

defending. To use running, throwing and catching in isolation and in combination Swimming

Swimming

<u>Aut 2: Year 4</u>

Dance (NUF) To perform dances using a range of movement patterns. To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

<u>Aut 1: Year 1</u>

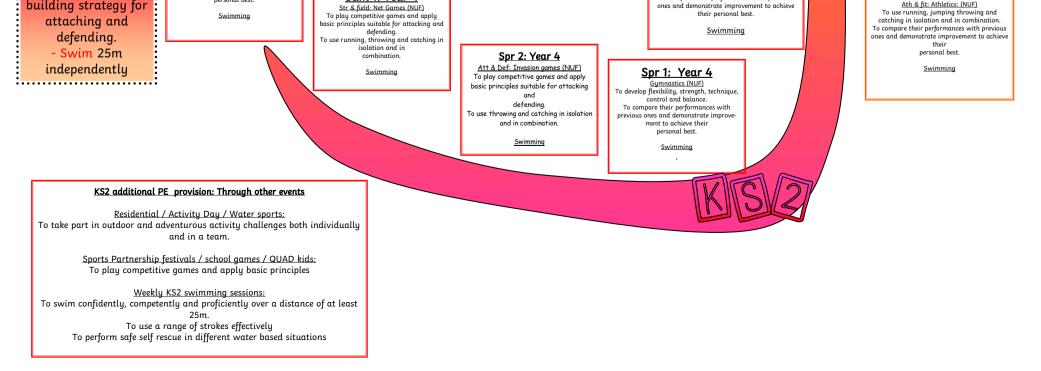
To master the basic

jumping,

throwing and catching.

Health and wellbeing

Sum 2: Year 3 <u>Ath & fit: Athletics: (NUF)</u> To use running, jumping throwing and catching in isolation and in combination.



movements

-Gymnastics:

flexibility, strength,

control and balance

building strategy for

Games: play competitively, Sum 2: Year 4

Att. & fit: Athletics: (NUF) To use running, jumping throwing and catching in isolation and in combination To compare their performances with previous ones and demonstrate improve-ment to achieve their precond best

personal best.

Swimming

<u>Sum 1: Year 4</u>