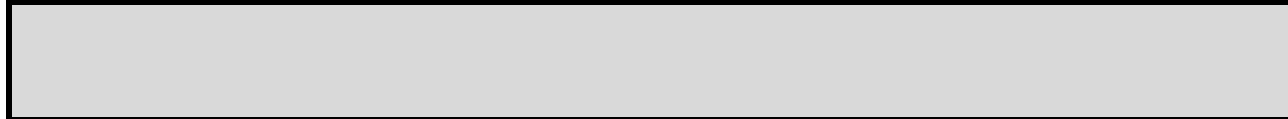


|              |        | Cycle 1                         |                                           |
|--------------|--------|---------------------------------|-------------------------------------------|
| Skippers     | Autumn | Exploring travel and balance    | Simple sequences of movement              |
|              | Spring | Following simple rules          | Respond to stimulus                       |
|              | Summer | Equipment                       | Personal Best                             |
| Admirals     | Autumn | Movement                        | Body shapes                               |
|              |        | Equipment skills                | Travel sequence                           |
|              | Spring | Attacking and Defending         | Express ideas through movement            |
|              |        | Scoring and rules               | Change and adapt                          |
|              | Summer | Equipment skills                | Rolls                                     |
|              |        | 1v1 competition                 | Calming strategies                        |
| Swallowtails | Autumn | Direction and speed             | Fundamental movement skills               |
|              |        | Attacking and Defending         | Healthy minds                             |
|              | Spring | Pathways                        | Dynamics of movement                      |
|              |        | Communication and collaboration | Body shapes and levels                    |
|              | Summer | Small sided games               | Movement patterns                         |
|              |        | Strategies                      | Perform and evaluate                      |
| Emperors     | Autumn | Attacking and defending         | Twists, lifts, turns, rotations           |
|              |        | Stamina, technique, control     | Respond to stimulus                       |
|              | Spring | Specialised skills              | Perform expressively                      |
|              |        | Competitive games               | Dealing with emotions                     |
|              | Summer | Personal bests and targets      | Movement with Precision and accuracy      |
|              |        | Water safety                    | Describe, analyse, interpret and evaluate |

Cycle 2



|                                        |                                                    |
|----------------------------------------|----------------------------------------------------|
| Object control                         | Respond imaginatively                              |
| Rules and scoring                      | Perform and feedback                               |
| Sending to a target                    | Adapt movements to stimulus                        |
| Set own rules                          | Evaluate                                           |
| Hand/foot eye coordination             | Jumping                                            |
| Compete teams                          | Develop ideas linked to theme                      |
| Object control                         | Fundamental movement skills                        |
| Rules and scoring                      | Create and perform                                 |
| Run, jump and throw                    | Apply fundamental movement skills                  |
| Attacking and defending                | Plan, perform and evaluate                         |
| Application of skills                  | Create and perform linked to a topic               |
| Officiate and organise                 | Fairness and respect                               |
| Fundamental movement skills (accuracy) | Link movement to wider curriculum                  |
| Attacking and defending (competitive)  | Connect ideas through mood, gesture and expression |
| Specialist Movement patterns           | Compose and perform dances                         |
| Being physically active                | Effective performance                              |
| Teamwork and leadership                | Styles and genre of movement                       |
| Swim recognisable strokes              | Variations in movement                             |