

PE Curriculum Overview: Bushey Heath Primary School Year 1

Intent

At Bushey Heath Primary School we deliver a PE curriculum that is a holistic approach to teaching of PE, whereby our children will progress to secondary school with improved fitness, developed skills and a deep knowledge of health and wellbeing.

Term	Autumn	Spring	Summer
	Unit 1- Core Strength & Balance Unit 2- Gymnastics 1	Unit 1- Agility Unit 2- Pilates	Unit 1- Co-ordination Unit 2- Great Fire of London (dance)
	Unit 1- Locomotion, Travel & Agility Unit 2- Gymnastics 2	Unit 1- Agility, Object Control, Core & Balance Unit 2- Creative Combat/Mouse & Monster	Unit 1- Locomotion, Travelling & Agility Unit 2- The Circus/Construction & Machines
Knowledge/ Vocabulary	running, jumping, throwing, catching, kicking, and bouncing, balance, agility, coordination, teamwork, safety, hopping, skipping, and sliding, tuck, beat, dance, partner, ball pass.		
Skills	- Walking and running - Hopping and skipping - Controlled kneeling to standing - One foot and seated balance - Relax, curl and stretch in different ways including Dish, Arch etc. - Roll, travel, balance, and jump in different ways with control. - Climb on the equipment and off it with support in the first instance leading on to being independent. - Plan and show a sequence of movements. - Can talk about the movements and actions and describe them to other people. - Work well with a Partner	- Changing pace when running - Working with a partner - taking turns - Using arms when running Jumping activities - Teamwork and cooperation Following simple rules - Body strength in tunnel position - Running technique - Sit cross-legged on the floor and in a chair with correct shoulder and spine alignment with control and ease for increased periods of time. - Demonstrate more control in a variety of movements. - Copy, repeat, and remember some movements and positions. - Can talk about the movements and actions and describe them to other people - Perform basic movements to music - Build a simple themed dance - Create a dynamic fun routine Perform basic movements to music - build a simple themed dance focusing on Creative Combat.	- Understand instructions - Demonstrate hand-eye coordination Demonstrate object manipulation while stationary - Demonstrate object manipulation while travelling - Controlled balance activities Controlled travelling activities - Controlled object manipulation Working with a partner - Perform basic movements to music - To build a simple themed dance focusing on The Great Fire of London, The Circus and Construction & Machines.

Concepts

- Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

- 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
- Pupils should be taught to 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
- Pupils should be taught to participate in team games, developing simple tactics for attacking and defending
- Pupils should be taught to perform dances using simple movement patterns.

PE Curriculum Overview: Bushey Heath Primary School Year 2

Intent

At Bushey Heath Primary School we deliver a PE curriculum that is a holistic approach to teaching of PE, whereby our children will progress to secondary school with improved fitness, developed skills and a deep knowledge of health and wellbeing.

Term	Autumn	Spring	Summer
	Unit 1- Core, Strength & Balance Unit 2- Gymnastics 1	Unit 1- Agility Unit 2- Pilates	Unit 1- Coordination Unit 2- Creative Combat/Cheer-drills
	Unit 1- Locomotion, Travelling & Agility Unit 2- Gymnastics 2	Unit 1- Object Control Unit 2- Space (dance) / Sports Jam	Unit 1- Balance and Agility Unit 2- Under the Sea (dance)
Knowledge/ Vocabulary	Relay, overtake, circuit; agility, balance, co-ordination, accuracy, base, timing, aim, guide, target, rotate, movement pattern, twist and turn, tuck, crab, skittles; travel, movements, method, beat, dance, greetings, partner, independent, flow, performance; heart-rate, aerobic, technique; hopping, skipping, jumping, step-hop, trap, squat, tag; send, receive, control, react, target, underarm, overarm; tension, points, patches, shoulder stand, shapes, apparatus; spotting, extend, flexible; direction, swing, power, huddle, relaxed; sideways, cushion; ball pass, strength and stamina, flexibility, hoop; bridge, abdominals, hopscotch.		
Skills	• Balance on one foot • Walk and hopping with control • Strong laying on front position • Bounce and catch ball • Balance on one foot and on front Travelling activities Walk along a bench Jumping activities • Work showing some control of basic movements. • Rolling, travelling, balancing, and jumping in specific movements with control. • Climb on and perform movements on equipment safely. • Create a sequence of movements which follow a set of rules. • Suggest how to improve my gymnastics sequence and sequences of others • Work independently and with a partner to create	• Spatial awareness when running • Throwing activities • Hurdling • Jumping activities • Working with a partner and in a team • Confidence when throwing and catching • Accurate throwing Correct catching technique • Understands what correct posture and alignment and can perform everyday tasks such as sitting, standing, walking etc. in this way. • Able to demonstrate control over movements and show good coordination. • Able to copy, repeat, remember, and perform some movement sequences. • Able to make a suggestion on how to improve my performance and performances of others.	• Understand instructions • Demonstrate hand-eye coordination • Demonstrate object manipulation while stationary • Demonstrate object manipulation while travelling • Controlled balance activities • Controlled travelling activities • Controlled object manipulation • Working with a partner • To be able to perform basic movements to music, and to build a simple themed dance focusing on Creative Combat, Under the Sea and Cheer-drills

		To be able to perform basic movements to music, and to build a simple themed dance focusing on Space and Sports Jam	
Concepts - Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. - 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 - Pupils should be taught to 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 - Pupils should be taught to participate in team games, developing simple tactics for attacking and defending - Pupils should be taught to perform dances using simple movement patterns.			

PE Curriculum Overview: Bushey Heath Primary School Year 3			
Intent			
At Bushey Heath Primary School we deliver a PE curriculum that is a holistic approach to teaching of PE, whereby our children will progress to secondary school with improved fitness, developed skills and a deep knowledge of health and wellbeing.			
Term	Autumn	Spring	Summer
	Unit 1- Agility & Fitness Unit 2- Gymnastics 1	Unit 1- Coordination, Strength & Balance 2 Unit 2- Pilates	Unit 1- Coordination / Manipulation Unit 2- Football
	Unit 1- Coordination, Strength & Balance 1 Unit 2- Gymnastics 2	Unit 1- Locomotion, Strength & Balance Unit 2- The Aztecs (dance)	Unit 1- Strength, Balance, Agility & Fitness Unit 2- Active Athletics
Knowledge/ Vocabulary	Direction, overarm, underarm, take-off, landing, relay, changeover, technique, improve, competition, soft hands, target hands, defenders, surface area, safe zone, retrieve; jumping jacks, ball pass, jumping from side to side, method, activity, honesty, skipping, timing, direction, strength and stamina, flexibility, aerobic, circuit training, roles, challenge, bridge, squat thrust, burpee, running squat; crossover, boxer style, compose, timing, control, gather, clockwise, anti-clockwise, aim, follow, skills, power; landing shapes, teamwork, rolls and balance, empathy, analyse; extend, stretch, reach; pace, speed, relay, catcher, zigzag; balance, bounce, send, control, dribble, agility, concentrate, focus, utilise; clock, tempo, timing, pivot, formation, canon, unison, confidence; personal fitness, heart, stations, dribble, side-kick, trap, control		
Skills	- Fluent running movements - Varying running speeds - Appropriate 'power: jump' ratio - Throwing posture & accuracy - Moving with equipment - Stability and coordination - Balancing on one leg - Hand-eye coordination	- Passing accuracy - Receiving technique - Counter-balancing ability - Travelling & turning ability - Use of available space - Control over movements - Straight line balance - Control over equipment	- Coordination with equipment - Control of equipment - Core strength - Control over body while seated - Quick transitions within play - Posture while moving - Tracking equipment's movements - Direction changes during play

	• Work with increasing control and strength and improving flexibility. • Roll, travel, balance, and jump in specific movements with increased control and precision. • Mount, dismount and perform movements on equipment safely. • Create some linking and transition movements to a specific theme. • Compare and contrast gymnastic sequences, commenting on similarities and differences. • Work with a partner to create, repeat and improve a sequence.	• Perform simple Pilates moves and everyday tasks with correct posture and alignment. • Move with careful control, precision, and coordination. • Know, understand, and show movements to demonstrate the planes of movement and positions of the spine. • Make suggestions on how to improve my performance and performances of others. • To be able to perform basic movements to music, and to build a simple themed dance focusing on the Aztecs	• Working towards precise movement, balance, coordination, control, power, and speed • Use the correct part of the foot to stop the ball, kick the ball and change direction • Starting to remember names of some skills and use some skills in a game situation • Starting to show good decision making and judgement skills • Work well with others as part of a team and starting to show good communication skills and timing e.g. asking for the ball at the correct • Run at fast, medium, and slow speeds, changing speed and direction • Take part in a relay activity, remembering when to run and what to do, staying in a lane/area • Make up and repeat a short sequence of linked jumps • Throw a variety of throwing implements including bean bags, balls, discus, javelin • Make some suggestions on how to improve my performance and performances of others
--	--	--	--

Concepts

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination
- Pupils should be taught to 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
- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Pupils should be taught to perform dances using a range of movement patterns.
- Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
- Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

PE Curriculum Overview: Bushey Heath Primary School Year 4

Intent

At Bushey Heath Primary School we deliver a PE curriculum that is a holistic approach to teaching of PE, whereby our children will progress to secondary school with improved fitness, developed skills and a deep knowledge of health and wellbeing.

Term	Autumn	Spring	Summer
	Unit 1- Coordination, Agility & Fitness Unit 2- Basketball	Unit 1- Coordination, Strength & Balance Unit 2- Gymnastics 1	Unit 1- Agility & Fitness, Strength & Balance 1 Unit 2- Net and Wall
	Unit 1- Coordination/Manipulation, Strength & Balance Unit 2- Pilates	Unit 1- Locomotion, Strength & Balance Unit 2- Gymnastics 2	Unit 1- Agility & Fitness, Strength & Balance 2 Unit 2- Active Athletics
Knowledge/ Vocabulary	Trap, send, receive, drop serve, forehand, backhand, rally, building, volley; dribble, support play, attack, defence, passing; mountain pose, rock, Siamese pose, giraffe, Pilates, pencil point pose, mountain ledge; running, heart rate, mobility, fitness, jumping, circuit, burpee, spotty dog, plank; balance, tuck, straddle, pike, posture, body, tension, symmetry, asymmetry, balance, counterbalance, canon, unison, sequence, moves, rhythm, phrasing, improvise, space, dynamics, sequence, flexibility, balance, co-ordination, stamina, muscular strength and endurance, agility, timing, expression, emotion, motif and changing order; heart rate, knee crunch, rhythm, side step, cross step; jab, boxercise, cross jab, boxing twist, toe touch, roll, duck and dodge, sidekick; , long barrier, tournament; pace, distance, stride length, arm action, knee lift, relax, effort, javelin, pull, handover, extend, bend, carousel;		
Skills	• Ability to evade others • Range of dodging styles • Controlled footwork • Direction, level & speed changes • Moving with equipment • Changing direction while running • Awareness of playing space • Control & balance across floor • Work towards precision of movement, balance, and coordination with the ball. • Travel with the ball, using both hands effectively Select the correct type of pass to use (chest or bounce) and shoot using correct technique with their stronger hand • Show good listening skills and good decision making and judgement skills • Show good communication skills and teamwork and the ability to work effectively with a range of different player	• Control while counterbalancing • Accurate sending • Appropriate power when passing • Catching/receiving abilities • Balance & control while travelling • Straight line balance Balancing on one leg • Linked, fluent movements • Work with control, strength and fluidity and improving flexibility. Roll, travel, balance, and jump in specific movements with control and precision and changing speed and direction. • Mount, dismount and perform movements on equipment safely with increasing control and balance. • Combine movements and shapes to create new patterns. • Adapt sequences to suit different abilities within a partnership. • Make suggestions on how to improve my own performance and the performances of others.	• Track equipment's movements • Balance while moving • Core strength • Control over body while seated • Fluent running movements Varying running speeds Appropriate 'power: jump' ratio Remain in control of a ball while travelling and stopping • Throw and catch accurately with one hand, improve accuracy of passes and understand where to stand when receiving eg closer together for underarm, further apart for overarm throw • Kick the ball accurately towards large and small targets • Develop racket and ball skills-hitting the balls against a wall or at a partner Understand attacking and defensive tactics. • Understand rules about the games and know what rules are needed to make games fair. Throwing posture & accuracy • Run over a long-distance Link running and jumping activities with some fluency, control, and consistency

	- Perform Pilates moves and everyday tasks with correct posture and alignment. - Move with careful control, precision and coordination and hold a precise and strong body posture. - Know, understand, and show movements to demonstrate the strengthening of core muscles. - Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.		- Link jumping activities with some fluency, control, and consistency - Throw a variety of objects, changing my action for accuracy and distance Use appropriate language to describe what they do well in an athletic activity, what they need help with and what they need to practice
--	--	--	---

Concepts

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination
- Pupils should be taught to 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
- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Pupils should be taught to perform dances using a range of movement patterns.
- Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
- Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

PE Curriculum Overview: Bushey Heath Primary School Year 5

Intent

At Bushey Heath Primary School we deliver a PE curriculum that is a holistic approach to teaching of PE, whereby our children will progress to secondary school with improved fitness, developed skills and a deep knowledge of health and wellbeing.

Term	Autumn	Spring	Summer
	Unit 1- Coordination, Agility & Fitness Unit 2- Netball	Unit 1- Manipulation, Strength & Balance Unit 2- Gymnastics 1	Unit 1- Strength & Balance Unit 2- Cricket
	Unit 1- Locomotion, Strength & Balance Unit 2- Tennis	Unit 1- Coordination, Strength & Balance Unit 2- Pilates	Unit 1- Agility & Fitness Unit 2- Active Athletics
Knowledge/ Vocabulary	Star, dish, arch, symmetrical, asymmetrical, balance, shape, sequence, points of balance, level, direction, rotation, dynamic movement, rolling, bridging, counterbalance, tension, pull, push, extend, canon, unison, moves, techniques; footwork, land, step, pivot, pass, receive, push, point, chest pass, overhead pass, shoulder pass, bounce pass, dodging, non-contact, marking, signal, motif, unison, canon, variation, break-it-down, sections, beats, collaboration, High 5 Netball, goal shooter (GS), goal attack (GA), centre (C), goal defence (GD), goal keeper (GK); Heart rate, knee crunch, rhythm, cross step, V step, repeater squat; direction, mobility, fitness, health, circuit, heart rate, burpee, spotty dogs, plank, lotus, prayer,		

	back point step, posture, balance, control, fluency, muscular strength and endurance, agility, timing, expression, emotion, motif, changing order; rally; Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick; Cool core, chair pose, flexibility, fluency; Overarm, underarm, bowl, tournament, follow through, wicket keeper; Continuous, push technique, relay, baton, take off, landing, long jump, extend, bend, distance, control; Squat, speed bounce, burpee, abdominal strength. underarm, bowl		
Skills	• Accurate throwing • Catching ability • Moving into space in anticipation • Changing direction while running • Fluid straight line movement Control over equipment • Linking movements together • Counterbalance control • Understand which pass to use, how to improve accuracy of a pass and passing in front of a player • Understand what attacking means, how to create and run into space and how to avoid your defender. • Understand what defending means and how to make successful interceptions. • Understand the different positions in a primary school game of netball and why it is important to rotate positions. • Understand how to shoot in a game of netball. Understand how to work together as a team to improve their game and improve communication and teamwork skills • Develop footwork to help movement across the court. • Understand how to rally the ball with a partner using a racket. Increasing confidence in using a racket and developing accuracy in a shot. • Serve and return successfully • Understand how to use forehand and backhand	• Ball manipulation and control • Quick and accurate passing • Maintain a tight core • Stability without straining • Move to outwit opponents • Quick & light on balls of feet • Balance without falling – one leg Control & dexterity while balancing • Perform complex Pilates moves and complex everyday tasks with correct posture and alignment. • Perform movements at varying speeds with careful control, precision, and coordination, hold a precise and strong body posture and maintain this throughout the performance. Know, understand, and perform movements and teach some of them to others. • Make suggestions on how to improve my performance and performances of others using correct Pilates terminology. • Movements are accurate, clear and consistently controlled with improved balance, strength and flexibility. • Roll, travel, balance, and jump in specific movements with control and precision, changing speed and direction, and including a range of shapes. • Mount, dismount and perform more complex movements on equipment safely with control and balance. • Create more complex and extended sequences. • Work with a partner to create, repeat and improve a sequence with at least three phases.	• Hold a support position • Maintain posture in position • Demonstrate flexibility • Control over the core • Quick reactions • Range of dodging styles Use the whole body to jump • Controlled jumping & landing • Understand how to intercept and stop a ball and how to improve the accuracy of a throw. • Be able to throw and catch accurately whilst on the move and understand why it's important to keep watching the ball at all times. • Use the correct batting grip and stance to hit a bouncing ball and understand why it is important to practise to improve technique. • Use the correct technique when bowling and understand how to improve accuracy when bowling. • Understand how to use their skills in batting, bowling, and fielding in a game of cricket and work well as a team

		Make suggestions on how to improve their own performance and performances of others using correct gymnastics terminology	
--	--	--	--

Concepts

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination
- Pupils should be taught to 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
- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Pupils should be taught to perform dances using a range of movement patterns.
- Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
- Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

PE Curriculum Overview: Bushey Heath Primary School Year 6

Intent

At Bushey Heath Primary School we deliver a PE curriculum that is a holistic approach to teaching of PE, whereby our children will progress to secondary school with improved fitness, developed skills and a deep knowledge of health and wellbeing.

Term	Autumn	Spring	Summer
	Unit 1- Coordination, Agility & Fitness Unit 2- Tennis	Unit 1- Strength & Balance Unit 2- Gymnastics 1	Unit 1- Agility & Fitness, Strength & Balance Unit 2- Active Athletics
	Unit 1- Manipulation, Strength & Balance Unit 2- Pilates	Unit 1- Coordination, Strength & Balance Unit 2- Gymnastics 2	Unit 1- Locomotion, Agility & Fitness Unit 2- Volleyball
Knowledge/ Vocabulary	Star, dish, arch, symmetrical, asymmetrical, balance, shape, sequence, points of balance, level, direction, rotation, dynamic movement, rolling, bridging, counterbalance, tension, pull, push, extend, canon, unison, moves, techniques; footwork, land, step, pivot, pass, receive, push, point, chest pass, overhead pass, shoulder pass, bounce pass, dodging, non-contact, marking, signal, motif, unison, canon, variation, break-it-down, sections, beats, collaboration, crunch, rhythm, cross step, V step, repeater squat; direction, mobility, fitness, health, circuit, heart rate, burpee, spotty dogs, plank; lotus, prayer, back point step, posture, balance, control, fluency, muscular strength and endurance, agility, timing, expression, emotion, motif, changing order; drop serve, volley, rally; Jab, cross jab, jog and roll, boxing twist, duck and dodge, sidekick; Cool core, chair pose, flexibility, fluency, tournament, Continuous, push technique, relay, baton, take off, landing, long jump, extend, bend, distance, control; Squat, speed bounce, burpee, abdominal strength, ace, assist, antenna, court, dig		
Skills	- Accurate throwing - Catching ability - Moving into space in anticipation - Changing direction while running	- Ball manipulation and control - Quick and accurate passing - Maintain a tight core - Stability without straining - Move to outwit opponents	- Hold a support position - Maintain posture in position - Demonstrate flexibility - Control over the core

	• Fluid straight line movement Control over equipment Linking movements together counterbalance control • Work towards precision of movement, balance, and coordination with the ball and demonstrate improvements in control, power, and speed. • Run with the ball, keeping the ball close to the chest and perform grounding and gathering skills confidently • Demonstrate tagging the opposition player whilst on the move • Show and perform learned skills under pressure • Show good listening skills and good decision making and judgement skills Show good communication skills and teamwork and the ability to work effectively with a range of different players • Perform complex moves and sequences and complex everyday tasks with correct posture and alignment. • Hold positions and perform movements for increased periods of time without losing control or compromising technique. • Know, understand, and perform movements and teach most of them to others. • Make suggestions on how to improve my performance and performances of others using correct Pilates terminology.	• Quick & light on balls of feet Balance without falling – one leg • Control & dexterity while balancing • Movements are accurate, clear, and consistently controlled at varying speeds with improved balance, strength, and flexibility. • Roll, travel, balance, and jump in specific movements with control and precision. • Changing speed and direction and moving seamlessly between action, balance and shapes. • Mount, dismount and perform more complex movements on equipment safely at varying speeds with control and balance. • Link sequences and perform to specific timings. • Combine their own work with that of more than one person or team. • Make suggestions on how to improve my own performance and performances of others using correct gymnastics terminology	• Quick reactions Range of dodging styles Use the whole body to jump • Controlled jumping & landing • Feed a ball to a partner and over a net. Volley a ball to a partner and over a net with some consistency and accuracy Use the dig or underarm pass. Use the ready position. Perform an underarm serve. Accurate volley and dig returns. Working well with a partner and as a team. • Demonstrate stamina when running • Combine running and jumping in different situations • Demonstrate control when taking off and landing in a jump • Throw in different ways with accuracy • Use appropriate language to describe what they and others do well in athletic activities, what they need help with and what they need to practice
--	--	---	--

Concepts

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination
- Pupils should be taught to 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
- Pupils should be taught to develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Pupils should be taught to perform dances using a range of movement patterns.
- Pupils should be taught to take part in outdoor and adventurous activity challenges both individually and within a team.
- Pupils should be taught to compare their performances with previous ones and demonstrate improvement to achieve their personal best.

