

Windsor Academy Trust

Physical Education Medium Term Planning

Year Group	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1	<p>Fitness: I understand why it is important to warm up. I can run at different speeds. I can show hopping, skipping and jumping movements. I can experiment with different types of jumps and landing. I can recognise changes in my body when I do exercise. I can change direction.</p> <p>Introduction to PE Unit 1: I am confident to try new activities. I ask for help if needed. I can handle equipment effectively. I can move confidently in a range of ways. I can safely negotiate space. I can show good control and co-ordination in small and large movements. I can talk about ways to keep healthy and safe. I know the importance for good health and physical exercise. I am sensitive to others' feelings.</p>	<p>Fundamentals: I can run at different speeds. I can change direction. I can show hopping, skipping and jumping movements. I can recognise changes in my body when I do exercise.</p> <p>Sending and Receiving: I can roll a ball towards a target. I can stop a rolling ball. I am beginning to send and receive a ball with my hands. I can catch a ball after one bounce. I am beginning to send and receive a ball with my feet. I can recognise changes in my body when I do exercise.</p>	<p>Gymnastics: I can remember and repeat actions and shapes. I can make my body tense, relaxed, stretched and curled. I can show an awareness of space when travelling. I can link simple actions together. I can use apparatus safely. I can recognise changes in my body when I do exercise.</p> <p>Invasion: I am beginning to dribble a ball with my hands and feet. I know who is on my team. I can send and receive a ball. I can stay with another player when defending. I can dodge. I can help my team to score. I can find space. I can recognise changes in my body when I do exercise. I know how to score points.</p>	<p>Target Games: I can recognise changes in my body when I do exercise. I can use an overarm throw aiming towards a target. I can roll a ball towards a target. I can use an underarm throw aiming towards a target. I can work co-operatively with a partner. I understand what good technique looks like.</p> <p>Athletics: I can run at different speeds I can show balance and co-ordination when changing direction I can link running and jumping movements with some control and balance. I can experiment with different types of jumps and landing I can co-ordinate my body to throw towards a target I am developing my technique to throw for distance I can recognise changes in my body when I do</p>	<p>Ball Skills: I can throw an object towards a target. I can track a ball in a controlled and balanced movement. I can co-ordinate my body to send and receive a ball. I am beginning to dribble a ball with my hands and feet. I can recognise changes in my body when I do exercise.</p> <p>Striking and Fielding: I can roll a ball towards a target. I can stop a medium-sized ball with some consistency. I can sometimes catch a beanbag and a medium-sized ball. I can track a ball. I know how to score points. I can push a ball using my hand and an object. I can recognise changes in my body when I do exercise.</p>	<p>Teambuilding: I can follow instructions. I can listen to others. I can work co-operatively with a partner. I can communicate simple instructions. I can suggest ideas to solve tasks. I can show fair play.</p> <p>Net and Wall: I can throw and push a ball in a variety of ways. I can sometimes catch a beanbag and a medium-sized ball. I can track balls and other equipment sent to me. I can throw and hit a ball in a variety of ways. I can recognise changes in my body when I do exercise. I know how to score points.</p>

Windsor Academy Trust

Physical Education Medium Term Planning

	<p>I play co-operatively, taking turns. I can talk about my own ideas and use them in response to a task. I understand and follow rules.</p>			exercise		
Year 2	<p>Introduction to PE Unit 2: I am confident to try new activities. I ask for help if needed. I can handle equipment effectively. I can move confidently in a range of ways. I can safely negotiate space. I can show good control and co-ordination in small and large movements. I can talk about ways to keep healthy and safe. I know the importance for good health and physical exercise. I am sensitive to others' feelings. I play co-operatively, taking turns. I can talk about my own ideas and use them in response to a task. I understand and follow rules.</p> <p>Dance: I am beginning to provide feedback using key words.</p>	<p>Fundamentals: I show balance and co-ordination when running at different speeds. I can show balance when changing direction. I can show hopping, skipping and jumping movements with some balance and control. I can describe how my body feels during exercise.</p> <p>Yoga: I can copy, remember and repeat yoga flows. I can create and repeat simple flow sequences with control.. I can use clear shapes when performing poses. I can move in time with my breath. I can describe how my body feels during exercise.</p>	<p>Gymnastics: I can plan and repeat simple sequences of actions. I can use shapes when performing other skills. I can use directions and levels to make my work look interesting. I can perform the basic gymnastic actions with some control and balance. I can describe how my body feels during exercise.</p> <p>Fitness: I can show balance when changing direction. I understand that there are different areas of fitness. I show balance and co-ordination when running at different speeds. I can show hopping, skipping and jumping movements with some balance and control. I show balance and co-ordination when</p>	<p>Athletics: I show balance and co-ordination when running at different speeds. I can show balance when changing direction. I can link running and jumping movements with some control and balance. I can experiment with different types of jumps and landing. I show good technique when throwing towards a target. I am developing throwing for distance. I can describe how my body feels during exercise.</p> <p>Target Games: I am beginning to select the appropriate throw for the target. I can describe how my body feels during exercise. I can use an overarm throw to hit a target with some success. I can use an underarm</p>	<p>Striking and Fielding: I can roll a ball to hit a target. I am developing underarm and overarm throwing skills. I can sometimes hit a ball using a racket. I know how to score points and can remember the score. I can track a ball and stop it. I can apply these skills in a variety of simple games. I can use some simple tactics. I can describe how my body feels during exercise.</p> <p>Ball Skills: I can roll a ball to hit a target. I can co-ordinate my body to track a ball and stop it. I can sometimes dribble a ball with my hands and feet. I can send and receive a ball using both kicking and throwing skills.</p>	<p>Net and Wall: I can show awareness of opponents when playing games. I can roll and hit a ball. I can apply these skills in a variety of simple games. I can describe how my body feels during exercise. I can work with a partner to improve my skill. I know how to score points and can remember the score.</p> <p>Invasion: I can sometimes dribble a ball with my hands and feet. I know who is on my team and I can attempt to send the ball to them. I can move with a ball towards goal. I can describe how my body feels during exercise. I can dodge and find space away from the other team. I can stay with another player to try and prevent</p>

Windsor Academy Trust

Physical Education Medium Term Planning

	<p>I can copy, remember, repeat and create dance phrases. I can describe how my body feels during exercise. I can show a character and idea through the actions and dynamics I choose. I can use counts to stay in time with the music. I can work with a partner using mirroring and unison in our actions. I show confidence to perform.</p>		<p>running at different speeds. I can describe how my body feels during exercise.</p>	<p>throw to hit a target with some success. I can work co-operatively with a partner and a small group. I understand what good technique looks like and can use key words in the feedback I provide.</p>	<p>I can describe how my body feels during exercise.</p>	<p>them from getting the ball. I know how to score points and can remember the score.</p>
<p>Year 3</p>	<p>Rounders: I can use overarm and underarm throwing, and catching skills. I am beginning to strike a bowled ball. I am able to bowl a ball towards a target. I am developing an understanding of tactics and I am beginning to use them in game situations. I understand the aim of the game. I am learning the rules of the game and I am beginning to use them. I understand why it is important to warm up. I can identify when I was successful.</p>	<p>Football: I can dribble, pass, receive and shoot the ball with some control. I am learning the rules of the game and I am beginning to use them. I can move with a ball towards goal with increasing control. I understand my role as an attacker and as a defender. I can move into space to help my team. I can defend an opponent. I understand why it is important to warm up. I can identify when I was successful.</p>	<p>Basketball: I can dribble, pass, receive and shoot the ball with some control. I am learning the rules of the game and I am beginning to use them. I can move with a ball towards goal with increasing control. I understand my role as an attacker and as a defender. I can move into space to help my team. I can defend an opponent. I understand why it is important to warm up. I can identify when I was successful.</p>	<p>Fundamentals: I am able to jump and turn a skipping rope. I can change direction quickly. I can identify when I was successful. I can link hopping and jumping actions. I demonstrate balance when performing other fundamental skills. I understand how the body moves differently at different speeds. I understand why it is important to warm up.</p> <p>Ball Skills: I can catch different sized objects with increasing consistency</p>	<p>OAA: I can follow and give instructions. I can communicate ideas and listen to others. I can work with a partner and a small group. I can plan and attempt to apply strategies to solve problems. I can reflect on when and why I was successful at solving challenges. I am developing map reading skills.</p> <p>Tennis: I can return a ball to a partner. I can use basic racket skills. I understand the aim of</p>	<p>Cricket: I can use overarm and underarm throwing, and catching skills. I am beginning to strike a bowled ball after a bounce. I am able to bowl a ball towards a target. I am developing an understanding of tactics and I am beginning to use them in game situations. I understand the aim of the game. I am learning the rules of the game and I am beginning to use them. I understand why it is important to warm up. I can identify when I was successful.</p>

Windsor Academy Trust

Physical Education Medium Term Planning

	<p>Fitness: I can understand why it is important to warm up. I can collect and record personal fitness scores. I understand that there are different areas of fitness. I can work to my maximum level.</p>	<p>Dodgeball: I understand the aim of the game. I am learning the rules of the game and I am beginning to use them. I understand why it is important to warm up. I can identify when I was successful. I can throw with some accuracy and catch with some consistency.</p>	<p>Gymnastics: I can adapt sequences to suit different types of apparatus. I can choose actions that flow well into one another. I can choose and plan sequences of contrasting actions. I can complete actions with increasing balance and control. I can move in unison with a partner. I can provide feedback using key words. I understand the benefits of exercise. I use a greater number of my own ideas for movements in response to a task. With help, I can recognise how performances could be improved.</p>	<p>with two hands. I can dribble a ball with control. I can persevere when learning a new skill. I can provide feedback using key words. I can share ideas and work with others to create a game. I can show a variety of throwing techniques. I can throw with accuracy and increasing consistency to a target. I can track the path of a ball that is not sent directly to me.</p>	<p>the game. I am learning the rules of the game and I am beginning to use them. I understand why it is important to warm up. I can identify when I was successful.</p>	<p>Athletics I can run at fast, medium and slow speeds. I can use different take off and landings when jumping. I am developing jumping for distance and height. I can take part in a relay activity, remembering when to run and what to do. I can throw a variety of objects, changing my action for accuracy and distance. I can record my distances, numbers and times. I understand why it is important to warm up. I can identify when I was successful.</p>
<p>Year 4</p>	<p>Fitness: I can work to my maximum level. I can explain what happens in my body when I warm up. I can collect and record personal fitness scores and I can recognise my strengths. I understand there are different areas of fitness and each area challenges my body</p>	<p>Basketball: I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can move to space to</p>	<p>Netball: I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can defend one on one and know when to win the ball. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can move to space to</p>	<p>Fundamentals: I can change direction quickly under pressure. I can explain what happens when I exercise. I can identify when I was successful and what I need to do to improve. I can link hopping and jumping actions with other fundamental skills. I can work with others to complete skipping</p>	<p>OAA: I can accurately follow and give instructions. I can reflect on when and why I was successful at solving challenges. I can work effectively with a partner and a small group. I can identify key symbols on a map and use a key to help navigate around a grid.</p>	<p>Cricket: I can use overarm and underarm throwing and catching skills with increasing accuracy. I can strike a bowled ball after a bounce. I am able to bowl a ball with some accuracy, and consistency. I can choose and use simple tactics for different situations. I understand the rules of</p>

Windsor Academy Trust

Physical Education Medium Term Planning

	<p>differently.</p> <p>Rounders: I can use overarm and underarm throwing and catching skills with increasing accuracy. I can strike a bowled ball with adapted equipment (e.g. a tennis racket). I am able to bowl a ball with some accuracy, and consistency. I can choose and use simple tactics for different situations. I understand the rules of the game and I can use them often. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve.</p>	<p>help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game. I understand the rules of the game and I can use them often and honestly.</p> <p>Dodgeball: I can throw with some accuracy at a target. I can catch with increasing control. I can use simple tactics. I can return to the ready position to defend myself. I understand the rules of the game and I can use them often. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve.</p>	<p>help my team to keep possession and score goals. I can pass, receive and shoot the ball with increasing control. I can provide feedback using key terminology and understand what I need to do to improve. I can use simple tactics to help my team score or gain possession. I share ideas and work with others to manage our game.</p> <p>Hockey: I am learning the rules of the game and I am beginning to use them to play honestly and fairly. I can delay an opponent and help to prevent the other team from scoring. I can dribble, pass, receive and shoot the ball with increasing control. I can explain what happens to my body when I exercise and how this helps to make me healthy. I can move to space to help my team to keep possession and score goals. I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>challenges. I demonstrate good balance and control when performing other fundamental skills. I understand and can demonstrate how and when to speed up and slow down when running.</p> <p>Football: I can dribble, pass, receive and shoot the ball with increasing control. I understand the rules of the game and I can use them often. I can help my team keep possession and score goals when I play in attack. I can delay and help prevent the other team from scoring when I play in defence. I can use simple tactics to help my team score or gain possession. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve.</p>	<p>I can plan and apply strategies to solve problems.</p> <p>Athletics: I can demonstrate the difference between sprinting and running over varying distances. I can demonstrate different throwing techniques. I can jump for distance and height with control and balance. I can throw with some accuracy and power into a target area. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve.</p>	<p>the game and I can use them often. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve.</p> <p>Tennis: I can sometimes play a continuous game. I can use a range of basic racket skills. I can return to the ready position to defend my own court. I understand the rules of the game and I can use them often. I can explain what happens in my body when I warm up. I can identify when I was successful and what I need to do to improve</p>
--	---	--	--	--	---	--

Windsor Academy Trust

Physical Education Medium Term Planning

			<p>I can use simple tactics to help my team score or gain possession.</p> <p>I share ideas and work with others to manage our game.</p>			
Year 5	<p>Athletics:</p> <p>I can choose the best pace for a running event.</p> <p>I can perform a range of jumps showing some technique.</p> <p>I can show control at take-off in jumping activities.</p> <p>I can show accuracy and good technique when throwing for distance.</p> <p>I can understand how stamina and power help people to perform well in different athletic activities.</p> <p>I can identify good athletic performance and explain why it is good.</p> <p>I can lead a partner through short warm-up routines.</p> <p>Badminton:</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify how different activities can benefit my physical health.</p> <p>I can identify when I was successful and what I</p>	<p>Basketball:</p> <p>I can dribble, pass, receive and shoot the ball with some control under pressure.</p> <p>I understand the rules of the game and I can use them most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to use this.</p> <p>I can move into space to help my team.</p> <p>I know what position I am playing in and how to contribute when attacking and defending.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I can lead a partner through short warm-up routines.</p> <p>Dodgeball:</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify how different activities can benefit my physical</p>	<p>Fitness:</p> <p>I can lead a partner through short warm-up routines.</p> <p>I can identify areas of strength and areas for development in my fitness.</p> <p>I understand the different components of fitness and how to test them.</p> <p>I can work to my maximum level.</p> <p>Gymnastics:</p> <p>I can create and perform sequences using apparatus, individually and with a partner.</p> <p>I can lead a partner through short warm-up routines.</p> <p>I can use canon and synchronisation, and matching and mirroring when performing with a partner and a group and say how it affects the performance.</p> <p>I can use feedback provided to improve my work.</p> <p>I can use set criteria to make simple judgments</p>	<p>Volleyball:</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can identify how different activities can benefit my physical health.</p> <p>I can identify when I was successful and what I need to do to improve.</p> <p>I can use feedback provided to improve my work.</p> <p>I can use the rules to referee a game.</p> <p>I can work cooperatively with others to manage our game.</p> <p>I understand the need for tactics and can identify when to use them in different situations.</p> <p>I understand the rules of the game and I can apply them honestly most of the time.</p> <p>I understand there are different skills for different situations and I am beginning to use these.</p>	<p>Rounders:</p> <p>I can sometimes strike a bowled ball.</p> <p>I am developing a wider range of skills and I am beginning to use these under some pressure.</p> <p>I can use the skills I prefer with increasing consistency.</p> <p>I understand the need for tactics and can sometimes apply them.</p> <p>I can play cooperatively with a partner.</p> <p>I understand the rules of the game and I can use them to play fairly.</p> <p>I understand there are different skills for different situations and I am beginning to use this.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I can lead a partner through short warm-up routines.</p> <p>Cricket:</p> <p>I can sometimes strike a bowled ball.</p> <p>I am developing a wider range of skills and I am beginning to use these</p>	

Windsor Academy Trust

Physical Education Medium Term Planning

	<p>need to do to improve. I can use feedback provided to improve my work. I can work cooperatively with others to manage our game. I understand the need for tactics and can identify when to use them in different situations. I understand the rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>health. I can identify when I was successful and what I need to do to improve. I can throw accurately at a target. I can use feedback provided to improve my work. I can work cooperatively with others to manage our game. I understand the need for tactics and can identify when to use them in different situations. I understand the rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to use these.</p>	<p>about performances and suggest ways they could be improved. I can use strength and flexibility to improve the quality of a performance. I can work safely when learning a new skill to keep myself and others safe.</p>	<p>Hockey: I can dribble, pass, receive and shoot the ball with some control under pressure. I understand the rules of the game and I can use them most of the time. I understand there are different skills for different situations and I am beginning to use this. I can move into space to help my team. I know what position I am playing in and how to contribute when attacking and defending. I recognise my own and others strengths and areas for development and can suggest ways to improve. I can lead a partner through short warm-up routines.</p>	<p>space to keep possession and score. I can identify how different activities can benefit my physical health. I can identify when I was successful and what I need to do to improve. I can often make the correct decision of who to pass to and when. I can pass, receive, and shoot the ball with some control under pressure. I can stay with an opponent and I am confident to attempt to intercept. I can use feedback provided to improve my work. I know what position I am playing in and how to contribute when attacking and defending. I understand the need for tactics and can identify when to use them in different situations. I understand the rules of the game and I can apply them honestly most of the time. I understand there are different skills for different situations and I am beginning to apply this.</p>	<p>under some pressure. I can use the skills I prefer with increasing consistency. I understand the need for tactics and have begun to choose and use some tactics effectively. I understand the rules of the game and I can use them to play fairly. I understand there are different skills for different situations and I am beginning to use this. I recognise my own and others strengths and areas for development and can suggest ways to improve. I can lead a partner through short warm-up routines.</p>
--	---	--	--	--	---	--

Windsor Academy Trust

Physical Education Medium Term Planning

<p style="text-align: center;">Year 6</p>	<p>Rounders: I can strike a bowled ball with increasing consistency. I understand and can use some tactics in the game as a batter, bowler and fielder. I can use a wider range of skills in game situations. I can select the appropriate action for the situation. I can use the rules of the game consistently. I can lead a small group through a short warm-up routine. I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>Fitness: I can work to my maximum level. I can lead a small group through a short warm-up routine. I can use data to identify areas of strength and areas for development and suggest ways to make improvements. I understand the different components of fitness and ways to test and develop them.</p>	<p>Netball: I can pass, receive and shoot the ball with increasing control under pressure. I can select the appropriate action for the situation. I can use the rules of the game consistently. I can create and use a variety of tactics to help my team. I can create and use space to help my team. I can select and apply different movement skills to lose a defender. I can lead a small group through a short warm-up routine. I can identify my own and others' strengths and areas for development and can suggest ways to improve. I can use marking, and/or interception to improve my defence.</p> <p>Volleyball: I am confident to make decisions when refereeing. I can select the appropriate action for the situation and make this decision quickly. I can use a wider range of skills with increasing control under pressure.</p>	<p>Hockey: I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can select the appropriate action for the situation. I can use the rules of the game consistently. I can create and use a variety of tactics to help my team. I can create and use space to help my team. I can select and apply different movement skills to lose a defender. I can lead a small group through a short warm-up routine. I can identify my own and others' strengths and areas for development and can suggest ways to improve. I can use marking, tackling and/or interception to improve my defence.</p> <p>Gymnastics: I can combine and perform gymnastic actions, shapes and balances with control and fluency. I can create and perform sequences using compositional devices to improve the quality.</p>	<p>Basketball/ Handball: I can dribble, pass, receive and shoot the ball with increasing control under pressure. I can select the appropriate action for the situation. I can use the rules of the game consistently. I can create and use a variety of tactics to help my team. I can create and use space to help my team. I can select and apply different movement skills to lose a defender. I can lead a small group through a short warm-up routine. I can identify my own and others' strengths and areas for development and can suggest ways to improve. I can use marking, and/or interception to improve my defence.</p> <p>Dodgeball: I can officiate and help to manage a game by refereeing. I can select the appropriate action for the situation and make this decision quickly. I can use a wider range of skills with increasing control under pressure.</p>	<p>OAA: I can work effectively with a partner and a group. I can use critical thinking to form ideas. I can pool ideas within a group, selecting and applying the best method to solve a problem. I can reflect on when and how I am successful at solving challenges and alter my methods in order to improve. I can orientate and map efficiently to navigate around a course.</p> <p>Tennis: I can use a wider range of skills in game situations. I can play cooperatively with a partner. I can select the appropriate action for the situation. I can use the rules of the game consistently. I can create and sometimes use a variety of tactics. I can lead a small group through a short warm-up routine. I can identify my own and others' strengths and areas for development and can suggest ways to</p>	<p>Cricket: I can strike a bowled ball with increasing consistency. I understand and can use some tactics in the game as a batter, bowler and fielder. I can use a wider range of skills in game situations. I can select the appropriate action for the situation. I can use the rules of the game consistently. I can lead a small group through a short warm-up routine. I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p> <p>Athletics: I can select and apply the best pace for a running event. I can exchange a baton with success. I can perform jumps for height and distance using good technique. I can show accuracy and good technique when throwing for distance. I can lead a small group through a short warm-up routine.</p>
--	---	---	--	---	--	--

Windsor Academy Trust

Physical Education Medium Term Planning

		<p>I can use feedback provided to improve the quality of my work.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p>	<p>I can lead a small group through a short warm-up routine.</p> <p>I can use appropriate language to evaluate and refine my own and others' work.</p> <p>I can use feedback provided to improve the quality of my work.</p> <p>I can work collaboratively with others to create a sequence.</p> <p>I understand how to work safely when learning a new skill.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p> <p>I understand what counter balance and counter tension is and can show examples with a partner.</p>	<p>I can use feedback provided to improve the quality of my work.</p> <p>I can use the rules of the game consistently to play honestly and fairly.</p> <p>I can work collaboratively to create tactics with my team and evaluate the effectiveness of these.</p> <p>I can work in collaboration with others so that games run smoothly.</p> <p>I recognise my own and others strengths and areas for development and can suggest ways to improve.</p> <p>I understand that there are different areas of fitness and how this helps me in different activities.</p>	<p>improve.</p>	<p>I can identify my own and others' strengths and areas for development and can suggest ways to improve.</p>
--	--	--	---	--	-----------------	---

*Swimming is additional to physical education and will be offered to year groups on a termly basis - See Separate Overview

**Sports/ Activities may be changed in an academic year due to opportunities from external organisations to support the curriculum further e.g. Chance to Shine, Worcester Rugby Football Club, WAT Dance Specialists.