



Bure Park Primary School

Subject PE

- **Overview**
- **Scheme of Work**
- **Progression of Skills & Year Group End Points**

Bure Park Curriculum 2024-2025

This was developed using the Get Set 4 PE framework and our close affiliation with Drumba.

<https://pe.getset4education.co.uk/>

<https://www.drumba.co.uk/>

	Autumn Term		Spring Term		Summer Term	
EYFS	Introduction to PE	Ball skills	Fundamentals	Ball skills	Fundamentals	Games
Year 1	Sending and receiving Fundamentals Yoga	Ball skills Dance	Multiskills Drumba	Target games Striking and fielding	Athletics Fitness	Athletics Net and wall
Year 2	Fundamentals Sending and receiving Yoga	Ball skills Drumba	Multiskills Gymnastics	Striking and fielding Target games	Athletics Fitness	Athletics Invasion Games
Year 3	OAA Ball Skills	Netball Drumba	Dodgeball Dance	Tennis Fitness	Athletics Golf	Rounders Cricket
Year 4	OAA Swimming	Football Swimming	Hockey Swimming	Cricket Gymnastics	Athletics Drumba	Golf Rounders
Year 5	OAA Fitness	Netball Gymnastics	Dodgeball Drumba	Tennis Swimming	Athletics Swimming	Rounders T1 Rugby
Year 6	OAA Fitness	Netball Gymnastics	Dodgeball Drumba	Golf Tennis	Athletics T1 Rugby	Cricket Swimming

Teacher taught - hall slot, Teacher taught - outside, Taught by PE Specialist, Swimming - 1 hour, KS1 Third lesson

KS1 pupils receive a third session each week, from term 2, to recap skills taught and develop skills further.

KS1 - 3 x 40 minutes sessions

KS2 - 2 x 1 hour sessions

EYFS

Our Physical Education provision aims to build on:

- Fundamental movement skills e.g. running, jumping, balancing
- Fine motor skills - developing control with hands and fingers and preparing children for writing and other precise tasks
- Gross motor skills - developing core strength, stability, balance, spatial awareness, coordination and agility

In EYFS, we encourage our pupils to develop these skills through active play and exploration. We aim to develop confidence and enjoyment in physical movement. Pupils have access to fine and gross motor provision daily, which are planned by class teachers through continuous provision, provision enhancements related to class themes/topics or specific, adult-led activities that focus on particular skills. Our pupils also have access to large equipment (e.g. bikes, climbing frames, balls, sandpit) to enhance physical confidence and development.



End points for EYFS

Through our PESSPA provision, all pupils will be able to:

Physical:

- run, jump, skip, hop, balance and crawl
- roll, stop a rolling ball, throw, track, bounce, catch, dribble with feet, kick
- change direction

Social:

- use equipment safely and share it with others
- communicate, work cooperatively and take turns with others
- show an awareness of others when working in a space
- support team-mates when playing games

Emotional:

- make independent choices whilst playing games
- persevere even if skills are new and challenging
- show confidence to try new challenges
- show honesty in group activities
- understand and manage their emotions when playing games

Thinking:

- choose their own method of travelling around space
- listen and follow instructions
- reflect on their own learning
- use elements of decision making and simple tactics
- understand that bigger targets are easier to score in
- use rules to help them succeed
- explain changes that happen to their body when they exercise

Key Stages 1 & 2

Physical Education is taught using Get Set 4 PE and Drumba. Every child participates in one session with our PE specialist each week. In addition, KS1 children participate in two sessions with the class teacher and KS2 participate in one session with the class teacher. This ensures all pupils receive two hours of PE each week. Year 4 pupils swim over three terms, Year 5 two terms and Year 6 one term.

KS1

Pupils continue to develop basic fundamental movement skills: running, jumping, throwing and catching, as well as developing their coordination, agility and balance. Children work on these skills individually, with a partner or in small groups. We then develop this into simple team games to encourage social and thinking skills alongside physical development.

Dance, gymnastics and yoga are also taught in KS1 to develop body management skills. Children are taught and encouraged to copy, create and sequence simple movements in response to their imagination, moods and feelings. The children are encouraged to perform their ideas regularly.

KS2

Outdoor and Adventurous Activities (OAA): In the Autumn term, each year group is taught an OAA/team building unit of work. This focuses on the basics of teamwork, problem solving and outdoor environments.

Games: In KS2, pupils develop playing competitive games, selecting and refining skills to improve accuracy, control and consistency. By the time they reach Year 6, they should be able to identify and use tactics to help their team. As children progress through KS2, the focus shifts towards a wide variety of different sports (e.g. hockey, football, tennis). The relevant movement skills are revisited and developed in each lesson before playing small-sided games. Children are also taught attacking and defending principles

Athletics: In KS2, pupils will develop fundamental movements skills of running, jumping and throwing taught in KS1. By the time they reach Year 6 they should be using refined techniques in a range of athletic events and activities and be able to demonstrate a good understanding of the principles of effective athletic performance.

Dance/Gymnastics and Body Management: In KS2, dance skills are further developed using a wider range of stimuli in order to create and perform dances from different cultures and genres. By Year 6, our pupils should be able to talk about dance using correct vocabulary and they will also have participated in a dance production performed to parents.

In gymnastics and yoga, pupils are taught to link actions and they should be able to remember, practice and repeat these actions. They will be using a greater number of elements with varying levels, direction and speed within their sequences and will be able to adapt these to suit different types of apparatus.

Year 1

Purple = Substantive Knowledge			Green = Implicit Knowledge		
Fundamentals	Sending and Receiving	Yoga	Ball Skills	Dance	Multiskills
<p>Be able to balance, run at different speeds, change direction, jump, hop and skip in isolation and combination. Recognise changes in my body when I exercise.</p> <p>Bend your knees and look ahead when landing. Run on the balls of your feet. Move arms faster to help move quicker.</p>	<p>Be able to roll, throw, catch, track, kick, receive with feet, send with racket. To throw and catch over a short and long distance (under and over arm). Recognise changes in my body when I exercise.</p> <p>Release an object by using the opposite foot to the arm when stepping forward. Finish with your hand where you want the object to go. Check the receiver is ready. Use the ready position when tracking a ball and move your body behind the ball when receiving. Use two hands and wide fingers when catching. To apply skills to small games.</p>	<p>Remember and repeat actions, linking poses together. Comment positively on other's flow. Show an awareness of space. Collaborate with others to create poses.</p> <p>Breathe as you hold poses to stretch and stay balanced. Focus on something still when balancing.</p>	<p>To dribble a ball with hands using wide fingers and with feet (using different parts of the foot). To throw with accuracy towards a target. To catch with two hands. To track a ball.</p> <p>Keep eyes on the target. Release the object when your fingers are pointing at your target. Face your body and target arm towards the target. Release an object by using the opposite foot to the arm when stepping forward. Use a ready position. Keep the ball close to your when dribbling with your feet. Adjust your body so it is in line with the ball.</p>	<p>Count evenly to a beat. Use clear actions. Use levels to make your dance interesting. Use a change of direction and speed. Use counts of 8 to help stay in time with the music.</p> <p>Discuss and share ideas with others. Use expression to help tell the story/show your character. Draw the shape of the pathway as you travel.</p>	<p>Be able to run, jump, hop, skip. Develop balancing, twisting, stretching. Develop throwing, catching, rolling, kicking. Follow simple game rules. Use equipment safely. Understand the importance of warming up and cooling down.</p> <p>Develop coordination and timing. Adjust movement automatically in different contexts. Learn cooperation and teamwork through group games.</p>

Target Games	Striking and Fielding	Athletics	Fitness	Net and Wall	Drumba
<p>Develop underarm and overarm throwing towards a target. Throw accurately over different distances. To select the correct throw for the target.</p> <p>Keep eyes on the target. Opposite hand to point at the target. Stand with your legs split, opposite leg to throwing arm forwards. Time the release of the throw. Face body towards target (underarm) and side on (overarm).</p>	<p>Develop underarm/overarm throwing and catching. Develop hitting a ball. Develop collecting a ball. Learn how to get a batter out. Apply skills to a small game.</p> <p>Point hand where you want the ball to go. Step forward with opposite foot to throwing arm. Get in front of and use two hands to collect the ball. Watch the ball when it's coming towards you. Strike the ball using the centre of the racket. Bat away from the fielders. When fielding, send the ball to the bowler. Make decisions about when to run. Run around the outside of the bases after you've hit the ball.</p>	<p>Move at different speeds over varying distances. Develop balance. Develop changing direction quickly. Explore hopping, jumping and leaping for distance. Develop throwing for distance and accuracy.</p> <p>Run using opposite leg to arm. Take bigger strides when running faster. Use a slower pace for longer distances. Jump and land with soft knees and with control by swinging arms forward. Bend low, keep feet shoulder width apart and push off quickly when changing direction. Step forward with opposite foot to throwing arm.</p>	<p>Develop understanding of how exercise makes you feel. Notice how your heart beat and breathing changes during exercise. Develop understanding of how exercise helps my brain and muscles. Develop understanding of the importance of daily exercise.</p> <p>Try your best in the challenges you're set.</p>	<p>Defend space using the ready position. To play against an opponent and keep the score. Develop hitting with a racket. Develop hitting over a net.</p> <p>Feet hip width apart and knees bent (ready position) Return to the ready position after each throw. Shake hands at the end of the game. Hold the racket towards the bottom of the handle and hit the ball with the centre of the racket. Move your feet to the ball. Stand sideways on when hitting with a racket. Hit the ball away from the opposition.</p>	<p>Demonstrate and describe correct musical technique. Perform flowing/smooth transitions. Combine drumming skills with movements. Recall and retrieve information by performing rudiments.</p> <p>Anticipate changes in the music. Strike the drum with power and accuracy. Differentiating between right and left hands.</p>



End points for Year 1

Through our PESSPA provision, all pupils will be able to:

Physical:

- balance, jump, hop, run, dodge, skip, leap
- roll, throw (underarm and overarm), catch, track
- kick, receive with feet, send with racket (bat)
- develop flexibility, coordination, stamina

Social:

- develop leadership skills
- collaborate and support others
- work safely
- communicate well with others

Emotional:

- show determination, self regulation, honesty, perseverance, independence, concentration, focus, identifying feelings, honesty, empathy, confidence, acceptance, kindness

Thinking:

- develop comprehension, select and apply skills, copy and repeat skills, observation, make decisions, use tactics, exploration, creativity, provide feedback, recall, reflection

Year 2

Purple = Substantive Knowledge			Green = Implicit Knowledge / Skills		
Fundamentals	Sending and Receiving	Yoga	Ball Skills	Multiskills	Gymnastics
<p>Explore how the body moves when running at different speeds. To change direction and dodge effectively. Develop balance, stability and landing safely. Develop jumping, hopping and skipping actions. Develop coordination and combining jumps. Skip with a rope.</p> <p>Run on the balls of your feet. Use your arms to help move you forwards. Turn your body and push off strongly in a new direction. Hold your arms out and focus on something to help balance. Look ahead and bend knees when jumping and landing. Turn the rope first and then jump.</p>	<p>Roll a ball towards a target. Track and receive a rolling ball. Send and receive a ball with your feet. Develop throwing and catching skills Send and receive a ball using a racket.</p> <p>Bend down low when rolling, opposite foot to the arm you release with steps forward. Let go of the ball when your hand is pointing at the target. Make eye contact before sending the ball. Watch the ball and get your body behind it by moving your feet. Place your foot behind the ball to cushion it. Use the inside of your foot to pass the ball. Use two hands and wide fingers to catch. Use ready position.</p>	<p>Copy and repeat yoga poses. Develop an awareness of strength and flexibility when posing. To copy and remember actions, linking them into a flow. To create a flow, perform and teach it to a partner.</p> <p>Breathe in and out when in a pose. When breathing out, try to stretch a little further. Order poses so they flow easily. Work with a partner, sharing ideas and listening to each other. Be clear when giving instructions.</p>	<p>To roll a ball to hit a target and stop a rolling ball. Dribble a ball with your feet and hands. To kick a ball with control. Develop throwing and catching.</p> <p>Bend down low and place the opposite foot to rolling arm forward. Let go when your hand is pointing at the target. Keep your eyes on the ball. Move your feet to receive the ball. When dribbling, keep the ball close to your feet using soft touches. Use different parts of your foot to control the ball. Use the inside of your foot to kick the ball. Place hands together to catch the ball.</p>	<p>Develop control and fluency when moving, stopping or changing direction. Judge whether to go faster or slower in a game. Working effectively with a partner or in a team. Recognise how your role affects others in a game. Begin to create simple strategies.</p> <p>Use appropriate throw for distance and accuracy. Point with non-throwing hand and step forward. Progressing to one-handed or moving catches. Combine movements: jump then throw, run then catch, balance then move. Develop tactics, understand rules and recognise simple roles.</p>	<p>To perform gymnastic shapes with control and link them together. To use shapes to create balances. To link travelling actions and balances using apparatus. Demonstrate different shapes, take off and landing when performing jumps. Develop rolling and sequence building. Create a sequence using apparatus.</p> <p>Be as still as a statue. Hold each shape for 5 seconds. Squeeze muscles so they feel hard. Change the levels you use within your sequence. Use different body parts to travel on. Bend your knees when jumping and landing. Keep your head and chest up. Use shape jumps to make your sequence interesting. Keep your shape throughout the roll. Transition smoothly from one action to the next. Explore travelling along, over, under, through and around apparatus.</p>

Striking and Fielding	Target Games	Athletics	Fitness	Invasion Games	Drumba
<p>To track a rolling ball and collect it. Develop underarm throwing and catching to field a ball. Develop overarm throwing to limit a batter's score. Develop hitting for distance to score more points. Get a batter out. Understand rules and play fairly.</p> <p>Move your feet to get in line with the ball. Bring the ball into your body. Finish with your hand pointing towards your target. Keep your eyes on the ball. Meet the ball with hands out ready to catch. Step forward with your opposite foot to the throwing hand. Overarm throw - keep your elbow high in line with your shoulder. Look at where the fielders are standing before deciding where to hit.</p>	<p>Consider how much power to apply when aiming at a target. Understand how to score using overarm and underarm throwing. Develop striking to a target. Develop hitting a moving target. Select and apply the appropriate skill to the target game. Show an improvement in personal bests.</p> <p>Point your arm in the direction of the target. Use less force if the target is close and vice versa. Aim slightly ahead of where the target is moving. Consider the speed or height of the moving target.</p>	<p>Develop the sprinting action. Develop jumping for distance and height. Develop throwing for distance and accuracy. Select and apply knowledge and technique in an athletics carousel.</p> <p>Balance when running by alternating arms and legs. Run on the balls of your feet. Take big strides when running fast. Bend knees to help push off. Look forward at take off and landing. Soft bent knees on landing. Swing arms up at take off. Drive arms up to jump higher. Jump and throw from a balanced starting position. Place the opposite leg to the throwing arm forward. Stand sideways on to the direction of the throw. Keep your eyes looking at your target. Point your hand at your target when you release. Try your best and encourage others.</p>	<p>Run for a long time. Develop jumping in a long rope using timing. Develop coordination in individual skipping. Develop stamina and change of direction. Explore exercises to develop strength. Develop agility, balance and coordination.</p> <p>Don't run too quickly when you start. Watch the rope as it comes over your head and jump before it gets to you. Skipping - jump, bend, jump, bend rhythm. Turn first then jump. Bend down low and push off quickly when changing direction. Use your arms to help you move quickly.</p>	<p>Understand what being in possession means and support a teammate to do this. Understand that scoring goals is an attacking skill and explore ways to do this. Understand that stopping goals is a defending skill and explore ways to do this. Explore how to gain possession. To mark an opponent and understand that this is a defending skill. Apply simple tactics for attacking and defending.</p> <p>Keep the ball close to your body to keep possession. Look up and around you to see your teammate, space and any defenders. Control the ball during shooting action. Travel at speed when performing a shot. Be ready to react quickly when someone is about to shoot. Don't be afraid of the ball or to intercept a pass. Keep your eyes on the ball. Stand sideways so you can see the attacker and the ball. Stay close to your attacker and always be ready to intercept. Communicate with your teammates.</p>	<p>Create a range of motions with the correct technique, including paradiddle rudiment. Memorise short sequences and recall new rudiment drills. Learn musical notation/terminology. Play with power and speed. Perform a balance and/or flexibility move during routine.</p> <p>Feel the effects of exercise and how it can help us express ourselves. Show confidence when performing to others. Demonstrate response to flow and tempo of music.</p>



End points for Year 2

Through our PESSPA provision, all pupils will be able to:

Physical:

- run, dodge, balance, jump, hop, skip
- roll, track, catch, dribble and receive with feet, kick, send and receive with a racket
- throw underarm and overarm
- develop balance, flexibility, strength, coordination, stamina, agility
- develop making shapes, balances, shape jumps, barrel roll, straight roll, forward roll, travelling actions
- jump for distance, jump for height, throw for distance, throw for accuracy

Social:

- respect and collaborate with others
- take turns, communicate and congratulate/encourage others
- develop leadership skills
- work safely and show inclusion

Emotional:

- show determination, honesty, perseverance, confidence, focus, independence, acceptance, integrity
- identify feelings, show empathy and manage emotions

Thinking:

- develop comprehension, creativity, explore ideas
- use tactics and make decisions, select and apply
- reflect, identify strengths and how to improve
- observe and provide feedback

Year 3

Purple = Substantive Knowledge			Green = Implicit Knowledge / Skills		
OAA	Ball Skills	Netball	Drumba	Dodgeball	Dance
<p>Develop trust, cooperation and teamwork skills. Involve all teammates to work towards a shared goal. Identify objects, draw and follow a simple map. Draw a route using directions, orientate a map and navigate around a grid.</p> <p>Be clear and descriptive with your instructions. Listen carefully to your teammates. Think about the limitations set on other team members and how you could support them. Look carefully at the map. Turn your map as you move. Ask teammates if you need help.</p>	<p>Develop dribbling skills with hands/ feet. Develop tracking, catching and kicking skills. Track a ball that is not sent directly to me. Apply sending and receiving skills in games.</p> <p>Keep the ball close. Use different parts of your foot (sole, toe, heel, inside, outside) Use soft hands and move with the ball. Eyes focused on the ball. Apply a ready position - knees bend, feet shoulder width apart, on your toes. Move your feet to the ball. Opposite leg to arm forwards. Vary the type of catch based on the height.</p>	<p>Understand the role of an attacker when in possession. Develop movement skills to lose a defender. Understand that scoring is an attacking skill and how to do this. Understand the role of a defender. Understand that intercepting is a defending skill and explore how to do this. Play to the rules of the game.</p> <p>Explore a range of passes to suit the situation. Hold the ball high above head, ready to select your pass and keep the ball away from defenders. Pivot on landing foot to face the direction of play. Call for the ball when ready to receive. Change direction and speed to lose a defender. Have a balanced, stable base to shoot. Shoot with the ball high above the head. Breathe and focus before shooting. Keep yourself between the ball and the attacker. Stay side on in the ready position, marking your attacker.</p>	<p>Play and move in time using a variety of new and challenging rhythms. Raise your heart rate for a sustained period of time. Perform and recall concepts with appropriate terminology. Understand what crossing the midline means.</p> <p>Create a short routine, assess and feedback to others effectively.</p> <p>Bilateral/contralateral line development. Blend rudiments and rhythms together to move in time to the music. Maintain a positive outlook towards physical activity. Challenge yourself to complete longer workout routines.</p>	<p>Develop throwing towards a moving target to get players out. Identify and develop the skills needed to avoid being hit. Apply dodging skills. Develop catching skills and be confident to attempt this in a game.</p> <p>Play fairly using the rules of the game. Point your throwing hand towards your target after you throw. Show honesty and admit it if you're out. Keep your head up to see throwers. Stand in a ready position. Watch as the ball comes towards you. Use two hands to catch the ball.</p>	<p>Create actions in response to a stimulus. Move in unison and/or in contact with a partner. Select and link appropriate actions and dynamics. To remember, repeat and create actions to represent an idea. Use straight pathways and clear changes in direction in a line dance. Use formations, canon and unison in a line dance.</p> <p>Use counts of 8 to help stay in time with each other and the music. Use opposites such as forwards/backwards or up/down. Consider the use of space around you. Move with clear, confident actions. Use changes of timing within your dance.</p>

Tennis	Fitness	Athletics	Golf	Rounders	Cricket
<p>To develop racket and ball control. Explore rallying using a forehand and/or backhand. Learn how to score and use simple rules.</p> <p>Use a strong wrist to hold the racket. Use the centre of the racket force to hit the ball. Hit the ball near your partner so they can return it. Make contact when the racket face is facing your partner. Move your feet to the ball and return to the ready position. Watch the ball as it's coming to you. Swing the racket from low to high. Use two hands to help with control when using backhand. Say and agree on the score after each point. Show honesty and fair play. Think of where you could hit the ball to make it hard for your opponent to return.</p>	<p>Understand how speed, strength, balance, agility, stamina and coordination helps us in everyday life.</p> <p>Bend your knees on take off and landing. Squeeze your muscles and keep your chest up to help balance. Begin the actions slowly at first. Jumping and landing quickly will help you jump further. Lean forwards to speed up and backwards to slow down. Take small steps to change direction. Try your best. Go slower or stop and rest then try again.</p>	<p>Develop the sprinting technique and improve on your personal best. Develop changeover technique in relay events. Develop jumping technique in a range of approaches and take off positions. Develop throwing for distance (including in a pull throw) and accuracy. Develop officiating and performing skills.</p> <p>Sprint on the balls of your feet, moving hands from pocket to mouth. Communicate with your team during a relay. Hold the bottom of the baton for smooth changeovers. Run to the receiving side of your teammate when passing on the baton. Jump with balance and control by bending knees at take off and landing. Look straight ahead when jumping. Step forward as you throw to create power. Transfer your weight from your back to your front leg when throwing.</p>	<p>Develop underarm throw for accuracy and to hit a range of targets. Combine understanding of throwing and rolling underarm to complete a variety of holes. Make effective decisions, including how to avoid obstacles. Understand that the aim is to hit the target in as few shots as possible. Work effectively as part of a team. Develop hitting a ball with a roller (putter) and how to use the hoop clock to support. To keep score using a score card.</p> <p>Underarm throw - step forwards with one foot, releasing the ball from low to high using their opposite hand. The Roller is like a putter and is used when we want to hit the ball with control, along the ground. Pupils should start with their feet inside the Hoop Clock ('Tee') with their feet together pointing at the number 6 marked on the Hoop Clock. Pupils grip the Roller by putting their left thumb on the yellow markings and their right thumb on the red. Pupils then create a relaxed 'Y' with their arms. They should swing the club back to the 7 o'clock position through to the 5 o'clock position.</p>	<p>Learn how to score points in a striking and fielding game. Develop batting to score points. Develop fielding skills to limit the batter's score. Understand the role of a bowler in the fielding team. Begin to use tactics in game situations. Apply skills and knowledge to play games using rounders rules.</p> <p>Look at where the fielders are before running. Remember to run to a cone after the ball is thrown. Batting - keep eyes on the ball, stand side on, strike into a free space. Fielding - spread out, stump a cone ahead of a batter, point your fingers at your target after release for accuracy. Bowling - keep eyes on the target, point your hand at your target after you've thrown the ball, step forward with the opposite foot to the throwing arm. Throw ahead of a batter, looking to stump them out. Use the rules to help manage your game.</p>	<p>Learn how to score points in a striking and fielding game. Develop batting to score points. Develop fielding skills to limit the batter's score. Understand the role of a bowler. Develop understanding of tactics and begin to use them. Apply skills and knowledge to play games using cricket rules.</p> <p>Catch with wide fingers. Sprint with big strides, lean forward and move your hands from pocket to mouth. Step forward with the opposite foot to the throwing arm. Use one hand to throw and two hands to catch. Direct the bat/racket towards the target direction. Keep your eyes on the ball when striking. Strike the ball into free space away from fielders. Point your throwing hand in the direction of your target after release. Bowl underarm with one bounce before the ball hits the wicket. Consider where to position yourself as a fielder, using tactics to prevent runs. Communicate with your team.</p>



End points for Year 3

Through our PESSPA provision, all pupils will be able to:

Physical:

- balance, coordination, change direction, change speed
- run at speed, run over distance
- track, throw (overarm and underarm), catch, dribble, kick, shoot, dodge, jump, hop, skip
- actions, dynamics, space, relationships
- use a forehand and backhand hit, rallying
- sprint, jump for distance, push throw, pull throw
- bowl, track, field, retrieve a ball, bat

Social:

- show communication, cooperation, collaboration, inclusion, leadership, responsibility
- work with respect and sporting behaviour
- work safely

Emotional:

- show determination, perseverance, motivation, concentration
- develop trust, confidence, honesty, independence, sensitivity
- self-regulate

Thinking:

- develop problem solving, evaluating, reflection, comprehension and decision making
- use select and apply skills, apply tactics, understand and apply rules, explore technique
- observe, give and accept feedback
- create and explore

Year 4

Purple = Substantive Knowledge			Green = Implicit Knowledge / Skills	
OAA	Swimming	Football	Hockey	Cricket
<p>To develop cooperation and teamwork skills. Orientate a map and navigate around a grid. Develop observational skills, listening to others and following instructions. Develop trust whilst listening to others. Identify, draw and follow a simple map. To be able to draw a route using directions.</p> <p>Share and listen to ideas in your team. Think about your role in supporting others. Look carefully at the map to ensure you follow directions. Look for symbols and what these represent. Use a key to help understand a map. Move your map so that it's facing the same direction as you. Be clear and descriptive with your instructions. Use key vocabulary to help your team.</p>	<p>See appendix 1</p>	<p>Develop the attacking skill of dribbling. Change direction and speed when dribbling. Develop passing and begin to recognise when to use different skills. Apply attacking skills to move towards a goal. Use defending skills to delay an opponent and gain possession. Apply skills and knowledge to compete in a tournament.</p> <p>Send the ball ahead of you whilst dribbling so you can run with it. Use all parts of your feet to control the ball. Accelerate out of the change of direction into space. Finish passing with the inside of your kicking foot pointing towards your target. The ball should start slightly in front of you. Use your arms to balance your body when kicking. Look to see your target before passing. Move into space after passing. Slow down your opponent by moving slowly backwards in the direction they are moving. Encourage others and congratulate your opponents. Discuss with your team how to improve.</p>	<p>Develop sending and receiving the ball with accuracy and control. Develop the attacking skill of dribbling to beat a defender. Use defending skills to delay an opponent and gain possession. Apply attacking skills to move towards the goal and find space. Apply skills and knowledge to compete in a tournament.</p> <p>Create a barrier with your stick to receive the ball. Step forward with your left foot when passing (if right-handed). Dribbling - keep your head up to see space, only use one side of the stick, rotate the stick fully over the ball. Move into space away from defenders. Use your stick to create a barrier when intercepting, being careful not to place the stick on the floor too soon. Keep to the rules, be honest and play fairly. Dribble towards the goal if you have the space to. Discuss with your team how to improve. Keep to the rules, be honest and play fairly.</p>	<p>Develop overarm and underarm throwing and apply these to a striking and fielding game. Develop bowling technique and learn the rules of the skill within cricket. Develop batting technique and understand where to hit the ball. Develop fielding techniques and apply them to game situations. Play different roles in a game and begin to think tactically.</p> <p>Point your throwing hand in the direction of your target after release. Step forward with the opposite foot to the throwing arm. When batting, make a 'v' using your thumb and forefinger in line with the spine of the bat. Watch the ball as it's bowled to you. Consider what your job role is in different positions. Play the game honestly and fairly.</p>

Gymnastics	Athletics	Drumba	Rounders	Golf
<p>Develop individual and partner balances, including with apparatus. Develop control in performing and landing rotation jumps. Develop sequence building using apparatus. Develop the straight, barrel, forward and straddle roll. Link actions that flow. Develop strength in inverted movements.</p> <p>Strong body tension will help you to hold balances and aid movement with increased control. Bend your knees when landing. Use a landing position with arms straight ahead. Look forward to help maintain balance. Keep good body tension throughout a roll. Think where the momentum is coming from when rolling and remember to use it ie. legs in a forward roll. Use different shapes, levels and pathways to make a performance interesting. Use a starting and finishing position. Focus on the quality of movements.</p>	<p>Develop stamina and an understanding of speed and pace in relation to distance. Develop power and speed in the sprinting technique. Develop technique when jumping for distance. Develop power and technique when throwing for distance. Develop a pull throw for distance and accuracy. Develop officiating and performing skills.</p> <p>Run at a pace you can maintain. Run faster at the end of the race. Run with fluency and coordination, alternating arms and legs. Bend elbows at 90 degrees when sprinting. Sprint on the balls of your feet, moving hands from pocket to mouth. Jump with control and balance by bending your knees and keep looking straight ahead. When throwing, create power by transferring your weight from your back to your front leg. Strength and speed with produce power. Point the javelin tip slightly up. Measure from the start line to where the object/performer first lands.</p>	<p>Develop knowledge of warming up and advance drumming technique (speed and power). Demonstrate and recognise the importance of resilience in relation to cardio exercises. Showcase various timings and rhythms in composition and execution of a sequence. Play and perform a 30 minute routine, displaying determination. Identify changes physically and mentally.</p> <p>Bilateral/contralateral line development. Blend rudiments and rhythms together to move in time to the music. Maintain a positive outlook towards physical activity. Challenge yourself to complete longer workout routines.</p>	<p>Develop throwing and catching with accuracy and apply these to a striking and fielding game. Develop bowling and learn the rules of the skill within a game. Develop batting technique and understand where to hit the ball. Develop fielding techniques and apply them to game situations. Play different roles in a game and begin to think tactically about each role.</p> <p>When catching, watch the ball and move your feet to it. Point your hand at the target after releasing the ball. Step forward with the opposite foot to the throwing arm. Use an overarm throw for long distances. When batting, stand sideways on to the ball, watch as the ball comes to you. When fielding, move your feet to stay in line with the ball as it comes towards you. Show awareness of where others are before making a decision. Play honestly and fairly. Use the rules to help manage your game.</p>	<p>Develop striking with a 'Launcher' (wedge) - travelling through the air over a longer distance than a 'Roller' (putter). Apply understanding of striking the ball accurately to beat an opponent. Ensure players who aren't striking are behind a safety cone. Understand why we need to be able to hit the ball with increased power. Work individually and cooperatively against an opponent. Understand when to use a Launcher and when to use a Roller and why this is important. Combine skills of using both launchers and rollers. Complete a mini golf course.</p> <p>The Launcher is used when we want to hit the ball from the tee (Launch Pad) or ground. Pupils should start with their feet inside the Hoop Clock, pointing at the number 6 marked on the Hoop Clock. Pupils grip the Launcher by putting their left thumb on the yellow markings on the grip and their right thumb on the red. Pupils then move their feet apart to the 8 and 4 positions. As pupils swing the Launcher, they should swing the club back to 9 then through to 3 o'clock in line with the Hoop Clock to strike the ball. (This will be the opposite for left-handed players).</p>



End points for Year 4

Through our PESSPA provision, all pupils will be able to:

Physical:

- develop balance, coordination, agility, coordination, stamina, strength
- run at speed, run over distance
- catch, bowl, track a ball, field and retrieve a ball, bat
- swimming - submersion, float, glide, front crawl, backstroke, breaststroke, rotation, scull, tread water, handstands, surface dives
- dribble ball with feet, pass, receive, track
- dribble with a hockey stick, pass, receive, intercept, run, shoot
- gymnastics - individual and partner balances, rotation jumps, straight roll, barrel roll, forward roll, straddle roll, bridge, shoulder stand
- use an underarm and overarm throw, overarm bowling (cricket), batting, two-handed pick up, short barrier
- use pace, sprint, jump for distance, throw for distance

Social:

- show communication, cooperation, collaboration, support and encourage others, leadership
- keep myself and others safe, show respect

Emotional:

- show determination, resilience, honesty, trust, confidence, independence

Thinking:

- problem solve, evaluate and improve, reflect, create
- demonstrate select and apply skills, understand and apply tactics and strategies
- observe and provide feedback, explore ideas
- identify strengths and areas for development

Year 5

Purple = Substantive Knowledge			Green = Implicit Knowledge / Skills		
OAA	Fitness	Netball	Gymnastics	Dodgeball	Drumba
<p>Develop communication and negotiation skills to solve challenges. Develop planning and problem solving skills. Develop navigation skills and map reading. Create and follow a key and route on a map.</p> <p>Consider how you communicate to come up with a solution. Share and listen to ideas in your team. Create and adapt plans and strategies. Ensure all team members have an active role. Be confident to try different strategies to find a solution. Orientate your map as you move to be sure of your direction. Discuss the task as a group first.</p>	<p>Understand how speed, strength, agility, balance, coordination and stamina helps me in other activities.</p> <p>Head facing forwards, elbows bent at 90 degrees, hands moving from pocket to mouth, body slightly forward and upright, knees high, sprinting on balls of feet, big strides.</p> <p>Move at maximum speed with maximum force for power. Motivate others. Begin in a ready position to react quickly. Push off your outside foot and turn your hips to change direction. Jump and land with soft bent knees for balance and control. Try to keep a consistent rhythm. Visual the sequence of actions before and as you do them. Keep a steady breath to help move for longer. Stop, rest a moment and go again or slower when you feel tired.</p>	<p>Explore different passes and apply them to different situations. Develop movement skills to lose a defender. Take the ball towards goal. Defend an opponent and know when to try and intercept. Develop the shooting action under pressure. Use and apply skills, principles and tactics to a game situation.</p> <p>As soon as a pass is made, move into a new space. Use a variety of passes to suit the distance. Use verbal and non-verbal communication. Accelerate past a defender, driving into space. Keep on the balls of your feet, ready to change direction. If you don't receive a ball, move again. Stay side on to see the ball and the player you're marking. Stretch out to intercept. Identify the best area to shoot. Rebound your shot if you miss. Consider the whole team's thoughts and ideas on tactical and positional play.</p>	<p>Perform interesting symmetrical and asymmetrical balances (including using apparatus). Develop the straight, forward, straddle and backward roll (including in a sequence). Explore different travelling actions using both canon and synchronisation. Explore different methods of travelling, linking actions. Perform progressions of inverted movements. Explore matching and mirroring in sequence work (on the floor and using apparatus). Create a group sequence using apparatus.</p> <p>Use strong body tension to keep balances stable. Use momentum to help you roll. Canon - moving one after the other. Synchronisation - moving at the same time. Keep the same timing as your partner to mirror or match them. Consider which actions would suit the apparatus you're using.</p>	<p>Develop throwing, catching, blocking and dodging skills and apply them appropriately to the situation. Understand the need for tactics and identify how to create and use them. Apply rules, skills and tactics when playing in a tournament.</p> <p>Hand points towards the target after you throw. Pass ahead of your moving target. Aim low so it's harder for your opponent to catch. Be in a ready position with bent knees. Cushion the ball by bringing it to your body when you catch. Stay towards the back of your court and move your feet towards the ball to catch it. Hold the ball firmly with two hands when blocking. Communicate your ideas and listen to others. Consider the possible threats to help create tactics.</p>	<p>Accurately demonstrate safe movements. Describe musical and physical skills such as stretching and dynamics Describe how to build healthy habits and a positive mindset. Learn the benefits of good technique, creating the right shapes whilst developing more advanced rudiments and drills. Complete a 40 minute routine.</p> <p>Good technique is important for speed, power, accuracy, and safety. Squats - bend, stand, hips back Lunges - step, bend, switch legs Jumping jacks - jump in, jump out Tuck jumps - jump up, knees to chest.</p>

Tennis	Swimming	Athletics	Rounders	T1 Rugby
<p>To return the ball using a forehand groundstroke and a backhand groundstroke under pressure. Use a variety of shots to keep a continuous rally going. Develop the underarm serve and understand the rules of serving. Develop the volley and understand when to use it. Apply rules, skills and principles to play against an opponent.</p> <p>Move from the ready position to a sideways stance. Move your feet to get in line with the ball. Make contact with the ball when your racket face is facing your partner and brush the racket over the top of the ball. Backhand - turn your body so the back of your hand is showing, using two hands. Rallying - hit the ball near your partner so they can return it, return to the centre of the baseline Serving - throw the ball to head height, using a straight arm Volleying - hit the ball in front of you with no swing, keep your racket in front of you to be ready, use a punchy action. Hit the ball to spaces that will make it harder for your opponent to return it. Use the shot appropriate for the situation.</p>	<p>See appendix 1</p>	<p>Understand pace and apply different speeds over varying distances. Develop fluency and coordination when running for speed. Develop technique in relay changeovers. Build momentum and power in the triple jump. Develop throwing with force for longer distances. Develop throwing with greater control and technique.</p> <p>Choose the best pace for the running event. Run at a pace that you can maintain. Sprint on the balls of your feet, moving hands from pocket to mouth. Take big strides when sprinting. Relay changeovers - communicate with teammates, hold the end of the baton, run at a slow speed when waiting to receive the baton. Triple jump - hop (one foot to the same foot), step (one foot to the other foot), jump (land with two feet), show control at take off and landing. Finish your throw when you hand high, transferring your weight from your back to your front leg. Strength and speed create power.</p>	<p>Develop throwing and catching and apply them relevantly to the situation. Develop bowling accuracy and perform the skill within the rules of the game. Develop batting skills. Develop fielding techniques and begin to use these under pressure. Understand the need for tactics and identify when to use them. Apply skills and knowledge to compete in a tournament.</p> <p>Adopt a ready position, ready to track the ball. Keep your eyes on the ball. Sevelt the correct catch for the situation. When bowling, point your hand at your target as you release the ball, step forward with your opposite foot to your throwing arm. When batting, stand sideways on to the bowler, transferring weight from your back to front foot, following through in the target direction. Look at the speed of the ball to help you decide which technique to use. Throw quickly towards a target when fielding. Bat into free space. Stump a base to get a batter out. Play honestly and fairly.</p>	<p>Apply throwing and catching skills to a game situation. Understand when to pass and when to run with the ball. Use a backwards pass effectively when attacking. Work as a team to stop the opposition from scoring, applying the 'offside' rule. Use a dodge to create space and beat a defender. Apply rules and skills to take part in competitive games.</p> <p>Create a 'W' shape on the ball with your fingers. Hold the ball on the long sides with two hands. Run with the ball until tackled. Support the ball carrier by staying close to them and not going ahead of them. Ask for support and clarification from your team if needed. Get back 'onside' after each tackle. Stay in the defensive line when defending. Tackle attackers that come towards you. Keep moving forward when attacking. Run hard into space between the defenders. Use quick changes of directions and speed to create space. Analyse your team performance. Follow the rules of the game. Show good sporting behaviour.</p>



End points for Year 5

Through our PESSPA provision, all pupils will be able to:

Physical:

- develop balance, coordination, agility, speed, stamina, strength
- run at speed, run over distance
- throw, catch, dodge, block, jump, change direction, change speed, shoot
- hold symmetrical and asymmetrical balances, carry out rotation jumps, straight roll, forward roll, straddle roll, backward roll, cartwheel, bridge and shoulder stand
- Tennis - forehand groundstroke, backhand groundstroke, forehand volley, underarm serve, rallying
- Swimming - rotation, scull, tread water, glide, front crawl, backstroke, breaststroke, surface dives, float
- pace, sprint, relay changeovers, jump for distance, push throw, pull throw
- bowl, bat, field

Social:

- negotiate, collaborate, communicate, cooperation, show leadership, respect and support
- work safely
- show sporting behaviour

Emotional:

- show empathy, confidence, patience, resilience, concentration, perseverance, determination, honesty, independence
- regulate emotions

Thinking:

- solve problems, think critically, evaluate, develop creativity
- develop comprehension, demonstrate select and apply skills
- apply tactics and rules, analyse game play.
- observe, reflect, give and accept feedback

Year 6

Purple = Substantive Knowledge			Green = Implicit Knowledge / Skills		
OAA	Fitness	Netball	Gymnastics	Dodgeball	Drumba
<p>Build communication and trust whilst showing an awareness of safety. Collaborate as a team to solve problems. Develop tactical planning and problem solving. Use critical thinking to determine the best approach. Develop navigational skills and map reading. Use a key to identify objects and locations.</p> <p>Listen carefully to instructions. Share ideas and listen to others in your group, decide on the best solution. Reflect on what your team did well and what you could improve. Take time to discuss possible solutions. Trial ideas before deciding on the most successful solution. Turn a map to orientate yourself as you navigate.</p>	<p>Develop an awareness of what your body is able to do. Develop speed and stamina. Develop strength using my own body weight. Develop coordination and agility. Develop balancing with control.</p> <p>Encourage those you are working with. Try your best at each station. Maintain a steady breath. Run on the balls of your feet. Try to work for the whole time period without stopping. Turn the rope then jump. When balancing, focus on something stationary, move slowly to gain balance and control, slightly bend your standing leg.</p>	<p>Develop passing and moving to maintain possession. Use a variety of attacking skills to lose a defender. Move into and create space to support a teammate. Use defending skills to gain possession. Develop accuracy in the shooting action under pressure. Use and apply skills, principles and tactics to a game situation.</p> <p>Don't lift up and place back down your landing foot. Once you've passed the ball, move to a new space. Turn your hips to face the direction you want to run in. Use a change of speed/direction to lose a defender. All movement is helpful, even if you don't receive the ball. Move into space to help your teammates and the defenders. Stay in front of your attacker, between them and the ball (ball side). When shooting, feet shoulder width apart, hold the ball high over your head. Consider the whole team's thoughts and ideas on tactical and positional play. Encourage and support teammates and opponents.</p>	<p>Develop the straddle, forward and backward roll. Develop rolling into sequence work and on apparatus. Develop counter balance and counter tension into sequence work with apparatus. Develop jumps and explore the effect of height. Explore jump sequence work with consideration of performance tools. Develop inverted movements with control. Use flight from hands to travel over apparatus. Create a group sequence using formations and apparatus.</p> <p>Use momentum when rolling. Use strong body tension to keep your shape and hold balances. Engage core muscles for strong body tension/stability. Move slowly into and out of balances. Consider timing. Use height to give you more time to perform jumps. Vary the level, direction, speed, timing and pathway of your sequence to make it look interesting. When using flight from hands, place your hands on the apparatus first, then feet.</p>	<p>To throw under pressure and apply this to a target game. Select the appropriate dodging skill for the situation. Develop catching with increasing consistency under pressure. Develop defensive techniques and select the appropriate action for the situation. Understand and apply tactics in a game. Develop officiating skills and referee a game.</p> <p>A player is out if hit or their ball is caught. Aim low so that it's harder for your opponent to catch. Hard points towards the target after you throw. Be in a ready position with bent knees so you're ready to move. Play fairly, abiding by the rules. Watch the ball as it comes towards you. Get your body behind the ball to help you catch. Hold the ball firmly with two hands. Keep your head up. Consider what worked well and use this more often. When refereeing, be loud, clear and confident, stay focused.</p>	<p>Demonstrate, with confidence, good physical and musical technique. Recall and retrieve rudimentary drills. Sustain physical activity. Demonstrate and describe a wide range of musical and physical practices. Explain the benefits of physical activity and how to stay motivated over time.</p> <p>Perform movements using power and speed (plyometric). Orchestrate rhythms. Give and receive sensitive feedback. Set future ambitions related to physical activity and music. Perform abdominal exercise, understanding the importance of strong core muscles. Create, collaborate with others and perform to others. Understand that creativity can impact motivation. Identify improvements in performance over time. Set personal targets for improvements and future challenges.</p>

Tennis	Golf	Athletics	T1 Rugby	Cricket	Swimming
<p>Develop placements of the ball using a forehand. Develop placement using a backhand. Develop the volley and understand when to use it. Employ tactics when playing with a partner. Develop accuracy and consistency using the underarm serve. Apply rules, skills and principles to play against an opponent.</p> <p>As you make contact with the ball, turn your strings to face downwards. Make contact with the ball when your racket face is facing your target. Turn your body so that the back of your hand is showing (backhand). Volleying - hit the ball in front with no swing, using a punchy action. Work together to cover space on your court when playing doubles. When serving, only throw the ball to head height and use a straight arm to throw. Agree the score after each point. Shake your opponent's hand at the end of the game.</p>	<p>Use skills and understanding of striking the ball accurately. To score the competition in a 'Match Play' format. To work individually and as part of a team. To score the competition in a 'Team Scramble' format. To score the competition in a 'Team better ball' format. To score the competition in a 'Team Alternate Shot' format. Combine skills and understanding by competing in a 'class' team golf tournament.</p> <p>1v1 Match Play is a 1v1 competition where pupils win a point each time they score lower than their opponent on a hole. A 'Team Scramble' is a team format where players play in a team of 3 or 4. All players in the team take their first shot and then decide on the best ball position to play all of their next shots from. All players take their shot from at position and so on. 'Team Better Ball' is a team format where the lowest score amongst the team members on each hole counts as the team score. 'Team Alternate Shot' is a team format where players are in teams of two with one ball. Pupils take turns playing shots until the ball is in the hole.</p>	<p>To develop my own and others' sprinting technique. To identify a suitable pace for the event. Develop power, control and technique for the triple jump. Develop power, control and technique when throwing for distance. Develop throwing with force and accuracy for longer distances. Work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</p> <p>Demonstrate a consistent stride length when sprinting. Work collaboratively by listening and sharing ideas. Select and apply the best pace for the running event. Steady your breathing - in through your nose and out through your mouth. Triple jump - keep a consistent rhythm, link jumps showing control and balance. When throwing, use a balanced stance and transfer weight from your back to your front leg, follow through with your hand in the direction of your throw. Measure to the point nearest to the start line. Be determined to try your best.</p>	<p>Select the appropriate skill, choosing when to run and when to pass. Move into space to support a teammate abiding by the rules. Use defending skills to gain possession. Work as a defending unit to prevent attackers from scoring. Use a variety of attacking skills to beat a defender. Apply rules, skills and tactics learnt to play in a tournament.</p> <p>Look for space between the defence to move through. Pass if the defender comes towards you. Run if you have space to do so. To receive a pass, you must be behind or to the side of the ball carrier. Use straight arms to pass the ball. Create a line of defence across the width of the playing area. Track the attacker to stop them running forwards. Bend down low and push off in a different direction when attacking. Change direction or speed to lose a defender. Encourage others in your team. Follow the rules and show good sporting behaviour.</p>	<p>To develop throwing and catching under pressure and apply these to a striking and fielding game. To develop bowling under pressure. To strike a bowled ball with increasing consistency. To develop fielding techniques and select the appropriate action for the situation. Understand and apply tactics in a game. Apply skills and knowledge to compete in a tournament.</p> <p>Bring the ball into your body when catching. Step forward with the opposite foot to your throwing arm and finish your hand where you want the ball to go. Draw a number 6 with the ball when preparing to bowl. Grip the bat with the dominant hand at the bottom and keep your elbow high when batting. When fielding, track the ball to ensure you are in line with it. Use a two handed pick up when the ball is coming towards you.</p>	<p>See appendix 1</p>



End points for Year 6

Through our PESSPA provision, all pupils will be able to:

Physical:

- develop balance, coordination, agility, speed, stamina, strength
- run at speed, run over distance
- throw, catch, run, jump, change direction, change speed, shoot, dodge, block, dribble
- demonstrate a straddle roll, forward roll, backward roll, counter balance, counter tension, bridge, shoulder stand, handstand, cartwheel
- tennis - perform a forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rally.
- pace, sprint, jump for distance, push throw, fling throw
- bowl, bat, field

Social:

- communicate effectively, collaborate, support and encourage others, negotiate
- show inclusion, leadership
- work safely and show respect

Emotional:

- show confidence, honesty, trust, determination, perseverance, pride, empathy, independence
- self regulate
- show good sportsmanship

Thinking:

- evaluate and improve, reflect, observe, analyse, provide feedback
- problem solve, comprehend, make decisions, identify areas of strength and development
- develop select and apply skills, use tactics, plan, assess

Appendix 1 - Swimming

Our swimming curriculum is structured around pupils' individual ability and skill development rather than their age or year group. Pupils are assessed when they start swimming in year 4 and then placed in groups based on their ability. They progress through the stages by confidently demonstrating the required acquisition of skills needed to safely move up.

Stage 1 - 3ft	Stage 2 - 4ft	Stage 3 - Deep end group 1	Stage 4 - Deep end group 2	Stage 5 - Top group
<p>Develop an understanding of buoyancy and balance in the water. Develop independent movement and submersion. Develop gliding and crawl legs. Develop front crawl breathing. Develop gliding and backstroke. Develop rotation in water. Develop basic skills in water safety and floating.</p> <p>Breathe in for increased buoyancy. Take big relaxed breaths before submerging. Stay in a streamlined shape. Front crawl - breathe every three strokes. Backstroke - keep hips lifted to keep your body close to the surface.. Water safety - keep head clear of the water.</p>	<p>Develop an understanding of buoyancy and balance in the water. Develop independent movement and submersion. Develop gliding and crawl legs. Develop front crawl breathing. Develop gliding and backstroke. Develop understanding of treading water. Develop surface dives and handstands. Develop understanding of breaststroke technique. Develop basic skills in water safety and floating.</p> <p>Breathe in for increased buoyancy. Take big relaxed breaths before submerging. Stay in a streamlined shape. Front crawl - breathe every three strokes. Backstroke - keep hips lifted to keep your body close to the surface. Push the water towards and away from you using cupped hands when treading water. Handstands - tuck your chin in and bring your arms over your head. Breaststroke - begin the arm action once your legs are together, glide after each kick. Water safety - cover your face when falling in, float, breathe, relax, huddle position, keep head clear of the water.</p>	<p>Develop an understanding of buoyancy and balance in the water. Develop independent movement and submersion. Develop gliding and backstroke. Develop rotation, sculling and treading water. Develop surface dives Develop breathing technique. Develop the technique for backstroke arms and legs. Develop breaststroke technique. Develop basic skills of water safety and floating. Develop the dolphin kick. Learn techniques for personal survival. Develop log rolls Identify fastest strokes and personal bests.</p> <p>Treading water - cup hands and keep fingers together, push hips high. Breathe out to the side every three strokes, inhale through your mouth. Breaststroke - glide between each action, start your arm action once you have completed your leg kick, point toes at the end of each kick. When floating, push your hips up to the surface. Dolphin kick - keep your legs together and create the movement from your hips. Water safety - cover your face when falling in, float, breathe, relax, huddle position, keep head clear of the water. Scull both feet and head first using figure-8 motion to maintain stability</p>	<p>Develop gliding, front crawl and backstroke. Develop rotation, sculling and treading water. Develop breathing technique. Develop the technique for backstroke arms and legs. Develop breaststroke technique. Develop skills of water safety and floating. Develop the dolphin kick. Learn techniques for personal survival. Develop stability of log rolls Evaluate and identify fastest strokes and personal bests.</p> <p>Keep body streamlined and your legs close together when gliding. Treading water - cup hands and keep fingers together, push hips high. Breathe out to the side every three strokes, inhale through your mouth. Breaststroke - glide between each action, start your arm action once you have completed your leg kick, point toes at the end of each kick. When floating, push your hips up to the surface when floating. Dolphin kick - keep your legs together and create the movement from your hips. Personal survival - communicate with others to get into the positions quickly, use strokes that conserve energy.</p>	<p>Develop gliding, front crawl and backstroke. Develop rotation, sculling and treading water. Develop breathing technique. Develop the technique for backstroke arms and legs. Develop breaststroke technique. Develop skills of water safety and floating. Develop the dolphin kick. Develop butterfly stroke Learn techniques for personal survival. Develop stability of log rolls Evaluate and identify fastest strokes and personal bests.</p> <p>Keep body streamlined and your legs close together when gliding. Treading water - cup hands and keep fingers together, push hips high. Butterfly - Synchronised wave body movement with a powerful dolphin kick and simultaneous Y shape arm movements. Breathe out to the side every three strokes, inhale through your mouth. Breaststroke - glide between each action, start your arm action once you have completed your leg kick, point toes at the end of each kick. When floating, push your hips up to the surface when floating. Personal survival - communicate with others to get into the positions quickly, use strokes that conserve energy, swim in clothes, attract attention.</p>