

Gymnastics	Our children will start their Gymnastic journey developing and focusing their movements based on simple Gymnastic shapes and fundamental movement skills. In KS2 our children will then focus their movements around the key themes of Gymnastics. Shape, turns, levels, movement and balance. Using them to develop movement pathways and routines.
Dance	Our children will start their journey through dance developing their fundamental movement skills and developing control of their bodies. In KS2 our children will then develop their understanding of dance by learning about other cultures and the fundamentals of dance.
Fundamental Movement skills and Games	Our children will start their physical journey exploring the fundamentals of movement through games and teamwork. In KS2 our children will then develop their understanding of tactics, teamwork and sport specific skills.

## The Journey Starts

### Fundamental Movement Skills

Developed from EYFS through KS1

## Interventions to support in KS1

Children identified for additional support with gross & fine motor skills (Enabling / Accessing)

## Competition

Children will be introduced to competition – sports day/ School games



## Competition Increases

Children will have opportunity for more sports and quality of competition increases to include county / regional finals

### KS2 Gymnastics

Children will start to learn about how to control their movements. Gymnastic shapes and how they apply to other sports.

### KS2 Swimming

Children will learn to swim in Years 3,4 and 5

### Community Clubs

Children will be encouraged to join local clubs – Local Sign-posting

### Sports Specific Skills

Children will learn specific sports skills within lessons applying them in different scenarios and related sports

### KS2 Dance

Children will start to explore different cultures and themes through Dance

### Year 3&4

### Lower Key Stage 2

### KS2 Games

Will explore transferable skills, knowledge & understanding

### Leadership

Children in Year 5&6 will have opportunity for Sports Leadership through the School Games Organiser.

### Upper Key Stage 2

### Year 5&6

### Strategies, Tactics, Rules, Roles

Children will develop greater understanding of strategies, tactics and rules for sports. They will take on different roles (e.g. umpire, coach)

### Dance

Children will start to explore different cultures through Dance

### Hygiene

Children will learn about the importance of Hygiene & Well-being

### Health

Children will learn about the importance of physical & mental Well-being

### Swimming

All pupils will be able to swim 25 m Interventions to support those who cannot