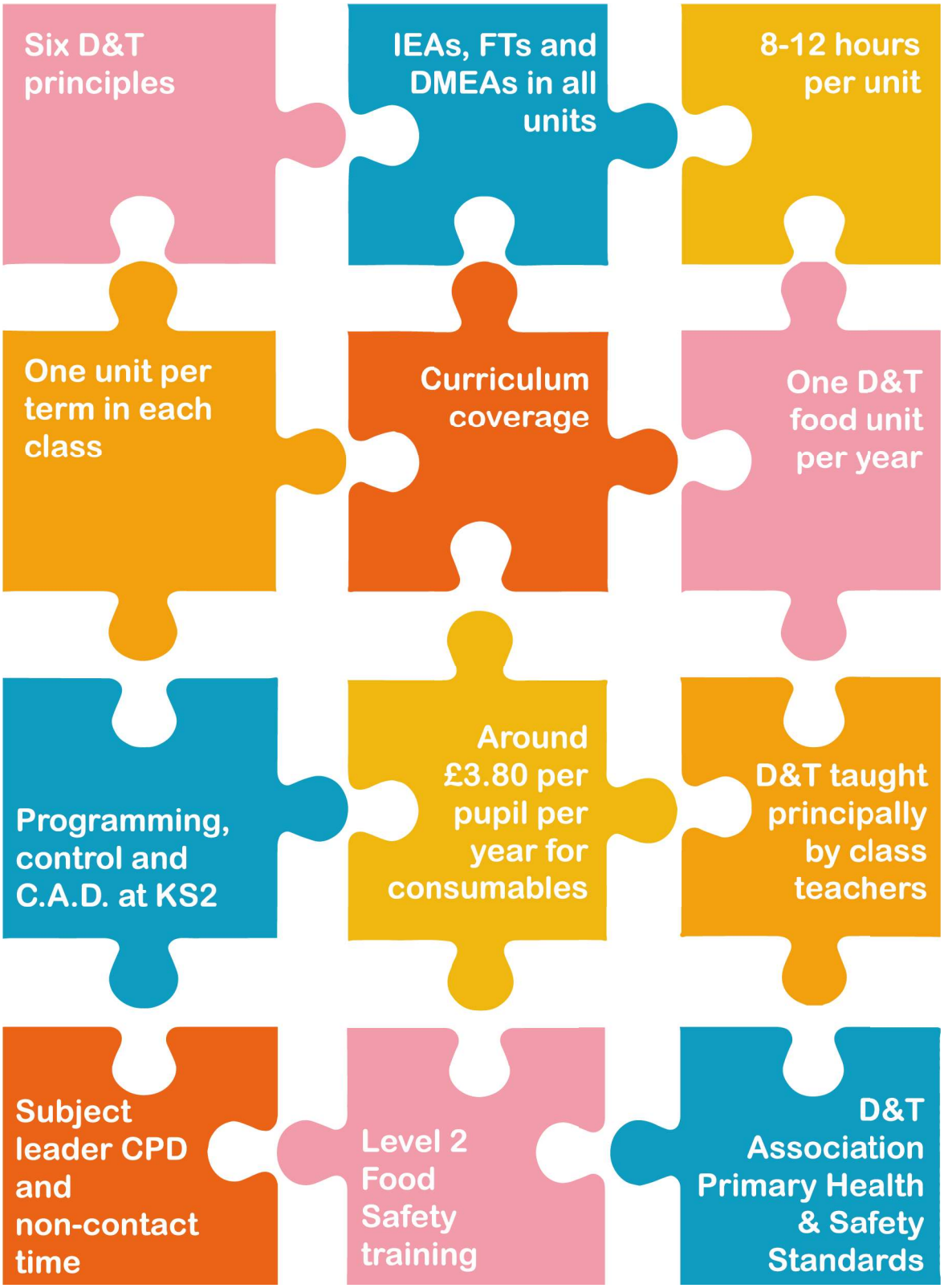Recommended requirements for effective practice in KS1 and KS2