

# PE Curriculum – 2 Year Cycle - KS2 3/4



## Intent

Learning is a change to long term memory. Our aims are to ensure that our students experience a wide breadth of study based on the national curriculum and have, by the end of each key stage, long-term memory of curriculum knowledge.

We aim to inspire all pupils to engage in competitive sports and other physical activities in a way which supports their health, well-being and fitness. Participation in these will help to embed values such as fairness, teamwork, perseverance, positivity and respect, and enable them to become physically confident.

Teaching will equip children with knowledge about Movement, Tactics and Strategy, Leadership, Personal and Social, Healthy Lifestyle and a growing vocabulary related to physical education.

Through our PE curriculum, we intend to inspire pupils to develop a love of PE, enabling them to lead healthy and active lives.

## Implementation

PE is taught through the 'Threshold Concept' of Developing Practical Skills in order to participate, compete and lead a healthy lifestyle. The threshold concept is broken down into the knowledge categories of Movement, Tactics and Strategy, Leadership, Personal and Social, Healthy Lifestyle and a growing vocabulary related to physical education. Deliberate practise of these, whereby knowledge will be revisited again and again, will enable a gradual deepening of their understanding. We believe that learning is most effective with this spaced repetition and the interleaving between topics and frequently revisiting them, aids long term retention.

Teaching will develop fundamental movement skills, becoming increasingly competent and confident, accessing a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They will engage in competitive and cooperative physical activities, in a range of increasingly complex situations.

Pupils will develop an understanding of how to improve in different physical activities and sports, and learn how to evaluate and recognise their own success.

## Impact

Because learning is a change to long term memory it is impossible to see impact in the short term. However, we do use probabilistic assessment based on deliberate practise. This means that we look at the practices taking place to determine whether they are appropriate, related to our end of key stage goals. We use comparative judgements against Milestone statements, in the tasks we set (POP tasks) and in tracking students' work over time. We use lesson observations to see if the pedagogical style matches our depth expectations.

Impact is also measured through key questioning skills built into lessons, child-led assessment against the objective (WAGBA), and summative assessments aimed at targeting next steps in learning.

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Year Group	Cycle	Autumn	Spring	Summer
3/4	A	Gymnastics Dance Swimming	Invasion & Target / Games	Striking & Fielding / Tennis Athletics  Outdoor and Adventurous
		Develop practical skills in order to participate, compete and lead a healthy lifestyle  Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle  Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle  Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
	B	Gymnastics Dance Swimming	Invasion & Target / Games	Striking & Fielding / Tennis or Badminton Athletics  Outdoor and Adventurous
		Develop practical skills in order to participate, compete and lead a healthy lifestyle  Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle  Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Develop practical skills in order to participate, compete and lead a healthy lifestyle  Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle

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## Key Stage 2 Yr 3/4 Teaching Sequence for PE (Milestone 2) CYCLE A

Weeks	Autumn Term	Spring Term	Summer Term
<b>Topic Title:</b>	<p><b>Gymnastics</b> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p><b>Dance</b> Perform dances using a range of movement patterns.</p> <p><b>Swimming</b> Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.</p>	<p><b>Invasion &amp; Target / Games</b> Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Striking &amp; Fielding / Tennis/Badminton</b> 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.</p> <p><b>Athletics</b> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p><b>Outdoor and Adventurous</b> Take part in outdoor and adventurous activity challenges both individually and within a team.</p>
<b>1</b>	<p><b>Gymnastics</b> Partner sequence</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Target</b> Throw Golf / Corner Bowls</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Striking &amp; fielding</b> Quick Pick Up / Safe or sorry</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
<b>2</b>	<p><b>Gymnastics</b> Partner sequence POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Target</b> Throw Golf / Corner Bowls POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Striking &amp; fielding</b> Quick Pick Up / Safe or sorry POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
<b>3</b>	<p><b>Gymnastics</b> Vault</p>	<p><b>Target</b> Bombardment</p>	<p><b>Striking &amp; fielding</b> Round the square</p>

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	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
4	<p><b>Gymnastics</b> Vault POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Target</b> Bombardment POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Striking &amp; fielding</b> Round the square POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
5	<p><b>Gymnastics</b> Apparatus</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Net &amp; Wall</b> Pick up the trash / Keep it going</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Athletics</b> Take five jumps</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
6	<p><b>Gymnastics</b> Apparatus POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Net &amp; Wall</b> Pick up the trash / Keep it going POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Athletics</b> Take five jumps POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
7	<p><b>Dance</b> Based on a picture</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>	<p><b>Net &amp; Wall</b> Volleyball</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>	<p><b>Athletics</b> Throwing</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>

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	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
<b>8</b>	<p><b>Dance</b> Based on a picture POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Net &amp; Wall</b> Volleyball POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Athletics</b> Throwing POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
<b>9</b>	<p><b>Dance</b> Mystery Dance</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Invasion</b> End Zone / Too many goals</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Outdoor and Adventurous</b> Counting cones</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
<b>10</b>	<p><b>Dance</b> Mystery Dance POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Invasion</b> End Zone / Too many goals POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Outdoor and Adventurous</b> Team building</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
<b>11</b>	<p><b>Dance</b> Traditional folk dance</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Invasion</b> Go to jail</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Outdoor and Adventurous</b> Night Trail</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
	<p><b>Dance</b> Traditional folk dance POP Task</p>	<p><b>Invasion</b> Go to jail POP Task</p>	<p><b>Outdoor and Adventurous</b> POP Task</p>

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12	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</p>
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# PE Curriculum – 2 Year Cycle - KS2 3/4



## Key Stage 2 Yr 3/4 Teaching Sequence for PE (Milestone 2) CYCLE B

Weeks	Autumn Term	Spring Term	Summer Term
<b>Topic Title:</b>	<p><b>Gymnastics</b> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p><b>Dance</b> Perform dances using a range of movement patterns.</p> <p><b>Swimming</b> Swim competently, confidently and proficiently over a distance of at least 25 metres. Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke]. Perform safe self-rescue in different water-based situations.</p>	<p><b>Invasion &amp; Target / Games</b> Use running, jumping, throwing and catching in isolation and in combination.</p> <p>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.</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<p><b>Striking &amp; Fielding / Tennis or Badminton</b> 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.</p> <p><b>Athletics</b> Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics].</p> <p><b>Outdoor and Adventurous</b> Take part in outdoor and adventurous activity challenges both individually and within a team.</p>
<b>1</b>	<p><b>Gymnastics</b> Partner sequence</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Target</b> Throw Golf / Corner Bowls</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Striking &amp; fielding</b> Quick Pick Up / Safe or sorry</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
<b>2</b>	<p><b>Gymnastics</b> Partner sequence POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Target</b> Throw Golf / Corner Bowls POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Striking &amp; fielding</b> Quick Pick Up / Safe or sorry POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
<b>3</b>	<p><b>Gymnastics</b> Vault</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>	<p><b>Target</b> Bombardment</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>	<p><b>Striking &amp; fielding</b> Round the square</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>

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	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle	Movement, Tactics & strategy, Personal & social, Leadership, Healthy Lifestyle
4	<p><b>Gymnastics</b> Vault POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Target</b> Bombardment POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Striking &amp; fielding</b> Round the square POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
5	<p><b>Gymnastics</b> Apparatus</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Net &amp; Wall</b> Pick up the trash / Keep it going</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Athletics</b> Take five jumps</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
6	<p><b>Gymnastics</b> Apparatus POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Net &amp; Wall</b> Pick up the trash / Keep it going POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Athletics</b> Take five jumps POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
7	<p><b>Dance</b> Based on a picture</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Net &amp; Wall</b> Volleyball</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Athletics</b> Throwing</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
8	<p><b>Dance</b> Based on a picture POP Task</p>	<p><b>Net &amp; Wall</b> Volleyball POP Task</p> <p><b>Develop practical skills in order to participate, compete and lead a healthy lifestyle</b></p>	<p><b>Athletics</b> Throwing POP Task</p>



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	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
9	<p>Dance Mystery Dance</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Invasion End Zone / Too many goals</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Outdoor and Adventurous Counting cones</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
10	<p>Dance Mystery Dance POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Invasion End Zone / Too many goals POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Outdoor and Adventurous Team building</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
11	<p>Dance Traditional dance</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Invasion Go to jail</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Outdoor and Adventurous Night Trail</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>
12	<p>Dance Traditional dance POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Invasion Go to jail POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>	<p>Outdoor and Adventurous POP Task</p> <p>Develop practical skills in order to participate, compete and lead a healthy lifestyle</p> <p><b>Movement, Tactics &amp; strategy, Personal &amp; social, Leadership, Healthy Lifestyle</b></p>

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