

Term	Unit covered
1	Introduction to
2	Dance unit 2
3	Fundamentals
4	Gymnastics and apparatus
5	Games unit 1
6	Athletics

Highlight by term

Autumn

Spring

Summer

## Reception

### Knowledge, Skills and Understanding breakdown for SUBJECT

Revise and refine the fundamental movement skills they have already acquired	Acquiring and further developing fundamental movements	Develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming
<p>Progress towards a more fluent style of moving, with developing control and grace and revise and refine the fundamental movement skills they have already acquired: rolling/ crawling/ walking/ jumping/ running/ hopping/ skipping/ climbing (Term 1 and 5)</p> <p><b>Dance:</b> Copy basic body actions and rhythms, choose and use travelling actions, shapes and balances, travel in different pathways using the space around them. Children are given opportunities to perform in front of others, allow children to be creative risk takers</p> <p><b>Gymnastics:</b> Show contrast with their bodies including wide/narrow, straight/curved, explore jumping safely, explore shapes in stillness using different parts of their bodies. Promoting independence and resilience.</p>	<p>Master the fundamental movements by combining different movements, confidently and safely use obstacles as well as negotiate space. (Term 2 and 5)</p> <p><b>Intro to PE:</b> Run and stop with some control, explore skipping as a travelling action, jump and hop with bent knees, balance whilst stationary and on the move, change direction at a slow pace,</p> <p><b>Gymnastics:</b> Explore rocking and rolling, create shapes showing a basic level of stillness using different parts of their bodies, begin to take weight on different body parts, show shapes and actions that stretch their bodies. Confidently and safely use a range of large and small apparatus indoors and outside</p>	<p>Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport (Term 3, 4 and 6)</p> <p><b>Games:</b> Explore sending a ball to a partner, explore throwing using a variety of equipment, explore catching using a variety of equipment, Drop and catch with two hands, move a ball with feet, throw and roll a variety of beanbags and larger balls to space, attempt to stop a large ball sent to them using feet, run and stop when instructed</p> <p><b>Athletics</b> Children will be using their fundamental skills and mastering these through applying them in a game context. Children will begin to explore tactics, work within a team</p>

## Challenge

<p><b>Dance:</b> Begin to use dynamics and expression with guidance and begin to count to music</p> <p><b>Gymnastics:</b> Be able to link different movements smoothly and fluidly.</p>	<p><b>Intro to PE:</b> Explore moving different body parts together by being able to co-ordinate moving 2 or more body parts at once</p> <p><b>Gymnastics:</b> Be able to link different movements smoothly and fluidly.</p>	<p><b>Games:</b> Make simple decisions in response to a situation</p> <p><b>Shine tournament</b> Take part in a local sports tournament and begin to apply tactics within a game</p>
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Term	Unit covered
1	Team Building
2	Athletics
3	Net and Wall
4	Yoga
5	Ball Skills/football
6	Sports Day Practise

Highlight by term

Autumn

Spring

Summer

PE

## Year 1

### Knowledge, Skills and Understanding breakdown for SUBJECT

Develop simple tactics for attacking and defending and develop ball skills	Acquiring and further developing basic skills	Participate in team games encouraging teamwork
<p>Children should be able to begin to think about the benefits of using tactics within a game. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. (Term 2, 3 and 6)</p> <p><b>Athletics and Term 6 athletics:</b> Children will begin to explore tactics, work within a team and individually as well as be provided with the opportunity to take part in a local sports competition with other schools. Children will begin exploring the best methods and approaches to different events in order for them to maximise their outcome</p> <p><b>Ball skills:</b> Drop and catch a ball after one bounce on the move, Throw and roll towards a target with some varying techniques, Kick towards a stationary target, Strike a stationary ball using a racket, begin to use simple tactics with guidance, Explore striking a ball with their hand and equipment, Explore technique when throwing underarm and overarm towards a target. Use all the correct terminology and vocabulary</p> <p><b>Ball skills:</b> Roll and throw with some accuracy towards a target, begin to catch with two hands, catch after a bounce, track a ball being sent directly, begin to dribble with hands and feet</p>	<p>Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. 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. Perform dances using simple movement patterns. (Term 2, 4 and 5)</p> <p><b>athletics:</b> Explore changing direction and dodging. Discover how the body moves at different speed, Move with some control and balance. Explore stability and landing safely, Demonstrate control in take-off and landing when jumping, begin to explore hopping in different directions, Change direction whilst running, Explore running at different speeds, Explore moving for longer periods of time and identify how it makes them feel</p> <p><b>Athletics/Ball skills:</b> Copy, remember and repeat actions. Use changes of direction, speed and levels with guidance, begin to use counts, explore varying speeds to represent an idea, explore pathways within their performances, begin to explore actions and pathways with a partner.</p> <p><b>Yoga</b> They will explore how to manage and master their balance, co-ordination, breathing as well as develop flexibility and body strength. Explore poses and movements that challenge their flexibility, Explore strength whilst transitioning from one pose to another, Recognise their own feelings in response to a task or activity.</p>	<p>It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. (Term 1)</p> <p><b>Team building/Athletics:</b> Begin to work with a partner and a small group, follow instructions, Identify own and others' success.</p>

## Challenge

<p><b>Shine tournament:</b> Take part in a local sports tournament and begin to reflect and feedback on own performances in order to make improvements</p> <p><b>Ball skills:</b> Evaluate and explain why you have chosen a specific throw/movement in order to succeed.</p> <p><b>Ball skills:</b> Begin to dribble and with hands and feet on the move</p>	<p><b>Shine tournament:</b> Take part in a local sports tournament and begin to reflect and feedback on own performances in order to make improvements</p> <p><b>Athletics:</b> Show some sense acceleration and deceleration</p> <p><b>Yoga:</b> Be able to move in time with your breath and hold your pose for a certain length of time.</p>	<p><b>Team Building/athletics:</b> Understand the rules of the different events and suggest ideas to solve simple tasks when working within a team and begin to think about tactics and the best method to complete an action</p>
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Term	Unit covered
1	Ball Skills
2	Fitness
3	Gymnastics
4	Invasion Games/Benchball
5	Striking and fielding
6	OAA: Outdoor adventurous activities/Athletics

<p><u>Highlight by term</u></p> <p>Autumn</p> <p>Spring</p> <p>Summer</p>
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**Year 2**

Knowledge, Skills and Understanding breakdown for SUBJECT

Develop simple tactics for attacking, defending and invading	Mastering the fundamental skills and applying them in a variety of sporting games/scenarios whilst developing fitness levels	Participate in team games encouraging teamwork
<p>Children should be able to begin to think about the benefits of using tactics within a game. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. (Term 3 and 5)</p> <p><b>Ball Skills:</b>Control a ball with some success, stopping it when required, catch an object passed to them, with and without a bounce, Move to track a ball and stop it using feet with limited success, Move to space to help score goals or limit others scoring, Use simple tactics, Developing moving into space away from defenders, Explore staying close to other players to try and stop them getting the ball</p> <p><b>Invasion Games:</b> Children will begin to explore tactics, work within a team and individually as well as be provided with the opportunity to take part in a local sports competition with other schools. Children will begin exploring the best methods and approaches to different game scenarios in order for them to maximise their outcome. Children will be encouraged to take risks and develop resilience.</p>	<p>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, are physically active for sustained periods of time and lead healthy, active lives (Term 1, 2 and 4)</p> <p><b>Athletics:</b> Develop the sprinting action, develop jumping, hopping and skipping actions, explore safely jumping for distance and height, develop overarm throwing for distance</p> <p><b>Fitness:</b> Demonstrate improved technique when changing direction on the move, demonstrate increased balance whilst travelling along and on different equipment, perform actions with increased control when coordinating their body with and without equipment, can demonstrate running at different speeds, demonstrate increased control in body weight exercises, show an ability to work for longer periods of time. Discuss the features of a healthy lifestyle and why we need to exercise.</p> <p><b>Gymnastics:</b> Explore using shapes in different gymnastic balances, Remember, repeat and link combinations of gymnastic balances, Explore barrel, straight and forward roll and put into sequence work, Explore shape jumps and take off combinations, given the chance to perform, Perform balances on different body parts with some control and balance, Take body weight on different body parts, with and without apparatus, Copy, remember, repeat and plan linking simple actions with some control and technique.</p>	<p>It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect. (Term 3 and 6)</p> <p><b>Striking and fielding:</b> Children will begin to explore tactics, work within a team and individually as well as in a team. Children will understand that respect is a vital feature of a team sport and will learn to show good sportsmanship towards other teams. Respect diverse athletes from a variety of different sporting backgrounds.</p> <p><b>OAA:</b> Follow instructions accurately, Work co-operatively with a partner and a small group, taking turns and listening to each other, Try different ideas to solve a task, Follow and create a simple diagram/map</p>

**Challenge**

<p><b>Shine tournament:</b> Take part in a local sports tournament and begin to reflect and feedback on own performances in order to make improvements</p> <p><b>Benchball:</b>Explore staying close to other players to try and stop them getting the ball</p>	<p><b>Shine tournament:</b> Take part in a local sports tournament and begin to reflect and feedback on own performances in order to make improvements</p> <p><b>Fitness:</b> Explain and describe the features and benefits of a healthy active lifestyle confidently using the correct terminology</p> <p><b>Gymnastics:</b> Show increased awareness of extension and flexibility in actions.</p>	<p><b>OAA:</b> Understand when a challenge is solved successfully and begin to suggest simple ways to improve.</p>
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# PE

Highlight by term

Autumn

Spring

Summer

## Year 3

### Knowledge, Skills and Understanding breakdown for PE

Swimming	Acquiring and Developing Skills	Applying Skills and Using Tactics	Evaluating and Improving Performance
<p>Demonstrate increased technique for specific strokes to include head above water breaststroke, backstroke and front crawl over a distance of 25m. Explore techniques for personal survival to include survival strokes such as sculling and treading water.</p> <p><b>Challenge:</b> Explore front crawl underwater breathing technique.</p> <p>Are comfortable with some personal survival techniques to include survival strokes such as sculling and treading water.</p>	<p><u>Invasion Games:</u> Developing movement skills including sending and receiving, dribbling with hands and feet whilst abiding by the rules whilst abiding by the rules. <b>Challenge:</b> Share ideas and work with others to manage the game.</p> <p><u>Net and Wall Games:</u> Explore returning a ball using focus shots such as the forehand and backhand. Explore serving from an underarm serve. Explore rallying with a forehand. <b>Challenge:</b> Share ideas and work with others fairly.</p> <p><u>Striking and Fielding:</u> Begin to strike a bowled ball using different equipment. Explore bowling and fielding skills to include a two handed pick up and long and short barriers. Use overarm and underarm throwing in game situations. Catch with some consistency in game situations. <b>Challenge:</b> Share ideas and work with others to manage our game.</p> <p><u>Gymnastics:</u> Explore matching and contrasting shapes. Explore point and patch balances and transition smoothly into and out of them. Develop the straight, barrel and forward roll. Develop stepping into shape jumps with control. <b>Challenge:</b> Use a greater number of my own ideas for movements in response to a task.</p> <p><u>Dance:</u> Create actions in response to a stimulus individually and in groups. Use dynamics effectively to express an idea. Use directions to transition between formations. Develop an understanding of formations. <b>Challenge:</b> Create short dance phrases that communicate an idea.</p>	<p><u>Invasion Games:</u> Develop an understanding on how to lose a defender and explore shooting options. Track opponents to limit their scoring opportunities. <b>Challenge:</b> Learning the rules of the game and begin to use them to play honestly and fairly.</p> <p><u>Net and Wall Games:</u> Consistently use and return to the ready position in between shots. <b>Challenge:</b> Learning the rules of the game and beginning to use them to play honestly and fairly.</p> <p><u>Striking and Fielding:</u> Begin to identify when to use an underarm and overarm throwing technique. <b>Challenge:</b> Communicate with my teammates to apply simple tactics.</p> <p><u>Gymnastics:</u> Develop sequence work, collaborating with others to use matching and contrasting actions and shapes and develop linking sequences smoothly with actions that flow. <b>Challenge:</b> Adapt sequences to suit different types of apparatus.</p> <p><u>Dance:</u> Perform short, self choreographed phrases showing an awareness of timing. <b>Challenge:</b> Use counts to keep in time with a partner and group.</p>	<p><u>Invasion Games:</u> Provide feedback using key words. Understand the aim of the game and this is shown in their performance. <b>Challenge:</b> Provide feedback on using key terminology and understand what I need to do to improve.</p> <p><u>Net &amp; Wall Games:</u> Provide feedback using key words. Understand the aim of the game and this is shown in their performance. <b>Challenge:</b> Provide feedback using key terminology and understand what to do to improve.</p> <p><u>Striking &amp; Fielding:</u> Children can provide feedback using key words. They can persevere when learning new skills. Understand the aim of the game and this is shown in their performance. <b>Challenge:</b> Provide feedback using key terminology and understand what to do to improve.</p> <p><u>Gymnastics:</u> Children develop their confidence to perform, considering the quality and control of their actions. <b>Challenge:</b> Recognise how performances could be improved.</p> <p><u>Dance:</u> Children can provide feedback using key words. <b>Challenge:</b> Recognise how performances could be improved.</p>



**PE**

Highlight by term

Autumn

Spring

Summer

## Year 4

### Knowledge, Skills and Understanding breakdown for PE

Acquiring and Developing Skills	Applying Skills and Using Tactics	Evaluating and Improving Performance
<p><b>Invasion Games:</b> Develop controlled movement skills including passing to a teammate using a variety of techniques appropriate to the game. Controlled dribbling whilst under pressure. <b>Challenge:</b> Communicate with others and move into space to keep possession and score.</p> <p><b>Net and Wall Games:</b> Demonstrate increased technique when using shots both cooperatively and competitively. Develop technique in serving underarm with increased consistency. Develop rallying using both forehand and backhand with increased technique. <b>Challenge:</b> Work cooperatively with others to manage a game.</p> <p><b>Striking and Fielding:</b> Develop batting technique consistent with the rules of the game. Develop bowling with some consistency, abiding by the rules of the game. Use overarm and underarm throwing with increased consistency in game situations. Begin to catch with one and two hands with some consistency in game situations. <b>Challenge:</b> Work collaboratively with others to score.</p> <p><b>Gymnastics:</b> Develop the range of shapes they use in their sequences. Develop strength in bridge and shoulder stand. Develop control and fluency in individual and partner balances. Develop the straight, barrel, forward and straddle roll and perform with increased control. Develop control in performing and landing rotation jumps. <b>Challenge:</b> Identify some muscle groups used in gymnastic activities.</p> <p><b>Dance:</b> Respond imaginatively to a range of stimuli related to character and narrative. Change dynamics confidently within a performance to express changes in character. Confidently use changes in level, direction and pathway. Use action and reaction to represent an idea. <b>Challenge:</b> Use changes in timing and spacing to develop a dance.</p>	<p><b>Invasion Games:</b> Develop decision making around when to pass and when to shoot, develop defending one on one and know when to win the ball. Move into space to help their team keep possession and score goals. <b>Challenge:</b> Understand the rules of the game and apply them honestly most of the time.</p> <p><b>Net and Wall Games:</b> Begin to use appropriate footwork patterns to move around court. Communicate with teammates to apply simple tactics. <b>Challenge:</b> Understand the rules of the game and apply them honestly most of the time.</p> <p><b>Striking and Fielding:</b> Begin to develop how and where to place the ball when batting. Communicate with teammates to apply simple tactics. <b>Challenge:</b> Work co-operatively with others to manage the game.</p> <p><b>Gymnastics:</b> Children work independently and in collaboration with a partner to create and develop sequences. <b>Challenge:</b> Understand how body tension can improve the control and quality of movements.</p> <p><b>Dance:</b> Perform complex dances that communicate narrative and character well, performing clearly and fluently. <b>Challenge:</b> Use counts to keep in time with others and the music.</p>	<p><b>Invasion Games:</b> Children will be given opportunities to provide feedback using key terminology and understand what they need to do to improve. <b>Challenge:</b> Identify when a performance was successful and what needs to be done to improve.</p> <p><b>Net &amp; Wall Games:</b> Children will be given opportunities to provide feedback using key terminology and understand what they need to do to improve. <b>Challenge:</b> Use feedback provided to improve work.</p> <p><b>Striking &amp; Fielding:</b> Children will be given opportunities to provide feedback using key terminology and understand what they need to do to improve. <b>Challenge:</b> Use feedback provided to improve work.</p> <p><b>Gymnastics:</b> Children are given opportunities to receive and provide feedback in order to make improvements on their performances. They develop performance skills considering the quality and control of their actions. <b>Challenge:</b> Watch, describe and suggest possible improvements to others' performances and my own.</p> <p><b>Dance:</b> Children can provide feedback using appropriate language related to the lesson. <b>Challenge:</b> Watch, describe and suggest possible improvements to others' performances and my own.</p>



# PE

Highlight by term

Autumn

Spring

Summer

## Year 5

### Knowledge, Skills and Understanding breakdown for PE

Acquiring and Developing Skills	Applying Skills and Using Tactics	Evaluating and Improving Performance
<p><u>Invasion Games:</u> Develop control with sending and receiving under pressure. Select and apply a variety of dribbling techniques to game situations. <b>Challenge:</b> Work in collaboration with others so that games run smoothly.</p> <p><u>Net and Wall games:</u> Develop the range of shots used in the games they play. Develop their range of serving techniques appropriate to the game they are playing. Use a variety of shots to keep a continuous rally. <b>Challenge:</b> Work in collaboration with others so that games run smoothly.</p> <p><u>Striking and Fielding:</u> Develop over and underarm bowling technique. Select and apply long and short barriers appropriate to the situation. Demonstrate clear technique when using a variety of throws under pressure. <b>Challenge:</b> Work collaboratively with others to score and to get batters out.</p> <p><u>Gymnastics:</u> Perform shapes consistently and fluently to a high standard, sometimes linked with other gymnastic actions. Explore progressions of a cartwheel and a handstand. Explore symmetrical and asymmetrical balances. Develop control and fluency in the straight, barrel, forward, straddle and backward roll. Select a range of jumps to include in sequence work. <b>Challenge:</b> Use strength and flexibility to improve the quality of a performance.</p> <p><u>Dance:</u> Choreograph planned dances by using, adapting and developing actions and steps from different dance styles. Confidently use dynamics to express different styles. Use direction and patterning to express different dance styles. Confidently use formations, canon and unison to express a dance idea. <b>Challenge:</b> Refine the way actions, dynamics, relationships and space are used in a dance in response to a stimulus.</p>	<p><u>Invasion Games:</u> Explore creating attacking tactics with others and applying them to game situations. Develop tracking and marking with a variety of techniques and increased success. Move to create space for themselves and others in their team. <b>Challenge:</b> Use the rules of the game honestly and consistently.</p> <p><u>Net and Wall Games:</u> Demonstrate effective footwork patterns to move around the court. Understand there are different skills for different situations and begin to apply this. <b>Challenge:</b> Use the rules of the game consistently to play fairly and honestly.</p> <p><u>Striking and Fielding:</u> Explore defensive and driving hitting techniques and directional batting. Explore catching skills (close/deep and wicket keeping) and apply these with some consistency in game situations. Understand the need for tactics and can identify when to use them in different situations. <b>Challenge:</b> Work in collaboration with others so that games run smoothly.</p> <p><u>Gymnastics:</u> Children create longer sequences individually, with a partner and a small group. <b>Challenge:</b> Lead a partner through short warm-up routines.</p> <p><u>Dance:</u> Perform dances expressively, using a range of performance skills, showing accuracy and fluency. <b>Challenge:</b> Use counts when choreographing to stay in time with others and the music.</p>	<p><u>Invasion Games:</u> Identify when they are successful and what they need to do to improve. They will be able to use feedback provided to improve their work. <b>Challenge:</b> Recognise own and others strengths and areas for development and can suggest ways to improve.</p> <p><u>Net &amp; Wall Games:</u> Identify when they are successful and what they need to do to improve. They will be able to use feedback provided to improve their work. <b>Challenge:</b> Recognise own and others strengths and areas for development and can suggest ways to improve.</p> <p><u>Striking &amp; Fielding:</u> Identify when they are successful and what they need to do to improve. They will be able to use feedback provided to improve their work. <b>Challenge:</b> Recognise own and others strengths and areas for development and can suggest ways to improve.</p> <p><u>Gymnastics:</u> They are given opportunities to receive and provide feedback in order to make improvements on their performances. Children develop their performance skills considering the quality and control of their actions. <b>Challenge:</b> Use set criteria to make simple judgements about performances and suggest ways they could be improved.</p> <p><u>Dance:</u> Children can suggest ways to improve my own and other people's work using key terminology. They can use feedback provided to improve the quality of their work. <b>Challenge:</b> Use set criteria to make simple judgements about performances and suggest ways they could be improved.</p>



**PE**

Highlight by term

Autumn

Spring

Summer

Year 6			
Knowledge, Skills and Understanding breakdown for PE			
Swimming	Acquiring and Developing Skills	Applying Skills and Using Tactics	Evaluating and Improving Performance
<p>Demonstrate a good understanding of water safety. Explore safety techniques to include the H.E.L.P and huddle positions.</p> <p><b>Challenge:</b> Can select and apply the appropriate survival technique for the situation.</p>	<p><b>Invasion Games:</b> Develop making quick decisions about when, how and who to pass to. Dribble consistently using a range of techniques with increasing control under pressure. <b>Challenge:</b> Help others develop their knowledge and skills through leadership opportunities.</p> <p><b>Net and Wall Games:</b> Demonstrate increased success and technique in selecting and applying the appropriate shot for the situation. Serve consistently and accurately. Successfully apply a variety of shots to keep a continuous rally. <b>Challenge:</b> Help others develop their knowledge and skills through leadership opportunities.</p> <p><b>Striking and Fielding:</b> Strike a bowled ball with increasing accuracy and consistency. Consistently demonstrate good technique in catching skills under pressure. <b>Challenge:</b> Help others develop their knowledge and skills through leadership opportunities.</p> <p><b>Gymnastics:</b> Combine and perform gymnastics shapes more fluently and effectively. Develop control in progressions of a cartwheel and a handstand. Explore counter balances and counter tension balances. Develop fluency and consistency in the straddle, forward and backward roll. Combine and perform a range of gymnastic jumps more fluently and effectively. <b>Challenge:</b> Combine and perform gymnastic actions, shapes and balances with control and fluency.</p> <p><b>Dance:</b> Show controlled movements which express emotion and feeling. Explore, improvise and combine movement dynamics to express ideas fluently, effectively on their own, with a partner or in a small group. <b>Challenge:</b> Refine the way actions, dynamics and relationships are used to represent ideas, emotions, feelings and characters.</p>	<p><b>Invasion Games:</b> Explore creating attacking tactics with others in response to the game. Explore creating and applying defending tactics with others in response to the game. Move to the correct space when transitioning from attack to defence. <b>Challenge:</b> Apply the rules of the game within small sided versions through adopting referee/umpiring opportunities.</p> <p><b>Net and Wall Games:</b> Begin to apply tactics to their serve. Demonstrate a variety of footwork patterns relevant to the game they are playing. Select the appropriate action for the situation and make this decision quickly. <b>Challenge:</b> Apply the rules of the game within small sided versions through adopting referee/umpiring opportunities.</p> <p><b>Striking and Fielding:</b> Consistently select and apply the appropriate fielding action for the situation. Consistently make good decisions on who and when to pass to in order to get batters out. Understand and apply some tactics in the game as a batter, bowler and fielder. <b>Challenge:</b> Apply the rules of the game within small sided versions through adopting referee/umpiring opportunities.</p> <p><b>Gymnastics:</b> Children use their knowledge of compositional principles e.g. how to use variations in level, direction and pathway, how to combine and link actions, how to relate to a partner and apparatus when developing sequences. <b>Challenge:</b> Lead a small group through short warm-up routines. <b>Dance:</b> Use a variety of basic compositional principles when creating their own dances. Demonstrate a clear understanding of timing in relation to the music and other dancers throughout their performances. <b>Challenge:</b> Use counts when choreographing to improve the quality of their work.</p>	<p><b>Invasion Games:</b> Recognise their own and others strengths and areas for development and can suggest ways to improve. They can use feedback provided to improve the quality of their work. <b>Challenge:</b> Understand various roles within the game, the impact they have on the team and implement these within game situations.</p> <p><b>Net &amp; Wall Games:</b> Children will be able to recognise their own their own and others strengths and areas for development and can suggest ways to improve. They can use feedback provided to improve the quality of their work. <b>Challenge:</b> Understand various roles within the game, the impact they have on the team and implement these within game situations.</p> <p><b>Striking &amp; Fielding:</b> Children will be able to recognise their own their own and others strengths and areas for development and can suggest ways to improve. They can use feedback provided to improve the quality of their work. <b>Challenge:</b> Understand various roles within the game, the impact they have on the team and implement these within game situations.</p> <p><b>Gymnastics:</b> Children are given opportunities to receive and provide feedback in order to make improvements on performances. <b>Challenge:</b> Use appropriate language to evaluate and refine own and others' work.</p> <p><b>Dance:</b> Use feedback provided to improve the quality of their work. <b>Challenge:</b> Children can use appropriate language to evaluate and refine my own and others' work.</p>