

Year 1



*Gymnastics.*  
1, 2, 3 and 4 point balances.  
Develop a sequence of movement.

Balance

*Multi Skills and Dance.*  
Develop sequences of dance including travelling.  
Develop agility and co-ordination



INVICTUS GAMES

*Invictus and Improving Skills.*  
Solve problems and engage in activities fairly.  
Improve agility, catching and throwing



*Striking and Fielding and Orienteering*  
Move, stop and catch the ball with accuracy  
Use a simple map and find where they are.

Teamwork

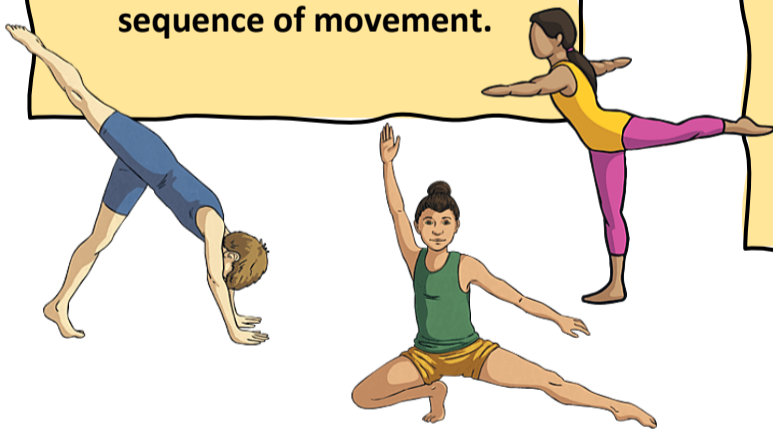
*Athletics and Football.*  
Improve skills of running, jumping and throwing  
Keep a ball under close control, pass and shoot with accuracy



Year 2

Throwing and Catching

*Gymnastics.*  
1, 2, 3 and 4 point balances.  
Develop an increasingly complex sequence of movement.



*Multi Skills and Dance.*  
Develop sequences of dance including travelling.  
Develop agility and co-ordination



*Invictus and Improving Skills.*  
Solve problems and engage in activities fairly.  
Improve agility, catching and throwing and ability to exercise at different intensities



Fitness

*Striking and Fielding and Orienteering*  
Move, stop and catch the ball with accuracy. Analyse performance  
Use a compass, map and key and find where they are.

*Athletics and Football.*  
Improve skills of running, jumping and throwing  
Keep a ball under close control, pass and shoot with accuracy



*Swimming*  
Enter the water safely  
Show competence in one stroke when swimming

Attack and Defend

