacles 	<ul style="list-style-type: none"> Travel with confidence and skill around, under, over and through balancing and climbing equipment Show increasing control over an object in pushing, patting, throwing, catching or kicking it. 	<ul style="list-style-type: none"> Show good control and co-ordination in large and small movements Move confidently in a range of ways, safely negotiating space
Year 1	<ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Becoming physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour Generate and implement ideas, plans and strategies, exploring alternatives Move with ease, poise, stability and control in a range of physical contexts Find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media Communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing 		

	<p>Gymnastics</p> <ul style="list-style-type: none"> Investigate ways to jump and balancing on different body parts Explore basic gymnastic actions on the floor Copy or create, remember and repeat, short movement phrases of 'like' linked actions Use skills and agilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible Learn a range of basic gymnastic skills and put together a short sequence of actions, with a starting and finishing position Link actions on the floor Work on their own to put together a sequence Learn how exercise affects the body Watch gymnastic performances and learn to describe what they see. <p>Story dancing</p> <ul style="list-style-type: none"> Creating and performing short dances that are based upon different stories the children have read Use movement to explore and communicate ideas in stories, and use their own feelings and thoughts Communicate an idea and unfold a character in a story Explore a wider range of dance Examine how different body actions show moods and feelings, and will learn how to use different parts of the body to imitate and lead movement Create short dances, perform with a partner or small group, and use language associated with movement to evaluate and improve their dances <p>Invasion games</p> <ul style="list-style-type: none"> Explore the development of movement, balance and co-ordination Develop the five multi-abilities of creative, cognitive, social, physical and personal development 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 Participate in team games, developing simple tactics for attacking and defending Engage in competitive and co-operative physical activities, in a range of increasingly challenging situations Be physically active for sustained periods of time Have the strength, stamina and suppleness to use a range of fundamental movement skills across a broad range of activities Develop simple tactics for attacking and defending 	<p>Dance</p> <ul style="list-style-type: none"> Explore basic skills, actions and ideas with increasing understanding Remember and repeat simple skills and actions with increasing control and coordination Explore how to choose and apply skills and actions in sequence and in combination Vary the way they perform skills by using simple tactics and movement phrases Apply rules and conventions for different activities Evaluating and improving performance Knowledge and understanding of fitness and health Explore basic body actions, eg jumping and turning, and use different parts of their body to make movements related to toys Create and repeat short dances inspired by themes such as jack in the box, soldiers and streamers Use movement to explore and communicate ideas and issues, and their own feelings and thoughts Develop an awareness of the history of different toys and how they have changed throughout the years Examine how different body actions show how toys move, and will learn how to use different parts of the body to imitate and lead movements Create short dances, perform with a partner, and use language associated with movement to evaluate and improve their dances <p>Parachute games</p> <ul style="list-style-type: none"> Learn about the changes to their bodies during exercise and the importance of being active Work as part of a team and to cooperate with others Develop skills in working within a given space Play with the same basic set up around the parachute and follow the same basic rules for different games, but will use a range of activities and skills, including running, stretching and listening Use skills and cooperation Learn why we need to warm up before exercise and cool down afterwards and how to do this safely <p>Indoor athletics</p> <ul style="list-style-type: none"> Learn about the changes to their bodies during exercise and the importance of being active Learn to work as part of a team and to cooperate with others Develop skills in working within a given space Use a range of activities and skills, including running, stretching and listening 	<p>Active play/ netball</p> <ul style="list-style-type: none"> Develop movement, balance and co-ordination Develop the five multi-abilities of creative, cognitive, social, physical and personal development Develop competence in fundamental movement skills leads to competence in more complex sports skills. E.g) an overarm throw involves coordinating body parts which when mastered aids the development of throwing and the netball shoulder pass Develop their problem solving techniques and will use the multi skills to create their own challenges to solve. This unit focuses on net/wall games <p>Striking and Fielding</p> <ul style="list-style-type: none"> Introduce a multi-skills approach to learning through activities that are fundamentals of movement Focus on the development of movement, balance and co-ordination Develop competence in fundamental movement skills leads to competence in more complex sports skills. E.g) an overarm throw involves coordinating body parts which when mastered aids the development of throwing in cricket and rounders, the javelin throw, tennis serve and the netball shoulder pass Develop their problem solving techniques and will use the multi skills to create their own challenges to solve. This unit focuses on striking and fielding. <p>Multi skills</p> <ul style="list-style-type: none"> Gain the experience of appropriate fundamental movement abilities to help them develop physical competence Explore simple activities and games
Year 2	<ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Becoming physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Reflect on and evaluate evidence when making personal choices or bringing about improvements in performance and behaviour Generate and implement ideas, plans and strategies, exploring alternatives Move with ease, poise, stability and control in a range of physical contexts Find information and check its accuracy, including the different ways that issues are presented by different viewpoints and media Communicate clearly and interact with a range of audiences to express views on issues that affect their wellbeing 		

	<p>Gymnastics</p> <ul style="list-style-type: none"> Investigate movement, stillness, and how to find and use space safely Explore basic gymnastic actions on the floor Copy or create, remember and repeat, short movement phrases of 'like' linked actions, eg two jumps, or two rolls Use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible <p>Multi skills games</p> <ul style="list-style-type: none"> Gain the experience of appropriate fundamental movement abilities to help them develop physical competence Include simple activities and games which will provide deliverers with a fun and exciting way of presenting this important work for children Builds on from previous multi-skills ABC unit in year 1 Develop competence in fundamental movement skills leads to competence in more complex sports skills. E.g) an overarm throw Involves co-ordinating body parts which when mastered aids the development of throwing in cricket and rounders, the javelin throw, tennis serve and the netball shoulder pass. <p>Mini soccer/mini benchball</p> <ul style="list-style-type: none"> Improve and apply their basic skills in invasion games Play games that demand simple choices and decisions on how to use space to avoid opponents, keep the ball and score points Think about how to use skills, strategies and tactics to outwit the opposition 	<p>Active play – problem solving/Outdoor adventure</p> <ul style="list-style-type: none"> Introduced to a multi-skills approach to learning through activities that are fundamentals of movement Focuses on the development of movement, balance and co-ordination which link to the long term athlete development framework Develops the five multi-abilities of creative, cognitive, social, physical and personal development Developing competence in fundamental movement skills leads to competence in more complex sports skills. E.g) an overarm throw involves coordinating body parts which when mastered aids the development of throwing in cricket and rounders, the javelin throw, tennis serve and the netball shoulder pass Develop their problem solving techniques and will use the multi skills to create their own challenges to solve. <p>Dance – moods and feelings</p> <ul style="list-style-type: none"> Use a range of basic dance actions with understanding Work alone with guidance from the teacher to create movement ideas Use different levels, directions and speeds and choose appropriate actions for the dance idea Understand and use contrasts in weight (dynamic elements) Talk about the dance and why they liked it, using appropriate vocabulary 	<p>Scatterball</p> <ul style="list-style-type: none"> Introduced to a multi-skills approach to learning through activities that are fundamentals of movement Development of movement, balance and co-ordination which link to the long term athlete development framework Develop the five multi-abilities of creative, cognitive, social, physical and personal development Developing competence in fundamental movement skills leads to competence in more complex sports skills. E.g) an overarm throw involves coordinating body parts which when mastered aids the development of throwing in cricket and rounders, the javelin throw, tennis serve and the netball shoulder pass. In this unit the chn will develop their problem solving techniques and will use the multi skills to create their own challenges to solve. This unit has a focus on the game scatterball <p>Tennis</p> <ul style="list-style-type: none"> Discuss the importance of being active when learning the basic skills in tennis Learn to work as part of a team and to cooperate with others when working in pairs Develop skills in working within a given space and how to use a ball and racket correctly Include a warm-up, agility, balance and coordination skills, a main theme and a game Understand why we need to warm up before exercise and cool down afterwards and how to do this safely <p>Athletics</p> <ul style="list-style-type: none"> Learn key skills in sports day team and individual events Explore running, jumping and throwing activities, and take part in simple challenges and competitions, (including sports day) Experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance Think about how to achieve the greatest possible speed, height, distance or accuracy
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Year 3	<p>Dance</p> <ul style="list-style-type: none"> Perform dances using a range of movement patterns Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Focus on creating characters and narrative through movement and gesture Gain inspiration from a range of subjects, and work in pairs and small groups Think about how to use movement to explore and communicate ideas and issues, and their own feelings and thoughts Develop an awareness of the historical and cultural origins of different dances <p>Gymnastics</p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Improving the quality of their gymnastic movement, e.g. by stretching fingers and pointing toes, to help them produce tension and extension Plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed Use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible Refine and combine their abilities and actions to answer set movement tasks Work with a partner on the floor and using apparatus Choose and adapt actions from their individual sequences to create sequences together Learn that strength and suppleness affect the performance of gymnastic actions, and will know whether or not the layout of apparatus is safe Make simple assessments of their performance based on clear criteria that their teacher gives them <p>Net wall</p> <ul style="list-style-type: none"> Strike a ball with reasonable control and accuracy at a target or over a net Select and use appropriate basic shots in different situations Understand simple principles and tactics and use them effectively in a game activity Play confidently and competitively in small sided games. 	<p>Dodgeball</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Use running, jumping, throwing and catching in isolation and in combination Develop the fundamentals of Agility, Balance & Coordination Working together to achieve a common goal Use transferable core skills of throwing, catching, running, jumping, dodging and blocking children Perform basic skills needed for the net/wall game with increasingly control and consistency Understand and use rules and keep games going, and will understand the way they play and how they can improve their skills <p>Invasion games</p> <ul style="list-style-type: none"> 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 Learn how to outwit their opponents and score when playing invasion games Develop skills in finding and using space to keep the ball Play with the same basic court set-up and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills Think about how to use skills, strategies and tactics to outwit the opposition Enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal' Learn simple attacking tactics using a range of equipment and skills, and start to think about how to organise themselves to defend their goals Start by playing small, uneven-sided games, and move on to even-sided games 	<p>Athletics</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Explore running, jumping and throwing activities, and take part in simple challenges and competitions, (including sports day) Experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance Think about how to achieve the greatest possible speed, height, distance or accuracy Develop personal learning and thinking skills through three athletic themes: running, jumping and throwing <p>Striking and fielding/problem solving</p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team Learn to strike a ball with reasonable control and accuracy at a target or to a person Select and use appropriate basic shots in different situations Understand simple principles and tactics and use them effectively in a striking and fielding game Play confidently and competitively in small sided games Perform basic skills needed for the striking and fielding game with increasingly control and consistency Understand and use rules and keep games going, and will understand the way they play and how they can improve their skills. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations.
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Year 4	<p>Dance</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Perform dances using a range of movement patterns Perform dances, focusing on creating, adapting and linking a range of dance actions. These are inspired by a variety of subjects, including some traditional, social and/or historical dances Work with a partner and in small groups Use movement to explore and communicate ideas and issues, and their own feelings and thoughts Develop an awareness of the historical and cultural origins of different dances <p>Gymnastics</p> <ul style="list-style-type: none"> Focus on improving the quality of their gymnastic movement and develop them to create simple sequence Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] Plan and perform sequences of contrasting actions, and develop flow by linking actions smoothly and planning variations in speed Use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible Refine and combine their abilities and actions to answer set movement tasks Work with a partner on the floor and using apparatus Choose and adapt actions from their individual sequences to create sequences together Learn that strength and suppleness affect the performance of gymnastic actions, and will know whether or not the layout of apparatus is safe Make simple assessments of their performance based on clear criteria that their teacher gives them <p>Archery</p> <ul style="list-style-type: none"> Follow the rules of archery while playing either target or field archery, have a strong understanding of the safety that is involved with archery Demonstrate proper techniques such as stringing a bow: the push- pull method and the step-through method, holding a bow, drawing and anchoring, aiming and holding, releasing and follow through, execute accuracy and consistently by hitting a general area Recognize and describe the opportunities to pursue archery in their local community 	<p>Tri golf</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Develop the range and quality of their skills and understanding Learn how to play the different strokes involved in tri golf Use skills, strategies and tactics to outwit the opposition. In striking and fielding games, players achieve this by striking a ball to reach a target <p>Tennis</p> <ul style="list-style-type: none"> Learn about the importance of being active when learning the basic skills in tennis Work as part of a team and to cooperate with others when working in pairs Develop skills in working within a given space and how to use a ball and racket correctly Develop lessons with a warm-up, agility, balance and coordination skills, a main theme and a game. Understand why we need to warm up before exercise and cool down afterwards and how to do this safely <p>Outdoor adventure/ orienteering</p> <ul style="list-style-type: none"> Set physical challenges and problems to solve, and work on their own and in small groups Take part in outdoor and adventurous activity challenges both individually and within a team Take part in simple orientation activities using maps and diagrams Follow maps and trails Try to solve physical problems and challenges, and learn how to work safely in a range of situations Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations. 	<p>Striking and fielding/ Quicksticks</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives 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 Learn simple attacking tactics through the game of quicksticks Think about how to organise themselves to defend their goals Start by playing small, uneven-sided games, and move on to even-sided games Use skills, strategies and tactics to outwit the opposition Enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal' <p>Athletics</p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination Explore running, jumping and throwing activities, and take part in simple challenges and competitions, (including sports day) Experiment with different ways of travelling, throwing and jumping, increasing their awareness of speed and distance Think about how to achieve the greatest possible speed, height, distance or accuracy <p>Rounders</p> <ul style="list-style-type: none"> Develop the range and quality of their skills and understanding Learn how to play the different roles of bowler, backstop, fielder and batter Use skills, strategies and tactics to outwit the opposition In striking and fielding games, players achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run around bases to score runs When fielding, they try to prevent runs or points being scored
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Year 5	<p>Gymnastics</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Use their knowledge of compositional principles, e.g. how to use variations in speed, level and direction, how to combine and link actions, how to relate to partners and apparatus, to develop sequences that show an awareness of their audience Use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <p>Dance</p> <ul style="list-style-type: none"> Focus on popular dance styles of different eras Explore a range of dances, using step and gesture patterns, body shapes, contact work, and contrasts in dynamic and rhythmic patterning Learn more about both dance style and music. Use movement to explore and communicate ideas and issues, and their own feelings and thoughts Develop an awareness of the historical and cultural origins of different dances Perform dances using a range of movement patterns, evaluate and improve performances <p>Badminton</p> <ul style="list-style-type: none"> Develop the range and quality of their skills when playing games using badminton rackets Learn specific tactics and skills for games such as short tennis Use skills, strategies and tactics to outwit the opposition In net/wall games, players achieve this by sending a ball (or shuttlecock) towards a court or target area which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations. 	<p>Cricket</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Learn how to hit or strike the ball into spaces, so that they can score runs in different ways When fielding, they learn how to work together to keep the batters' scores down Think about how they use skills, strategies and tactics to outwit the opposition In striking and fielding games, players achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run between wickets or around bases to score runs When fielding, they try to prevent runs or points being scored Take part in outdoor and adventurous activity challenges both individually and within a team <p>Futsal</p> <ul style="list-style-type: none"> Develop skilful attacking and team play through the game of indoor football Learn how to work well as a team when attacking, and explore a range of ways to defend Use skills, strategies and tactics to outwit the opposition In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal' <p>Netball</p> <ul style="list-style-type: none"> Improve their defending and attacking play Play even-sided mini-versions of the invasion game high 5 netball Use skills, strategies and tactics to outwit the opposition In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal' 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 	<p>Indoor athletics</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Developing their technical understanding of indoor athletic activity Learn how to set targets and improve their performance in a range of running, jumping and throwing activities Achieve the greatest possible speed, height, distance or accuracy Demonstrate these activities and achievements Assess their own performance <p>Ultimate Frisbee</p> <ul style="list-style-type: none"> Learn a variety of passing and catching skills using a Frisbee disc Improve their cardiovascular endurance Demonstrate techniques such as ways to hold a Frisbee, send and receive a Frisbee, aim for a target with a Frisbee When the skills are applied Ultimate Frisbee can be a face-paced game, demanding its players to develop razor sharp throwing skills and stamina and agility <p>Volleyball</p> <ul style="list-style-type: none"> Develop the range and quality of their skills when playing games over a net Learn specific tactics and skills for games such as volleyball Use skills, strategies and tactics to outwit the opposition In net/wall games, players achieve this by sending a ball (or other implement) towards a court or target area which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it Use running, jumping, throwing and catching in isolation and in combination
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Year 6	<p>Gymnastics</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Use variations in speed, level and direction Combine and link actions Relate to partners and apparatus, to develop sequences that show an awareness of their audience Use skills and abilities individually, in combination and in sequence, with the aim of showing as much control and precision as possible Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] <p>Dance</p> <ul style="list-style-type: none"> Learn different styles of dance and focus on dancing with other people Create, perform and watch dances in a range of styles, working with partners and groups Use movement to explore and communicate ideas and issues, and their own feelings and thoughts Develop an awareness of the historical and cultural origins of different dances Perform dances using a range of movement patterns and evaluate and improve performances <p>Archery</p> <ul style="list-style-type: none"> Follow the rules of archery while playing either target or field archery, have a strong understanding of the safety that is involved with archery Demonstrate proper techniques such as stringing a bow: the push- pull method and the step-through method, holding a bow, drawing and anchoring, aiming and holding, releasing and follow through, execute accuracy and consistently by hitting a general area 4 out of 6 Recognize and describe the opportunities to pursue archery in their local community 	<p>Indoor athletics</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Developing their technical understanding of indoor athletic activity Learn how to set targets and improve their performance in a range of running, jumping and throwing activities Achieve the greatest possible speed, height, distance or accuracy Demonstrate these activities and achievements Assess their own performance <p>Lacrosse</p> <ul style="list-style-type: none"> Develop skilful attacking and team play through the game of Lacrosse Learn how to work well as a team when attacking, and explore a range of ways to defend Use skills, strategies and tactics to outwit the opposition Enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal' <p>Rounders</p> <ul style="list-style-type: none"> Develop the range and quality of their skills and understanding Learn how to play the different roles of bowler, backstop, fielder and batter. In all games activities Use skills, strategies and tactics to outwit the opposition In striking and fielding games, players achieve this by striking a ball and trying to deceive or avoid fielders, so that they can run around bases to score runs When fielding, they try to prevent runs or points being scored 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 <p>Swimming</p> <ul style="list-style-type: none"> swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations. 	<p>Tag rugby</p> <ul style="list-style-type: none"> Develop competence to excel in a broad range of physical activities Physically active for sustained periods of time Engage in competitive sports and activities Lead healthy, active lives Improve their defending and attacking play Play even-sided mini-versions of the invasion game Tag Rugby In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal' <p>Ultimate Frisbee</p> <ul style="list-style-type: none"> Learn a variety of passing and catching skills using a Frisbee disc Improve their cardiovascular endurance throughout the unit and demonstrate techniques such as ways to hold a Frisbee, send and receive a Frisbee, aim for a target with a Frisbee When the skills are applied Ultimate Frisbee can be a face-paced game, demanding its players to develop razor sharp throwing skills and stamina and agility <p>Volleyball</p> <ul style="list-style-type: none"> Develop the range and quality of their skills when playing games over a net Learn specific tactics and skills for games such as volleyball and take part within a team Use skills, strategies and tactics to outwit the opposition In net/wall games, players achieve this by sending a ball (or other implement) towards a court or target area which their opponent is defending. The aim is to get the ball to land in the target area and make it difficult for the opponent to return it Use running, jumping, throwing and catching in isolation and in combination
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