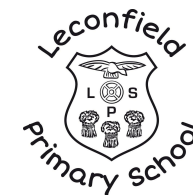


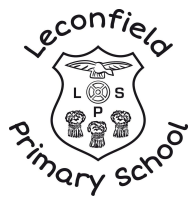
# Leconfield Primary School - PE

## Progression of skills

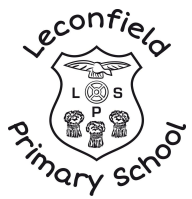


### Gymnastics

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Groovy gymnastics	Groovy gymnastics	Groovy gymnastics	Gym sequences	Gym sequences	Gym sequences
<p>To explore movement actions with control and link them together with flow.</p> <p>To explore gymnastic actions and shapes.</p> <p>To explore travelling on benches.</p> <p>To explore movement actions with control, and to link them together with flow.</p> <p>To choose and use simple compositional ideas by creating and performing sequences.</p> <p>To repeat and link combinations of gymnastic actions.</p> <p>To link combinations of movements and shapes with control.</p>	<p>To remember and repeat simple gymnastic actions with control.</p> <p>To balance on isolated parts of the body using the floor and hold balance.</p> <p>To develop a range of gymnastic moves, particularly breathing.</p> <p>To link together a number of gymnastic actions into a sequence.</p> <p>To explore ways of travelling around on large apparatus.</p> <p>To choose and use a variety of gymnastic actions to make a sequence.</p>	<p>To explore jumping techniques and link them with other gymnastic actions.</p> <p>To explore jumping techniques and to link them with other gymnastic actions.</p> <p>To select and adapt gymnastics actions to meet the task.</p> <p>To work with a partner or a small group to create a sequence that develops jumping skills.</p> <p>To improve the ability to choose appropriate actions when creating a sequence of gymnastic movement.</p>	<p>To identify and practise body shapes.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and others' sequence.</p>	<p>To identify and practise body shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To use and refine the following skills; flexibility, strength, balance, power and mental focus.</p> <p>To develop skills for movement including rolling, bridging and dynamic movement.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and other's sequences.</p>	<p>To identify and practise gymnastic shapes and balances.</p> <p>To identify and practise symmetrical and asymmetrical body shapes.</p> <p>To construct sequences using balancing and linking movements.</p> <p>To use counterbalances and incorporate them into a sequence of movements.</p> <p>To perform movements in canon and in unison.</p> <p>To perform and evaluate own and other's sequences.</p>

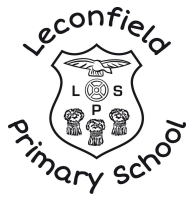


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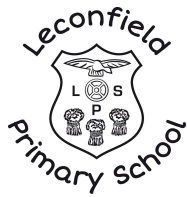


## Dance

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Story time dance	Ugly bug ball dance	African dance	Dynamic dance	Dynamic dance	Dynamic dance
<p>To change direction during travelling moves.</p> <p>To link travelling moves that change direction and level.</p> <p>To link moves together</p> <p>To use a variety of moves</p> <p>To explore basic body patterns and movements to music.</p> <p>To use a variety of moves that change speed and direction.</p> <p>To link together</p>	<p>To explore different levels and speeds of movement.</p> <p>To compose and perform simple dance phrases.</p> <p>To show contrasts in simple dances with good body shape and position.</p> <p>To develop a range of dance movements and improve timing.</p> <p>To work to music, creating movements that show rhythm and control.</p>	<p>To explore African dance movements and create patterns of movement.</p> <p>To work with a partner to create African dance patterns.</p> <p>To perform a dance with rhythm and expression.</p> <p>To use knowledge of African dance to create a story in small groups</p> <p>To develop precision of movement.</p> <p>To work cooperatively with a group to create a dance piece.</p> <p>To perform in front of others with confidence.</p>	<p>To identify and practise the patterns and actions of line dancing.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create an individual dance that reflects the line dancing style.</p> <p>To create partnered dances that reflect the line dancing style and apply the key components of dance.</p> <p>To create partnered dances that reflect the line dancing style and apply the key components of dance.</p> <p>To perform a line dance using a range of movement patterns. To perform and evaluate own and others' work.</p>	<p>To identify and practise the patterns and actions of the Bollywood dance style.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create and perform an individual dance that reflects the Bollywood dance style.</p> <p>To create partnered dances that reflect the Bollywood dancing style and apply the key components of dance.</p> <p>To create group dances that reflect the Bollywood dance style.</p> <p>To perform a Bollywood dance using a range of movement patterns.</p> <p>To perform and evaluate own and others' work.</p>	<p>To identify and practise the patterns and actions in a street dance style.</p> <p>To demonstrate an awareness of the music's rhythm and phrasing when improvising.</p> <p>To create a dance that represents a street dance style.</p> <p>To create a dance as a group, using any street dance moves.</p> <p>To create a dance as a group, using any street dance moves.</p> <p>To perform and analyse own and others' performance.</p>

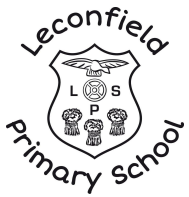


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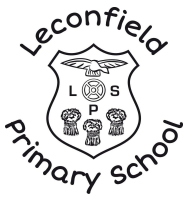


## Multi Skills Invasion Games

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Multi skills	Multi skills	Multi skills	Invaders - Football	Invaders - Netball	Invaders - Rugby
<p>To explore static balancing.</p> <p>To understand the concept of bases.</p> <p>To combine a number of coordination drills, using upper and lower body movements.</p> <p>To aim a variety of balls and equipment accurately.</p> <p>To time running to stop or intercept the path of a ball.</p> <p>To travel in different directions, showing clear transitions between movements</p> <p>To travel in different directions (side to side, up and down) with control and fluency</p> <p>To practise ABC (agility, balance and coordination) at circuit stations</p>	<p>To explore static balancing.</p> <p>To understand concepts of bases.</p> <p>To combine a number of coordination drills, using upper and lower body movements.</p> <p>To aim a variety of balls and equipment accurately.</p> <p>To travel in different ways, showing clear transitions between movements,</p> <p>To maintain balance when changing direction.</p> <p>To use skills learned in a game.</p>	<p>To change and maintain centre of balance.</p> <p>To develop coordination whilst moving an object.</p> <p>To demonstrate agility by being able to twist and turn and change direction.</p> <p>To practise coordination and moving with others.</p> <p>To use coordination skills to move an object.</p> <p>To use all ABC skills learned so far, to the best of their ability.</p>	<p>To keep possession of a ball.</p> <p>To use ABC (agility, balance, coordination) techniques to keep control of a ball in a competitive situation.</p> <p>To use accurate passing and dribbling in a game.</p> <p>To identify and apply ways to move the ball towards an opponent's goal.</p> <p>To learn concepts of attack and defence.</p> <p>To play in a mini football competition.</p>	<p>To demonstrate basic passing and receiving skills using a netball.</p> <p>To develop an understanding and knowledge of the basic footwork rule of netball.</p> <p>To use good hand/eye coordination to pass and receive a ball successfully.</p> <p>To develop skills in the range of passes - chest pass, overhead pass, bounce pass - and to understand which pass to use depending on the distance the ball needs to travel.</p> <p>To understand the importance of 'getting free' in order to receive a pass.</p> <p>To understand how to make space by moving away and coming back and by dodging.</p> <p>To be able to demonstrate a range of defending skills and understand how to mark an opponent.</p> <p>To understand how to intercept a pass.</p> <p>To learn how to shoot.</p> <p>To understand the different positions in a netball team.</p> <p>To recognise which positions are attacking and which are defending.</p>	<p>To understand the basic rules of tag rugby.</p> <p>To work as a team, using ball-handling skills.</p> <p>To pass and carry a ball using balance and coordination.</p> <p>To use skills learned to play a game of tag rugby.</p> <p>To apply rules and skills learned to a game.</p> <p>To play a mini tag rugby competition.</p>

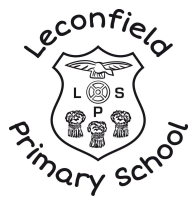


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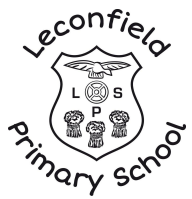


## Bootcamp

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp	Bootcamp
<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to the heart rate during exercise.</p>	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to the heart rate during exercise.</p>	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to their heart rate during exercise.</p>	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to the heart rate during exercise.</p>	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to the heart rate during exercise.</p>	<p>To understand how to prepare the body for exercise.</p> <p>To understand what fitness means.</p> <p>To complete a range of circuit-based activities and understand the reason for doing them.</p> <p>To understand what happens to heart rate during exercise.</p>

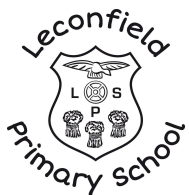


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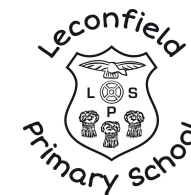


## Mighty Movers

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Mighty Movers - Running	Mighty Movers - Running	Mighty Movers - Running	Mighty Movers - Boxercise	Mighty Movers - Boxercise	Mighty Movers - Boxercise
<p>To explore running at a variety of speeds and in a variety of styles.</p> <p>To run at different speeds and in different directions with control.</p> <p>To understand the purpose of a circuit and how it can improve fitness.</p> <p>To explore running at different speeds.</p>	<p>To run efficiently using the arms.</p> <p>To demonstrate running with balance and coordination.</p> <p>To understand the purpose of a circuit and how it can improve fitness.</p>	<p>To explore running at different speeds.</p> <p>To work as a team in a running situation.</p> <p>To understand the value of a running-based circuit and the impact it can have on health.</p> <p>To improve fitness by raising the heart rate.</p>	<p>To learn footwork movement patterns showing coordination.</p> <p>To demonstrate correct technique for a job.</p> <p>To understand the value of boxercise moves.</p> <p>To learn how to build an aerobic exercise routine including skilled moves.</p> <p>To create and perform a boxercise sequence with increased accuracy.</p> <p>To perform a boxercise routine with precision.</p>	<p>To perform a boxercise routine demonstrating good technique.</p> <p>To understand the principles of dynamic stretching.</p> <p>To improve fitness by raising the heart rate and strengthening the legs and arms.</p> <p>To create and apply compositional ideas to the sequence.</p> <p>To perform actions and moves fluently to music in order to improve personal fitness.</p> <p>To learn how boxercise moves can be adapted and used in a different format.</p>	<p>To know and understand the basic principles of a good warm up.</p> <p>To understand how moves can be linked together to perform more complex/ challenging moves.</p> <p>To perform and devise a sequence of movements to music.</p>

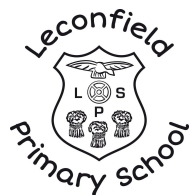


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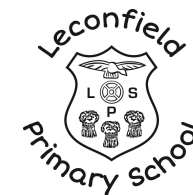


## Step To The Beat Skip To The Beat

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Skip To The Beat	Skip To The Beat	Skip To The Beat	Step To The Beat	Step To The Beat	Step To The Beat
<p>To develop foot patterns that aid skipping.</p> <p>To develop skipping skills.</p> <p>To improve agility, balance and coordination.</p>	<p>To perform skipping moves with agility, balance and coordination.</p> <p>To explore different ways of jumping/ hopping with balance and accuracy.</p> <p>To skip with control and balance.</p>	<p>To develop skipping techniques with control and balance.</p>	<p>To understand the importance of a warm up.</p> <p>To improve fitness, particularly strength and stamina.</p> <p>To complete a step routine to music to improve fitness.</p> <p>To develop coordination and balance.</p>	<p>To understand the importance of a warm-up.</p> <p>To develop coordination and balance.</p> <p>To develop coordination, balance and timing.</p> <p>To understand the benefits of improving muscle tone in the abdominals and legs.</p> <p>To learn new strength-based moves.</p> <p>To develop understanding of the value of this type of exercise.</p> <p>To construct own moves from knowledge gained in previous lessons.</p> <p>To perform a sequence of steps in time with the music.</p> <p>To understand the benefits of improving muscle tone and aerobic fitness (strength and stamina)</p>	<p>To understand the value of aerobic exercise.</p> <p>To learn how to measure heart rate and note any changes.</p> <p>To perform aerobic activity to music.</p> <p>To understand the value of aerobic exercise.</p> <p>To practise and apply a sequence of step moves to the beat of the music.</p> <p>To understand the value of step-based exercise.</p> <p>To understand the value of aerobic exercise.</p> <p>To devise a sequence of step-based activities to music.</p>

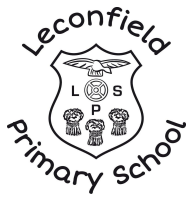


# Leconfield Primary School - PE



## Ball Skills Striking and Fielding

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Brilliant Ball skills	Brilliant Ball skills	Brilliant Ball skills	Striking and fielding - Cricket/ Rounders	Striking and fielding - Cricket	Striking and fielding - Rounders
<p>To master basic sending and receiving techniques.</p> <p>To develop balance, agility and coordination.</p> <p>To make use of coordination, accuracy and weight transfer.</p> <p>To develop receiving skills.</p> <p>To use ball skills in game-based activities.</p>	<p>To use hand-eye coordination control a ball.</p> <p>To catch a variety of objects.</p> <p>To vary types of throw.</p> <p>To kick and move with a ball.</p> <p>To develop catching and dribbling skills.</p> <p>To use ball skills in a mini festival.</p>	<p>To be aware of others when playing games.</p> <p>To choose the correct skills to meet a challenge.</p> <p>To perform a range of actions, maintaining control of the ball.</p> <p>To perform a range of catching and gathering skills with control.</p> <p>To master the basic catching technique.</p> <p>To catch with increasing control and accuracy.</p> <p>To master the basic throwing technique.</p> <p>To throw and hit a ball in different ways (e.g. high, low, fast or slow).</p> <p>To apply skills and tactics in small-sided games.</p> <p>To identify and follow the rules of games.</p> <p>To choose and use simple tactics to suit different situations.</p> <p>To react to situations in ways that make it difficult for opponents to win.</p>	<p>To develop and investigate different ways of throwing, and to know when each is appropriate.</p> <p>To use ABC (agility, balance, coordination) to field a ball well.</p> <p>To use ABC (agility, balance, coordination) to move into good positions for catching and apply it in a game situation.</p> <p>To use hand-eye coordination to strike a moving and a stationary ball.</p> <p>To develop fielding skills and understand their importance when playing a game.</p> <p>To play in a competitive situation, and to demonstrate sporting behaviour.</p>	<p>To develop skills in batting and fielding.</p> <p>To choose fielding techniques.</p> <p>To run between the wickets.</p> <p>To run, throw and catch.</p> <p>To develop a safe and effective overarm throw.</p> <p>To learn batting control.</p> <p>To use all the skills learned by playing in a mini tournament.</p>	<p>To throw and catch under pressure.</p> <p>To use fielding skills to stop the ball effectively.</p> <p>To learn batting control.</p> <p>To learn the role of backstop.</p> <p>To play in a tournament and work as a team, using tactics in order to beat another team.</p> <p>To play in a tournament and work as a team, using tactics in order to beat another team.</p>



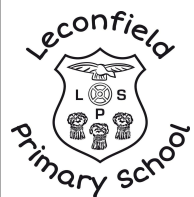
# Leconfield Primary School - PE



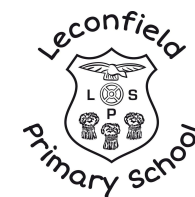
## Gym Fit Circuits

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Gym Fit Circuits	Gym Fit Circuits	Gym Fit Circuits	Gym Fit Circuits	Gym Fit Circuits	Gym Fit Circuits
<p>To identify techniques to improve balance.</p> <p>To practise a range of gymnastic skills through a series of circuits.</p> <p>To perform a range of gymnastic skills with increased accuracy.</p> <p>To perform a sequence of gymnastic moves within a circuit.</p> <p>To perform a sequence of moves at each station within a circuit with increased accuracy.</p> <p>To evaluate my performance of gymnastic moves within a circuit.</p>	<p>To identify techniques to improve balance.</p> <p>To practise a range of gymnastic skills through a series of circuits.</p> <p>To perform a range of gymnastic skills with increased accuracy.</p> <p>To perform a sequence of gymnastic moves within a circuit.</p> <p>To perform a sequence of moves at each station within a circuit with increased accuracy.</p> <p>To evaluate performance of gymnastic moves within a circuit.</p>	<p>To identify techniques to improve balance.</p> <p>To practise a range of gymnastic skills through a series of circuits.</p> <p>To perform a range of gymnastic skills with increased accuracy.</p> <p>To perform a sequence of moves at each station within a circuit with increased accuracy.</p> <p>To evaluate my performance of gymnastic moves within a circuit.</p>	<p>To understand that a fitness circuit can be sport-specific.</p> <p>To complete a hockey-based circuit with understanding and accuracy.</p> <p>To complete a netball/basketball circuit with understanding accuracy.</p> <p>To complete a football-based circuit with accuracy and understanding.</p> <p>To complete a cricket-based circuit with accuracy and understanding.</p> <p>To complete an athletics-based circuit with control and accuracy.</p>	<p>To understand why fitness is good for health and wellbeing.</p> <p>To develop consistency in technique.</p> <p>To develop personal fitness in an obstacle-style circuit.</p>	<p>To plan a personal programme.</p>



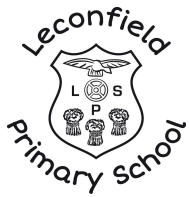


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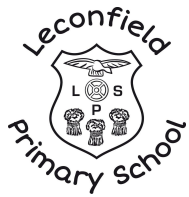


## Active Athletics Young Olympians

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Active athletics	Active athletics	Active athletics	Young olympians	Young olympians	Young olympians
<p>To use varying speeds when running.</p> <p>To explore footwork patterns.</p> <p>To explore arm mobility.</p> <p>To explore different methods of throwing.</p> <p>To practise short distance running.</p> <p>To practise taking off from different positions.</p> <p>To complete an obstacle course with control and agility.</p>	<p>To run with agility and confidence.</p> <p>To learn the best jumping techniques for distance.</p> <p>To throw different objects in a variety of ways.</p> <p>To hurdle an obstacle and maintain effective running style.</p> <p>To run for distance.</p> <p>To complete an obstacle course with control and agility.</p>	<p>To run in different directions and at different speeds, using a good technique.</p> <p>To improve throwing technique.</p> <p>To reinforce jumping techniques.</p> <p>To understand the relay and passing the baton.</p> <p>To choose and understand appropriate running techniques.</p> <p>To compete in a mini-competition, recording scores.</p>	<p>To select and maintain a running pace for different distances.</p> <p>To practise throwing with power and accuracy.</p> <p>To throw safely and with understanding.</p> <p>To demonstrate good running technique in a competitive situation.</p> <p>To explore different footwork patterns. To understand which technique is most effective when jumping for distance.</p> <p>To utilise all the skills learned in this unit in a competitive situation.</p>	<p>To use correct technique to run at speed.</p> <p>To develop the ability to run for distance.</p> <p>To throw with accuracy and power.</p> <p>To identify and apply techniques of relay and running.</p> <p>To explore different footwork patterns.</p> <p>To understand which technique is most effective when jumping for distance.</p> <p>To learn how to use skills to improve the distance of a pull throw.</p> <p>To demonstrate good techniques in a competitive situation.</p>	<p>To investigate running styles and changes of speed.</p> <p>To practise throwing with power and accuracy.</p> <p>To throw safely and with understanding.</p> <p>To demonstrate good running technique in a competitive situation.</p> <p>To explore different footwork patterns.</p> <p>To understand which technique is most effective when jumping for distance.</p> <p>To utilise all the skills learned in this unit in a competitive situation.</p>

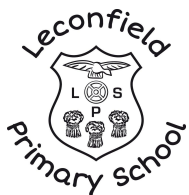


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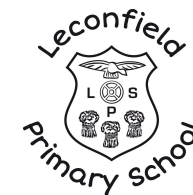


## Fitness Frenzy

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Fitness Frenzy	Fitness Frenzy	Fitness Frenzy	Fitness Frenzy	Fitness Frenzy	Fitness Frenzy
<p>To complete a circuit that includes activities learned throughout the year.</p> <p>To explore running at different speeds.</p> <p>To improve agility, balance and coordination.</p> <p>To evaluate performance of gymnastic moves within a circuit.</p> <p>To identify techniques to improve core strength and agility.</p> <p>To use techniques already learned to improve performance.</p>	<p>To complete a circuit of activities.</p> <p>To understand the purpose of a circuit and how it can improve fitness.</p> <p>To skip with control and balance.</p> <p>To evaluate my performance of gymnastic moves within a circuit.</p> <p>To improve core strength, balance and agility.</p>	<p>To complete an agility and coordination circuit, spending 30 seconds at each station.</p> <p>To improve fitness by raising the heart rate in a circuit-based lesson.</p> <p>To develop skipping techniques with control and balance.</p> <p>To evaluate my performance of gymnastic moves within a circuit.</p> <p>To improve core strength and agility, and understand why they are important.</p> <p>To perform a sequence of moves at each station within a circuit with increased accuracy.</p>	<p>To complete a circuit that includes different aerobic activities.</p> <p>To perform a boxercise routine with precision.</p> <p>To develop coordination and balance.</p> <p>To complete an athletics based circuit with control and accuracy.</p> <p>To develop cool core moves using balance techniques.</p> <p>To perform a sequence of moves at each station within a circuit with increased accuracy.</p>	<p>To complete a circuit that includes a range of activities.</p> <p>To learn how boxercise moves can be adapted and used in a different format.</p> <p>To perform a sequence of steps in time with the music.</p> <p>To understand the benefits of improving muscle tone and aerobic fitness (strength and stamina).</p> <p>To understand why fitness is good for health and wellbeing.</p> <p>To identify techniques to improve balance and core strength.</p> <p>To improve coordination.</p> <p>To perform a sequence of moves at each station within a circuit with increased accuracy.</p>	<p>To complete a circuit that includes different aerobic activities.</p> <p>To perform and devise a sequence of movements to music.</p> <p>To understand the value of aerobic exercise.</p> <p>To devise a sequence of step-based activities to music.</p> <p>To plan a personal programme.</p> <p>To perform others' sequences with control and balance.</p> <p>To perform a sequence of moves at each station within a circuit with increased accuracy.</p>

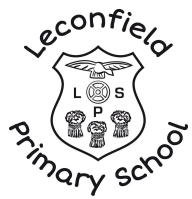


# Leconfield Primary School - PE

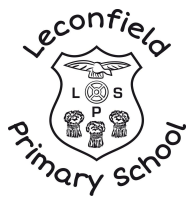


## Throwing and Catching Nimble Nets

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Throwing and catching - Field games	Throwing and catching - Field games	Throwing and catching - Field games	Nimble nets - Short tennis	Nimble nets - Tennis	Nimble nets - Tennis/ Badminton
<p>To learn skills for striking and fielding games.</p> <p>To practise basic striking, sending and receiving.</p> <p>To use throwing and catching skills in a game.</p> <p>To practise accuracy of throwing and consistent catching.</p> <p>To strike with a racket or bat.</p> <p>To play a game fairly and in a sporting manner.</p> <p>To use fielding skills to play a game.</p>	<p>To learn skills for playing striking and fielding games.</p> <p>To position the body to strike a ball.</p> <p>To practise striking a small ball.</p> <p>To develop catching skills.</p> <p>To throw a ball for distance.</p> <p>To practise throwing skills in circuit.</p> <p>To play a game fairly and in a sporting manner.</p> <p>To use fielding skills to play a game.</p>	<p>To consolidate and develop a range of skills in striking and fielding.</p> <p>To develop and investigate different ways of throwing and to know when it is appropriate to use them.</p> <p>To practise the correct technique for catching a ball and use it in a game.</p> <p>To practise the correct batting technique and use it in a game situation.</p> <p>To practise the correct technique for fielding and use it in a game situation.</p> <p>To consolidate the throwing, catching and batting skills already learned.</p> <p>To strike a ball for distance.</p> <p>To know how to play a striking and fielding game competitively and fairly.</p>	<p>To become familiar with balls and short tennis rackets.</p> <p>To get the ball into play.</p> <p>To accurately serve underarm.</p> <p>To build up a rally.</p> <p>To build a rally, focusing on accuracy of strokes.</p> <p>To play a variety of shots in a game situation and to explore when different shots should be played.</p> <p>To play a competitive tennis game.</p>	<p>To identify and apply techniques for hitting a tennis ball.</p> <p>To develop the techniques for ground strokes and volleys.</p> <p>To develop a backhand technique and use it in a game.</p> <p>To practise techniques for all strokes.</p> <p>To use the scoring system and court for singles tennis.</p> <p>To play a tennis game using an overhead serve and the correct selections of shots.</p> <p>To understand and use doubles scoring in a tennis game.</p>	<p>To demonstrate and use the correct grip of the racket and understand how to get into the ready position.</p> <p>To use good hand-eye coordination to be able to contact the shuttle with the face of the racket.</p> <p>To understand how to serve the shuttle in order to start the game.</p> <p>To recognise the difference between the low serve and the high serve.</p> <p>To develop children's ability to perform and understand the 'overhead clear' shot and the impact that playing the overhead clear can have on winning points during game play.</p> <p>To understand that the drop shot is an attacking shot, and why.</p> <p>To know where the drop should be aimed for, for it to be most productive, and why.</p> <p>To understand how to use different shots to outwit an opponent in a game.</p> <p>To develop knowledge, understanding and principles within a doubles game, including tactics and strategies used.</p>



# Leconfield Primary School - PE



Cool Core: Strength  
Cool Core: Pilates

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Cool Core (Strength)	Cool Core (Strength)	Cool Core (Strength)	Cool Core (Pilates)	Cool Core (Pilates)	Cool Core (Pilates)
To identify techniques to improve core strength and agility.	To develop and improve core strength and agility.  To improve core strength, balance and agility.	To improve core strength and agility, and understand why they are important.	To improve balance and coordination.  To consolidate and improve the moves learned so far.  To develop balance techniques when performing cool core moves.  To sustain balance and concentration when performing a variety of cool core moves.  To develop cool core moves using balance techniques.	To identify techniques to improve balance and core strength.  To improve coordination	To identify exercises that will improve core strength and stability.  To apply balance techniques when performing cool core exercises.  To perform cool core exercises of increased difficulty with balance.  To create original cool core moves.  To demonstrate balance and coordination.  To perform others' sequences with control and balance.