

### **National curriculum in England:**

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

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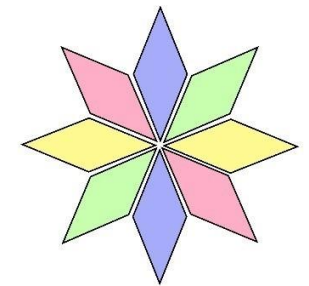
- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- develop flexibility, 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.

### **At Kaleidoscope School:**

**Learners are encouraged to be active everyday and are given opportunities to develop their gross and fine motor skills. Movement circuits are delivered in sessions and children are actively encouraged to take part in sensory movement breaks, addressing their sensory needs and also promoting movement as a positive activity.**

**When appropriate and allowing time for children to develop basic movement patterns, learners are then taught small sided games and gymnastic skills. Careful consideration is given to physical differences.**

**Outdoor and adventurous activities are encouraged and actively promoted, making use of the local area and community facilities such as fishing at The Dingle.**



Kaleidoscope