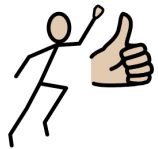


# Physical Education Curriculum Design

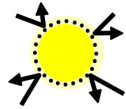
## Agility skills



fundamental skills

- Travel forwards, backwards, side-ways
- Jumping
- Running at speed
- Balance (body)
- Control (body)
- Competition

## Attacking and defending



attacking and defending

- Attack
- Defend
- Communicate decisions to the team

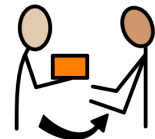
## Ball skills – receiving



ball skills - receiving

- Accurate catching
- Receive with hands
- Receive with feet
- Apply to fielding

## Ball skills - sending



ball skills - sending

- Rolling
  - Throwing
  - Kicking
  - Batting
- Develop the above with increasing control

## Gymnastics



gymnastics

- Travelling
  - Shapes
  - Jumps
  - Rolls
- Develop the above with increasing control

## Dance



dance

- Follow a series of controlled movements
- Create controlled movements
- Build a sequence of controlled movements
- Keep to a rhythm

## Swimming—KS2

- Swim 25 metres
- Perform a variety of strokes
- Perform safe self-rescue

