



**The Harlington and Sundon Academy Trust**  
**Harlington Lower School - PE Curriculum Overview and Skills Progression**



YEAR 1	Terms	National Curriculum Objectives	Skills	Impact by the end of the year
<b>PE</b>	Autumn Gym/Dance	<ul style="list-style-type: none"> <li>Mastering basic movements and developing agility, balance and coordination</li> <li>To extend performance in movement patterns and sequences</li> <li>Respond to a range of stimuli and types of music</li> <li>Explore space, direction, levels and speeds</li> <li>Experiment creating actions and performing movements with different body actions and body parts</li> <li>Identify and use simple gymnastics actions and shapes.</li> <li>To recognise like actions and link movement phrases with beginnings/ middle and ends</li> <li>Extend coordination, flexibility and balance.</li> <li>Perform short, simple movement patterns.</li> <li>Watch others and say what they liked about a performance</li> <li>Perform dances using simple movement patterns and self/peer assess</li> </ul>	<ul style="list-style-type: none"> <li>Copy actions- repeat actions and skills</li> <li>Move with control and care</li> <li>Make their body tense, relaxed, curled and stretched</li> <li>Control their body when travelling and balancing</li> <li>Copy sequences and repeat them</li> <li>Roll in different ways</li> <li>Balance, travel, curl and stretch in different ways</li> <li>Climb safely</li> <li>Apply basic strength to a range of gymnastics actions.</li> <li>Begin to carry basic apparatus such as mats and benches.</li> <li>Describe how their body feels when still, when exercising and afterwards</li> <li>Watch, copy and describe what they and others have done</li> </ul>	<p>Children will enjoy being active.</p> <p>Children understand how to stay healthy in body and mind.</p> <p>Children understand what happens to their body when they exercise and as a result of exercise.</p>
	Spring Attack, Defend, Shoot Hit, Catch and Run	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities</li> <li>Develop fundamental movement skills in a variety of games</li> <li>Engage in competitive situations with some attacking and defending skills</li> <li>Extend agility and co-ordination through throwing, catching and retrieving.</li> <li>Participate in simple hit, catch and run games.</li> <li>Score points through sending balls and running</li> </ul>	<ul style="list-style-type: none"> <li>To practice basic movements including running, jumping, throwing and catching</li> <li>To begin to engage in competitive activities</li> <li>To experience opportunities to improve agility, balance and co-ordination</li> <li>Able to hit objects with hand or bat.</li> <li>Track and retrieve a rolling ball.</li> <li>Choose and use skills effectively for particular games</li> <li>Throw and catch a variety of balls and objects</li> <li>Watch, copy and describe what they and others have done</li> <li>Explore, choose and use skills, actions and ideas individually and in combination to suit the game they are playing</li> </ul>	<p>They will learn and master basic movements reading to develop in Year 2.</p> <p>They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.</p>
	Summer Send and Return Run, Jump, Throw	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> <li>Extend co-ordination for hitting.</li> <li>Participate in simple sending and receiving games.</li> <li>Score points through sending balls using hitting skills to correct areas</li> <li>Engage in competitive activities against self and others.</li> </ul>	<ul style="list-style-type: none"> <li>Able to send an object with increased confidence using hand or bat.</li> <li>Move towards a moving ball to return.</li> <li>Sending and returning a variety of balls</li> <li>Pupils will begin to link running and jumping.</li> <li>To learn and refine a range of running which includes varying pathways and speeds.</li> <li>Develop throwing techniques to send objects over long distances</li> <li>Watch, copy and describe what they and others have done</li> <li>Explore, choose and use skills, actions and ideas individually and in combination to suit the game they are playing</li> <li>Know that being active is good for them and is fun</li> </ul>	<p>Develop their teamwork and understanding of sportsmanship.</p>



**The Harlington and Sundon Academy Trust**  
**Harlington Lower School - PE Curriculum Overview and Skills Progression**



Year 2	Terms	National Curriculum Objectives	Skills	Impact by the end of the year
PE	Autumn Term Autumn 1 Multi-sports/Gym Autumn 2 Multi-sports/Dance	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and beginning to apply these in a range of activities</li> <li>Perform dances using simple movement patterns</li> </ul>	<ul style="list-style-type: none"> <li>running,</li> <li>jumping,</li> <li>throwing and catching,</li> <li>developing balance,</li> <li>developing agility and co-ordination</li> <li>explore and perform basic body actions</li> <li>use different parts of the body singly and in combination</li> <li>show some sense of dynamic, expressive and rhythmic qualities in their own dance</li> <li>remember and repeat different dance phrases and simple dances</li> <li>move with control, vary using space</li> <li>describe how their heart and lungs work with dancing</li> </ul>	<p>Children will enjoy being active.</p> <p>Children will have positive active habits.</p> <p>Children understand how to stay healthy in body and mind.</p>
	Spring Term Spring 1 Attack, Defend, Shoot/Gym Spring 2 Hit, Catch, Run/Dance	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and beginning to apply these in a range of activities</li> <li>Perform dances using simple movement patterns</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>running,</li> <li>jumping,</li> <li>throwing and catching,</li> <li>developing balance,</li> <li>developing agility and co-ordination</li> <li>choose, use and vary simple tactics</li> <li>make choices about targets, space and equipment</li> <li>explore, remember, repeat and link a range of actions with combination, control and awareness of expressive qualities of dance</li> <li>choose, use and vary simple compositional ideas in sequences they create and perform</li> <li>communicate moods, ideas and feelings through choosing and varying simple compositional ideas</li> <li>improve their work using information they have gained by watching, listening and investigating</li> <li>understand importance of warming up and cooling down</li> </ul>	<p>Children understand what happens to their body when they exercise and as a result of exercise.</p> <p>Develop their teamwork and understanding of sportsmanship</p>
	Summer Term Summer 1 Games making/Send and Return Summer 2 Striking and Fielding/Run, Jump, Throw	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and beginning to apply these in a range of activities</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>running,</li> <li>jumping,</li> <li>throwing and catching,</li> <li>developing balance,</li> <li>developing agility and co-ordination</li> <li>understanding how to work together as a team</li> <li>defending and attacking</li> </ul>	

Year 3	Terms	National Curriculum Objectives	Skills	Impact by the end of the year
PE	Autumn Term 1 Invasion games/ Net and wall games Autumn 2 OAA/ Invasion	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>Running</li> <li>Jumping</li> <li>Throwing</li> <li>Catching</li> <li>Balance</li> <li>Agility</li> <li>Co-ordination</li> <li>Ball control</li> <li>Hand-eye co-ordination</li> <li>Teamwork and partner work</li> <li>Consolidate and improve the quality of their techniques and ability to link movements</li> <li>Improve ability to choose and use simple tactics and strategies</li> <li>Keep, adapt and use simple rules for striking and fielding and new games</li> <li>Know and describe the short term effects of exercise activities on the body</li> <li>Begin to understand the importance of warming up</li> <li>Follow a map in a familiar context</li> <li>Move from one location to another using a map</li> <li>Use clues to follow a route</li> <li>Follow a route safely</li> </ul>	<p>Children will enjoy being active.</p> <p>Children will have positive active habits.</p> <p>Children understand how to stay healthy in body and mind.</p> <p>Children understand what happens to their body when they exercise and as a result of exercise.</p> <p>Develop their teamwork and understanding of sportsmanship.</p>
	Spring Term 1 Swimming/ Gym 2. Dance/ Gym	<ul style="list-style-type: none"> <li>Enter water carefully, move around and across the pool with swimming aids and support</li> <li>Move on or below the surface, showing confidence and enjoyment in water</li> <li>Begin to swim short distances between 5 and 20 meters, using aids and later without them</li> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>Move in and around the water confidently and competently</li> <li>Explore different ways of moving and swimming on and below the surface</li> <li>Explore freely how to move in and under water</li> <li>Recognise how swimming affects their breathing/ recognise how the water affects their temperature</li> <li>Know and describe differences between leg and arm actions</li> <li>Swim between 10 / 25 metres undided using their arms and legs to propel them</li> <li>Running</li> <li>Jumping</li> <li>Throwing</li> <li>Catching</li> <li>Balance</li> <li>Agility</li> <li>Co-ordination</li> <li>Ball control</li> <li>Hand-eye co-ordination</li> <li>Teamwork and partner work</li> <li>Use more of their own ideas for movement in response to a task</li> <li>Adapt sequences to suit different types of apparatus and their partner's ability</li> <li>Explain how strength and suppleness affect performances</li> </ul>	



## The Harlington and Sundon Academy Trust Harlington Lower School - PE Curriculum Overview and Skills Progression



	Summer Term 1 Strike and field games Net and wall games 2 athletics	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>Throw and catch with control when under limited pressure</li> <li>Be aware of space and use it to support teammates and course problems for the opposition</li> <li>Know and use rules fairly to keep games going</li> <li>Keep possession with some success using equipment that is not used for throwing and catching</li> <li>Running</li> <li>Jumping</li> <li>Throwing</li> <li>Catching</li> <li>Balance</li> <li>Agility</li> <li>Co-ordination</li> <li>Ball control</li> <li>Hand-eye co-ordination</li> <li>Run at fast, medium and slow speeds, changing speed and direction</li> <li>Link running and jumping activities with some control and fluency and consistency</li> <li>Make up and link a series of linked jumps</li> <li>Throw a variety of objects, changing their action for accuracy and distance</li> <li>Take part in a relay activity, remembering when to run and what to do</li> <li>Teamwork and partner work</li> <li>Follow a map in a familiar context</li> <li>Move from one location to another using a map</li> <li>Use clues to follow a route</li> <li>Follow a route safely</li> </ul>	
--	------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--

Year 4	Terms	National Curriculum Objectives	Skills	Impact by the end of the year
PE	Autumn Term  Tag rugby  Handball  Netball  OAA	<ul style="list-style-type: none"> <li>Use running, jumping, throwing and catching in isolation and in combination</li> <li>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>Perform dances using a range of movement patterns</li> <li>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>Catch with one hand</li> <li>Throw and catch accurately</li> <li>Hit a ball accurately and with control</li> <li>Keep possession of the ball</li> <li>Move to find a space when not in possession</li> <li>Vary tactics and adopt skills according to what is happening</li> <li>Running</li> <li>Jumping</li> <li>Throwing</li> <li>Catching</li> <li>Balance</li> <li>Agility</li> <li>Co-ordination</li> <li>Ball control</li> <li>Hand-eye co-ordination</li> </ul>	Children will enjoy being active.  Children will have positive active habits.  Children understand how to stay healthy in body and mind.  Children understand what



## The Harlington and Sundon Academy Trust

### Harlington Lower School - PE Curriculum Overview and Skills Progression



			<ul style="list-style-type: none"> <li>• Teamwork and partner work</li> <li>• Follow a map in a familiar context</li> <li>• Move from one location to another following a map</li> <li>• Use clues to follow a route</li> <li>• Follow a route safety</li> </ul>	happens to their body when they exercise and as a result of exercise.
Spring Term	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<ul style="list-style-type: none"> <li>• Respond imaginatively to a range of stimuli related to a character and narrative</li> </ul>	<ul style="list-style-type: none"> <li>• Dance</li> <li>• Hockey</li> <li>• Gymnastics</li> </ul>	Develop their teamwork and understanding of sportsmanship.
	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>• Use simple motifs and movement patterns to structure dance phrases on their own, with a partner and a group</li> <li>• Take the lead when working with a partner and/ or group</li> <li>• Refine, repeat and remember dance phrases and dances</li> <li>• Perform dances fluently</li> <li>• Communicate and show sensitivity to the dance idea and accompaniment</li> <li>• Describe, interpret and evaluate dance, using appropriate language</li> </ul>		
	<ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Catching</li> <li>• Balance</li> <li>• Agility</li> <li>• Co-ordination</li> <li>• Ball control</li> <li>• Hand-eye co-ordination</li> <li>• Teamwork and partner work</li> </ul>		
Summer Term	<ul style="list-style-type: none"> <li>• Use running, jumping, throwing and catching in isolation and in combination</li> </ul>	<ul style="list-style-type: none"> <li>• Run over a long distance</li> <li>• Sprint over a short distance</li> <li>• Throw in different ways</li> <li>• Hit a target</li> <li>• Jump in different ways</li> <li>• Select and use the most appropriate skills, actions or ideas</li> <li>• Move with actions with coordination and control</li> <li>• Make up their own small sided game</li> </ul>	<ul style="list-style-type: none"> <li>• Cricket</li> <li>• Tennis</li> <li>• Athletics</li> <li>• Sports day</li> </ul>	
	<ul style="list-style-type: none"> <li>• Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> </ul>	<ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping</li> <li>• Throwing</li> <li>• Catching</li> <li>• Balance</li> <li>• Agility</li> <li>• Co-ordination</li> <li>• Ball control</li> <li>• Hand-eye co-ordination</li> <li>• Teamwork and partner work</li> <li>• Explain why warming up and colling down is important</li> <li>• Explain why keeping fit is good for their health</li> <li>• Explain how their work is similar and different from that of others</li> <li>• Use their comparison to improve their work</li> </ul>		
	<ul style="list-style-type: none"> <li>• Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> <li>• Take part in outdoor and adventurous activity challenges both individually and within a team</li> <li>• demonstrate improvement to achieve their personal best.</li> </ul>			

**PE Skills Progression**

**Reception- National Curriculum Objectives**

Dance	Gymnastics	Body Management	Speed, agility, travel	Manipulation, Coordination	Problem Solving
Develop agility, balance and coordination in fun team and partner based activities in dance, gymnastics and physical literacy	Develop agility, balance and coordination in fun team and partner based activities in dance, gymnastics and physical literacy	Body movement basics, including balancing self and objects	Controlling speed and direction in running games	Moving and controlling objects like beanbags, balloons and balls	Cooperating and problem-solving with partners and groups

**Reception – Progression of Skills**

Gymnastics	Dance	Multi Skills
<ul style="list-style-type: none"> <li>-To develop confidence in fundamental movements</li> <li>-To learn and refine a variety of shapes, jumps, balances and rolls</li> <li>-To link simple balance, jump and travel action</li> <li>-Discover shapes and ways to travel</li> <li>-Choose shapes and different ways of traveling.</li> <li>-Link 2 shapes and 2 ways of traveling to make a short movement pattern.</li> <li>-To demonstrate previous lesson’s shapes and movements</li> <li>-To be able to perform an egg roll and log roll</li> <li>-To add two rolls to previous movement pattern</li> <li>-To travel in different directions and pathways</li> <li>-To follow a partner through different pathways</li> <li>-To show increased body control when rolling</li> <li>-Identifying different parts of body to balance on.</li> <li>-Discuss what it means to balance.</li> <li>-Discover points and patches</li> <li>-Perform their story to music.</li> <li>-Say what they like about other pupils stories</li> <li>-Link balances by travelling using pathways.</li> <li>-To use a start and finish shape</li> </ul>	<ul style="list-style-type: none"> <li>-Recognise that actions can be reproduced in time to music; beat patterns and different speeds.</li> <li>-Perform a wide variety of dance actions both similar and contrasting</li> <li>-Copy, repeat, and perform simple movement patterns</li> <li>-Explore colour stimulus using a range of actions.</li> <li>-Choreograph a short sequence combining a range of actions, range levels and directions.</li> <li>-Describe how the actions relate to the stimulus</li> <li>-Explore animal stimulus using a range of levels and direction.</li> <li>-Demonstrate ability to work with others to develop a sequence</li> <li>-Choreograph a short sequence combining unison and canon.</li> <li>-Demonstrate the ability to perform a sequence in a group or with a partner using unison and canon.</li> <li>-Explore season theme using expression and creativity.</li> <li>-Choreograph a short sequence with an awareness of expression.</li> <li>-Demonstrate understanding and knowledge of how to compose a sequence.</li> <li>-Explore transport theme using dynamics.</li> <li>-Choreograph a short sequence combining a range of dynamics.</li> <li>-Demonstrate some knowledge of dance composition</li> <li>-Work in a small group to create a dance sequence based around ‘people’.</li> <li>-Understand the difference between mirroring and follow the leader.</li> </ul>	<ul style="list-style-type: none"> <li>-Explore balance and managing own body including manipulating small objects.</li> <li>-Able to stretch, reach, extend in a variety of ways and positions.</li> <li>-Able to control body and perform specific movements on command.</li> <li>-Explore a variety of rolling, sliding and slithering movements.</li> <li>-Jump using a variety of take offs and landings.</li> <li>-Moving on and off low apparatus using hands and feet in a variety of combinations.</li> <li>-Participating in a variety of small group cooperative activities</li> <li>-Travel with some control and coordination.</li> <li>-Change direction at speed through both choice and instructions.</li> <li>-Perform actions demonstrating changes in speed.</li> <li>-Stop, start, pause, prepare for and anticipate movement in a variety of situations.</li> <li>-Participate in a variety of agility-based activities moving and controlling objects.</li> <li>-Recognise the difference between actions such as: moving softly, quietly, quickly, powerfully, etc.</li> <li>-Relate body movements to music and percussion beats</li> <li>-Send and receive a variety of objects with different body parts.</li> <li>-Work with others to control objects in space.</li> <li>-Coordinate body parts such as hand-eye, foot-eye over a variety of activities and in different ways.</li> <li>-Coordinate similar objects in a variety of ways</li> <li>-Differentiate ways to manoeuvre objects</li> <li>-Skip in isolation and with rope</li> </ul>



# The Harlington and Sundon Academy Trust

## Harlington Lower School - PE Curriculum Overview and Skills Progression



### Year 1 National Curriculum Objectives

Gymnastics	Dance	Games
<ul style="list-style-type: none"> <li>Mastering basic movements and developing agility, balance and coordination</li> <li>To extend performance in movement patterns and sequences</li> </ul>	<ul style="list-style-type: none"> <li>Mastering basic movements</li> <li>Extend coordination, flexibility and balance.</li> <li>Perform short, simple movement patterns.</li> <li>Watch others and say what they liked about a performance.</li> <li>Perform dances using simple movement patterns and self/peer assess</li> </ul>	<ul style="list-style-type: none"> <li>Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and begin to apply these in a range of activities</li> <li>Develop fundamental movement skills in a variety of games</li> <li>Engage in competitive situations with some attacking and defending skills</li> <li>Extend agility and co-ordination through throwing, catching and retrieving.</li> <li>Participate in simple hit, catch and run games.</li> <li>Score points through sending balls and running</li> <li>Master basic movements including running, jumping, throwing and catching</li> <li>Participate in team games, developing simple tactics for attacking and defending</li> <li>Extend co-ordination for hitting.</li> <li>Participate in simple sending and receiving games.</li> <li>Score points through sending balls using hitting skills to correct areas</li> <li>Engage in competitive activities against self and others.</li> </ul>

### Year 1 Progression of Skills

Gymnastics	Dance	Attack, Defend, Shoot	Hit, Catch and Run	Send and Return	Run/Jump/Throw	Acquiring and Developing Skills	Evaluating/Improving
<ul style="list-style-type: none"> <li>Identify and use simple gymnastics actions and shapes e.g. thick, wide, curled, straight, piked and tucked.</li> <li>Apply basic strength to a range of gymnastics actions.</li> <li>To be able to transfer skills onto apparatus.</li> <li>To recognise like actions and link</li> <li>Copy and change shapes</li> <li>Use muscle/body tension to hold a shape for three seconds</li> <li>Adapt a basic shape to make one of my own</li> <li>To link travelling actions in a sequence</li> <li>To show different shapes when jumping</li> <li>Jumping and landing safely</li> <li>Begin to carry basic apparatus such as mats and benches</li> </ul>	<ul style="list-style-type: none"> <li>Respond to a range of stimuli and types of music</li> <li>Explore space, direction, levels and speeds</li> <li>Experiment creating actions and performing movements with different body part</li> <li>I can perform actions using different body parts.</li> <li>To explain the mood/emotion of my dance</li> <li>Perform with an awareness of body shape</li> <li>Show control, coordination and spatial awareness.</li> <li>To create a short sequence</li> <li>To show repetition</li> <li>Demonstrate musicality throughout performance.</li> <li>Develop partner work</li> <li>To show mirroring, leading and following</li> <li>To show a theme in my dance</li> </ul>	<ul style="list-style-type: none"> <li>To practice basic movements including running, jumping, throwing and catching</li> <li>To begin to engage in competitive activities</li> <li>To experience opportunities to improve agility, balance and co-ordination</li> <li>To roll and throw (using underarm and overarm technique)</li> <li>To use basic defending skills to defend a target</li> <li>Develop accuracy when shooting</li> <li>To practice a defensive body position</li> <li>Recognise how to intercept</li> <li>To incorporate point scoring</li> <li>To use a range of simple attacking skills to move toward the goal, and defending skills to stop a goal being scored.</li> </ul>	<ul style="list-style-type: none"> <li>Able to hit objects with hand or bat.</li> <li>Track and retrieve a rolling ball.</li> <li>Throw and catch a variety of balls and objects</li> <li>To use and understand key vocabulary</li> <li>To move quickly with agility</li> <li>To collect a moving ball from along the ground and return it to given space.</li> <li>Catch over short distance</li> <li>Describe what a striker/fielder does</li> <li>To hit an object with the hand</li> <li>Throw and retrieve with increasing accuracy</li> </ul>	<ul style="list-style-type: none"> <li>Able to send an object with increased confidence using hand or bat.</li> <li>Move towards a moving ball to return.</li> <li>Sending and returning a variety of balls.</li> <li>Explore different ways of sending a ball</li> <li>Get into positions to return a ball</li> <li>Use skills to move towards and return a ball in a rally game</li> <li>To use equipment to hit over.</li> </ul>	<ul style="list-style-type: none"> <li>Pupils will begin to link running and jumping.</li> <li>To learn and refine a range of running which includes varying pathways and speeds.</li> <li>Develop throwing techniques to send objects over long distances</li> <li>Run in a straight line at different speeds</li> <li>Show power at the start of a run.</li> <li>Perform runs as part of a team</li> <li>Experience a variety of jump</li> <li>Perform a standing long jump</li> <li>Identify how to take off</li> <li>Compete with others running, throwing and jumping</li> </ul>	<ul style="list-style-type: none"> <li>Copy actions</li> <li>Repeat actions and skills</li> <li>Move with control and care</li> </ul>	<ul style="list-style-type: none"> <li>Talk about what they have done</li> <li>Describe what other people did</li> <li>Time given to go back and adapt movement.</li> </ul>



Impact

Children will enjoy being active.  
 Children understand how to stay healthy in body and mind.  
 Children understand what happens to their body when they exercise and as a result of exercise.  
 They will learn and master basic movements reading to develop in Year 2.  
 They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

**Year 2 - National Curriculum Objectives:**

Gymnastics	Dance	Games
-Become increasingly competent and confident in fundamental agility, balance, and co-ordination in relation to gymnastic activity -Develop and perform simple sequences	-Become increasingly competent and confident in fundamental basic agility, balance and coordination in relation to dance activity. -Develop and perform simple movement patterns.	<ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination and beginning to apply these in a range of activities</li> <li>• Participate in team games, developing simple tactics for attacking and defending</li> <li>• Develop eye to foot coordination.</li> <li>• Participate in increasingly challenging games situations.</li> <li>• Develop eye to hand coordination for hitting.</li> <li>• Participate in striking and fielding game situations.</li> <li>• Develop agility in running</li> <li>• Participate in competitions for running, jumping and throwing</li> <li>• Participate in modified net/wall games</li> <li>• Combine isolated skills, e.g. moving towards a ball to make contact</li> <li>• Compete against self and others to score points</li> <li>• Describe key tactics and understanding of the rules in specific game situations.</li> </ul>



# The Harlington and Sundon Academy Trust

## Harlington Lower School - PE Curriculum Overview and Skills Progression



### Year 2 Progression of Skills

Gymnastics	Dance	Attack, Defend, Shoot	Hit, Catch and Run	Send and Return	Run/Jump/Throw	Acquiring and Developing Skills	Evaluating/Improving
<ul style="list-style-type: none"> <li>-Perform with control and consistency basic actions at different speeds and on different levels</li> <li>-Describe and explain how performers can transition and link gymnastic elements</li> <li>-Challenge themselves to develop strength and flexibility</li> <li>-Create and perform a simple sequence that is judged using simple gymnastic scoring</li> <li>-Combine balance, rolling, jumping, rocking and spinning</li> <li>-Perform using a recognised start and finish shape</li> <li>-To jump with power and control</li> <li>-Show gymnastic elements can link smoothly and continuously.</li> <li>-Demonstrate in shapes their full range of flexibility</li> <li>-Choose, adapt and perform shapes at different level</li> </ul>	<ul style="list-style-type: none"> <li>-Describe and explain how performers can transition and link shapes and balances</li> <li>-Perform basic actions with control and consistency at different speeds and on different levels</li> <li>-Challenge themselves to move imaginatively responding to music</li> <li>-Work as part of a group to create and perform short movement sequences to music</li> <li>-Explore the whole body actions to create linked shapes and balances</li> <li>-To create a short dance</li> <li>-Perform dance phrases that express ideas and feelings</li> <li>-Create a sequence of movements for performance with starting and finishing positions</li> <li>-Explore, unison, levels and canon within the choreography</li> <li>-To create dances as a solo or in a duet.</li> <li>-To respond to the music with musicality and good timing.</li> </ul>	<ul style="list-style-type: none"> <li>-To send a ball using feet and can receive a ball using feet.</li> <li>-Refine ways to control bodies and a range of equipment.</li> <li>-Recall and link combinations of skills, e.g. dribbling and passing</li> <li>-Send the ball with feet by kicking</li> <li>-Receive and stop the ball with feet</li> <li>-Pass the ball to another player showing accuracy</li> <li>-Kick the ball to score point</li> <li>-Working as a team to keep possession in a defined area</li> <li>-Play as part of a team to attack and defend</li> <li>-Link bouncing and passing</li> <li>-Make choices on where to stand when defending as part of a team</li> </ul>	<ul style="list-style-type: none"> <li>-To developing hitting skills with a variety of bats</li> <li>-Practice feeding/bowling skills</li> <li>-Hit and run to score points in game</li> <li>-Work as a team to field a ball back to a base</li> <li>-To make choices about where I hit the ball to score maximum points.</li> <li>-To play different positions including batter, fielder and bowler</li> <li>-To sprint to correct areas to score point</li> <li>-To recognise where to kick to score the most runs</li> <li>-To use underarm throwing skills to feed/bowl a ball to a player</li> <li>-To bowl to different positions accurately</li> <li>-Experiment with different bats to see which are easier or harder to hit with.</li> <li>-Field to catch and throw to teammates to stop opponents scoring runs</li> <li>-Apply simple tactics to gameplay</li> </ul>	<ul style="list-style-type: none"> <li>-Be able to track the path of a ball over a net and move towards it</li> <li>-Begin to hit and return a ball using a variety of hand and racquet with some consistency</li> <li>-Play modified net/wall games throwing, catching and sending over a net</li> <li>-Anticipate the flight of the ball fed from partner</li> <li>-To identify their dominant and non-dominant side for sending a ball</li> <li>-To use correct grip to hold a tennis racquet</li> <li>-Play a modified game introducing boundaries</li> <li>-To work on serving</li> <li>-Perform with increased agility</li> <li>-Send, receive and stop a ball using a racquet along the ground</li> <li>-Attempt to combine skills to perform a rally</li> </ul>	<ul style="list-style-type: none"> <li>-Develop power, agility, coordination and balance over a variety of activities</li> <li>-Can throw and handle a variety of objects including quoits, beanbags, balls, hoops</li> <li>-Can negotiate obstacles showing increased control of body and limbs</li> <li>-Explore different ways to generate power to start different actions such as running, jumping, hopping, striding</li> <li>-Participate in obstacle relay</li> <li>-Explore which throws are better for accuracy, which are better for distance and which are better for height</li> </ul>	<ul style="list-style-type: none"> <li>-Copy and remember actions</li> <li>-Repeat and explore actions with control and co-ordination</li> </ul>	<ul style="list-style-type: none"> <li>-Talk about what is different between what they did and what someone else did.</li> <li>-Say how they could improve</li> </ul>

**Impact**

Children will enjoy being active.

Children will have positive active habits.

Children understand how to stay healthy in body and mind.

Children understand what happens to their body when they exercise and as a result of exercise.

Develop their teamwork and understanding of sportsmanship

They will learn and master basic movements reading to develop in Year 2.

They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

**Year 3 National Curriculum Objectives**

Gymnastics	Dance	Games	Athletics	OAA
<ul style="list-style-type: none"> <li>-Master basic movements including leaping, jumping, balancing and stretching</li> <li>-Devise simple sequences using compositional ideas</li> <li>-Work collaboratively to adapt, change and improve individual sequence</li> </ul>	<ul style="list-style-type: none"> <li>-Develop and perform simple movement patterns. Develop and perform simple routines</li> <li>-Perform to an audience</li> <li>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> </ul>	<ul style="list-style-type: none"> <li>-Use running, jumping, throwing and catching in isolation and in combination</li> <li>-Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>-Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</li> </ul>	<ul style="list-style-type: none"> <li>-Compete against self and others developing simple technique</li> <li>-Master basic movements including running, throwing and jumping</li> <li>-Work collaboratively and individually to help improve self and others</li> </ul>	<ul style="list-style-type: none"> <li>-Take part in outdoor and adventurous activity challenges both individually and within a team demonstrate improvement to achieve their personal best.</li> </ul>



# The Harlington and Sundon Academy Trust

## Harlington Lower School - PE Curriculum Overview and Skills Progression



### Year 3 Progression of Skills

Gymnastics	Dance	Invasion Games (Handball)	Striking and Fielding (Cricket)	Athletics	OAA	Acquiring and Developing Skills	Evaluating/Improving
<ul style="list-style-type: none"> <li>-Modify actions independently using different pathways, directions and shapes</li> <li>-Consolidate and improve quality of movements and gymnastics actions</li> <li>-Relate strength and flexibility to the actions and movements they are performing</li> <li>-To use basic compositional ideas to improve sequence work— unison</li> <li>-Create a sequence of 2 contrasting elements</li> <li>-Demonstrate extension in shapes</li> <li>-Produce flow in sequence</li> <li>-Consolidate and improve quality of basic rolls</li> <li>-Explain how strength and flexibility applies to roll</li> <li>-Consolidate and improve quality of basic jumps</li> <li>-Jump high and far o low apparatus</li> <li>-To perform in unison with a partner</li> </ul>	<ul style="list-style-type: none"> <li>-Practise different sections of a dance aiming to put together a performance</li> <li>-Perform using facial expressions</li> <li>-Perform with a prop</li> <li>-Explore creating characters and narratives</li> <li>-Choose and link actions to create a dance phrase</li> <li>-Use performance skills to communicate</li> <li>-Perform and communicate ideas as part of a group</li> <li>-Develop movements using improvisation</li> <li>-Incorporate facial expression into a dance phrase</li> <li>-Describe ways to improve self and others performance</li> <li>-Perform to an audience</li> </ul>	<ul style="list-style-type: none"> <li>-Able to show basic passing and catching skills</li> <li>-Learn basic defensive techniques</li> <li>-To implement the rules of handball</li> <li>-Attempt to catch efficiently using the correct catching position</li> <li>-Perform underarm throws efficiently and accurately</li> <li>-Perform two new passes which could include overarm and two handed bounce pass</li> <li>-Decide which pass will be more effective in different situation</li> <li>-Moving with the ball successfully to create a chance to pass/shoot</li> <li>-Moving quickly with the ball to get closer to the opponent's goal area</li> <li>-Attempting the 3 step rule with confidence</li> <li>-Moving with the ball successfully to create a chance to pass/shoot</li> <li>-Use defending positions to attempt to block the ball</li> <li>-Force an error from your opponent</li> <li>-Use attacking positions to exploit gaps in the defence</li> <li>-Use effective passing and movement as a team to create chances to score</li> <li>-Move quickly as a team up the pitch to counterattack opponent</li> </ul>	<ul style="list-style-type: none"> <li>-To be able to adhere to some of the basic rules of cricket</li> <li>-To develop a range of skills to use in isolation and a competitive context</li> <li>-To use basic skills with more consistency including striking a bowled ball</li> <li>-Hit a stationary ball into space</li> <li>-Retrieve and throw the ball as a fielder</li> <li>-Explain how fielders work together to restrict batters run</li> <li>-Bowl an underarm ball at a target</li> <li>-Bowl with some consistency in a game situation</li> <li>-Work collaboratively to send the ball back to the bowler</li> <li>-Strike a bowled ball</li> <li>-Apply simple tactics to choose where to hit the ball</li> <li>-Stop a moving ball with consistency</li> <li>-Collect and return a moving ball</li> <li>-Work as a team to stop and pass the ball to the field.</li> <li>-Throw over longer distances using overarm throw</li> <li>-Recognise when to throw over longer distances</li> <li>-Recognise rules of the modified game and use fairly</li> <li>-Use accurate throws to return a ball from the field</li> <li>-Strike a bowled ball to score runs for your team</li> <li>-Suggesting ways to improve own &amp; others game</li> </ul>	<ul style="list-style-type: none"> <li>-Control movements and body actions in response to specific instructions</li> <li>-Demonstrate agility and speed</li> <li>-Jump for height and distance with control and balance</li> <li>-Throw with speed and power and apply appropriate force</li> <li>-Challenge yourself to jump in a variety of ways</li> <li>-Beat previous distances when jumping</li> <li>-Copy and describe what others have done</li> <li>-Run at different speeds</li> <li>-Start-stop and change pace with control</li> <li>-Demonstrate agility in running</li> <li>-Combine running and jumping</li> <li>-Jump over apparatus with control and balance</li> <li>-Explore and judge speed to jump safely</li> <li>-Throw for accuracy</li> <li>-Throw for distance</li> <li>-Experiment with a variety of throw</li> <li>-Practice a variety of skipping techniques</li> <li>-Participate in skipping challenges against self and others</li> <li>-Discover ways to skip with a partner</li> <li>-Participate in running, throwing and jumping activities</li> <li>-Work as a team to try and score points in running, throwing and jumping activities</li> <li>-Identify ways to improve own, and others work</li> </ul>	<ul style="list-style-type: none"> <li>-To work with others to solve problems</li> <li>-To describe their work and use different strategies to solve problems</li> <li>-To lead others and be led</li> <li>-To differentiate between when a task is competitive and when it is collaborative</li> <li>- Show working as part of a team</li> <li>-Communicate to solve problems</li> <li>-To use strength and flexibility to complete a task</li> <li>-To identify basic symbols on a map</li> <li>-To complete tasks using symbols and maps</li> <li>-To work with others to complete simple map reading task</li> <li>-Confidently read and follow a basic map</li> <li>-Create a route on a map for others to us</li> <li>-Respond to problems in a group situation</li> <li>-Identify what worked well and what they need to improve when working as a group</li> <li>-Play competitively and fairly</li> <li>-Identify what they need to do to complete a challenge</li> <li>-Participate safely considering others</li> </ul>	<ul style="list-style-type: none"> <li>-Use the most appropriate skills, actions or ideas</li> <li>-Move with coordination and control</li> <li>-Explain how their work is similar and different for that of others</li> <li>-With help recognise how performances could be improved.</li> </ul>	



External Providers teach Year 3  
 Net and Wall Games      Basketball/Netball  
 Swimming                  Rounders  
 Tag Rugby

Impact  
 Children will enjoy being active.  
 Children will have positive active habits.  
 Children understand how to stay healthy in body and mind.  
 Children understand what happens to their body when they exercise and as a result of exercise.  
 Develop their teamwork and understanding of sportsmanship.

**Year 4 National Curriculum Objectives**

Gymnastics	Dance	Games	Athletics	OAA
<ul style="list-style-type: none"> <li>-Practice and implement runs, leaps, jumps and locomotion in more complex sequences</li> <li>-Devise simple sequences using compositional ideas</li> <li>-Work collaboratively to adapt, change and improve individual sequence</li> <li>-Develop strength and stamina through sustained periods of vigorous activity</li> <li>Work collaboratively to perform with a partner</li> </ul>	<ul style="list-style-type: none"> <li>-Perform using a range of movement patterns and set phrases</li> <li>-Develop and perform simple routines to audiences</li> <li>-Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</li> <li>-Work collaboratively in groups</li> </ul>	<ul style="list-style-type: none"> <li>-Use running, jumping, throwing and catching in isolation and in combination</li> <li>-Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>-Develop flexibility, strength, technique, control and balance for example, through athletics and gymnastics</li> </ul>	<ul style="list-style-type: none"> <li>-Master basic movements including running, throwing and jumping</li> <li>-Compete against self and others developing simple technique</li> <li>-Work collaboratively and individually to help improve self and others</li> </ul>	<ul style="list-style-type: none"> <li>-Take part in outdoor and adventurous activity challenges both individually and within a team demonstrate improvement to achieve their personal best.</li> </ul>

Year 4 - Progression of Skills

Gymnastics	Dance	Invasion Games (Handball)	Striking and Fielding (Cricket)	Athletics	OAA	Acquiring and Developing Skills	Evaluating/ Improving
<ul style="list-style-type: none"> <li>-To become increasingly competent and confident to perform skills more consistently</li> <li>-Able to perform in time with a partner and group</li> <li>-Use compositional ideas in sequences such as changes in height, speed and direction</li> <li>-Compose and perform a sequence of 6 elements</li> <li>-Teach your sequence to a partner</li> <li>-To understand the STEP model.</li> <li>- Perform existing sequence to be judge</li> <li>-Act as judges to evaluate a group sequence</li> <li>-Compare and contrast group performance</li> </ul>	<ul style="list-style-type: none"> <li>-Work to include freeze frames in routines</li> <li>-Practise and perform a variety of different formations in dance</li> <li>-Develop a dance to perform as a group with a set starting position</li> <li>-Develop dance 'freeze frames' based on a visual stimulus</li> <li>-Demonstrate how to link positions in a variety of ways</li> <li>-Practice and perform a slide and rolls</li> <li>- Learn and replicate a set phrase</li> <li>- Develop a short dance using unison and formations</li> <li>-Describe different formation</li> <li>-To perform in cannon in routines and cannon lines</li> <li>-Improve and extend mission set phrase</li> <li>-Sequence movements in a logical order</li> </ul>	<ul style="list-style-type: none"> <li>-Develop 3 step rule incorporating bounce.</li> <li>-Defend and stop attacks by blocking and intercepting</li> <li>-Pass and move with the ball to set up attacks</li> <li>-Demonstrate and implement the rules of handball</li> <li>-Catch the ball and protect</li> <li>-Play in a competitive game scoring goals in a scoring area</li> <li>-Attempt to shoot using the overarm technique</li> <li>-Shoot outside a defined area</li> <li>-Work as part of a team to get into positions to shoot</li> <li>-Defining the role of circle runner</li> <li>-Circle runner and centre working together to build an attack</li> <li>-Build attacking play in game</li> <li>-Turn to space to get into defensive positions</li> <li>-Successfully perform first wave defence</li> <li>-Describe the defensive positions you need to be in</li> <li>-Introduce the 7-metre throw and when it is used</li> </ul>	<ul style="list-style-type: none"> <li>-To develop the range of Cricket skills they can apply in a competitive context</li> <li>-Choose and use a range of simple tactics in isolation and a game context</li> <li>-Consolidate existing skills and apply with consistency</li> <li>- Throw and catch the ball with increasing accuracy</li> <li>-Hit the ball into zones to score points</li> <li>-Work as an individual to keep score</li> <li>-Anticipate when to run to score singles</li> <li>-Work with a partner to score runs</li> <li>-Run at speed to avoid being run out</li> <li>-Intercepting a moving ball over varying distances</li> <li>-Intercept balls to stop runs in game situations</li> <li>-Work with team to return balls in the field</li> <li>-Bowl overarm from a stationary position at a target</li> <li>-Attempt to bowl overarm in a game</li> <li>-Bowl from both ends of the wicket (over or underarm</li> <li>-Use the pull shot in isolation</li> <li>-Attempt a pull shot in a game situation</li> </ul>	<ul style="list-style-type: none"> <li>-Using running, jumping and throwing stations, children investigate in small groups different ways of performing these activities</li> <li>-Using a variety of equipment, ways of measuring and timing, comparing the effectiveness of different styles of runs, jumps and throws.</li> <li>- Challenge yourself to jump in a variety of ways for distance and height</li> <li>-Show different ways of running</li> <li>-Compare different throws with different equipment</li> <li>-Assess what fast running feels like</li> <li>-Practice and perform running at speed</li> <li>-Compete over shorts distances against self and other</li> <li>-Use running to increase the distance of jumps</li> <li>-Judge speed to take off a specified point</li> <li>-Demonstrate control upon take off</li> </ul>	<ul style="list-style-type: none"> <li>-Work well in a team or group within defined and understood roles</li> <li>-Plan and refine strategies to solve problems</li> <li>-Identify the relevance of and use maps, compass and symbols</li> <li>-Perform AFL task as part of a group</li> <li>-Suggest ways to solve the problem</li> <li>-Support others to participate in the task</li> <li>-Recognise compass points</li> <li>-Operate as part of a team to solve a problem</li> <li>-Listen and be directed by other</li> <li>-Explain what a compass is</li> <li>-Describe how a compass can be used</li> <li>-Use compass points to complete the task successfully</li> <li>-Perform under time pressures</li> </ul>	<ul style="list-style-type: none"> <li>-Select and use the most appropriate skills, actions or ideas.</li> <li>-Move and use actions with coordination and control</li> <li>-Make up their own small sided games</li> </ul>	<ul style="list-style-type: none"> <li>-Explain how their work is similar and different from that of others</li> <li>-Use their comparison to improve their work</li> </ul>



**The Harlington and Sundon Academy Trust**  
**Harlington Lower School - PE Curriculum Overview and Skills Progression**



	<ul style="list-style-type: none"> <li>-Practice and perform a routine which includes an 'entering' start position</li> <li>-Evaluate my work</li> </ul>	<ul style="list-style-type: none"> <li>-Technique for the 7-metre throw</li> <li>-Play in game implementing rules for 7-metre throw</li> <li>-Use correct rules to start and restart a game</li> <li>-Rotate to play in a variety of positions</li> <li>-Keep 3-metre distance rule</li> </ul>	<ul style="list-style-type: none"> <li>-Decide where to field against someone who can hit a pull shot</li> <li>-Use overarm bowling in a game situation with some consistency</li> <li>-Effectively stop a bouncing ground ball</li> <li>-Identify and describe successful play</li> </ul>	<ul style="list-style-type: none"> <li>-Introduce sling technique for discus throws</li> <li>-Practice wind up technique</li> <li>-Practice with different equipment</li> <li>-Perform running on a curve</li> <li>-Perform a baton exchange</li> <li>-Analyse as a team how to improve the baton exchange</li> <li>-Challenge self to improve scores using appropriate techniques</li> <li>-Evaluate to aim to improve performance second time</li> </ul>	<ul style="list-style-type: none"> <li>-Refine answers from clues</li> <li>-Use a map to follow a course</li> <li>-Recognise common map symbols</li> <li>-Remember and recall map symbols</li> </ul>		
--	----------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------	--	--

<p>External Providers teach Year 4</p> <p>Net and Wall Games      Basketball/Netball</p> <p>Swimming                      Rounders</p> <p>Tag Rugby</p>
<p><u>Impact</u></p> <p>Children will enjoy being active.</p> <p>Children will have positive active habits.</p> <p>Children understand how to stay healthy in body and mind.</p> <p>Children understand what happens to their body when they exercise and as a result of exercise.</p> <p>Develop their teamwork and understanding of sportsmanship.</p>