

EYFS	
<p>Communication and language</p> <ul style="list-style-type: none"> 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>Personal, Social, Emotional Development</p> <ul style="list-style-type: none"> Set and work towards simple goals, being able to wait for what they want and control their immediate impulses when appropriate. Give focused attention to what the teacher says, responding appropriately even when engaged in activity, and show an ability to follow instructions involving several ideas or actions. Be confident to try new activities and show independence, resilience and perseverance in the face of challenge. Manage their own basic hygiene and personal needs, including dressing, going to the toilet and understanding the importance of healthy food choices. Work and play cooperatively and take turns with others. 	<p>Physical Development</p> <p>Gross Motor Skills:</p> <ul style="list-style-type: none"> Negotiate space and obstacles safely, with consideration for themselves and others. Demonstrate strength, balance and coordination when playing. Move energetically, such as running, jumping, dancing, hopping, skipping and climbing. <p>Expressive Arts and Design</p> <ul style="list-style-type: none"> Perform songs, rhymes, poems and stories with others, and – when appropriate – try to move in time with music.

Key Stage One

Year 1						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Inside	<p><u>Movement Skills</u></p> <ul style="list-style-type: none"> Perform controlled spins Perform asymmetrical spins with balance Work with a partner to create different formations Spin and balance on different levels Spin out of balances Perform spins and balances in different formations 	<p><u>Infant Agility</u></p> <ul style="list-style-type: none"> Run skilfully Pick up, carry and put down with care Show increasing control over an object Balance on one leg Be confident in my jobs and take turns Thread objects 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Step in controlled, elegant movements Push and pull myself along the ground on different parts of my body Step and turn gracefully Jump in different pathways with coordination Create sequences in curved pathways on the floor and on the apparatus Use different pathways in a sequence 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Use my body to create theme related shapes movements and actions Use my body to express simple theme related shapes, movements and feelings Travel safely and creatively in space Communicate effectively with a partner Remember and perform a simple sequence of movement Identify what 'good' looks like and give feedback to help my partner. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> React quickly Jump in a variety of ways Discover and develop different styles of jumping Jump in a variety of ways competently Throw with a good technique Demonstrate a variety of athletics techniques competently 	

Outside	<p><u>Invasion Games Skills</u></p> <ul style="list-style-type: none"> • Send and receive a bounce pass effectively • Change directions and find an appropriate space. • Push pass a hockey ball • Receive a hockey ball • Move and bounce/dribble a ball • Kick/dribble a ball and stop it with a trap 	<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> • How to hold, carry, and pass the rugby ball effectively to teammates. • Practicing quick direction changes and developing spatial awareness while running with or without the ball. • Understanding how to "tag" an opponent by pulling a tag from their belt and learning how to dodge defenders to avoid being tagged. • Encouraging teamwork by working together to pass the ball, score tries, and defend as a group. • Gaining an understanding of simple Tag Rugby rules, such as no contact, passing backwards, and the concept of a "try." 	<p><u>Target Games</u></p> <ul style="list-style-type: none"> • Coordinate the skill of punting a ball consistently • Coordinate the action of punting with either foot • Strike a ball at a target using equipment • Strike a ball, at a target, with some degree of force • Throw a ball overarm with some accuracy at a target • Throw overarm on, 'one bounce' to a friend 	<p><u>Net and Wall Game</u></p> <ul style="list-style-type: none"> • Send and receive a ball with accuracy and control. • Strike a ball with one hand while it is airborne • Strike and volley a ball with some degree of accuracy • Strike a ball using an open palm and move into position to receive it back • Strike a small ball with my open palm with some accuracy • Throw with accuracy and power 	<p><u>Striking and Fielding Games Skills/ Invasion Games</u></p> <ul style="list-style-type: none"> • Use both hands whilst fielding • Stop a ball, creating a barrier behind it with my feet or body • Bowl a ball overarm at a target • Pick up a ball with one hand and throw it underarm • Chase and retrieve a ball • Bowl under and overarm with some accuracy

Year 2						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Inside	<p><u>Movement Skills</u></p> <ul style="list-style-type: none"> • Skip using a rope • Dribble a ball with either hand • Receive a ball and trap it • Pass in different ways • Jump for height • Catch consistently well 	<p><u>Infant Agility</u></p> <ul style="list-style-type: none"> • Use my body and create theme related shapes, movements and actions • Use my body to express simple theme related shapes, movements and feelings. • Travel safely and creatively in space • Communicate effectively with a partner • Communicate effectively with a partner • Remember and perform a simple sequence of movements 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> • Demonstrate agility, balance and coordination • Perform a twist and then roll • Change the point of contact in balances by leading into the next balance by twisting • Twist while in inversion • Work in synchronisation with a partner to perform different balances and twists • Mirror the moves of my partner 	<p><u>Dance</u></p> <ul style="list-style-type: none"> • Use my body and create theme related shapes, movements and actions • Use my body to express simple theme related shapes, movements and feelings. • Travel safely and creatively in space • Communicate effectively with a partner • Communicate effectively with a partner • Remember and perform a simple sequence of movements 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Show a sense of anticipation to begin work • Jump in a variety of ways • Discover and develop different styles of jumping • Jump in a variety of ways competently • Throw with good technique • Help a peer improve their performance with good feedback 	

Outside	<p><u>Invasion Games</u></p> <ul style="list-style-type: none"> Basic Dribbling Passing and Receiving Space Awareness Basic Defending Teamwork Attacking Play Game Rules Movement and Agility 	<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> Develop more accurate passing and catching techniques, including moving while passing. Practice more advanced dodging techniques to evade tags and create space. Learn about basic field positioning, such as supporting the ball carrier and creating passing options. Explore basic attacking and defensive strategies, like passing into space and working as a defensive line. Recognise opportunities to score tries and making decisions during gameplay. Reinforce sportsmanship, understanding the importance of playing by the rules, and respecting teammates and opponents. 	<p><u>Target Games</u></p> <ul style="list-style-type: none"> To throw a ball underarm with either hand and with some accuracy at a target To kick a ball with some accuracy with both feet To roll with good technique with either hand To punt a ball with some accuracy with both feet To strike a ball, with a racket or bat at a target with some degree of force To aim with accuracy at a target so it hits on the second bounce 	<p><u>Net and Wall Game Skills</u></p> <ul style="list-style-type: none"> Send a ball with some degree of accuracy Strike a ball with some accuracy Send a ball with increasing accuracy Develop a good grip and stance Return a ball, after one bounce, that has been thrown to me by my partner Strike a backhand from my own feed 	<p><u>Striking and Fielding Games Skills</u></p> <ul style="list-style-type: none"> Catch a ball after one bounce Bowl overarm with a straight arm Pick up a ball one-handed and return it underarm Strike a ball to leg from a short delivery Chase a ball and throw it back accurately Play a game using the skills I have learned. 	<p><u>Invasion Games</u></p> <ul style="list-style-type: none"> I can throw overarm for my partner to catch after one bounce To catch a ball consistently on the full To track an opponent To dodge to beat an opponent To pass the ball consistently with control To compete with some spatial awareness in team games

Key Stage Two

Year 3						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Inside	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Warm up and cool down after exercise Perform a variety of yoga poses Demonstrate good core strength Jump dynamically Start and finish a sprint race with good technique Refine my techniques 	<p><u>Netball</u></p> <ul style="list-style-type: none"> Chest passes, bounce passes, and shoulder passes with accuracy. Correct footwork to avoid stepping violations. Shoot into a netball hoop, focusing on correct stance and aim. Move into space and create passing options for teammates. Mark a player and intercept passes without contact. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> Take weight on patches Take body weight on my back and shoulders, both in balance and in motion Take weight on my hands as part of a sequence of moves Take my weight on my back, bottom and shoulders both in balance and in motion Perform shoulder and teddy bear rolls Perform with control and a range of dynamics 	<p><u>Dance</u></p> <ul style="list-style-type: none"> Develop a motif demonstrating some agility, balance, coordination and precision Creatively change static actions into travelling movements Communicate effectively with a partner Communicate effectively within a group Improve our ideas Evaluate the work of other's using accurate technical language 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> Use the correct technique to start a sprint race Hurdle efficiently and consistently Develop the technique and consistency of my jumps Throw overarm accurately Accurately replicate the technique for running, jumping and throwing events Replicate the techniques for running, jumping and throwing events in competitive situations 	

Outside	<p>Tennis</p> <ul style="list-style-type: none"> Use proper grip and control of the tennis racket to hit the ball effectively. Perform basic forehand and backhand shots with accuracy. Watch the ball closely to improve hand-eye coordination and timing of swings. Serving and practicing simple underarm serves to start rallies. Hit the ball back and forth with a partner to maintain a rally. 	<p>Tag rugby</p> <ul style="list-style-type: none"> Scoop a ball up from the floor Pocket pass with accuracy from my right and left Pass a rugby ball backwards accurately Pass backwards consistently Pass, missing out players in a line Apply a range of skills effectively in a game of rugby 	<p>Basketball</p> <ul style="list-style-type: none"> Dribble the ball with one hand while moving, focusing on control and maintaining balance. Chest passes and bounce passes, emphasizing accuracy and teamwork. Practice basic shooting techniques, such as set shots, aiming at a hoop or target. Understand how to move into space to receive passes and create opportunities. Mark an opponent and attempt to intercept passes without contact. Play simple, small-sided games to develop an understanding of basic basketball rules and teamwork. 	<p>Orienteering</p> <ul style="list-style-type: none"> Work as part of a team Work together in a small group to solve problems Negotiate with my group Work with others to solve problems Identify areas of the school grounds using a map Identify where a number of controls are situated around the school grounds via photographic clues 	<p>Cricket</p> <ul style="list-style-type: none"> Stand sideways-on, with a high back lift, ready to receive a ball Bowl a ball overarm with a straight arm Throw accurately and powerfully Bat successfully with a partner, communicating effectively Bowl with a run up Back up my fellow fielders in the field 	<p>Rounders</p> <ul style="list-style-type: none"> Hold the bat correctly and practicing simple swings to hit the ball. Develop accuracy and control when throwing the ball and confidence in catching it. Understand the layout of the field and practicing running to and between bases. Introduce simple fielding techniques, such as stopping the ball and throwing it to a base. Learn the concept of scoring a rounder, basic field positions, and what constitutes an "out." Encourage communication and collaboration during small-sided games.

Year 4						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
Inside	<p>Athletics</p> <ul style="list-style-type: none"> Warm up and cool down after exercise Perform a variety of yoga poses Demonstrate good core strength Jump dynamically Start and finish a sprint race with good technique Refine my techniques 	<p>Netball</p> <ul style="list-style-type: none"> Refine passing techniques and introducing longer, more accurate passes. Dodge defenders and position themselves to receive passes. Shoot during small sided game with increasing confidence and accuracy Know basic roles of different positions Mark the ball and players while staying within the rules. Understand basic game rules and strategies for transitioning between attack and defense. 	<p>Badminton</p> <ul style="list-style-type: none"> Hold the racket correctly and practicing simple swings. Underarm serve to start rallies with proper technique. Clear shots (hitting the shuttle high and far) to maintain rallies. Hit the shuttle toward a target or partner. Move efficiently around the court to return shots. Engage in short rallies to build confidence and basic gameplay understanding. 	<p>Dance</p> <ul style="list-style-type: none"> Develop a motif demonstrating some agility, balance, coordination and precision Creatively change static actions into travelling movements Communicate effectively with a partner Communicate effectively within a group Communicate effectively within a group Evaluate the work of other's using accurate technical language 	<p>Athletics</p> <ul style="list-style-type: none"> Use the correct technique to start a sprint race Hurdle efficiently and consistently Develop the technique and consistency of my jumps Throw overarm accurately Accurately replicate the technique for running, jumping and throwing events Replicate the techniques for running, jumping and throwing events in competitive situations 	

Outside	Tennis	Tag rugby	Basketball	Orienteering	Cricket	Rounders
	<ul style="list-style-type: none"> Develop more control and accuracy in forehand and backhand shots. Overarm serve and practicing a consistent serving technique. Extend rallies with partners by maintaining consistent strokes and improving timing. Introduce volleys and learning how to approach and play near the net. Understand court boundaries, positioning, and basic scoring. Movement techniques, such as side-stepping and quick directional changes. 	<ul style="list-style-type: none"> Scoop a ball up from the floor Pocket pass with accuracy from my right and left Pass a rugby ball backwards accurately Pass backwards consistently Pass, missing out players in a line Apply a range of skills effectively in a game of rugby 	<ul style="list-style-type: none"> Control by practicing dribbling while changing speed and direction. Overhead passes and practice quick, accurate passing in gameplay. Layups, focusing on coordination and proper footwork. Cutting and pivoting to evade defenders and create opportunities. Stay in a defensive stance and work as a team to block passing lanes and defend the hoop. Play small-sided games with a focus on applying skills in a competitive setting. 	<ul style="list-style-type: none"> Work as part of a team Work together in a small group to solve problems Negotiate with my group Work with others to solve problems Identify areas of the schools grounds using a map Identify where a number of controls are situated around the school grounds via photographic clues 	<ul style="list-style-type: none"> Stand sideways-on, with a high-back lift, ready to receive a ball Bowl overarm with a straight arm Throw accurately and powerfully Bat successfully with a partner, communicating effectively Bowl with a run up Back up my fellow fielders in the field 	<ul style="list-style-type: none"> Refine the batting swing for more power and accuracy, aiming for specific areas of the field. Practice longer throws and aiming for bases or teammates effectively. Understand when to run to the next base or stay put based on the game situation. Develop skills such as retrieving the ball quickly, relay throws, and accurate throws to stumps. Gain a deeper understanding of roles, such as bowler, backstop, and base fielders, and how they contribute to gameplay. Participate in small-sided games to apply learned skills in a team context.

Year 5						
Inside	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Tennis <ul style="list-style-type: none"> Control and consistency in forehand and backhand shots, including adding spin to the ball. Practice the overarm serve, focusing on accuracy, consistency, and proper technique to serve to different areas of the court. Learn the technique for volleys Footwork and Positioning Maintain longer rallies with a partner □ Court Awareness: Understand the layout of the court, positioning for 	Netball <ul style="list-style-type: none"> Overhead and bounce passes in gameplay. Create space, timing runs, and intercepting passes. Shoot accurately during game play Understand the responsibilities of all court positions and how they contribute to the game. Use basic tactics, such as creating passing triangles and using width to spread play. Sportsmanship, fair play, and respecting the rules and umpires. 	Badminton <ul style="list-style-type: none"> Underarm serves and introducing simple overarm serves. Clear shots, drop shots, and basic net shots to vary play. Develop better court positioning and footwork for faster reaction times. Maintain longer rallies by improving control and accuracy. Understand how to place shots to challenge an opponent. Play mini-matches to apply skills in a structured setting. 	Dance/ Gymnastics <ul style="list-style-type: none"> Develop a motif demonstrating some agility, balance, coordination and precision Creatively change static actions into travelling movements Communicate effectively with a partner Communicate effectively within a group Communicate effectively within a group Evaluate the work of other's using simple technical language Slide, scramble, push and spin 	Cricket (outdoor) <ul style="list-style-type: none"> Correct grip, stance, and straight-bat technique to play controlled shots. Introduce overarm bowling, focusing on a straight arm and consistent delivery. Develop skills like catching, stopping the ball, and accurate throwing to the wicket. Understand how to communicate effectively with a batting partner and make quick decisions. Learn basic field placements, rules, and 	Athletics <ul style="list-style-type: none"> Running posture, stride, and pace for sprinting and longer distances. Baton handovers and communication with teammates in relay races. Long jump, focusing on the run-up, take-off, and landing safely. Build stamina for longer distance running, focusing on pacing and breathing techniques.

	<p>singles and doubles, and learning the rules of scoring and play during matches.</p>			<ul style="list-style-type: none"> • Perform in canon to a consistent tempo, so that my sequence flows • Create a sequence working at different levels and with different dynamics • Perform balances on patches and in unison, and rolls in canon • Perform in a group demonstrating different dynamics- changes of level, speed and direction • Perform a routine as a group, displaying canon and unison 	<p>strategies to build tactical understanding.</p> <ul style="list-style-type: none"> • Apply skills in short, modified games to encourage active participation and learning. 	
<p>Outside</p>	<p>Swimming</p> <ul style="list-style-type: none"> • Develop comfort in the water, including getting used to submerging the face, floating on the back and front, and using buoyancy aids if necessary. • Practice breathing in a controlled way, such as blowing bubbles underwater, learning to inhale and exhale effectively for swimming. • Learn basic kicking techniques while holding onto the poolside or using a float. • Introduce basic arm strokes (front crawl and breaststroke), focusing on technique and timing with the kick. • Build confidence in front crawl, improving coordination of arms, legs, and breathing. • Master floating on the back and front to develop balance and learn how to stay afloat without assistance. • Learn essential water safety skills, such as treading water, floating in an emergency, and basic swimming survival skills. • Gradually increase swimming distance, focusing on maintaining a steady pace and improving stamina without stopping. • Improve technique in front crawl, ensuring smooth, efficient movements and better propulsion through the water. • Gain confidence in deeper water and swimming unaided for longer distances, with a focus on safety and control. • Introduce turns, such as the basic flip-turn for front crawl, and practicing diving from the side of the pool. 				<p>Rounders</p> <ul style="list-style-type: none"> • Directional batting to place the ball in gaps and avoid fielders. • Underarm bowling with proper technique and control. • Assess the field and make quick decisions to maximize scoring opportunities. • Refine techniques such as catching high balls, backing up throws, and working as a cohesive fielding unit. • Introduce basic strategies, such as field placement and creating opportunities to get players out. • Play structured games, focusing on teamwork, applying tactics, and adhering to rules. 	

Year 6						
	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
<p>Inside</p>	<p>Athletics</p> <ul style="list-style-type: none"> • Motivate myself to do my best in a range of exercises • Run for a period of time, maintaining a good pace 	<p>Netball</p> <ul style="list-style-type: none"> • Improve speed, precision, and decision-making in passing and receiving under pressure. • Practice advanced dodging, feints, and off-the-ball 	<p>Badminton</p> <ul style="list-style-type: none"> • Overarm serves and learning to aim serves strategically. • Enhance accuracy and consistency in clear shots, drop shots, and smashes. 	<p>Gymnastics/ Dance</p> <ul style="list-style-type: none"> • Gain elevation from a powerful run and dynamic take off • Create shapes whilst in flight • Share space and apparatus safely with others 	<p>Rounders (outside)</p> <ul style="list-style-type: none"> • Work in a group of 4 to create a sequence of rolls • Work as part of a team to create a sequence involving flight 	<p>Athletics (outside)</p> <ul style="list-style-type: none"> • Sustain my pace over longer distances • Throw after a run up • Throw with greater control, accuracy and efficiency

<ul style="list-style-type: none"> • Perform a variety of exercise demonstrating good technique • Perform exercises with control and good technique • Improve on previous performances • Work as part of a group to set up a circuit of exercises 	<p>movement to outmanoeuvre opponents.</p> <ul style="list-style-type: none"> • Develop consistent accuracy when shooting in competitive situations. • Use advanced strategies, such as set plays for centre passes and defensive zones. • Play full matches with a focus on tactics, teamwork, and applying all learned skills. • Encourage leadership skills, such as organizing teammates, and introducing basic umpiring roles to reinforce understanding of the rules. 	<ul style="list-style-type: none"> • Develop tactics like targeting opponents' weaknesses and controlling the pace of the game. • Understand the rules and strategies for doubles, including teamwork and positioning. • Practice quick, efficient movement to cover the court effectively. • Play structured singles and doubles games with a focus on applying techniques, tactics, and sportsmanship. 	<ul style="list-style-type: none"> • Mount and dismount the apparatus safely in imaginative ways • Perform a range of interesting jumps gracefully • Work to create a sequence as a group 	<ul style="list-style-type: none"> • Create a sequence working at different levels and with different dynamics • Take weight on my hands in different ways • Create sequences with pathways that cross • Time my moves within a group sequence 	<ul style="list-style-type: none"> • Measure accurately my performance at standing vertical jumping • Combine sprinting with hurdling • Transfer a relay baton efficiently as part of a team
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Outside	<p>Tennis</p> <ul style="list-style-type: none"> Enhance consistency, accuracy, and spin in groundstrokes and serves. Develop game plans, understanding when to play defensively or offensively, and mastering shot selection. Improve both serving accuracy and effectiveness in returning serves with control. Refine teamwork and communication during doubles matches, with a focus on positioning and covering the court. Play full-length singles or doubles matches, practicing scoring, and adhering to game rules. 	<p>Tag rugby</p> <ul style="list-style-type: none"> Tag someone safely Send and receive a ball on the run and under pressure Dummy a pass Take a tap penalty with a dummy half Organise my position so that I receive passes on the run Develop game understanding and compete in a game of tag rugby 	<p>Basketball</p> <ul style="list-style-type: none"> Dribbling under pressure, using both hands, and incorporating crossover moves. Shooting accuracy through jump shots and shooting under game conditions. Quick decision-making and accuracy when passing while being defended. Offensive strategies like spacing, screen setting, and creating passing lanes. Defensive positioning, man-to-man marking, and how to anticipate opponents' moves. Engage in full-court games, emphasizing teamwork, sportsmanship, and the application of rules and tactics. 	<p>Orienteering</p> <ul style="list-style-type: none"> Work as part of a team Give clear instructions Work together in a small group to solve problems Demonstrate teamwork and a good level of communications to complete a group task Work quickly and effectively against the clock Communicate positively with the other members of my team 	<p>Cricket</p> <ul style="list-style-type: none"> Refine shot selection, such as front-foot and back-foot shots, and playing the ball into gaps. Improve accuracy and consistency in overarm bowling, introducing swing and spin techniques. Practice advanced skills like catching high balls, diving stops, and backing up throws. Learn strategies for maximising runs, such as judging singles, twos, and risky runs effectively. Develop tactical thinking for setting fields, rotating bowlers, and decision-making as a captain. Participate in competitive games with an emphasis on teamwork, sportsmanship, and applying advanced skills and tactics. 	<p>Swimming</p> <ul style="list-style-type: none"> Develop comfort in the water, including getting used to submerging the face, floating on the back and front, and using buoyancy aids if necessary. Practice breathing in a controlled way, such as blowing bubbles underwater, learning to inhale and exhale effectively for swimming. Learn basic kicking techniques while holding onto the poolside or using a float. Introduce basic arm strokes (front crawl and breaststroke), focusing on technique and timing with the kick. Build confidence in front crawl, improving coordination of arms, legs, and breathing. Master floating on the back and front to develop balance and learn how to stay afloat without assistance. Learn essential water safety skills, such as treading water, floating in an emergency, and basic swimming survival skills. Gradually increase swimming distance, focusing on maintaining a steady pace and improving stamina without stopping. Improve technique in front crawl, ensuring smooth, efficient movements and better propulsion through the water. Gain confidence in deeper water and swimming unaided for longer distances, with a focus on safety and control.
	<p>Swimming</p> <ul style="list-style-type: none"> Develop comfort in the water, including getting used to submerging the face, floating on the back and front, and using buoyancy aids if necessary. Practice breathing in a controlled way, such as blowing bubbles underwater, learning to inhale and exhale effectively for swimming. Learn basic kicking techniques while holding onto the poolside or using a float. Introduce basic arm strokes (front crawl and breaststroke), focusing on technique and timing with the kick. Build confidence in front crawl, improving coordination of arms, legs, and breathing. Master floating on the back and front to develop balance and learn how to stay afloat without assistance. Learn essential water safety skills, such as treading water, floating in an emergency, and basic swimming survival skills. Gradually increase swimming distance, focusing on maintaining a steady pace and improving stamina without stopping. Improve technique in front crawl, ensuring smooth, efficient movements and better propulsion through the water. Gain confidence in deeper water and swimming unaided for longer distances, with a focus on safety and control. 					

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