

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.

Current y5/6 year A	D Lion king G outdoor and invasion	Gym Swimming	G filed and strike G Net and ball G Athletics
Current y5/6 year B	See ltp		
Other opportunities	D=Change from one rhythm to another. Gy= Link three actions improving control and fluency G=Isolation - Running, Jumping, Throwing, Catching	D= Abrupt transitions from one movement quality to another. Gy= Explore different ways of performing G= Netball/Basketball	D= Create a movement phrase, Gy= Link 3 actions slowing and repeating G= Cricket/athletics
	D= Dance range of movement Gy=Linking actions according to speed/Balance G= Isolation - Running, Jumping, Throwing, Catching Athletics	D= Dance range of movement patterns Gy= Linking actions according to symmetry G= rugby	D= Own production/Production Gy=Designing a performance/Formations G= Basketball