	Multi-Skills	Gymnastics	Dance	Improving Multi-skills	Striking and Fielding	Athletics	Multi-Skills	Gymnastics	Improving Multi-skills	Dance	Striking and Fielding	Athletics
Pupils should be taught to:												
• 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												
• perform dances using simple movement patterns.												

	Netball	Dance	Gymnastics	Parkour	Rounders	Athletics	Swimming	Swimming	Swimming	Hockey	Cricket	Athletics	Swimming	Swimming	Swimming	Gymnastics	Tennis	Athletics	Tag Rugby	Dance	Gymnastics	Hockey	Cricket	Athletics	Forest School	Residential Visit
Pupils should be taught to:																										
• use running, jumping, throwing and catching in isolation and in combination																										
• 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																										
• develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]																										
• perform dances using a range of movement patterns																										
• take part in outdoor and adventurous activity challenges both individually and within a team																										
• compare their performances with previous ones and demonstrate improvement to achieve their personal best.																										
Pupils should be taught to:																										
• 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.																										