

Hanley St Luke's Long Term Physical Education Curriculum



Curriculum Drivers

Careers	English	Behaviour	Leadership	Outdoor	Christian Life	STEM	Attendance
Careers: I Plan and Explore. I can use decision-making skills to plan my learning in order to explore the world of work and my place in it. I Explore I Plan	English: I Achieve I can read at least five times a week to develop fluency, confidence and a love of reading. I can achieve a greater understanding of texts we study through questioning and comprehension. I Achieve	Behaviour: I Decide I can decide on my best option and opportunities to form positive long-term relationships. I Decide	Leadership: I Focus. I can focus on my values and interests to help support the teachers who help me to learn. I Focus	Outdoor: I Discover I can apply my knowledge and skills to discover my strength and talents to learn through the outdoor provision. I Discover	Christian Life: I Achieve I can achieve together in love and faith with Christ at the centre of our mission together. All children of all faiths, abilities and personalities are empowered to thrive and succeed. I Achieve	STEM: I Discover and Explore I can take part in STEM opportunities such as scientific enquiry and maths reasoning in order to get STEM jobs in the future. I Discover I Explore	Attendance: I Decide I know that being at school as much as possible on time helps me to learn. I Decide



Termly Driver Focus	I Discover: young people discover their strengths and talents I Explore: young people explore the world of work and their place in it.	I Focus: young people focus on their values and interests I Plan: young people use decision-making skills to plan their learning and career programs	I Decide: young people decide on their best options and opportunities I Apply: young people apply their skills and knowledge to their learning and career planning

Lesson 1 - 1 hour lesson - Sport based skill progression

Lesson 2 - Fitness/ health and well-being - either 1 hour/ 3 x 20mins/ 4 x 15mins across the week

Lesson 2 can be taught one part of the lesson a day eg. Starter one day and main activity another or pick an activity and repeat across the week.

Swimming Lessons 12th April 2027 (6 weeks) to replace lesson 2.

EYFS						
Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE EYFS	Physical Development Gross Motor Skills Squiggle Time				Body Management Unit 1 EYFS Body Management Unit 1	Body Management Unit 2 EYFS Body Management Unit 2

Year 1						
Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Y1 Lesson 1 1 hour	Chance to Shine Cricket <u>Core Learning Objectives</u> Life Skills: Sessions emphasize teamwork, leadership, communication, and problem-solving. Wellbeing: The program aims to boost self-esteem, build resilience, and help children develop a positive relationship with sport. Inclusivity: It introduces the sport to children who have never played before,	<u>Attack Defect Shoot Unit 1</u> <u>Curriculum Coverage</u> Mastering basic movements and skills <u>Concepts</u> Practice basic movements, including running, jumping, etc. and begin to engage in competitive activities. Experience opportunities to improve ABCs. <u>Learning</u> 1. to hit a target. 2. to defend a target.	<u>Time 4 Sport CPD</u> Multi-skills	Hit catch run	Run jump throw	<u>Time 4 Sport CPD</u> Gymnastics and dance

	using fun, game-based learning.	- to roll and slide balls and beanbags. - to shoot in a game to get points. - to work with a partner to score points. - to use our attacking and defending skills in a game.				
Lesson 2 1 hour/ 4 x 15min/ 3 x 20min	<u>KS1 Fitness Unit 1</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle <u>Concepts</u> Stamina To be able to sustain effort over a period without slowing down or stopping. <u>Learning</u> to work as hard as we can for 20 seconds.	<u>KS1 Fitness Unit 2</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle. <u>Concepts</u> Interval Training Is a type of training that involves periods of high-intensity exercise with periods of rest. <u>Learning</u> - why we need water after exercise. - to work and rest for a set amount of time.	<u>KS1 Foundations</u> <u>Curriculum Coverage</u> Access a range of activities to improve balance. <u>Concepts</u> Flexibility How easily you can move your body at a joint to perform a movement such as a twist, turn or bend. <u>Learning</u> to stay stable and balanced when trying new things.	<u>KS1 Wellbeing</u> <u>Curriculum Coverage</u> Pupils will engage in cooperative activities while developing basic movement skills such as throwing and catching, and improving their coordination <u>Concepts</u> 5 Steps to wellbeing - Connect with others - Be physically active - Learn new skills - Give to others	<u>KS1 Lawn Bowls</u> <u>Curriculum Coverage</u> Engage in competitive physical activities. <u>Concepts</u> To send a bowl using an underarm delivery. <u>Learning</u> - Develop an understanding of the aims of lawn bowls - Use underarm delivery technique consistently	<u>KS1 Triathlon</u> <u>Curriculum Coverage</u> Develop fundamental movement skills (agility, balance, co-ordination) <u>Concepts</u> Skills to take part in a triathlon. <u>Learning</u> - Perform 3 different activities one after the other - Can apply agility,

	2. why we need to rest after exercise. 3. to track and count in fives each type of exercise, 4. what a ladder workout is. 5. to relax and be calm after we have exercised. 6. to challenge ourselves to beat our best score.	3. what it means to work with maximum effort. 4. to perform movements with control. 5. why it is important to exercise and play outdoors. 6. some simple yoga positions.	2. to repeat a balance to improve it. 3. where the core muscles in our bodies are. 4. to practice and improve leapfrog. 5. to describe what flexibility is. 6. what coordination is and to show an example of it.	5. Take notice/mindfulness <u>Learning</u> 1. to improve hand-eye coordination through ball skills. 2. how yoga can help our mental wellbeing. 3. to copy and repeat actions from martial arts and aerobics. 4. how paying attention and listening are key to mindfulness. 5. to connect with others to complete a difficult set of tasks. 6. to act out a scene to entertain our classmates.	3. Play in a competitive game to score points	balance and coordination skills to new activities 3. Transition smoothly between activities
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Year 2						
Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Y2 Lesson 1 1 hour	Chance to Shine Cricket	<u>Attack Defend Shoot Unit 1</u> <u>Curriculum Coverage</u>	<u>Time 4 Sport CPD</u> Dance	<u>Hit Catch Run Unit 1</u> <u>Curriculum Coverage</u>	<u>Run Jump Throw Unit 1</u> <u>Curriculum Coverage</u>	<u>Time 4 Sport CPD</u> OAA

	<u>Core Learning Objectives</u> Life Skills: Sessions emphasize teamwork, leadership, communication, and problem-solving. Wellbeing: The program aims to boost self-esteem, build resilience, and help children develop a positive relationship with sport. Inclusivity: It introduces the sport to children who have never played before, using fun, game-based learning.	To develop kicking skills. <u>Concepts</u> Send a ball using feet and can receive a ball using feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, e.g., dribbling and passing. <u>Learning</u> 1. to kick the ball over long and short distances 2. to stop a ball with control using the foot. 3. to work as a team to keep the ball. 4. to bounce a ball with my partner. 5. to bounce the ball while we are moving (dribbling). 6. to pass the ball forward in a game.		Develop coordination skills for hitting. <u>Concepts</u> To develop hitting skills with a variety of bats. Practice feeding/bowling skills. Hit and run to score points in games. <u>Learning</u> 1. to hit a ball and score points running to cones. 2. to defend a target by kicking. 3. to bowl underarm with control. 4. to hit a ball using different bats and techniques. 5. to throw accurately to a base. 6. to apply our striking, fielding skills in a game situation, using	Master basic movements including throwing and apply this in a range of activities. <u>Concepts</u> Throw and handle a variety of objects. Develop power, agility, coordination and balance. Negotiate obstacles showing increased control. <u>Learning</u> 1. to move quickly whilst being aware of others around. 2. to create power with our legs to turn at speed. 3. to move through an obstacle course with speed and control.	
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				what we've learned to play fairly.	4. to choose the best throw for different situations. 5. to work with our partner and explore different jumps for distance 6. to compete as part of a team to run, jump and throw	
Lesson 2 1 hour/ 4 15 x min/ 3 x 20min	<u>KS1 Fitness Unit 1</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle <u>Concepts</u> Stamina To be able to sustain effort over a period without slowing down or stopping. <u>Learning</u> 1. to work as hard as we can for 20 seconds.	<u>KS1 Fitness Unit 2</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle. <u>Concepts</u> Interval Training Is a type of training that involves periods of high-intensity exercise with periods of rest. <u>Learning</u> 1. why we need water after exercise.	<u>KS1 Foundations</u> <u>Curriculum Coverage</u> Access a range of activities to improve balance. <u>Concepts</u> Flexibility How easily you can move your body at a joint to perform a movement such as a twist, turn or bend. <u>Learning</u> 1. to stay stable and balanced	<u>KS1 Wellbeing</u> <u>Curriculum Coverage</u> Pupils will engage in cooperative activities while developing basic movement skills such as throwing and catching, and improving their coordination <u>Concepts</u> 5 Steps to wellbeing 6. Connect with others 7. Be physically active 8. Learn new skills	<u>KS1 Lawn Bowls</u> <u>Curriculum Coverage</u> Engage in competitive physical activities. <u>Concepts</u> To send a bowl using an underarm delivery. <u>Learning</u> 1. Develop an understanding of the aims of lawn bowls	<u>KS1 Triathlon</u> <u>Curriculum Coverage</u> Develop fundamental movement skills (agility, balance, co-ordination) <u>Concepts</u> Skills to take part in a triathlon. <u>Learning</u> 1. Perform 3 different activities

	2. why we need to rest after exercise. 3. to track and count in fives each type of exercise, 4. what a ladder workout is. 5. to relax and be calm after we have exercised. 6. to challenge ourselves to beat our best score.	2. to work and rest for a set amount of time. 3. what it means to work with maximum effort. 4. to perform movements with control. 5. why it is important to exercise and play outdoors. 6. some simple yoga positions.	- when trying new things. 2. to repeat a balance to improve it. 3. where the core muscles in our bodies are. 4. to practice and improve leapfrog. 5. to describe what flexibility is. 6. what coordination is and to show an example of it.	9. Give to others 10. Take notice/mindfulness <u>Learning</u> 1. to improve hand-eye coordination through ball skills. 2. how yoga can help our mental wellbeing. 3. to copy and repeat actions from martial arts and aerobics. 4. how paying attention and listening are key to mindfulness. 5. to connect with others to complete a difficult set of tasks. 6. to act out a scene to entertain our classmates.	2. Use underarm delivery technique consistently 3. Play in a competitive game to score points	- one after the other 2. Can apply agility, balance and coordination skills to new activities 3. Transition smoothly between activities
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Year 3						
Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Y3 Lesson 1 1 hour	Chance to shine Cricket <u>Core Learning Objectives</u> Life Skills: Sessions emphasize teamwork, leadership, communication, and problem-solving. Wellbeing: The program aims to boost self-esteem, build resilience, and help children develop a positive relationship with sport. Inclusivity: It introduces the sport to children who have never played before, using fun, game-based learning.	Time 4 Sport CPD Gymnastics	Handball	Netball	Time 4 Sport CPD Dance	Rounders
Lesson 2 1 hour/ 4 x	<u>KS2 Fitness Unit 1</u> <u>Curriculum Coverage</u>	<u>KS2 Fitness Unit 2</u> <u>Curriculum Coverage</u>	<u>KS2 Foundations</u> <u>Curriculum Coverage</u>	<u>KS2 Wellbeing</u> <u>Curriculum Coverage</u>	<u>KS2 Lawn Bowls</u> <u>Curriculum Coverage</u>	<u>KS2 Triathlon</u> <u>Curriculum Coverage</u>

15mins/ 3 x 20mins	Develop an active healthy lifestyle <u>Concepts</u> For Time- to a workout format which means to complete a set amount of work in as quick a time as possible <u>Learning</u> 1. to use coordination in our exercise. 2. to keep moving even when we are tired. 3. what and AMRAP stands for and participate in it. 4. to identify what we find challenging and why. 5. to work under time pressure. 6. to beat our previous score and work out the	Develop an active healthy lifestyle <u>Concepts</u> Working out the whole body - there are many benefits of working out the whole body. Some benefits include it uses lots of energy, and all parts of our body are becoming strong and flexible. <u>Learning</u> 1. the signs of dehydration. 2. why rest is important, and we should not overdo exercise, 3. to maintain balance while performing. 4. why sleep is important. 5. what a pyramid workout is. 6. the benefits of 'whole body' exercise.	Use stability to develop a range of movements <u>Concepts</u> Coordination- The ability to use two or more body parts together, for example, performing a cartwheel in gymnastics or dribbling a ball in hockey. <u>Learning</u> 1. to choose our own pace when exercising. 2. the difference between static and dynamic balancing. 3. the name of some of our core muscles. 4. to use our power and determination to jump higher in leapfrog.	Pupils will use throwing and catching both on their own and with others, enjoy working together through communication and collaboration, and reflect on their own success <u>Concepts</u> 5 Steps to wellbeing 1. Connect with others 2. Be physically active 3. Learn new skills 4. Give to others 5. Take notice/mindfulness <u>Learning</u> 1. the steps to juggle three balls. 2. simple yoga poses and holding them for 10 seconds. 3. some simple aerobics and martial arts moves. 4. to connect with others through a range of pair and group work.	Play in competitive games <u>Concepts</u> To bowl accurately during a lawn bowls game. <u>Learning</u> 1. Develop an understanding of the aims of lawn bowls 2. Use underarm delivery to bowl accurately 3. Play competitively and analyse own performance	Compete against self and others <u>Concepts</u> Modified activities to take part in a triathlon. <u>Learning</u> 1. Perform 3 different activities one after another 2. Use skills such as cycling and running in new ways 3. Transition smoothly between activities
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	difference in scores.		5. what range of motion is through different types of stretches. 6. to challenge ourselves in increasingly difficult tasks.	5. the steps to spin a ball on our finger. 6. to improvise to make an audience smile.		
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Year 4						
Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Y4 Lesson 1 1 hour	Handball <u>Curriculum Coverage</u> Working collaboratively to attack a goal <u>Concepts</u> Develop 3 step rule incorporating bounce. Defend and stop attacks by blocking and intercepting. Pass and move with the ball to set up attacks. Demonstrate and implement the rules of handball.	Time 4 Sport CPD Multi-skills sports	Cricket	Netball	Time 4 Sport CPD Athletics	Rounders

	<u>Learning</u> 1. to protect the ball from our opponent after catching it, 2. basic overarm shooting technique. 3. to build an attack in a team using a 3-man weave. 4. to perform turns on the move to get back and defend. 5. to perform a 7-metre throw with power and accuracy. 6. to use a throw-off to restart a game.					
Lesson 2 1 hour/ 4 x 15mins/ 3 x 20mins	<u>KS2 Fitness Unit 1</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle <u>Concepts</u>	<u>KS2 Fitness Unit 2</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle <u>Concepts</u>	<u>KS2 Foundations</u> <u>Curriculum Coverage</u> Use stability to develop a range of movements <u>Concepts</u>	<u>KS2 Wellbeing</u> <u>Curriculum Coverage</u> Pupils will use throwing and catching both on their own and with others, enjoy working together through	<u>KS2 Lawn Bowls</u> <u>Curriculum Coverage</u> Play in competitive games <u>Concepts</u>	<u>KS2 Triathlon</u> <u>Curriculum Coverage</u> Compete against self and others <u>Concepts</u>

	For Time- to a workout format which means to complete a set amount of work in as quick a time as possible <u>Learning</u> 1. to use coordination in our exercise. 2. to keep moving even when we are tired. 3. what and AMRAP stands for and participate in it. 4. to identify what we find challenging and why. 5. to work under time pressure. 6. to beat our previous score and work out the difference in scores.	Working out the whole body - there are many benefits of working out the whole body. Some benefits include it uses lots of energy, and all parts of our body are becoming strong and flexible. <u>Learning</u> 1. the signs of dehydration. 2. why rest is important, and we should not overdo exercise, 3. to maintain balance while performing. 4. why sleep is important. 5. what a pyramid workout is. 6. the benefits of 'whole body' exercise.	Coordination- The ability to use two or more body parts together, for example, performing a cartwheel in gymnastics or dribbling a ball in hockey. <u>Learning</u> 1. to choose our own pace when exercising. 2. the difference between static and dynamic balancing. 3. the name of some of our core muscles. 4. to use our power and determination to jump higher in leapfrog. 5. what range of motion is through different types of stretches.	communication and collaboration, and reflect on their own success <u>Concepts</u> 5 Steps to wellbeing 1. Connect with others 2. Be physically active 3. Learn new skills 4. Give to others 5. Take notice/mindfulness <u>Learning</u> 1. the steps to juggle three balls. 2. simple yoga poses and holding them for 10 seconds. 3. some simple aerobics and martial arts moves. 4. to connect with others through a range of pair and group work.	To bowl accurately during a lawn bowls game. <u>Learning</u> 1. Develop an understanding of the aims of lawn bowls 2. Use underarm delivery to bowl accurately 3. Play competitively and analyse own performance	Modified activities to take part in a triathlon. <u>Learning</u> 1. Perform 3 different activities one after another 2. Use skills such as cycling and running in new ways 3. Transition smoothly between activities
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			6. to challenge ourselves in increasingly difficult tasks.	5. the steps to spin a ball on our finger. 6. to improvise to make an audience smile.		
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Year 5						
Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Y5 Lesson 1 1 hour	Time 4 Sport CPD Gymnastics	<u>Hockey</u> <u>Curriculum Coverage</u> Developing skills to play in a defensive position and tackle. <u>Concepts</u> Combine basic hockey skills such as dribbling and push passes. Select and apply skills in a game. Play effectively in different positions on the pitch, including in defence. Increase the power and strength of passes, moving the ball over longer distances.	Netball	Time 4 Sport CPD Dance & OAA	Athletics	Rounders/cricket

		<u>Learning</u> 1. to perform a block tackle to dispossess an attacker. 2. to use fast, accurate passes into the D to create scoring opportunities. 3. to mark an attacker closely to stop them from receiving the ball. 4. to perform a sweep hit to send the ball 'first time'. 5. to move the ball quickly from left to right to outwit a defender. 6. to use a variety of techniques to keep possession in a game.				
Lesson 2 1 hour/ 4 x 15mins/	<u>KS2 Fitness Unit 1</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle	<u>KS2 Fitness Unit 2</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle	<u>KS2 Foundations</u> <u>Curriculum Coverage</u>	<u>KS2 Wellbeing</u> <u>Curriculum Coverage</u> Pupils will use throwing and catching both on their	<u>KS2 Lawn Bowls</u> <u>Curriculum Coverage</u> Play in competitive games	<u>KS2 Triathlon</u> <u>Curriculum Coverage</u> Compete against self and others

3 x 20mins	<u>Concepts</u> For Time- to a workout format which means to complete a set amount of work in as quick a time as possible <u>Learning</u> 1. to use coordination in our exercise. 2. to keep moving even when we are tired. 3. what and AMRAP stands for and participate in it. 4. to identify what we find challenging and why. 5. to work under time pressure. 6. to beat our previous score and work out the	<u>Concepts</u> Working out the whole body - there are many benefits of working out the whole body. Some benefits include it uses lots of energy, and all parts of our body are becoming strong and flexible. <u>Learning</u> 1. the signs of dehydration. 2. why rest is important, and we should not overdo exercise, 3. to maintain balance while performing. 4. why sleep is important. 5. what a pyramid workout is. 6. the benefits of 'whole body' exercise.	Use stability to develop a range of movements <u>Concepts</u> Coordination- The ability to use two or more body parts together, for example, performing a cartwheel in gymnastics or dribbling a ball in hockey. <u>Learning</u> 1. to choose our own pace when exercising. 2. the difference between static and dynamic balancing. 3. the name of some of our core muscles. 4. to use our power and determination to jump higher in leapfrog.	own and with others, enjoy working together through communication and collaboration, and reflect on their own success <u>Concepts</u> 5 Steps to wellbeing 1. Connect with others 2. Be physically active 3. Learn new skills 4. Give to others 5. Take notice/mindfulness <u>Learning</u> 1. the steps to juggle three balls. 2. simple yoga poses and holding them for 10 seconds. 3. some simple aerobics and martial arts moves. 4. to connect with others through a range of pair and group work. 5. the steps to spin a ball on our finger.	<u>Concepts</u> To bowl accurately during a lawn bowls game. <u>Learning</u> 1. Develop an understanding of the aims of lawn bowls 2. Use underarm delivery to bowl accurately 3. Play competitively and analyse own performance	<u>Concepts</u> Modified activities to take part in a triathlon. <u>Learning</u> 1. Perform 3 different activities one after another 2. Use skills such as cycling and running in new ways 3. Transition smoothly between activities
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	difference in scores.		5. what range of motion is through different types of stretches. 6. to challenge ourselves in increasingly difficult tasks.	6. to improvise to make an audience smile.		
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Year 6						
Subject	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
PE Y6 Lesson 1 1 hour	Time 4 Sport CPD Net and wall	<u>Hockey</u> <u>Curriculum Coverage</u> Work collaboratively as a team to score in a variety of game situations. <u>Concepts</u> Choose and implement a range of strategies and tactics. Combine and perform more complex skills at great speed. Recognise and describe good individual and team performances.	Netball	Time 4 Sport CPD Dance & OAA	Athletics	Rounders/cricket

		<u>Learning</u> 1. to shoot under pressure from close range. 2. when a long corner is awarded and to take a long corner in a game 3. to use goal-side marking to prevent an attacker from getting closer to the goal. 4. to use a banana run to force an oncoming attacker out wide. 5. to use a hit-out to successfully restart a game 6. Indian dribble and to play competitively using new skills.				
Lesson 2 1 hour/ 4 x 15mins/	<u>KS2 Fitness Unit 1</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle	<u>KS2 Fitness Unit 2</u> <u>Curriculum Coverage</u> Develop an active healthy lifestyle	<u>KS2 Foundations</u> <u>Curriculum Coverage</u>	<u>KS2 Wellbeing</u> <u>Curriculum Coverage</u> Pupils will use throwing and catching both on their	<u>KS2 Lawn Bowls</u> <u>Curriculum Coverage</u> Play in competitive games	<u>KS2 Triathlon</u> <u>Curriculum Coverage</u> Compete against self and others

3 x 20mins	<u>Concepts</u> For Time- to a workout format which means to complete a set amount of work in as quick a time as possible <u>Learning</u> 1. to use coordination in our exercise. 2. to keep moving even when we are tired. 3. what and AMRAP stands for and participate in it. 4. to identify what we find challenging and why. 5. to work under time pressure. 6. to beat our previous score and work out the	<u>Concepts</u> Working out the whole body - there are many benefits of working out the whole body. Some benefits include it uses lots of energy, and all parts of our body are becoming strong and flexible. <u>Learning</u> 1. the signs of dehydration. 2. why rest is important, and we should not overdo exercise, 3. to maintain balance while performing. 4. why sleep is important. 5. what a pyramid workout is. 6. the benefits of 'whole body' exercise.	Use stability to develop a range of movements <u>Concepts</u> Coordination- The ability to use two or more body parts together, for example, performing a cartwheel in gymnastics or dribbling a ball in hockey. <u>Learning</u> 1. to choose our own pace when exercising. 2. the difference between static and dynamic balancing. 3. the name of some of our core muscles. 4. to use our power and determination to jump higher in leapfrog. 5. what range of motion is	own and with others, enjoy working together through communication and collaboration, and reflect on their own success <u>Concepts</u> 5 Steps to wellbeing 1. Connect with others 2. Be physically active 3. Learn new skills 4. Give to others 5. Take notice/mindfulness <u>Learning</u> 1. the steps to juggle three balls. 2. simple yoga poses and holding them for 10 seconds. 3. some simple aerobics and martial arts moves. 4. to connect with others through a range of pair and group work. 5. the steps to spin a ball on our finger.	<u>Concepts</u> To bowl accurately during a lawn bowls game. <u>Learning</u> 1. Develop an understanding of the aims of lawn bowls 2. Use underarm delivery to bowl accurately 3. Play competitively and analyse own performance	<u>Concepts</u> Modified activities to take part in a triathlon. <u>Learning</u> 1. Perform 3 different activities one after another 2. Use skills such as cycling and running in new ways 3. Transition smoothly between activities
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