	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	asking simple questions asking simple questions answered in different w observing closely, using performing simple test identifying and classify using their observation questions	with a different focus) and recognising that they can be vays simple equipment s	 (taught across all cycles with a differ asking relevant questions and using differ asking relevant questions and using different setting up simple practical enquiries, com making systematic and careful observation accurate measurements using standard unincluding thermometers and data loggers gathering, recording, classifying and presing any presing questions recording findings using simple scientific keys, bar charts, and tables 	ent focus) rent types of scientific enquiries to uparative and fair tests ons and, where appropriate, taking nits, using a range of equipment, senting data in a variety of ways to help clanguage, drawings, labelled diagrams,	 (taught across all cycles u planning different types of questions, including recognecessary taking measurements, usin increasing accuracy and plappropriate recording data and result: scientific diagrams and lai graphs, bar and line graph using test results to make 	vith a different focus) of scientific enquiries to answer nising and controlling variables where ng a range of scientific equipment, with recision, taking repeat readings when s of increasing complexity using bels, classification keys, tables, scatter as e predictions to set up further
Working Scientifically			 keys, bar charts, and tables reporting on findings from enquiries, incl displays or presentations of results and using results to draw simple conclusions, suggest improvements and raise further identifying differences, similarities or cl ideas and processes using straightforward scientific evidence their findings 	conclusions make predictions for new values, questions hanges related to simple scientific	comparative and fair test reporting and presenting conclusions, causal relatio of trust in results, in oral other presentations	s findings from enquiries, including nships and explanations of and degree and written forms such as displays and ence that has been used to support or

So	South Stoke Primary School-Rolling programme National Curriculum coverage				Cycle A Cycle B Cycle C Cycle D				
Living things and their habitats		 explore and compare the differences between things that are living, dead, and things that have never been alive identify that most living things live in habitats to which they are suited and describe how different habitats provide for the basic needs of different kinds of animals and plants, and how they depend on each other identify and name a variety of plants and animals in their habitats describe how animals obtain their food from plants and other animals, using the idea of a simple food chain, and identify and name different sources of food. (& Year D) 			recognise that living things can be grouped in a variety of ways explore and use classification keys to help group, identify and name a variety of living things in their local and wider environment recognise that environments can change and that this can sometimes pose dangers to living things.	-	describe the differences in the life cycles of a mammal, an amphibian, an insect and a bird describe the life process of reproduction in some plants and animals.	-	describe how living things are classified into broad groups according to common observable characteristics and based on similarities and differences, including micro- organisms, plants and animals give reasons for classifying plants and animals based on specific characteristics.
Plants	 identify and name a variety of common wild and garden plants, including deciduous and evergreen trees identify and describe the basic structure of a variety of common flowering plants, including trees. & (Year C) 	 observe and describe how seeds and bulbs grow into mature plants find out and describe how plants need water, light and a suitable temperature to grow and stay healthy. & (Year C) 	 identify and describe the functions of different parts of flowering plants: roots, stem/trunk, leaves and flowers explore the requirements of plants for life and growth (air, light, water, nutrients from soil, and room to grow) and how they vary from plant to plant investigate the way in which water is transported within plants explore the part that flowers play in the life cycle of flowering plants, including pollination, seed formation and seed dispersal. 						

South Stok	e Primary School-	-Rolling programme I	National Curriculum cover	rage	<mark>Cycle A</mark>	Cycle B Cycle C Cycle D
 identi; variet; animal amphil birds a identi; variet; animal carniva and on and co struct of con (fish, ; reptile mamm pers); identi; and lai parts; body co 	fy and name a not y of common hur s including fish, gro pians, reptiles, fin- and mammals the fy and name a incl y of common (wa s that are des ores, herbivores hur nnivores describe the mpare the dif ure of a variety hyc mon animals a (amphibians, es, birds and als, including & (Year D) fy, name, draw pol the basic of the human and say which f the body is ated with each	tice that animals, including nans, have offspring which winto adults d out about and describe e basic needs of animals, luding humans, for survival ater, food and air) scribe the importance for nans of exercise, eating e right amounts of ferent types of food, and giene. Year D)	identify that animals, including humans, need the right types and amount of nutrition, and that they cannot make their own food; they get nutrition from what they eat	 describe the simple functions of the basic parts of the digestive system in humans identify the different types of teeth in humans and their simple functions construct and interpret a variety of food chains, identifying producers, predators and prey. 	describe the changes as humans develop to old age.	 identify and name the main parts of the human circulatory system, and describe the functions of the heart, blood vessels and blood recognise the impact of diet, exercise, drugs and lifestyle on the way their bodies function describe the ways in which nutrients and water are transported within animals, including humans.
Evolution & Inheritance						 recognise that living things have changed over time and that fossils provide information about living things that inhabited the Earth millions of years ago recognise that living things produce offspring of the same kind, but normally offspring vary and are not identical to their parents identify how animals and plants are adapted to suit their environment in different ways and that adaptation may lead to evolution.

Courte Challes Deimann, Calenal Dalling and an annual National Courtingland and

- 50	outh Stoke Primary School-Rolling programme National Curriculum coverage Cycle R Cycle B Cycle B Cycle C Cycle D						
	EVERYDAY MATERIALS	USES OF MATERIALS	ROCKS	STATES OF MATTER	PROPERTIES & CHANGES OF		
	distinguish between an	identify and compare the	 compare and group together 	compare and group materials	MATERIALS		
	object and the material	suitability of a variety of	different kinds of rocks on the	together, according to whether they	 compare and group 		
	from which it is made	everyday materials, including	basis of their appearance and	are solids, liquids or gases	together everyday		
	identify and name a	wood, metal, plastic, glass,	simple physical properties	 observe that some materials change 	<mark>materials on the basis of</mark>		
	variety of everyday	brick, rock, paper and	 describe in simple terms how 	state when they are heated or	their properties, including		
	materials, including	cardboard for particular uses	fossils are formed when things	cooled, and measure or research the	their hardness, solubility,		
	wood, plastic, glass,	 find out how the shapes of 	that have lived are trapped within	temperature at which this happens	transparency, conductivity		
	metal, water, and rock	solid objects made from some	rock	in degrees Celsius (°C)	<mark>(electrical and thermal),</mark>		
	 describe the simple 	materials can be changed by	 recognise that soils are made 	 identify the part played by 	and response to magnets		
	physical properties of a	squashing, bending, twisting	from rocks and organic matter.	evaporation and condensation in the	know that some materials		
	variety of everyday	and stretching.		water cycle and associate the rate	will dissolve in liquid to		
	materials	& (Year D)		of evaporation with temperature.	form a solution, and		
	 compare and group 				describe how to recover a		
	together a variety of				substance from a solution		
	everyday materials on				use knowledge of solids,		
	the basis of their				liquids and gases to decide		
	simple physical				how mixtures might be		
					separated, including		
S	properties.				through filtering, sieving		
cria	<mark>& (Year C)</mark>				and evaporating		
Materials					 give reasons, based on 		
<					evidence from comparative		
					and fair tests, for the		
					particular uses of		
					everyday materials,		
					including metals, wood and		
					plastic		
					 demonstrate that 		
					dissolving, mixing and		
					changes of state are		
					reversible changes		
					 explain that some changes 		
					result in the formation of		
					new materials, and that		
					this kind of change is not		
					usually reversible,		
					including changes		
					associated with burning		
					and the action of acid on		
					<mark>bicarbonate of soda.</mark>		

South Stoke Primary	/ School-Rolling	programme	National	Curriculum	coverage

		e Nutional curriculant cover	ayo	Cycle D Cycle C Cycle D
Seasonal Changes	 observe changes across the four seasons observe and describe weather associated with the seasons and how day length varies . & (Year D) 			
Light		 recognise that they need light in order to see things and that dark is the absence of light notice that light is reflected from surfaces recognise that light from the sun can be dangerous and that there are ways to protect their eyes recognise that shadows are formed when the light from a light source is blocked by a solid object find patterns in the way that the size of shadows change. 		 recognise that light appears to travel in straight lines use the idea that light travels in straight lines to explain that objects are seen because they give out or reflect light into the eye explain that we see things because light travels from light sources to our eyes or from light sources to objects and then to our eyes use the idea that light travels in straight lines to explain why shadows have the same shape as the objects that cast them.
Sound			 identify how sounds are made, associating some of them with something vibrating recognise that vibrations from sounds travel through a medium to the ear find patterns between the pitch of a sound and features of the object that produced it find patterns between the volume of a sound and the strength of the vibrations that produced it recognise that sounds get fainter as the distance from the sound source increases. 	

	and Stoke rinnary .	school-koning programm	e National Curriculum cove	ruye	Cycle A	CYCLE B CYCLE C CYCLE D
			compare how things move on		explain that unsupported	
			different surfaces		objects fall towards the	
			notice that some forces need		Earth because of the	
			<mark>contact between two objects, but</mark>		force of gravity acting	
			magnetic forces can act at a		between the Earth and the	
			distance		<mark>falling object</mark>	
			 observe how magnets attract or 		identify the effects of air	
			repel each other and attract some		<mark>resistance, water</mark>	
			materials and not others		resistance and friction,	
			compare and group together a		that act between moving	
			variety of everyday materials on		<mark>surfaces</mark>	
			the basis of whether they are		recognise that some	
			attracted to a magnet, and		mechanisms, including	
			identify some magnetic materials		levers, pulleys and gears,	
s			 describe magnets as having two 		allow a smaller force to	
het			poles		have a greater effect.	
Forces & Magnets			predict whether two magnets will			
\$			attract or repel each other,			
nce			depending on which poles are			
Fo			facing.			
				identify common appliances that run		 associate the brightness of a
				on electricity		lamp or the volume of a
				 construct a simple series electrical 		buzzer with the number and
				circuit, identifying and naming its		voltage of cells used in the
				basic parts, including cells, wires,		<mark>circuit</mark>
				bulbs, switches and buzzers		compare and give reasons for
				 identify whether or not a lamp will 		variations in how components
				light in a simple series circuit, based		function, including the
				on whether or not the lamp is part		brightness of bulbs, the
				of a complete loop with a battery		loudness of buzzers and the
				 recognise that a switch opens and 		on/off position of switches
				closes a circuit and associate this		 use recognised symbols when
				with whether or not a lamp lights in		representing a simple circuit
>				a simple series circuit		in a diagram.
icity				 recognise some common conductors 		
Electricity				and insulators, and associate metals		
Ele				with being good conductors.		
						1

		•	describe the movement of	
			the Earth, and other	
			planets, relative to the	
			Sun in the solar system	
			describe the movement of	
			the Moon relative to the	
			Earth	
			describe the Sun, Earth	
			and Moon as approximately	
			spherical bodies	
			use the idea of the Earth's	
Space			rotation to explain day and	
لا کر			night and the apparent	
			movement of the sun	
Earth			across the sky.	

Non-core curriculum objectives

Subject	Key Stage 1	Key Stage 2
	(taught across all cycles with a different focus) to use a range of materials creatively to design and make products	(taught across all cycles with a different focus) Pupils should be taught to develop their techniques, including their control and their use of materials, with creativity, experimentation and an increasing awareness of different kinds of
Art and design	to use drawing, painting and sculpture to develop and share their ideas, experiences and imagination to develop a wide range of art and design techniques in using colour, pattern, texture, line, shape, form and space	 art, craft and design. Pupils should be taught: to create sketch books to record their observations and use them to review and revisit ideas to improve their mastery of art and design techniques, including drawing, painting and sculpture with a range of materials [for example, pencil, charcoal, paint, clay]
	about the work of a range of artists, craft makers and designers, describing the differences and similarities between different practices and disciplines, and making links to their own work	 about great artists, architects and designers in history

Cycle A Cycle B Cycle C Cycle D (taught across all cycles with a different focus) (taught across all cycles with a different focus Through a variety of creative and practical activities, pupils should be taught the knowledge, Design understanding and skills needed to engage in an iterative process of designing and making. They design purposeful, functional, appealing products for themselves and other users based on design criteria should work in a range of relevant contexts [for example, the home, school, leisure, culture, enterprise, industry and the wider environment]. generate, develop, model and communicate their ideas through talking, drawing, templates, mock-ups and, where appropriate, information and communication technology When designing and making, pupils should be taught to: Design use research and develop design criteria to inform the design of innovative, select from and use a range of tools and equipment to perform practical tasks [for example, functional, appealing products that are fit for purpose, aimed at particular individuals cutting, shaping, joining and finishing] or groups generate, develop, model and communicate their ideas through discussion, annotated select from and use a wide range of materials and components, including construction materials, sketches, cross-sectional and exploded diagrams, prototypes, pattern pieces and textiles and ingredients, according to their characteristics computer-aided design Make Evaluate select from and use a wider range of tools and equipment to perform practical tasks explore and evaluate a range of existing products [for example, cutting, shaping, joining and finishing], accurately select from and use a wider range of materials and components, including construction evaluate their ideas and products against design criteria materials, textiles and ingredients, according to their functional properties and aesthetic qualities Evaluate investigate and analyse a range of existing products ٠ evaluate their ideas and products against their own design criteria and consider the Technical knowledge build structures, exploring how they can be made stronger, stiffer and more stable views of others to improve their work understand how key events and individuals in design and technology have helped shape the world explore and use mechanisms [for example, levers, sliders, wheels and axles] in their products Technical knowledge apply their understanding of how to strengthen, stiffen and reinforce more complex structures understand and use mechanical systems in their products [for example, gears, pulleys, cams, levers and linkages] understand and use electrical systems in their products [for example, series circuits . incorporating switches, bulbs, buzzers and motors] Cooking and nutrition use the basic principles of a healthy and varied diet to prepare dishes apply their understanding of computing to program, monitor and control their products understand where food comes from. Cooking and nutrition • understand and apply the principles of a healthy and varied diet

- understand seasonality, and know where and how a variety of ingredients are grown,
- reared, caught and processed. prepare and cook a variety of predominantly savoury dishes using a range of cooking techniques

and technology Design Make

locational knowledge (taught across all cycles with a different focus)	Pupils should extend their knowledge and understanding beyond the local area to include the
name and locate the world's 7 continents and 5 oceans	United Kingdom and Europe, North and South America. This will include the location and
	characteristics of a range of the world's most significant human and physical features. They
me, locate and identify characteristics of the 4 countries and capital cities of the United	should develop their use of geographical knowledge, understanding and skills to enhance their
ngdom and its surrounding seas	locational and place knowledge.
	Pupils should be taught to:
	Locational knowledge
	 locate the world's countries (<u>[taught across all cycles with a different focus</u>), use
	maps to focus on Europe (<mark>cycle A</mark> , <mark>cycle B, cycle C</mark>) (including the location of Russi
	and North and South America, concentrating on their environmental regions, key
	physical and human characteristics, countries, and major cities
	 name and locate counties and cities of the United Kingdom (cycle c, cycle D),
	geographical regions and their identifying human and physical characteristics, key
	topographical features (including hills, mountains, coasts and rivers), and land-use
	patterns; and understand how some of these aspects have changed over time
ace knowledge nderstand geographical similarities and differences through studying the human and physical	• identify the position and significance of latitude, longitude, Equator, Northern
eography of a small area of the United Kingdom, and of a small area in a contrasting non-	Hemisphere, Southern Hemisphere, the Tropics of Cancer and Capricorn, Arctic a
uropean country	Antarctic Circle, the Prime/Greenwich Meridian and time zones (including day and
io De Janerio	night) (taught across all cycles with a different focus)
<mark>ustralia</mark> rctic	Place knowledge
<mark>.S.A.</mark>	 understand geographical similarities and differences through the study of human
	physical geography of a region of the United Kingdom, a region in a European count
luman and physical geography	and a region in North or South America
<mark>lentify seasonal and daily weather patterns in the United Kingdom</mark> (& Year C) and the location	
f hot and cold areas of the world in relation to the Equator and the North and South Poles	Human and physical geography
taught across all cycles with a different focus)	 describe and understand key aspects of:
	 physical geography, including: climate zones, biomes and vegetation belts, rivers, mountains, volcanoes and earthquakes, and the water cycle
se basic geographical vocabulary to refer to: <mark>(taught across all cycles with a different</mark>	 human geography, including: types of settlement and land use, economic activity
	including trade links, and the distribution of natural resources including energy, fo
ey physical features, including: beach, cliff, coast, forest, hill, mountain, sea, ocean, river, soil,	minerals and water
alley, vegetation, season and weather	
ey human features, including: city, town, village, factory, farm, house, office, port, harbour and	Geographical skills and fieldwork (taught across all cycles with a different focus)
nop	 use maps, atlases, globes and digital/computer mapping to locate countries and
	describe features studied
eographical skills and fieldwork (taught across all cycles with a different focus)	• use the 8 points of a compass, 4- and 6-figure grid references, symbols and key
se world maps, atlases and globes to identify the United Kingdom and its countries, as well as	(including the use of Ordnance Survey maps) to build their knowledge of the Unite
he countries, continents and oceans studied at this key stage	Kingdom and the wider world
	• use fieldwork to observe, measure record and present the human and physical
se simple compass directions (north, south, east and west) and locational and directional	features in the local area using a range of methods, including sketch maps, plans ar
inguage [for example, near and far, left and right], to describe the location of features and	graphs, and digital technologies
outes on a map	
se aerial photographs and plan perspectives to recognise landmarks and basic human and	
nvsical features: devise a simple map: and use and construct basic symbols in a kev	

Pupils should develop an awareness of the past, using common words and phrases relating to the passing of time. They should know where the people and events they study fit within a chronological framework and identify similarities and differences between ways of life in different periods. They should use a wide vocabulary of everyday historical terms. They should ask and answer questions, choosing and using parts of stories and other sources to show that they know and understand key features of events. They should understand some of the ways in which we find out about the past and identify different ways in which it is represented. **(taught across all cycles with a different focus)**

Pupils should be taught about:

 changes within living memory - where appropriate, these should be used to reveal aspects of change in national life Transport

Life since the 1940's

 events beyond living memory that are significant nationally or globally [for example, the Great Fire of London, the first aeroplane flight or events commemorated through festivals or anniversaries]

1st aeroplane flight

1st olympics Titanic

Remembrance Day/1st Thanksgiving

 the lives of significant individuals in the past who have contributed to national and international achievements, some should be used to compare aspects of life in different periods [for example, Elizabeth I and Queen Victoria, Christopher Columbus and Neil Armstrong, William Caxton and Tim Berners-Lee, Pieter Bruegel the Elder and LS Lowry, Rosa Parks and Emily Davison, Mary Seacole and/or Florence Nightingale and Edith Cavell]

Explorers Mary Anning Explorers Suffragettes

 significant historical events, people and places in their own locality William Morris
 Wallingford/Oxford Castle
 WW2
 South Stoke - local history Pupils should continue to develop a chronologically secure knowledge and understanding of British, local and world history, establishing clear narratives within and across the periods they study. They should note connections, contrasts and trends over time and develop the appropriate use of historical terms. They should regularly address and sometimes devise historically valid questions about change, cause, similarity and difference, and significance. They should construct informed responses that involve thoughtful selection and organisation of relevant historical information. They should understand how our knowledge of the past is constructed from a range of sources. **[taught across all cycles with a different focus]**

Pupils should be taught about:

- changes in Britain from the Stone Age to the Iron Age
- the Roman Empire and its impact on Britain
- Britain's settlement by Anglo-Saxons and Scots
- the Viking and Anglo-Saxon struggle for the Kingdom of England to the time of Edward the Confessor
- a local history study (World Wars)
- a study of an aspect (World Wars) or theme in British history that extends pupils' chronological knowledge beyond 1066 (power of monarchy and leisure and entertainment study)
- the achievements of the earliest civilizations an overview of where and when the first civilizations appeared and a depth study of one of the following: Ancient Sumer, The Indus Valley, Ancient Egypt, The Shang Dynasty of Ancient China
- Ancient Greece a study of Greek life and achievements and their influence on the western world
- a non-European society that provides contrasts with British history one study chosen from: early Islamic civilization, including a study of Baghdad c. AD 900; Mayan civilization c. AD 900; Benin (West Africa) c. AD 900-1300

South	Stoke Primary School-Rolling programme National Curriculum coverag	Cycle A Cycle C Cycle C Cycle C
Music	(taught across all cycles with a different focus) use their voices expressively and creatively by singing songs and speaking chants and rhymes play tuned and untuned instruments musically experiment with, create, select and combine sounds using the interrelated dimensions of music listen with concentration and understanding to a range of high-quality live and recorded music	 (taught across all cycles with a different focus) Pupils should be taught to sing and play musically with increasing confidence and control. They should develop an understanding of musical composition, organising and manipulating ideas within musical structures and reproducing sounds from aural memory. Pupils should be taught to: play and perform in solo and ensemble contexts, using their voices and playing musical instruments with increasing accuracy, fluency, control and expression improvise and compose music for a range of purposes using the interrelated dimensions of music listen with attention to detail and recall sounds with increasing aural memory use and understand staff and other musical notations appreciate and understand a wide range of high-quality live and recorded music drawn from different traditions and from great composers and musicians develop an understanding of the history of music
Computing	taught across all cycles with a different facus) Pupils should be taught to: understand what algorithms are; how they are implemented as programs on digital devices; and that programs execute by following precise and unambiguous instructions create and debug simple programs use logical reasoning to predict the behaviour of simple programs use technology purposefully to create, organise, store, manipulate and retrieve digital content recognise common uses of information technology beyond school use technology safely and respectfully, keeping personal information private; identify where to go for help and support when they have concerns about content or contact on the internet or other online technologies.	 (taught across all cycles with a different focus) Pupils should be taught to: use logical reasoning to explain how some simple algorithms work and to detect and correct errors in algorithms and programs design, write and debug programs that accomplish specific goals, including controlling or simulating physical systems; solve problems by decomposing them into smaller parts use sequence, selection, and repetition in programs; work with variables and various forms of input and output understand computer networks including the internet; how they can provide multiple services, such as the world wide web; and the opportunities they offer for communication and collaboration use search technologies effectively, appreciate how results are selected and ranked, and be discerning in evaluating digital content select, use and combine a variety of software (including internet services) on a range of digital devices to design and create a range of programs, systems and content that accomplish given goals, including collecting, analysing, evaluating and presenting data and information use technology safely, respectfully and responsibly; recognise acceptable/unacceptable behaviour; identify a range of ways to report concerns about content and contact.

	(taught across all cycles with a different focus) Teaching may be of any modern or ancient foreign language and should focus on enabling pupils to make substantial progress in one language. The teaching should provide an appropriate balance of spoken and written language and should lay the foundations for further foreign language teaching at key stage 3. It should enable pupils to understand and communicate ideas, facts and feelings in speech and writing, focused on familiar and routine matters, using their knowledge of phonology, grammatical structures and vocabulary. The focus of study in modern languages will be on practical communication. If an ancient
	language is chosen, the focus will be to provide a linguistic foundation for reading comprehension and an appreciation of classical civilisation. Pupils studying ancient languages may take part in simple oral exchanges, while discussion of what they read will be conducted in English. A linguistic foundation in ancient languages may support the study of modern languages at key stage 3.
Foreign language	 Pupils should be taught to: listen attentively to spoken language and show understanding by joining in and responding explore the patterns and sounds of language through songs and rhymes and link the spelling, sound and meaning of words engage in conversations; ask and answer questions; express opinions and respond to those of others; seek clarification and help speak in sentences, using familiar vocabulary, phrases and basic language structures develop accurate pronunciation and intonation so that others understand when they are reading aloud or using familiar words and phrases* present ideas and information orally to a range of audiences* read carefully and show understanding of words, phrases and simple writing appreciate stories, songs, poems and rhymes in the language broaden their vocabulary and develop their ability to understand new words that are introduced into familiar written material, including through using a dictionary write phrases from memory, and adapt these to create new sentences, to express ideas clearly describe people, places, things and actions orally* and in writing understand basic grammar appropriate to the language being studied, including (where relevant): feminine, masculine and neuter forms and the conjugation of high-frequency verbs; key features and patterns of the language; how to apply these, for instance, to build sentences; and how these differ from or are similar to Fnalish

Count	croke rrinnary certeer konnig programme ramonal carriediam coverag	
۳	(taught across all cycles with a different focus) Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations. Pupils should be taught to: master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities participate in team games, developing simple tactics for attacking and defending perform dances using simple movement patterns. Swimming and water safety	 (taught across all cycles with a different sport) Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success. Pupils should be taught to: use running, jumping, throwing and catching in isolation and in combination 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 develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics] perform dances using a range of movement patterns take part in outdoor and adventurous activity challenges both individually and within a team compare their performances with previous ones and demonstrate improvement to achieve their personal best.
	Swimming and water safety All schools must provide swimming instruction either in key stage 1 or key stage 2. In particular, pupils should be taught to: • 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 breaststro • perform safe self-rescue in different water-based situations	oke]