

Whole School Chuckery P.E Curriculum

<u>Phase</u>	<u>Year group</u>	<u>Topic name</u>	<u>NC focus</u>	<u>Disciplinary concepts</u>	<u>Substantive concepts</u>	<u>Key knowledge</u>	<u>Key knowledge to enable children to have the skills to lead independent healthy and active life which will enable them to become physically confident individuals.</u>
KS1	Year 1	Throwing and catching	Master basic movements including running, throwing and catching as well as develop coordination . Begin to apply these in a range of activities.	We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Coordination	<ul style="list-style-type: none"> I can move fluently, changing direction and speed easily and avoiding collisions. I can show control and accuracy with the basic actions for rolling and underarm throwing. I can throw and catch a ball with a partner. I can choose and use skills effectively for games understand the concepts of aiming and taking the ball to a good position for aiming. I can use skills in different ways in different games and try to win by changing the way they use skills in response to their opponent's actions. 	<ul style="list-style-type: none"> Identify that exercise is good for our minds. Understand the term 'determination'. Know before exercise you need to warm up. Know after exercise you need to cool down.
		Gymnastics	Master basic movements including jumping and developing balance.	We understand how different movements can affect our bodies. We learn how physical exercise is beneficial to our bodies.	Balance	<ul style="list-style-type: none"> I can manage the space safely, showing good awareness of each other, mats and apparatus. I can perform basic gymnastic actions like a traveling movement I can perform a controlled roll. I can perform a controlled jump. I can link & repeat basic gymnastic actions perform movement phrases with control and accuracy. I can make up simple movement phrases in response to simple tasks. 	
		Dance	Perform dances using simple movement patterns. Develop coordination.	We understand how different movements can affect our bodies. We practise our movements to ensure they are precise and improve our technique.	Coordination	<ul style="list-style-type: none"> I can copy and repeat simple skills E.G. follow the leader. I can explore a range of actions which have been shown by the teacher first. I can respond to different stimuli with a range of actions. I can move my body in different ways. I can explore moving in different ways. 	

				We learn how physical exercise is beneficial to our bodies.		<ul style="list-style-type: none"> I can link simple movements together with a clear beginning middle and end (Starting position, movement, end position.) I can practise and repeat my movements and perform them in a controlled way. 	
		Invasion games	Master basic movements including running, throwing and catching as well as develop coordination . Begin to apply these in a range of activities.	We understand how different movements can affect our bodies. We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Coordination	<ul style="list-style-type: none"> I can move fluently, changing direction and speed easily and avoiding collisions. I can show control and accuracy with the basic actions for rolling and underarm throwing. I can throw and catch a ball with a partner. I can choose and use skills effectively for games understand the concepts of aiming and taking the ball to a good position for aiming. I can use skills in different ways in different games and try to win by changing the way they use skills in response to their opponent's actions. 	
		Athletics	Master basic movements including running, jumping and throwing as well as developing agility and begin to apply these in a range of activities.	We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Agility	<ul style="list-style-type: none"> I can move at different speeds- walk, jog, sprint I can jump with accuracy- long jump and vertical jump. I can throw using a small range of techniques 	
	<u>Year 2</u>	Throwing and catching	Master basic movements including running, throwing	We practise our movements to ensure they are precise and improve our technique.	Coordination	<ul style="list-style-type: none"> I can show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run. 	<ul style="list-style-type: none"> Identify the importance of our senses and explain how they help us. Understand that exercise is good for our minds.

			and catching as well as developing coordination . Begin to apply these in a range of activities.	<p>We understand how different movements can affect our bodies.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>		<ul style="list-style-type: none"> • I can perform a range of rolling, throwing, catching and gathering skills, with control. • I can pass a ball accurately to a partner over a variety of distances. • I can vary skills and show some understanding of simple tactics. • I can choose and use tactics to suit different situations and react to situations in a way that helps their partners and makes it difficult for their opponents. 	<ul style="list-style-type: none"> • Explain the term 'determination'. • Know before exercise you need to warm up to warm your muscles up. • Know after exercise you need to cool down to help cool your muscles down so they do not cramp or hurt after exercise.
		Gymnastics	Master basic movements including jumping and developing balance.	<p>We understand how different movements can affect our bodies.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Balance	<ul style="list-style-type: none"> • I can move smoothly from a position of stillness to a travelling movement. • I can use different combinations of floor, mats and apparatus, showing control, accuracy and fluency. • I can repeat accurately sequences of gymnastic actions. • I can choose, use and vary simple compositional ideas to create and perform a sequence. • I can perform a variety of actions with increasing control. • I can devise, repeat and perform a short sequence in which there is a clear beginning, middle and end. • I can adapt the sequence to include apparatus or a partner. 	
		Dance	<p>Perform dances using simple movement patterns.</p> <p>Develop coordination.</p>	<p>We understand how different movements can affect our bodies.</p> <p>We practise our movements to ensure they are precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Coordination	<ul style="list-style-type: none"> • I can explore actions in response to stimuli. • I can explore ideas, moods and feelings by improvising. • I can experiment with actions, dynamics, directions, levels and a growing range of possible movements. • I can remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness • I can talk about different stimuli as the starting point for creating dance phrases and short dances. • I can link several movements together with control and co-ordination. • I can compose and perform dance phrases and short dances that express 	

						and communicate moods, ideas and feelings.	
		Invasion games	Master basic movements including running, throwing and catching and develop coordination . Begin to apply these in a range of activities.	We understand how different movements can affect our bodies. We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Coordination	<ul style="list-style-type: none"> I can show a good awareness of others in running, chasing and avoiding games, making simple decisions about when and where to run. I can perform a range of rolling, throwing, catching and gathering skills, with control. I can pass a ball accurately to a partner over a variety of distances. I can vary skills and show some understanding of simple tactics. I can choose and use tactics to suit different situations and react to situations in a way that helps their partners and makes it difficult for their opponents. 	
		Athletics	Master basic movements including running, jumping and throwing as well as developing agility and begin to apply these in a range of activities.	We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Agility	<ul style="list-style-type: none"> I can change speed and direction. I can jump with strength and accuracy. I can select which throwing technique to use for accuracy and distance. I can throw accurately towards a target. I can choose when to run and when to jump. 	
<u>LKS2</u>	<u>Year 3</u>	Cricket	Use running, throwing and catching in isolation and in combination. Apply basic principles suitable for	We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Coordination	<ul style="list-style-type: none"> I can use a range of skills to help keep possession and control of the ball. I can perform the basic skills needed for the games with control and consistency.- Throwing, catching and batting. I can use a range of skills with increasing control. I can choose good places to stand when receiving and give reasons for my choice. 	<ul style="list-style-type: none"> Identify that exercise helps our lungs and heart. Begin to compare emotional feelings with physical feelings. Understand that determination and perseverance are needed to overcome a challenge. Know before exercise you need to warm up to warm your muscles up and to prepare mentally and

			<p>attacking and defending.</p> <p>Play competitive games, modified where appropriate.</p>			<ul style="list-style-type: none"> I can use a range of skills to keep possession and make progress towards a goal, on their own and with others. I can choose and use batting or throwing skills to make the game hard for my opponents. In pairs I can make up a game and play it. 	<p>physically for your chosen activity.</p> <ul style="list-style-type: none"> Know after exercise you need to cool down to help cool your muscles down so they do not cramp or hurt after exercise and to prepare mentally and physically that your chosen activity has come to an end.
		Gymnastics	<p>Develop flexibility, strength, technique, control and balance.</p>	<p>We understand how different movements can affect our bodies.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Balance	<ul style="list-style-type: none"> I can practise using shapes. I can practise using balances I can practise different ways of travelling. I can perform a competent forward roll, teddy bear roll, shoulder roll. I can work well on my own and contribute to pair sequences. I can explore combinations of mats and apparatus. I can practise an action or short sequence of movements. I can plan and perform a movement sequence showing contrasts in speed, level and direction showing a clear beginning, middle and end. I can improve the quality of actions and transitions to show control, accuracy and fluency of movement when performing actions on their own and with a partner. 	
		Dance	<p>Perform dances using a range of movement patterns</p>	<p>We understand how different movements can affect our bodies. We practise our movements to ensure they are precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Coordination	<ul style="list-style-type: none"> I can explore and develop new actions while working with a partner or a small group. I can explore and develop new actions while working with a partner or a small group which show different dynamics to its movement (styles of techniques of a dance.) I can show an imaginative response to different stimuli through their use of language and choice of movement. Improvise freely with a partner translating ideas from stimuli to movement. 	

						<ul style="list-style-type: none"> • I can apply basic compositional ideas to create dance which convey feelings and emotions and show different dynamics. • I can link actions to make dance phrases, working with a partner and in a small group. • I can perform short dances with expression, showing an awareness of others when moving. 	
		Rounders	<p>Use running, throwing and catching in isolation and in combination.</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Play competitive games, modified where appropriate.</p>	<p>We practise our movements to ensure they are precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Coordination	<ul style="list-style-type: none"> • I can perform the basic skills needed for the games with control and consistency.- Throwing, catching and batting. • I can use a range of skills to help keep possession and control of the ball. • I can choose good places to stand when receiving and give reasons for my choice. • I can use a range of skills to keep possession and make progress towards a goal, on their own and with others. • I can use a range of skills with increasing control. • I can choose and use batting or throwing skills to make the game hard for my opponents. • In pairs I can make up a game and play it. 	
		Athletics	<p>Use running, jumping and throwing in isolation and in combination.</p> <p>Develop flexibility, strength, technique,</p>	<p>We practise our movements to ensure they are precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Agility	<ul style="list-style-type: none"> • I can throw with accuracy towards a target with increasing distance. • I know the difference between sprinting and jogging. • I know the different roles which can be had. • I can link running and jumping. 	

			control and balance. Compare their performance s with previous ones and demonstrate improvement to achieve their personal best.				
		OOA	Take part in outdoor and adventurous activity challenges both individually and within a team.	We perform our movements to achieve goals	Life skills	<ul style="list-style-type: none"> • Listening involves looking at the person who is speaking and responding appropriately. • Reading instructions involves working systematically. • Team work involves people having different roles and supporting each other for a shared goal. • Directional language includes, clockwise, anticlockwise, quarter turn, half turn, whole turn, left and right. • How to read a map. • Map orienteering involves lining up your map with what you see around you such as roads, forest areas. 	
	<u>Year 4</u>	Cricket	Use running, throwing and catching in isolation and in combination.	<p>We practise our movements to ensure they are precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Coordination	<ul style="list-style-type: none"> • I can use a range of different skills with increasing control and skill- Throwing, catching and batting. • I know and use a range of skills that allow them to keep hold of the ball, before passing to a member of my team. • I can perform an advancing range of skills with accuracy and control, 	<ul style="list-style-type: none"> • Explain the benefits to the body of regular exercise. • Identify basic 'coping strategies' for dealing with difficult emotions. • Identify the value of sleep for our health and how exercise can help to give you more energy.

			<p>Apply basic principles suitable for attacking and defending.</p> <p>Play competitive games, modified where appropriate.</p>			<p>repeatedly in a range of situations.- Throwing, catching and batting.</p> <ul style="list-style-type: none"> I can choose where they should position themselves to be a defender and an attacker. I can use a range of learnt techniques to ensure fair play and I know how to score goals and win the game. I can choose the best skills to use to play the different sides within a game, knowing the skills that I should use to be successful. In small groups I can make up a game with simple rules. 	<ul style="list-style-type: none"> Know before exercise you need to warm up to warm your muscles up and to prepare mentally and physically for your chosen activity. Explain different ways to warm up. Know after exercise you need to cool down to help cool your muscles down so they do not cramp or hurt after exercise and to prepare mentally and physically that your chosen activity has come to an end. Explain different ways to warm up.
		Gymnastics	<p>Develop flexibility, strength, technique, control and balance.</p>	<p>We understand how different movements can affect our bodies.</p> <p>We understand how different movements can affect our bodies.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Balance	<ul style="list-style-type: none"> I can perform a range of rolls with control and accuracy. I can perform a range of shapes. I can perform a range of balances. I can perform a range of travelling. I can explore different combinations of apparatus to look at shape, balance and travel. I can practise short sequence showing quality movement phrases. I can begin to develop a longer and more varied movement phrase with smooth, planned links between actions for effect. I can perform a sequence where I can combine speed, level, and direction and a variety of shapes with a partner or group. I can refine a short sequence showing quality movement phrases. 	
		Dance	<p>Perform dances using a range of movement patterns.</p>	<p>We understand how different movements can affect our bodies.</p> <p>We practise our movements to ensure they are</p>	Coordination	<ul style="list-style-type: none"> I can begin to respond within a small group or partnership, to speed and level. I can respond and perform with a partner, demonstrating actions that link with fluency and accuracy. 	

				<p>precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>		<ul style="list-style-type: none"> • I can use a range of actions and begin to combine movement phrases and patterns. • I can respond to the stimuli through the appropriate language, creating their own ideas and movement phrases. • I can use a range of movement and dance phrases within different ways (unison, canon) with a partner or group. • I can begin to design my own movement phrases that respond to the stimuli or emotion. • I can remember, perform and evaluate short dance phrase, showing an understanding and an awareness of others. 	
		Rounders	<p>Use running, throwing and catching in isolation and in combination.</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Play competitive games, modified where appropriate.</p>	<p>We practise our movements to ensure they are precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Coordination	<ul style="list-style-type: none"> • I can perform an advancing range of skills with accuracy and control, repeatedly in a range of situations.- Throwing, catching and batting. • I know and use a range of skills that allow them to keep hold of the ball, before passing to a member of my team. • I can choose where they should position themselves to be a defender and an attacker. • I can use a range of learnt techniques to ensure fair play and I know how to score goals and win the game. • I can choose the best skills to use to play the different sides within a game, knowing the skills that I should use to be successful. • In small groups I can make up a game with simple rules. 	
		Athletics	Use running, jumping and throwing in isolation and	We practise our movements to ensure they are precise and improve our technique.	Agility	<ul style="list-style-type: none"> • I can increase the distance when I am running. • I can organise and prepare myself when taking different roles within a running sequence. • I can throw with accuracy and power. 	

			<p>in combination.</p> <p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	We learn how physical exercise is beneficial to our bodies.		<ul style="list-style-type: none"> • I can increase the distance of my jump. • I can link running and jumping with greater control. • I can change my running pace or throwing skill to allow them to reduce my times and increase distance. 	
		OOA	Take part in outdoor and adventurous activity challenges both individually and within a team.	We perform our movements to achieve goals	Life skills	<ul style="list-style-type: none"> • I can read instructions involves working systematically whilst working with others collaboratively. • I know that different equipment is used for different challenges. • I know the qualities of a good leader-role model, listens to others, brings the team together, motivates others. • I know how to read a basic map. • I can say what orienteering means. • I can say what symbols means on a map. • I can design own map symbols using prior knowledge. 	
<u>UKS2</u>	<u>Year 5</u>	Cricket	Use running, throwing and catching in isolation	We practise our movements to ensure they are precise and improve our technique.	Coordination	<ul style="list-style-type: none"> • I can keep a game going using a range of different throwing. – Underarm or overarm. • I can use a range of techniques when passing. E.G- low, high, quick, slow. 	<ul style="list-style-type: none"> • Explain how our body systems change during exercise. • Understand how our bodies change as we get older and how this effects sporting performance.

			and in combination. Apply basic principles suitable for attacking and defending. Play competitive games, modified where appropriate.	We learn how physical exercise is beneficial to our bodies.		<ul style="list-style-type: none"> • I can strike a ball with intent and throw it more accurately when bowling and fielding. • I can competitively play a game showing tactical awareness and knowledge of rules and scoring. • I can keep and use the rules the given. • I can try and make things difficult for my opponent by directing the ball to a space at different speeds and heights. 	<ul style="list-style-type: none"> • Identify stress and stressful situations and know that exercise can help reduce the symptoms of stress. • Begin to reflect on areas for improvement and see them as an opportunity to learn from. • To know that warming up increases your heart rate and therefore your blood flow. This enables more oxygen to reach your muscles. • To know that it is good to stretch when you're cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the build-up of lactic acid, which can lead to muscles cramping and stiffness.
		Gymnastics	Develop flexibility, strength, technique, control and balance.	<p>We understand how different movements can affect our bodies.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Balance	<ul style="list-style-type: none"> • I can practice a range of rolls including backwards roll consistently. • I can practise using large apparatus for effect. • I can practice making similar or contrasting spaces on floor and apparatus, working with a partner combine actions and maintain the quality of performance when performing at the same time as a partner. • I can create sequences with changes of speed, level and direction and clarity of shape demonstrating a smooth transition using the floor, mats and apparatus, showing consistency, fluency and clarity of movement. • I can suggest improvements and identify strengths in a sequence. 	
		Dance	Perform dances using a range of movement patterns.	<p>We understand how different movements can affect our bodies.</p> <p>We practise our movements to ensure they are precise and improve our technique.</p>	Coordination	<ul style="list-style-type: none"> • I can respond to a variety of stimuli showing a range of actions performed with control and fluency. • I can think about character and narrative ideas created by the stimulus and respond through movement. • I can experiment with a wide range of actions, varying and combining: <i>spatial patterns</i> 	

				We learn how physical exercise is beneficial to our bodies.		<i>speed</i> <i>tension</i> <i>unison</i> <i>canon</i> <i>question and answer</i> <i>continuity</i> when working on my own, with a partner and in a group. <ul style="list-style-type: none"> I can create and perform dances using a range of movement patterns in response to a range of stimuli using more complex dance phrases. 	
		Rounders	Use running, throwing and catching in isolation and in combination. Apply basic principles suitable for attacking and defending. Play competitive games, modified where appropriate.	We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Coordination	<ul style="list-style-type: none"> I can keep a game going using a range of different throwing. – Underarm or overarm. I can use a range of techniques when passing. E.G- low, high, quick, slow. I can strike a ball with intent and throw it more accurately when bowling and fielding. I can competitively play a game showing tactical awareness and knowledge of rules and scoring. I can keep and use the rules the given. I can try and make things difficult for my opponent by directing the ball to a space at different speeds and heights. 	
		Athletics	Use running, jumping and throwing in isolation and in combination.	We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Agility	<ul style="list-style-type: none"> I can choose a pace for running. I can sustain and maintain running speed. I can choose which throw to use. I can choose which jumping technique to use. I can improve on personal target. I can organise and manage an athletic event well. 	

			<p>Develop flexibility, strength, technique, control and balance.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>				
		OOA	Take part in outdoor and adventurous activity challenges both individually and within a team.	We perform our movements to achieve goals	Life skills	<ul style="list-style-type: none"> • I know communication is important to be successful by listening as well as giving clear instructions. • I understand why agility and endurance are important for this and other sports. • I know how to use a compass. • I can use eight points on a compass. • I can read maps. • I know what makes a successful orienteering course. 	
	<u>Year 6</u>	Cricket	<p>Use running, throwing and catching in isolation and in combination.</p> <p>Apply basic principles suitable for</p>	<p>We practise our movements to ensure they are precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Coordination	<ul style="list-style-type: none"> • I can show precision and accuracy when sending and receiving. • I can use different ways of bowling. • I can hit the ball from both sides of the body. • I can hit the ball with purpose, carrying the speed, height and direction. • I can perform skills with accuracy, confidence and control. – Throwing, catching and batting. • I can play recognized version of cricket showing tactical awareness and knowledge of rules and scoring. 	<ul style="list-style-type: none"> • Understand that endorphins are released during exercise and that these are linked with happiness. • Understand that 'being healthy' incorporates body, mind and lifestyle. • To explain that warming up increases your heart rate and therefore your blood flow. This enables more oxygen to reach your muscles.

			attacking and defending. Play competitive games, modified where appropriate.			<ul style="list-style-type: none">• I can play, choosing and using the skills which meet the needs of the situation.• I can choose when to pass or move, so I can keep possession and make progress towards the goal.• I can combine and perform skills with control, adapting them to meet the needs of the situation.	<ul style="list-style-type: none">• To explain that it is good to stretch when you're cooling down because your limbs, muscles and joints are still warm. Stretching can help reduce the build-up of lactic acid, which can lead to muscles cramping and stiffness.
	Gymnastics	Develop flexibility, strength, technique, control and balance.	We understand how different movements can affect our bodies. We learn how physical exercise is beneficial to our bodies.	Balance	<ul style="list-style-type: none">• I can practise shapes.• I can practise balances clearly.• I can practice a range of rolls showing different entrances and exits.• I can perform combinations of movements that show clear differences between levels, speeds and directions, with fluency and accuracy.• I can perform consistently and fluently with good body tension and extension.• I can plan and perform with precision, control and fluency.• I can repeat accurately a longer sequence with more difficult actions, with an emphasis on extension and clear body, shape and change in direction.• I can adapt sequences to include a partner or small group.		
	Dance	Perform dances using a range of movement patterns.	We understand how different movements can affect our bodies. We practise our movements to ensure they are precise and improve our technique. We learn how physical exercise is beneficial to our bodies.	Coordination	<ul style="list-style-type: none">• I can learn a variety of dance styles with accuracy and consistency.• I can explore, improvise and choose appropriate material to create new motifs in a chosen dance style.• I can respond to a range of stimuli, improvising freely using a range of controlled movements and patterns.• I can extend compositional skills incorporating a wider range of dance styles and forms.• I can select and use a range of compositional ideas to create motifs that demonstrate their dance ideas.		

						<ul style="list-style-type: none"> I can compose, develop and adapt motifs to make dance phrases and use these in longer dances. 	
		Rounders	<p>Use running, throwing and catching in isolation and in combination.</p> <p>Apply basic principles suitable for attacking and defending.</p> <p>Play competitive games, modified where appropriate.</p>	<p>We practise our movements to ensure they are precise and improve our technique.</p>	Coordination	<ul style="list-style-type: none"> I can show precision and accuracy when sending and receiving the ball. I can hit the ball from both sides of the body. I can hit the ball with purpose, carrying the speed, height and direction. I can perform skills with accuracy, confidence and control. – Throwing, catching and batting. I can play recognized version of rounders showing tactical awareness and knowledge of rules and scoring. I can play, choosing and using the skills which meet the needs of the situation. I can choose when to pass or move, so I can keep possession and make progress towards the goal. I can combine and perform skills with control, adapting them to meet the needs of the situation. 	
		Athletics	<p>Use running, jumping and throwing in isolation and in combination.</p> <p>Develop flexibility, strength, technique, control and balance.</p>	<p>We practise our movements to ensure they are precise and improve our technique.</p> <p>We learn how physical exercise is beneficial to our bodies.</p>	Agility	<ul style="list-style-type: none"> I can use strength, stamina and speed when running. I can use strength, stamina and speed when jumping. I can use strength, stamina and speed when throwing. I know rules and judge events. I can adapt skills and techniques to different challenges and equipment. 	

			Compare their performances with previous ones and demonstrate improvement to achieve their personal best.				
		OOA	Take part in outdoor and adventurous activity challenges both individually and within a team.	We perform our movements to achieve goal	Life skills	<ul style="list-style-type: none"> • I can work with others in an effective manner to achieve a goal. • I have a range of strategies to problem solve. • I can explain how to be resilient and preserver. • I know a range of warm up and cool down activities. • I can be a good leader and adapt how I lead- role model, listens to others, brings the team together, motivates others. • I can read a map and find control points. • I can explain what orienteering is and can design an orienteering activity. 	