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| **PE**  **Strands - Strand units**  **Athletics**   * Running * Jumping * Throwing   Understanding & Appreciation of Athletics  **Dance**   * Exploration, Creation & Performance of Dance   Understanding & Appreciation of Dance  **Gymnastics** MovementUnderstanding & Appreciation of Gymnastics **Games** Sending, Receiving & TravellingCreating & Playing Games Understanding & Appreciation of Games  **Outdoor & Adventure Activities** Walking, cycling & camping activitiesOrienteeringOutdoor Challenges  * Water based activities  Understanding & Appreciation of Outdoor & Adventure **Aquatics** HygieneWater SafetyEntry to & Exit from WaterBuoyancy & PropulsionStroke DevelopmentWater-based Ball GamesUnderstanding & Appreciation of Aquatics |  | | | CM |  | | **CM** |
| **Assessment** | | Differentiation | **Linkage & Integration** | **Resources** | | **Methodologies** | |