

<u>Year 1</u>	<u>Year 2</u>	<u>Year 3</u>	<u>Year 4</u>	<u>Year 5</u>	<u>Year 6</u>	
Dance	Dance	Dance	Dance	Dance	Dance	
Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	
Health & Fitness	Health & Fitness	Health & Fitness	Health & Fitness	Health & Fitness	Health & Fitness	
Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	Athletics (Indoor & outdoor)	
Fundamental movement skills (Balance, Agility, Co-ordination, Multi-skills)	Fundamental movement skills (Balance, Agility, Co-ordination, Multi-skills)	Invasion Games (Football, handball, basketball, hockey, dodgeball, rugby)	Invasion Games (Football, handball, basketball, hockey, dodgeball, rugby)	Invasion Games (Football, handball, basketball, hockey, dodgeball, rugby)	Invasion Games (Football, handball, basketball, hockey, dodgeball, rugby)	
Games (playground games/ teambuilding games/ skipping games or introduction to certain sports - Tennis games, chance to shine cricket)	Games (playground games/ teambuilding games/ skipping games or introduction to certain sports – Tennis games, chance to shine cricket)	Striking & Fielding Games (Cricket, rounders, Tri-golf)	Striking & Fielding Games (Cricket, rounders, Tri-golf)	Striking & Fielding Games (Cricket, rounders, Tri-golf)	Striking & Fielding Games (Cricket, rounders, Tri-golf)	
		Net & Wall Games (tennis, Badminton, Table-tennis)	Net & Wall Games (tennis, Badminton, Table-tennis)	Net & Wall Games (tennis, Badminton, Table-tennis)	Net & Wall Games (tennis, Badminton, Table-tennis)	
Yoga/ stretching	Yoga/ stretching	Yoga/ stretching	Yoga/ stretching	Yoga/ stretching	Yoga/ stretching	
Swimming	Swimming	Swimming	Swimming	Swimming	Swimming	
Orienteering	Orienteering	Orienteering	Orienteering	Orienteering	Orienteering	
Outdoor and adventurous activities	Outdoor and adventurous activities	Outdoor and adventurous activities	Outdoor and adventurous activities	Sports Leadership Award/ Outdoor and adventurous activities	Outdoor and adventurous residential	
<b>Wellbeing Days</b>						
Wellbeing Walk					Outdoor Adventurous Y6 (Residential)	Sports Day

						Water sports activity.	
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**It is an expectation that 2 sessions of PE are taught each week, alongside an option of 1 session a week in the Health Related Fitness Zone.**

Please highlight when each area above has been covered.

Colour code: Autumn – Blue Spring – Green Summer – Yellow

**Notes:** Other than Health related fitness that happens for all age groups at the start of the academic year (Autumn 1), you do not have to teach each area at a certain time. However, you **must** aim to cover all areas over the year. Each year group has dance and gymnastics. Some year groups have a choice of game activities within their curriculum. They may choose to teach through a variety of different activities or through one activity they'd like to specialise in during a half-term based on the interests and needs of the classes.

### Coverage of CHS PE Concepts

**CHS PE Concepts** – combine CHS school’s intentions with the P.E curriculum intentions and are assessed at 3 points throughout the academic year (Autumn, Spring and Summer)

Teaching staff have the flexibility to choose a focus for each half term based on the needs of the children and the games/ sport they select in which to facilitate the chosen concept(s). E.g. When covering Health Related Fitness at the start Autumn 1, teachers may choose to focus on Evaluating and improving – promoting a personal best ethos and culture.

I have highlighted in bold the 3 pillars of P.E that will need lots of repetition and opportunity during P.E lessons.

Year 1						
<b>Dance</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Gymnastics</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Health &amp; Fitness</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Fundamental Movement skills Games/ Athletics</b>						

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Yoga/ Stretching**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Swimming**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Orienteering**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	Healthy Participation – Mind-set and Respect	<b>Fundamental Movement Skills - Performance</b>
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**Year 2**

**Dance**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Gymnastics**

<b>Evaluating and Improving</b>	Fair Play - Rules	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Health & Fitness**

<b>Evaluating and Improving</b>	Fair Play - Rules	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Fundamental Movement Skills/ Games/ Athletics**

<b>Evaluating and Improving</b>	Fair Play - Rules	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Yoga/ Stretching**

<b>Evaluating and Improving</b>	Fair Play - Rules	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Swimming

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Dance

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Gymnastics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Health & Fitness

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Fundamental Movement skills Games/ Athletics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Yoga/ Stretching

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Swimming

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Orienteering

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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## Year 3

### Dance

<b>Evaluating and Improving</b>	Fair Play - Rules	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation –</b>	<b>Fundamental Movement</b>
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					<b>Mind-set and Respect</b>	<b>Skills - Performance</b>
<b>Gymnastics</b>						
<b>Evaluating and Improving</b>	Fair Play - Rules	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Health &amp; Fitness</b>						
<b>Evaluating and Improving</b>	Fair Play - Rules	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Athletics</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Invasion/ Net &amp; Wall/ Striking &amp; Fielding Games</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Yoga/ Stretching</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Outdoor and Adventurous</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Swimming</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Dance</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
<b>Gymnastics</b>						
Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>

### Health & Fitness

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Fundamental Movement skills Games/ Athletics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Yoga/ Stretching

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Swimming

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Orienteering

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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## Year 4

### Dance

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Gymnastics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Health & Fitness

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Athletics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Invasion/ Net & Wall/ Striking & Fielding Games

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Yoga/ Stretching

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Outdoor and Adventurous

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Swimming

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Dance

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Gymnastics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Health & Fitness

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Fundamental Movement skills Games/ Athletics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Yoga/ Stretching

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Swimming

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Orienteering

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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## Year 5

### Dance

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Gymnastics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Health & Fitness

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Athletics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Invasion/ Net & Wall/ Striking & Fielding Games

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Yoga/ Stretching

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Outdoor and Adventurous

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Dance

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Gymnastics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Health & Fitness

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Fundamental Movement skills Games/ Athletics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Yoga/ Stretching

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Swimming

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Orienteering

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Swimming

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Year 6**

**Dance**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Gymnastics**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Health & Fitness**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Athletics**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Invasion/ Net & Wall/ Striking & Fielding Games**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Yoga/ Stretching**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Outdoor and Adventurous**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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**Swimming**

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Dance

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Gymnastics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Health & Fitness

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Fundamental Movement skills Games/ Athletics

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Yoga/ Stretching

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Swimming

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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### Orienteering

Evaluating and Improving	<b>Fair Play - Rules</b>	Self-regulation/ Resilience	Organisation and independence	Cooperation and Teamwork	<b>Healthy Participation – Mind-set and Respect</b>	<b>Fundamental Movement Skills - Performance</b>
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