

Physical education

Quartz children will be taught

Swimming

- 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.
- Swim fluently with controlled strokes
- Be coordinated with in the water

Gymnastics

- Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]
- Hold shapes that are strong, fluent and expressive
- Vary speed, direction' level and body rotations during floor performances.
- Use vaulting equipment successfully.

Dance

- Plan, perform and repeat sequences
- Move in a clear, fluent and expressive manner
- Refine movements.
- Create dances and movements that convey a definite idea.
- Change speed and levels within a performance.

Football

- Improve social skills and communication skills
- Keep position with success
- Be able to control the ball and defend successfully
- To evaluate skills to aid improvement
- To play effectively in a variety of positions

Ultimate Frisbee

- Develop agility through quick turns and positions
- Use squats whilst catching to develop fitness levels
- Improve fitness through running to score

Boccia

- Inclusive sport
- Increase accuracy whilst trying to hit a target
- Develop muscle control and accuracy

Badminton

- Develop control and balance
- Participate in team games developing simple defending skills
- Develop rapid movement through jumps, smashes and crunches to help score
- Develop ballistic moves (moves that require small bursts of power).

Problem solving

- Work well in a team or group within defined and understood roles
- Plan and refine strategies to solve problems
- Identify the relevance of and use maps, compass and symbols
- Identify what they do well and suggest what they could do to improve

Cricket

- To link together a range of skills and use in combination
- Work collaboratively as a team to choose and use and adapt rules in games
- recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance

Tennis

- To introduce Volley shots and Overhead shots
- Apply new shots into game situations
- To play with others to score and defend points in competitive games
- Further explore Tennis service rules