

**LONG TERM FORECAST****Lower Key Stage 2 PE****2014/2016**

Pupils should be taught to:

1. use running, jumping, throwing and catching in isolation and in combination
2. play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending
3. develop flexibility, strength, technique, control and balance.
4. perform dances using a range of movement patterns
5. take part in outdoor and adventurous activity challenges both individually and within a team
6. compare their performances with previous ones and demonstrate improvement to achieve their personal best.
7. Swimming, pupils should be taught to:
  - swim competently, confidently and proficiently over a distance of at least 25 metres
  - use a range of strokes effectively
  - perform safe self-rescue in different water-based situations.

<b>Current y3/4 year A</b>	Invasion games - Netball and rugby (1, 2, 6) Indian Bollywood dance (4, 6)	Gymnastics (3, 6) Tudor dance (4, 6) Swimming (7)	Striking and fielding – cricket (1, 2, 6) Net and wall games- volleyball (1, 2, 6) Athletics (1, 6)
<b>Current y3/4 year B</b>	Invasion games - Handball and hockey (1, 2, 6) Orienteering and team work (5) Gymnastics (3,6)	Invasion games - football (1, 2, 6) Egyptian dance (4, 6) Swimming (7)	Striking and fielding - rounders (1, 2, 6) Net and wall games - tennis (1, 2, 6) Athletics (1, 6)
<b>Other opportunities</b>	Intra-house competitions	Inter schools competitions	Sports Day and Sports Week