



## Farnworth CE Primary School Curriculum Map P.E.



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>EYFS PE Lessons</b>	<p style="text-align: center;"><b>Locomotion: Walking</b></p> <ul style="list-style-type: none"> <li>-Explore walking in different pathways.</li> <li>-Sustain walking</li> <li>-Explore marching</li> <li>-Apply walking into a game.</li> </ul> <p style="text-align: center;"><b>Dance: Animals</b></p> <ul style="list-style-type: none"> <li>-Moving in sequence.</li> <li>Responding in movement to words and music.</li> <li>-Moving with props and contrasting tempos.</li> <li>-Creating their own movements.</li> <li>-Exploring opposites.</li> </ul>	<p style="text-align: center;"><b>Locomotion: Jumping</b></p> <ul style="list-style-type: none"> <li>-Explore / develop jumping.</li> <li>-Jumping for distance.</li> <li>-Explore jumping high.</li> <li>-Explore hopping.</li> </ul> <p style="text-align: center;"><b>Gym: Moving</b></p> <ul style="list-style-type: none"> <li>-explore moving and making shapes using different body parts.</li> <li>Explore moving in different directions.</li> <li>-Explore big and small ways of moving and making shapes.</li> <li>-moving in pairs.</li> <li>-creating shapes in pairs.</li> </ul>	<p style="text-align: center;"><b>Fundamentals: Ball skills 1 and Ball skills feet</b></p> <ul style="list-style-type: none"> <li>-Explore pushing</li> <li>-Explore rolling</li> <li>-Explore bouncing</li> <li>-Explore bouncing into space.</li> <li>-Combine pushing and rolling.</li> <li>-Combine, pushing and bouncing.</li> <li>-Explore moving the ball with our feet.</li> <li>-Understand dribbling.</li> <li>-Develop dribbling against an opponent.</li> </ul> <p style="text-align: center;"><b>Games for Understanding</b></p> <ul style="list-style-type: none"> <li>-Taking turns and keeping score.</li> </ul>	<p style="text-align: center;"><b>Dance: Nursery Rhymes</b></p> <ul style="list-style-type: none"> <li>-Moving in sequence.</li> <li>-Creating our own movements.</li> <li>-Creating simple movement sequences.</li> <li>-Responding in movement to words and music.</li> <li>-Exploring contrasting tempos.</li> <li>-Exploring character movements.</li> </ul>	<p style="text-align: center;"><b>Gymnastics: High, Over, Under, Over</b></p> <ul style="list-style-type: none"> <li>-Introduction to high, low, under and over.</li> <li>-Introduction to the apparatus.</li> <li>-Applying high and low on apparatus.</li> </ul>	<p style="text-align: center;"><b>Fundamentals: Ball skills hands 2</b></p> <ul style="list-style-type: none"> <li>-Explore throwing overarm.</li> <li>-Explore throwing underarm.</li> <li>-Explore rolling</li> <li>-Explore stopping the ball.</li> <li>-Explore catching.</li> </ul> <p style="text-align: center;"><b>Games for Understanding</b></p> <ul style="list-style-type: none"> <li>-Understanding and playing by the rules.</li> <li>-Avoiding a defender.</li> <li>-Preventing an attacker from scoring.</li> </ul>
	<b>Physical Development</b>			<b>Communication and Language</b>		
<b>EYFS</b>	<p style="text-align: center;"><b>Children in Reception</b></p> <ul style="list-style-type: none"> <li>-Revise and refine the fundamental movement skills they have already acquired: Rolling, crawling, walking, jumping, running, hopping, skipping, climbing.</li> <li>-Progress towards a more fluent style of moving, with developing control and grace.</li> </ul>			<p style="text-align: center;"><b>Children in Reception</b></p> <ul style="list-style-type: none"> <li>-Understand how to listen carefully and why listening is important.</li> <li>-Learn new vocabulary.</li> <li>-Use new vocabulary through the day.</li> </ul>		

	<p>-Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical disciplines including dance, gymnastics, sport and swimming.</p> <p>-Develop their small motor skills so that they can use a range of tools competently, safely and confidently.</p> <p>-Combine different movements with ease and fluency.</p> <p>-Confidently and safely use a range of large and small apparatus indoors and outside, alone and in a group.</p> <p>-Develop overall body-strength, balance, co-ordination and agility.</p> <p>-Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting, and aiming.</p> <p>-Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</p> <p><b>Early Learning Goals</b></p> <p><b>Gross Motor Skills</b></p> <p>-Negotiate space and obstacles safely, with consideration for themselves and others;</p> <p>-Demonstrate strength, balance and coordination when playing;</p> <p>-Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</p> <p><b>Fine Motor Skills</b></p> <p>Use a range of small tools.</p>			<p>-Ask questions to find out more and to check they understand what has been said to them.</p> <p>-Use new vocabulary in different contexts.</p> <p>-Listen carefully to rhymes and songs, paying attention to how they sound.</p> <p><b>Early Learning Goals</b></p> <p><b>Listening, Attention and Understanding</b></p> <p>-Listen attentively and respond to what they hear with relevant questions, comments and actions when being read to and during whole class discussions and small group interactions.</p> <p>-Make comments about what they have heard and ask questions to clarify their understanding.</p> <p><b>Speaking</b></p> <p>-Participate in small group, class and one-to-one discussions, offering their own ideas, using recently introduced vocabulary.</p>		
	<b>Autumn 1</b>	<b>Autumn 2</b>	<b>Spring 1</b>	<b>Spring 2</b>	<b>Summer 1</b>	<b>Summer 2</b>
<b>Year 1</b>	<p style="text-align: center;"><b>Gymnastics</b></p> <p>Wide, Narrow, Curled</p> <ul style="list-style-type: none"> <li>• Introduction to wide, narrow and curled</li> <li>• Exploring the difference between wide, narrow and curled</li> <li>• Transitioning between wide, narrow and curled movements</li> <li>• Linking two movements together</li> </ul>	<p style="text-align: center;"><b>Fundamentals</b></p> <p>Ball Skills Hands 1</p> <ul style="list-style-type: none"> <li>• Introduce sending (bouncing) with control</li> <li>• Introduce aiming with accuracy</li> <li>• Introduce power and speed when sending a ball</li> <li>• Introduce/develop stopping, combining sending skills</li> <li>• Combine sending and receiving skills</li> </ul> <p><b>Locomotion: Jumping</b></p> <ul style="list-style-type: none"> <li>• Recap jumping</li> <li>• Develop jumping</li> <li>• Explore how jumping affects our bodies</li> <li>• Explore skipping</li> </ul>	<p style="text-align: center;"><b>Dance</b></p> <p>The Zoo</p> <ul style="list-style-type: none"> <li>• Exploring expression</li> <li>• Developing our movements, adding movements together</li> <li>• Responding to a rhythm: Introducing partner work</li> <li>• Creating an animal sequence motifs</li> <li>• Exploring relationships within our motif</li> </ul> <p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Introduce and explore agility</li> <li>• Introduce and explore balance</li> </ul>	<p style="text-align: center;"><b>Fundamentals</b></p> <p>Ball Skills Hands 2</p> <ul style="list-style-type: none"> <li>• Introduce throwing with accuracy</li> <li>• Apply throwing with accuracy in a team</li> <li>• Introduce stopping a ball</li> <li>• Develop sending (rolling) skills to score a point</li> <li>• Consolidate sending and stopping to win a game</li> </ul> <p><b>Rackets, Bats and Balls</b></p> <ul style="list-style-type: none"> <li>• Develop pushing (dribbling) a ball with a racket: Introducing control</li> <li>• Explore hitting and develop pushing a</li> </ul>	<p style="text-align: center;"><b>Games for understanding</b></p> <p>Understanding the principles of attack/defence</p> <ul style="list-style-type: none"> <li>• Applying attacking/defending principles into a game</li> <li>• Consolidate attacking/defending</li> </ul> <p><b>Enrichment sessions with football coach</b></p>	<p style="text-align: center;"><b>Fundamentals</b></p> <p>Locomotion: Running</p> <ul style="list-style-type: none"> <li>• Explore running</li> <li>• Apply running into a game</li> <li>• Explore running at different speeds</li> <li>• Running for speed: Acceleration</li> <li>• Explore running in a team</li> <li>• Consolidate running, apply running into a game</li> </ul> <p>Locomotion: Jumping</p> <ul style="list-style-type: none"> <li>• Recap jumping</li> <li>• Develop jumping</li> <li>• Explore how jumping affects our bodies</li> <li>• Explore skipping</li> </ul>

		<ul style="list-style-type: none"> <li>Apply skipping and jumping into a game</li> </ul>	<ul style="list-style-type: none"> <li>Introduce and explore coordination: Bouncing, rolling and throwing</li> </ul>	<p>ball (with a racket) towards a target</p> <ul style="list-style-type: none"> <li>Explore hitting a ball (with a racket) with accuracy and power</li> </ul>		<ul style="list-style-type: none"> <li>Apply skipping and jumping into a game</li> </ul>
<b>Year 2</b>	<p><b>Games for understanding</b></p> <p><b>Attack vs Defence</b></p> <ul style="list-style-type: none"> <li>Attacking/defending as a team <ul style="list-style-type: none"> <li>Understanding the transition between defence and attack</li> <li>Create and apply attacking/ defensive tactics</li> </ul> </li> </ul> <p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>Consolidate agility</li> <li>Consolidate balancing: Explore balancing on apparatus</li> <li>Introduce and explore coordination: Dribbling and kicking</li> </ul>	<p><b>Locomotion</b></p> <p><b>Dodging</b></p> <ul style="list-style-type: none"> <li>Explore dodging</li> <li>Develop dodging</li> <li>Apply dodging: Explore attacking and defending</li> <li>Apply dodging in teams</li> </ul> <p><b>Ball Skills Hands 1</b></p> <ul style="list-style-type: none"> <li>Develop dribbling/ passing and receiving</li> <li>Combine dribbling, passing and receiving, keeping possession <ul style="list-style-type: none"> <li>Develop dribbling/ passing and receiving to score a point</li> <li>Combine dribbling, passing and receiving to score a point</li> </ul> </li> </ul>	<p><b>Dance</b></p> <p><b>Exploring</b></p> <ul style="list-style-type: none"> <li>Responding to stimuli</li> <li>Developing our motif with expression and emotion</li> <li>Applying choreography in our motifs <ul style="list-style-type: none"> <li>Extending our motifs</li> </ul> </li> <li>Sequences, relationships and performance</li> </ul> <p><b>Locomotion: Jumping</b></p> <ul style="list-style-type: none"> <li>Consolidate jumping</li> <li>Apply jumping into a game</li> <li>Linking jumping</li> <li>Explore jumping combinations</li> <li>Develop jumping combinations</li> </ul>	<p><b>Gymnastics</b></p> <p><b>Pathways</b></p> <ul style="list-style-type: none"> <li>Explore/develop zigzag pathways/on apparatus</li> <li>Explore/develop curved pathways/on apparatus <ul style="list-style-type: none"> <li>Creation of pathway sequences</li> <li>Completion of pathways sequences and performance</li> </ul> </li> </ul> <p><b>Ball Skills Hands 2</b></p> <ul style="list-style-type: none"> <li>Consolidate pupils application and understanding of underarm throwing</li> <li>Applying the underarm and overarm throw to win a game</li> <li>Applying the underarm throw to beat an opponent</li> </ul>	<p><b>Ball Skills Feet</b></p> <ul style="list-style-type: none"> <li>Develop dribbling/ passing/receiving, keeping possession</li> <li>Combine dribbling, passing and receiving, keeping possession/to score a point <ul style="list-style-type: none"> <li>Apply dribbling, passing and receiving as a team to score a point</li> </ul> </li> </ul> <p><b>Enrichment sessions with football coach</b></p>	<p><b>Team Building</b></p> <ul style="list-style-type: none"> <li>Introducing teamwork</li> <li>Develop teamwork</li> <li>Building trust and developing communication <ul style="list-style-type: none"> <li>Cooperation and communication</li> </ul> </li> <li>Explore simple strategies <ul style="list-style-type: none"> <li>Problem solving: Consolidate teamwork</li> </ul> </li> </ul> <p><b>Rackets, Bats and Balls</b></p> <ul style="list-style-type: none"> <li>Hitting (striking) a ball (with a racket) with accuracy and power to beat an opponent <ul style="list-style-type: none"> <li>Introduce hitting (sending/striking) a ball into a space: Where and why?</li> <li>Striking the ball (with a bat) into space with intent</li> </ul> </li> </ul>
<b>Year 3</b>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>Introduce dribbling</li> <li>Introduce passing and receiving</li> <li>Combine dribbling and passing to create space <ul style="list-style-type: none"> <li>Develop passing, receiving and dribbling</li> </ul> </li> <li>Introduce shooting</li> </ul>	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>Introduce passing, receiving and creating space</li> <li>Develop/combine passing and moving</li> <li>Combine/develop passing and shooting</li> </ul> <p><b>Tag Rugby</b></p>	<p><b>Gymnastics</b></p> <p><b>Symmetry and Asymmetry</b></p> <ul style="list-style-type: none"> <li>Introduction to symmetry</li> <li>Introduction to asymmetry</li> <li>Application of learning onto apparatus</li> <li>Sequence formation</li> </ul>	<p><b>Enrichment sessions with football sessions</b></p> <p><b>Handball</b></p> <ul style="list-style-type: none"> <li>Introduce passing, receiving and creating space</li> <li>Develop passing and moving</li> </ul>	<p><b>Dance</b></p> <p><b>Witches and Wizards</b></p> <ul style="list-style-type: none"> <li>Responding to stimuli</li> <li>Developing characters and extending the story</li> <li>Creating motifs with a partner in character <ul style="list-style-type: none"> <li>Developing characterisation</li> </ul> </li> </ul> <p><b>Rounders</b></p>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>Explore running for speed</li> <li>Explore acceleration</li> <li>Introduce /develop relay: Running for speed in a team</li> <li>Throwing: Accuracy vs distance</li> <li>Standing Long Jump</li> </ul>

	<p><b>Tactics and Communication</b></p> <ul style="list-style-type: none"> <li>• Creating and applying simple tactics</li> <li>• Developing leadership</li> <li>• Develop communication as a team</li> <li>• Create defending and attacking tactics as a team</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce moving with the ball, passing and receiving</li> <li>• Introduce tagging</li> <li>• Create space when attacking</li> <li>• Develop passing and moving</li> <li>• Combine passing/moving to create attacking opportunities</li> </ul>	<p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Sequence completion</li> <li>• Exploring relaxation techniques</li> <li>• Applying relaxation techniques and using them effectively</li> <li>• Performing balanced meditative poses</li> <li>• Using props to help us balance in our meditative poses</li> </ul>	<ul style="list-style-type: none"> <li>• Combine passing and moving</li> <li>• Introduce shooting</li> <li>• Develop passing and shooting</li> </ul>	<ul style="list-style-type: none"> <li>• Introduce to rounders</li> <li>• Introduce overarm throwing</li> <li>• Apply overarm and underarm throwing</li> <li>• Introduce stopping the ball</li> <li>• Application of stopping the ball in a game</li> </ul>	<p><b>Orienteering</b></p> <p>Pupils will develop their ability to orientate a map and locate points, returning to base as quickly as possible.</p> <p>Pupils will develop their understanding of what makes an effective team and understand how important teamwork is when orienteering.</p> <p>Pupils will develop life skills such as respect and communication as they collaborate with their team to successfully complete the orienteering challenges.</p> <p>Pupils will develop their ability to remain positive and try their best in every challenge. Pupils will begin to show leadership attributes.</p>
Year 4	<p><b>Enrichment sessions with football sessions</b></p> <p><b>Gymnastics Bridges</b></p> <ul style="list-style-type: none"> <li>• Introduction to bridges</li> <li>• Application of bridge learning onto apparatus</li> <li>• Develop sequences with bridges</li> <li>• Sequence formation</li> <li>• Sequence completion</li> </ul>	<p><b>Invasion Games Handball</b></p> <ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Develop passing and creating space</li> <li>• Develop passing, moving and shooting</li> <li>• Combine passing and shooting</li> <li>• Introduce defending</li> </ul> <p><b>Health and Wellbeing</b></p> <ul style="list-style-type: none"> <li>• Creating movements to help express ourselves and our emotions.</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>• Refine dribbling and passing</li> <li>• Combine passing and dribbling to create shooting opportunities</li> <li>• Develop passing and dribbling creating space for attacking opportunities</li> <li>• Introduce defending; blocking and tackling</li> </ul> <p><b>Fitness</b></p>	<p><b>Throwing and Jumping</b></p> <p>Apply the correct technique for sprinting. Explore pacing and the correct technique for triple jump and javelin.</p> <p>Continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.</p>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Develop running at speed</li> <li>• Exploring our stride pattern</li> <li>• Exploring running at pace</li> <li>• Understand and apply tactics when running for distance</li> <li>• Javelin</li> <li>• Standing Triple Jump</li> </ul> <p><b>Dance with external provider</b></p>	<p><b>Dance with an external provider</b></p> <p><b>Striking and Fielding Cricket</b></p> <ul style="list-style-type: none"> <li>• Develop an understanding of batting and fielding</li> <li>• Introduce bowling underarm</li> <li>• Develop stopping and returning the ball</li> <li>• Develop retrieving and returning the ball</li> <li>• Striking the ball at different angles and speeds</li> </ul>

		<ul style="list-style-type: none"> <li>• Using mime to manage positive and negative emotions</li> <li>• Using meditative poses to help control and manage our emotions</li> </ul>	<b>Health Related Exercise</b> <ul style="list-style-type: none"> <li>• Begin to explore and understand cardio fitness</li> <li>• Begin to explore and understand flexibility fitness</li> <li>• Begin to explore and understand strength fitness</li> </ul>	<b>Orienteering</b> Apply their developing ability to orientate a map and locate points, returning to base as quickly as possible. Apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering. Develop life skills such as trust and communication as they collaborate with their team to successfully complete the orienteering challenges. Apply integrity and determination as they complete the orienteering challenges. Develop their leadership attributes.		
<b>Year 5</b>	<b>Enrichment sessions with football sessions</b>  <b>Gymnastics</b> Counter Balance and Counter Tension <ul style="list-style-type: none"> <li>• Introduction to Counter Balance</li> <li>• Application of Counter Balance learning onto apparatus</li> <li>• Sequence formation</li> <li>• Counter Tension</li> <li>• Sequence completion</li> </ul>	<b>Invasion Games</b> Netball <ul style="list-style-type: none"> <li>• Recap and refine dribbling and passing to create attacking opportunities</li> <li>• Develop marking</li> <li>• Refine shooting</li> <li>• Refine attacking skills, passing, dribbling and shooting introduce officiating</li> </ul> <b>Dance</b> The Circus <ul style="list-style-type: none"> <li>• Develop character movements linked to prejudices</li> <li>• Create movements that represent different</li> </ul>	<b>Invasion Games</b> Tag Rugby <ul style="list-style-type: none"> <li>• Refine passing and moving to create attacking opportunities</li> <li>• Explore different passes that can be used to outwit defenders</li> <li>• Refine defending as a team</li> <li>• Create and apply defending tactics. Develop officiating</li> </ul> <b>Invasion Games</b> Hockey <ul style="list-style-type: none"> <li>• Develop defending; blocking and tackling</li> <li>• Refine dribbling/passing to create attacking opportunities</li> </ul>	<b>Fitness</b> Health Related Exercise <ul style="list-style-type: none"> <li>• Explore and understand cardio fitness</li> <li>• Explore and understand flexibility fitness</li> <li>• Explore and understand strength fitness</li> </ul> <b>Orienteering</b> <ul style="list-style-type: none"> <li>• Face orienteering</li> <li>• Cone orienteering</li> <li>• Point and return</li> <li>• Point to point</li> <li>• Timed course</li> <li>• Orienteering competition</li> </ul>	<b>Striking and Fielding</b> Cricket <ul style="list-style-type: none"> <li>• Refine batting, batting and bowling tactics</li> <li>• Refine fielding stopping, catching and throwing</li> <li>• Combine bowling and fielding creating and applying tactics</li> <li>• Introduce umpiring and scoring</li> </ul> <b>Athletics</b> <ul style="list-style-type: none"> <li>• Finishing a race</li> <li>• Evaluating our performance</li> <li>• Sprinting: My personal best</li> <li>• Relay changeovers</li> <li>• Sitting chest push</li> </ul>	<b>Athletics</b> Continued  <b>Net/Wall</b> Tennis <ul style="list-style-type: none"> <li>• Introduce/develop the volley</li> <li>• Controlling the game from the serve</li> <li>• Doubles, understanding and applying tactics to win a point</li> </ul>

		<p>characters and performers in a circus</p> <ul style="list-style-type: none"> <li>• Extending our performance incorporating props and apparatus linked to the variety of performers</li> </ul>	<ul style="list-style-type: none"> <li>• Refine attacking skills, passing dribbling and shooting</li> <li>• Refine defending skills developing transition from defence to attack</li> </ul>		<ul style="list-style-type: none"> <li>• Introduce hurdling</li> </ul>	
<b>Year 6</b>	<p><b>Net/Wall</b> Tennis</p> <ul style="list-style-type: none"> <li>• Game application • Game application, mixed ability doubles, round robin games</li> </ul> <p><b>Invasion Games</b> Hockey</p> <ul style="list-style-type: none"> <li>• Consolidate keeping possession, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> </ul>	<p><b>Invasion Games</b> Tag Rugby</p> <ul style="list-style-type: none"> <li>• Consolidate passing and moving • Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> <li>• Consolidate attacking and defending in min games</li> </ul> <p><b>Gymnastics</b> Matching and Mirroring</p> <ul style="list-style-type: none"> <li>• Introduction to matching/ mirroring • Application of matching/ mirroring learning onto apparatus</li> <li>• Sequence development</li> </ul>	<p><b>Invasion Games</b> Netball</p> <ul style="list-style-type: none"> <li>• Consolidate keeping possession, develop officiating</li> <li>• Consolidate defending</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> </ul> <p><b>Leadership</b></p> <ul style="list-style-type: none"> <li>• Understanding what makes an effective leader</li> <li>• Communicating as a leader</li> <li>• Introducing the STEP principle: Space , Task, Equipment and People</li> </ul>	<p><b>Fitness</b> Health Related Exercise</p> <ul style="list-style-type: none"> <li>• Develop a secure understanding of cardio fitness</li> <li>• Develop a secure understanding of flexibility fitness</li> <li>• Develop a secure understanding of strength fitness</li> </ul> <p><b>Enrichment sessions with football sessions</b></p>	<p><b>Dance</b> Carnival</p> <ul style="list-style-type: none"> <li>• Performing with technical control and rhythm in a group</li> <li>• Creating rhythmic patterns using the body</li> <li>• Experiencing dance from a different culture</li> <li>• Chorographical elements including still imagery</li> </ul> <p><b>Outdoors and Adventurous</b> Orienteering</p> <p>Refine their developing ability to orientate a map and locate points, returning to base as quickly as possible.</p> <p>Refine their understanding of what makes an effective team and understand how important teamwork is when orienteering.</p> <p>Refine life skills such as cooperation as they collaborate with their team to successfully complete the orienteering challenges.</p> <p>Apply integrity and self discipline as they complete the orienteering challenges.</p> <p>Refine their leadership skills and take responsibility for others.</p>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>• Running for speed competition</li> <li>• Running for distance competition</li> <li>• Throwing competition</li> <li>• Jumping competition</li> </ul> <p><b>Striking and Fielding</b> Cricket</p> <ul style="list-style-type: none"> <li>• Consolidate batting, fielding and bowling</li> <li>• Create, understand and apply attacking and defensive tactics in game</li> </ul>