

# Days Lane Athlete

## Vocabulary

**Swimming:** front crawl, back crawl, breaststroke, butterfly

**Gymnastics:** extending, hold, flow, levels, matching, mirroring, unison, canon

**Dance:** interpret, perform, timing, choreograph, expression, creativity, emotion, stimulus, rhythm, control.

**Athletics/HRE:** tactics, teamwork, speed, distance, evaluation, false start, events Cardiovascular System, Strength, Flexibility, Fitness, Circuits

**Ball Skills/Invasion:** tactics, transition, umpire, netball positions, marking, tactics, transition, counter attack, through ball, player-to-player marking, high press, backcourt violation, free hit,

**Team Building/OAA:** navigate, teamwork, strategy, tactics, communication, orienteering, leadership, responsibility, cooperation

**Net (Tennis):** tactics, space, outwit, forehand, backhand, volley, doubles, serve

**Striking and fielding:** tactics, fielder, bowling, run out, outfielder, umpire, boundary, four runs, six runs, over.



## Enrichment experiences:

### Clubs:

- Football
- Basketball
- Tag Rugby
- Netball
- Cricket
- Mutliskills

### Other:

- ESFA/BPSFA Girls and Boys football
- School Games Competitions: Athletics, Basketball, Netball, Tag Rugby, Cricket, Cross Country
- Sports Day
- Sports Leader competitions
- Swimming Competition

<b>Skills:</b>	
<b>Swimming</b>	<ul style="list-style-type: none"> <li>• sitting/ plunge dive,</li> <li>• 25m front crawl swim,</li> <li>• 25m back crawl swim,</li> <li>• 25 breast stroke,</li> <li>• 10m butterfly stroke,</li> <li>• 50m obstacle course,</li> <li>• 25m swim in clothes,</li> <li>• handstand underwater,</li> <li>• forward somersault,</li> <li>• non-contact rescue in the water,</li> <li>• Take part in a mini swimathon and prepare for a swimming gala.</li> </ul>
<b>Gymnastics</b>	Matching & Mirroring <ul style="list-style-type: none"> <li>• Demonstrate matching/mirroring</li> <li>• Application of matching/mirroring learning onto apparatus</li> <li>• Sequence development</li> </ul>
<b>Dance</b>	Carnival <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> Titanic <ul style="list-style-type: none"> <li>• Creating rhythmic patterns using our body</li> <li>• Extending our choreography through controlled movements, character emotion and expression</li> <li>• Explore the relationships between characters applying character emotion and expression</li> <li>• Performance and reflection</li> </ul>
<b>Athletics/HRE</b>	<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> <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>

<b>Ball Skills/Invasion</b>	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>• keep possession</li> <li>• officiate</li> <li>• defend using tactics</li> <li>• Create, understand and apply attacking/defending tactics in game situations</li> </ul> <p><b>Football</b></p> <ul style="list-style-type: none"> <li>• Consolidate keeping possession,</li> <li>• develop officiating</li> <li>• Consolidate defending</li> <li>• Organise formations and manage teams</li> <li>• Organise formations decide tactics,</li> <li>• manage teams and officiate games</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>• keep possession,</li> <li>• develop officiating</li> <li>• Create, understand and apply attacking tactics in game situations</li> <li>• Create, understand and apply defending tactics in game situations</li> </ul> <p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>• keep possession,</li> <li>• develop officiating</li> <li>• Create, understand and apply attacking/defending tactics in game situations.</li> </ul>
<b>Team Building/OAA</b>	<ul style="list-style-type: none"> <li>• Complete a face orienteering</li> <li>• Complete cone orienteering</li> <li>• Demonstrate point and return</li> <li>• Demonstrate point to point</li> <li>• Complete a timed course</li> </ul>
<b>Net (Tennis)</b>	<p>Game application of:</p> <ul style="list-style-type: none"> <li>• Backhand and forehand</li> <li>• Win a point from a serve</li> <li>• Apply doubles tactics</li> </ul>

<b>Striking and fielding</b>	<p>Rounders</p> <ul style="list-style-type: none"> <li>• Apply fielding tactics</li> <li>• Understanding of what happens if the batter misses or hits the ball backwards</li> <li>• Batting considerations, where on the field to hit the ball.</li> </ul>
<b>Knowledge:</b>	
<b>Swimming</b>	<i>Pupils should be able to demonstrate their knowledge of:</i> the different strokes in and out of the water, to know what a swimming gala is and understand and discuss the 4 water safety messages.
<b>Gymnastics</b>	<p>Know what 'Matching' movements mean; Matching is where pupils perform exactly the same movements at the same time.</p> <p>Know why performing at and 'excellent' standard, with accurate timings and fluidity is so important.</p> <p>Know what 'Mirroring' means; Mirroring is where pupils perform their movements creating a mirror image of each other.</p> <p>Know how to create a sequence of movements, bringing together a combination of both matching and mirroring movements, executed with accuracy and fluidity using a range of apparatus.</p>
<b>Dance</b>	<p>Know how to make effective evaluations of an individuals or pairs' strengths and weaknesses.</p> <p>Know why performing at and 'excellent' standard, with accurate timings and fluidity is so important.</p> <p>Know what 'Choreography' means. Choreography: is a set of sequence steps and movements that have been specifically designed for a dancer or group of dancers to performer.</p> <p>Know how to include a change of speed and dynamic in our movements.</p>
<b>Athletics /HRE</b>	<p>Know why we need to apply accurate head, arm and foot technique to make ourselves run quicker</p> <p>Know how to transfer their body weight to push (put) the shot put and throw the javelin further.</p> <p>Know why we need to select certain pupils for certain events in order for our team to be successful.</p> <p><b>HRE</b></p> <p>Know how strength and flexibility impact on our bodies performance.</p> <p>Know which sports rely on athletes being flexible and/or being strong.</p> <p>Know what flexibility means. Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.</p> <p>Know what strength means. Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.</p>

<b>Ball Skills/Invasion</b>	<p><b>Netball</b></p> <p>Know how to organise our team, selecting who to play in each position and understanding why.</p> <p>Know how to create and apply attacking tactics during a game to create attacking opportunities.</p> <p>Know how to regain possession if we lose possession of the ball.</p> <p>Know how to create and apply defensive tactics during a game to prevent attacking opportunities.</p> <p>Know how to apply the basic rules of netball and will be able to take responsibility for officiating and managing our own games.</p> <p><b>Football</b></p> <p>Know what the consequences in a game of rushing into a tackle or miss-timing a tackle.</p> <p>Know how different attacking tactics can be applied during a game to create shooting opportunities.</p> <p>Know how different defending tactics can be applied during a game to prevent attacking opportunities.</p> <p><b>Basketball</b></p> <p>Know how we can regain possession if we miss a shot (rebound).</p> <p>Know how different attacking tactics can be applied during a game to create shooting opportunities</p> <p>Know how to regain possession if we lose possession of the ball.</p> <p>Know how and when different defensive tactics (high press or retreating back) can be applied during a game to prevent attacking opportunities</p> <p>Know how to apply the basic rules of basketball and will be able to take responsibility for officiating and managing our own games.</p> <p><b>Hockey</b></p> <p>Know that once we regain possession of the ball we become attackers.</p> <p>Know how different attacking tactics can be applied during a game to create shooting opportunities</p> <p>Know how different defending tactics can be applied during a game to prevent attacking opportunities.</p> <p>Know how to officiate our games fairly applying the rules correctly.</p>
<b>Team Building/OAA</b>	<p>Know what makes an effective leader and why this is so important for the success of a team.</p> <p>Know what the 'step' principle is: space, task, equipment, people.</p> <p>Know how to use the 'step' principle when leading an activity.</p>
<b>Net (Tennis)</b>	<p>Know how to use the correct scoring system during a mini game.</p> <p>Know how to organise, umpire and manage round robin games.</p> <p>Know when, where and why we are selecting to play a shot (forehand, back or volley) to win a point.</p>

<b>Striking and fielding</b>	<p><b>Rounders</b></p> <p>Know how to create and apply simple fielding and batting tactics in a full game of rounders, in order for our team to be successful.</p> <p>Know the difference between racing rounders and the full game, applying this understanding into mini games.</p> <p>Know how to umpire and score in a game.</p> <p><b>Cricket</b></p> <p>Know how and when to apply a range of fielding skills into mini games.</p> <p>Know why we need to attack the ball when we are fielding and why when need to apply pressure to the batters</p> <p>Know how to umpire and score in a mini game of cricket, applying the correct signals when umpiring.</p>
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## Enrichment experiences

<p><b><u>Reception:</u></b></p> <p><b>Clubs:</b></p> <ul style="list-style-type: none"> <li>• Multiskills</li> <li>• Dance</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• <b>Sports Day</b></li> <li>• Sports week</li> </ul>	<p><b><u>Year 1:</u></b></p> <p><b>Clubs:</b></p> <ul style="list-style-type: none"> <li>• Dance</li> <li>• Football</li> <li>• Gymnastics</li> <li>• Multiskills</li> </ul> <p>Other:</p> <ul style="list-style-type: none"> <li>• Sports Day</li> <li>• Sports week</li> </ul>	<p><b><u>Year 2:</u></b></p> <p><b>Clubs:</b></p> <ul style="list-style-type: none"> <li>• Dance</li> <li>• Football</li> <li>• Gymnastics</li> <li>• Multiskills</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• Sports Leader Competitions</li> <li>• Sports Day</li> <li>• Sports week</li> </ul>	<p><b><u>Year 3:</u></b></p> <p><b>Clubs:</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Multiskills</li> <li>• Basketball</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• School Games Competitions</li> <li>• Sports Leader Competitions</li> <li>• Sports Day</li> <li>• Sports week</li> </ul>	<p><b><u>Year 4:</u></b></p> <p><b>Clubs:</b></p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Multiskills</li> <li>• Basketball</li> <li>• Cricket</li> </ul> <p><b>Other:</b></p> <ul style="list-style-type: none"> <li>• School Games Competitions</li> <li>• Sports Leader Competitions</li> <li>• Sports Day</li> <li>• Sports week</li> </ul>	<p><b><u>Year 5:</u></b></p> <p><b>Clubs:</b></p> <p>Clubs:</p> <ul style="list-style-type: none"> <li>• Football</li> <li>• Basketball</li> <li>• Tag Rugby</li> <li>• Netball</li> <li>• Cricket</li> <li>• Mutliskills</li> </ul> <p>Other:</p> <ul style="list-style-type: none"> <li>• ESFA/BPSFA Girls and Boys football</li> <li>• School Games Competitions : Athletics, Basketball, Netball, Tag Rugby, Cricket, Cross Country</li> <li>• Sports Day</li> <li>• Sports Leader competitions</li> <li>• Swimming</li> <li>• Sports week</li> </ul>
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## Vocabulary

<b><u>Gymnastics</u></b> Pointing Shapes High Low Over Under Apparatus Transition	<b><u>Gymnastics</u></b> Pointing Wide Narrow Curled Transition Interesting Linking Big Small Interesting	<b><u>Gymnastics</u></b> Pointing Linking Flow Transition Jump Roll Sequence Zig-Zag Curved Sequence	<b><u>Gymnastics</u></b> Extending Linking Flow Interesting Extension Symmetrical Asymmetrical	<b><u>Gymnastics</u></b> Extending Extension Control Creative Levels Bridge Levels Flow	<b><u>Gymnastics</u></b> Extending Levels connection points Flow Counter Balance Counter Tension Unison Canon
<b><u>Dance</u></b> Control Respond Beat Moving Control Rhythm Timing Sequence Tempo	<b><u>Dance</u></b> Respond Beat Moving Control Rhythm Timing Sequence Opposite Motif Expression	<b><u>Dance</u></b> Respond Control Rhythm Expression Emotion Choreography Unison Motif Stimulus Flow Timing	<b><u>Dance</u></b> Choreograph Expression Creativity Emotion Rhythm Timing Stage presence Motif Character	<b><u>Dance</u></b> Unison Matching Choreograph Expression Creativity Emotion Motif Flow Character	<b><u>Dance</u></b> Interpret Perform Timing Choreograph Expression Creativity Emotion Motif Character Unison
<b><u>Athletics/Locomotion</u></b> Change of direction Space Speed Walking Marching Tag	<b><u>Athletics/Locomotion</u></b> Attacker Defender Space Speed Acceleration Tagging	<b><u>Athletics/Locomotion</u></b> Attacker Defender Space Dodge Tagging	<b><u>Athletics</u></b> Tactics Speed Acceleration Distance Accuracy Relay Change Over:	<b><u>Athletics</u></b> Tactics Speed Distance Pace Power Stride Pattern	<b><u>Athletics</u></b> Tactics Speed Distance Evaluation Change Over Personal Best Lap
<b><u>Ball skills/Invasion</u></b> Attacker Defender	<b><u>Ball skills/Invasion</u></b> Attacker Defender	<b><u>Ball skills/Invasion</u></b> Attacker	<b><u>Ball skills/Invasion</u></b> Attacker Defender	<b><u>Ball skills/Invasion</u></b> Attacker Defender	<b><u>Ball skills/Invasion</u></b> Tactics Transition



Space Opponent Dribbling Control Bouncing Rolling Pushing Throwing Catching Rolling Stopping	Space Opponent Dribbling Control Accuracy Power Batter Fielder Opponent Aiming Accuracy Throwing Catching Rolling	Defender Possession Space Dribbling Passing Opponent Team Chest Pass Batting Fielder Throwing Catching	Possession Chest Pass Footwork Space Possession Shoulder Pass Triple Threat Chest Pass Dodge Try Tagging or Tag Ball Carrier	Possession Chest Pass Footwork Transition Marking Free Pass:/Throw Intercepting Shooting Bounce Pass Pivot Space Forward Pass Offside	Possession Marking Shoulder Pass Bounce Pass Tactics Marking Pressure Tackle Shadowing Tracking Back Rebound Travelling Double dribble Outwit Offside Space Counter Attack Player to player Marking Goal side
	<b><u>Team Building/OAA</u></b> Inclusion Teamwork Communication Cooperation Trust Fairness	<b><u>Team Building/OAA</u></b> Teamwork Inclusion Communication Cooperation Strategy Courage Motivation	<b><u>Team Building/OAA</u></b> Communication Tactics Teamwork Strategy Problem Solving Cooperation	<b><u>Team Building/OAA</u></b> Communication Tactics Teamwork Strategy Responsibility Listening Trust Non-verbal communication: Verbal communication	<b><u>Team Building/OAA</u></b> Communication Tactics Teamwork Strategy Adapt Motivation Cooperation Listening Support
			<b><u>Net (Tennis)</u></b> Outwit Space Return	<b><u>Net (Tennis)</u></b> Outwit Space Accuracy	<b><u>Net (Tennis)</u></b> Tactics Outwit Space

	Recover Baseline Forehand Rally Out	Power Baseline Forehand Backhand Rally Out	Accuracy Forehand Backhand Volley Serve
	<b><u>Striking and fielding</u></b> Batting Fielder Throwing Base/Posts Rounder The Long Barrier	<b><u>Striking and fielding</u></b> Batting Tactics Bowling Catching Backstop ½ a Rounder	<b><u>Striking and fielding</u></b> Tactics Fielder Bowling Batting and Bowling Square No ball Out Run Out Wicket-keeper No ball Wide Bye

## Knowledge

<b><u>Reception:</u></b> <b><u>Gymnastics:</u></b> <b>Know...</b>	<b><u>Year 1:</u></b> <b><u>Gymnastics:</u></b> <b>Know...</b>	<b><u>Year 2:</u></b> <b><u>Gymnastics:</u></b> <b>Know...</b>	<b><u>Year 3:</u></b> <b><u>Gymnastics:</u></b> <b>Know...</b>	<b><u>Year 4:</u></b> <b><u>Gymnastics:</u></b> <b>Know...</b>	<b><u>Year 5:</u></b> <b><u>Gymnastics:</u></b> <b>Know...</b>
<ul style="list-style-type: none"> <li>• How we can move our bodies in 'low' ways; slides, rolls (long, curled) hands and feet.</li> <li>• How we can move our bodies in 'high' ways; jumps, hops, skips, side steps and backwards.</li> <li>• Why it is important to use the apparatus safely.</li> <li>• How to create high and low balances 'shapes'</li> <li>• How to be creative on the apparatus, moving through, along, across, over and under a variety of apparatus.</li> <li>• Why it is so important to move and balance like a</li> </ul>	<ul style="list-style-type: none"> <li>• How to create 'Wide', 'Narrow' and 'Curled' movements on the floor and on apparatus, using a variety of body parts.</li> <li>• How to create 'Wide', 'Narrow' and 'Curled' balances (shapes) on the floor and on apparatus, using a variety of body parts.</li> <li>• Why it is important to perform each movement and balance like a 'champion' and understand the difference between 'wide', 'narrow' and 'curled'.</li> <li>• How to 'transition' between movements,</li> </ul>	<ul style="list-style-type: none"> <li>• How to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus.</li> <li>• How to apply 'flow' to our movements, understanding that 'flow' means moving from one action to another without stopping.</li> <li>• Why applying 'flow' as we link our movements together is so important.</li> <li>• How to use a variety of apparatus when we are creating movement sequences.</li> </ul>	<ul style="list-style-type: none"> <li>• What Symmetry and Asymmetry means.</li> <li>• Why it is essential to explore a variety of movements to ascertain the best moves to allow for flow and interesting gymnastics for the sequence.</li> <li>• How to execute balances and movements in both symmetrical and asymmetrical ways</li> <li>• Why it is so important to create 'excellent' movements and balances. Pupils will understand that 'excellent' refers to when we control our bodies so they</li> </ul>	<ul style="list-style-type: none"> <li>• How to create a 'bridge balance' with a partner using different levels and different connection points.</li> <li>• How to reflect and evaluate using their observations to make accurate improvements to our own and others performances.</li> <li>• How to create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity</li> <li>• Why it is important to explore bridge balances and the ways we can move in and out</li> </ul>	<ul style="list-style-type: none"> <li>• What 'Counter Balance' and 'Counter Tension' means, understanding the difference between them.</li> <li>• How to include a change of speed in our movements</li> <li>• How to create and execute 'Counter Balances' and 'Counter Tension Balances' with a partner using a variety of levels and connection points.</li> <li>• How to create a sequence, by accurately combining movements and balances, with flow and accurate timings within the Counter Balance and Counter Tension theme</li> </ul>

<p>'Champion'. 'Champion' refers to when we are being silent, pointing their fingers and toes and are still when we make a shape/balance.</p>	<p>adding movements together and transitioning between them.</p> <ul style="list-style-type: none"> <li>How and where to use more than one piece of apparatus at the same time to create movements and balances.</li> </ul> <p>'interesting' gymnastics.</p>		<p>are silent, extending our fingers and toes and are able to hold our balances still for at least four seconds.</p> <ul style="list-style-type: none"> <li>How to peer and self assess, identifying strengths and weaknesses in our own and others' performances.</li> </ul>	<p>of them over and under them, on the floor and on the apparatus.</p>	
<p><b><u>Dance:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to move our bodies in different ways linked to the theme.</li> <li>How to move our bodies with big clear actions.</li> <li>How to listen to the music and move the body in relation to the music.</li> <li>How to create a variety of 'freeze' positions linked to the theme.</li> <li>Why it is important to</li> </ul>	<p><b><u>Dance:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to create a variety of 'big' body movements linked to the theme</li> <li>How to add movements together to create simple movement sequences.</li> <li>How to create a variety of 'small' body movements linked to the theme</li> </ul>	<p><b><u>Dance:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to respond to a variety of stimuli or themes with appropriate movements.</li> <li>How to apply 'flow' to our movements, understanding that 'flow' means moving from one action to another without stopping.</li> <li>What a 'Motif' is and how to successfully create a mini sequence and</li> </ul>	<p><b><u>Dance:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to create and develop a character in order to tell a story through movements</li> <li>Why it is essential to explore a variety of movements to ascertain the best moves to tell the story and improve the performance.</li> <li>How to develop characterisation, exploring</li> </ul>	<p><b><u>Dance:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to develop sequences with our partner in character that show relationships and interlinking dance moves.</li> <li>How to reflect and evaluate to make accurate improvements to our own and others performances.</li> <li>How to create sequences in pairs, applying</li> </ul>	<p><b><u>Dance:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to perform accurately and convincingly in character with big bold actions.</li> <li>How to include a change of speed in our movements</li> <li>What canon and unison are and be able to include these choregraphical elements in our performances. Canon: Canon is where pupils</li> </ul>

<p>move with control. 'Control' means moving our bodies in time with the music, beat or sound.</p> <ul style="list-style-type: none"> <li>Why it is so important to move like a 'Champion Dancer' (Champion dancers can move with control, respond to the rhythm, move in relation to the music).</li> </ul>	<ul style="list-style-type: none"> <li>How to move in relation to the music and respond with appropriate movements and actions.</li> <li>What we mean by 'expression' and begin to show this in our movements. (Expression refers to the actions a dancer uses to make their characters thoughts or feelings known).</li> </ul>	<p>repeat it. A Motif is a series of movements that are repeated.</p> <ul style="list-style-type: none"> <li>How to use movements to tell a story.</li> </ul>	<p>characters that are opposites.</p> <ul style="list-style-type: none"> <li>Why it is so important to perform like an 'excellent dancer' (Excellent dancers interpret the music, perform with good timing and musicality, show expression and creativity and are able to choreograph)</li> <li>How to peer and self assess, identifying strengths and weaknesses in our own and others' performances.</li> </ul>	<p>flow and challenging their creativity</p> <ul style="list-style-type: none"> <li>What we mean by emotion and include this choreographical element in our performances. (Emotion refers to the feelings a dancer's character is feeling depending on their circumstances, mood, or relationships with others).</li> </ul>	<p>perform taking it in turns one after the other. Unison: Unison is where pupils perform the same movement at exactly the same time as each other</p> <ul style="list-style-type: none"> <li>How to create a sequence, by accurately combining movements with flow and accurate timings.</li> </ul>
<p><b><u>Athletics/Locomotion:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to walk, swinging our arms with opposite arm and leg action.</li> <li>Where to walk by staying in a space and why this is so</li> </ul>	<p><b><u>Athletics/ Locomotion:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to run pumping our arms, using the balls of our feet and looking ahead.</li> </ul>	<p><b><u>Athletics/ Locomotion:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>When and where we dodge, applying this into games</li> <li>When to use a jumping skill in a game and why.</li> </ul>	<p><b><u>Athletics/ Locomotion:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>How to run when running for speed, creating a pumping action with our arms and elbows bent, springing</li> </ul>	<p><b><u>Athletics/ Locomotion:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>Why we need to pace ourselves when running for distance.</li> <li>How to use our bodies to throw</li> </ul>	<p><b><u>Athletics/ Locomotion:</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>Why we need to maintain our speed until we cross the finish line.</li> <li>How to hurdle safely, applying</li> </ul>

<p>important in a game scenario.</p> <ul style="list-style-type: none"> <li>• How to jump swinging our arms and bending our knees.</li> <li>• Why jumping with the correct technique is so important.</li> </ul>	<ul style="list-style-type: none"> <li>• Where to run by staying in a space and why this is so important in a game scenario.</li> <li>• When and why we need to change speed when we are running in a game situation.</li> <li>• Why jumping and skipping with the correct technique is so important.</li> <li>• How to jump skip with a step hop action, swinging our arms.</li> </ul>	<ul style="list-style-type: none"> <li>• How to link jumps together and execute them in combination.</li> <li>• How to dodge. We keep our head up with a low body position, bending our knees, planting one foot on the floor, leaning our body to one side and then moving the other way quickly.</li> </ul>	<p>off the balls of our feet.</p> <ul style="list-style-type: none"> <li>• Why we have to accelerate at the start of a race.</li> <li>• How to run for speed in a team, using a relay baton, holding our hands ready, palms upwards when waiting for the baton</li> <li>• How to throw for distance and why the correct technique is essential to send the object further.</li> </ul>	<p>with greater distance.</p> <ul style="list-style-type: none"> <li>• Why we need to increase our stride pattern to enable us to maintain our speed during the middle third of a race.</li> <li>• How we can use our bodies to jump as far as possible, using a combination of jumps</li> </ul>	<p>the correct technique.</p> <ul style="list-style-type: none"> <li>• How to evaluate our own and others sprinting technique making suggestions on how we can improve our own and others performance.</li> </ul>
<p><b><u>Ball skills (hand and feet)/Invasion:</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders.</li> <li>• Pupils will develop their</li> </ul>	<p><b><u>Ball skills (hand and feet)/Invasion:</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• Pupils will be able to send a ball towards a target, applying the correct technique and aiming carefully. Pupils will also be able to receive and stop a ball.</li> </ul>	<p><b><u>Ball skills (hand and feet)/Invasion:</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points.</li> <li>• Pupils will be able to throw accurately</li> </ul>	<p><b><u>Ball skills (hand and feet)/Invasion:</u></b></p> <p><b><u>Netball:</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• When, where and why we should pass.</li> <li>• How to pass the ball keeping possession to beat an opponent</li> <li>• How we can combine passing</li> </ul>	<p><b><u>Ball skills (hand and feet)/Invasion:</u></b></p> <p><b><u>Netball:</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• How to effectively apply passing and moving skills to keep possession.</li> <li>• What the four positions in 'Flier' netball are (GK, GD, GA, GS) and</li> </ul>	<p><b><u>Ball skills (hand and feet)/Invasion:</u></b></p> <p><b><u>Netball:</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• How 'marking,' is used during a game and when this is applied.</li> <li>• How to move the ball up the court, creating an attack that results in a</li> </ul>

<p>ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders.</p> <ul style="list-style-type: none"> <li>• Pupils will be able to move into spaces avoiding other pupils. Pupils will also be able to adjust their speed and change direction to avoid other pupils.</li> </ul>	<ul style="list-style-type: none"> <li>• Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately.</li> <li>• Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will successfully make a tag.</li> </ul>	<p>underarm and execute a developing understanding of overarm throwing, in order to beat an opponent.</p> <ul style="list-style-type: none"> <li>• Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point.</li> <li>• Pupils will move between attack and defence as the game changes. Pupils will be able to move in to space when attacking and tag the opposition when defending.</li> </ul>	<p>and moving to create space and keep possession.</p> <ul style="list-style-type: none"> <li>• How to combine passing and moving to score points against another team.</li> <li>• Why we do not stand directly behind a defender when finding a position to receive the ball.</li> <li>• How to apply the correct technique (chest pass) when passing.</li> </ul> <p><b><u>Handball</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• When, where and why we should pass</li> <li>• How to pass the ball keeping possession to beat an opponent.</li> <li>• How we can combine passing and dribbling to create space.</li> </ul>	<p>understand each role.</p> <ul style="list-style-type: none"> <li>• When to shoot, where to shoot from and why</li> <li>• What 'footwork' means and will be able to apply this understanding in a game.</li> <li>• How to apply the correct technique when shooting.</li> </ul> <p><b><u>Handball</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• When to shoot, where to shoot from and why</li> <li>• How to effectively apply passing and moving skills to keep possession</li> <li>• How 'marking,' is used during a game and when this is applied.</li> <li>• Who we are marking during a game and why.</li> <li>• Why we must win the ball back</li> </ul>	<p>successful shooting opportunity.</p> <ul style="list-style-type: none"> <li>• Who we are marking during a game and why.</li> <li>• When, where and why we use different passes in a game; chest, bounce and shoulder passes, in order to keep possession.</li> <li>• What the five positions in 'Stinger' netball are (GK, GD, C, GA, GS) and understand each role.</li> </ul> <p><b><u>Football</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• The different methods of defending that we can use during a game.</li> <li>• How to move the ball up the pitch, creating an attack that results in a successful</li> </ul>
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			<ul style="list-style-type: none"> <li>• Why we need to have our hands ready to receive a pass.</li> <li>• Why we do not stand directly behind a defender when finding a position to receive the ball.</li> <li>• How to apply the correct technique (shoulder pass) when passing.</li> </ul> <p><b><u>Basketball</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• When, where and why we should pass / dribble</li> <li>• How to dribble the ball keeping possession to beat an opponent.</li> <li>• How we can combine passing and dribbling to create space</li> <li>• How to change direction keeping control of the ball.</li> </ul>	<p>when we lose possession.</p> <ul style="list-style-type: none"> <li>• How to apply the correct technique when shooting.</li> </ul> <p><b><u>Basketball</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• How to effectively apply passing and moving skills to keep possession</li> <li>• When to pass, when to dribble or when to shoot and be able to explain why we have choose to made that decision.</li> <li>• When to shoot, where to shoot from and why</li> <li>• What 'triple threat' means and when this is applied during a game</li> <li>• How to apply the correct technique when shooting.</li> </ul>	<p>shooting opportunity.</p> <ul style="list-style-type: none"> <li>• How "man-to-man marking," is used during a game and when this is applied</li> <li>• When, where and why we apply different methods of defending in order to prevent.</li> </ul> <p><b><u>Basketball</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• How 'marking,' is used during a game and when this is applied.</li> <li>• How to move the ball up the court, creating an attack that results in a successful shooting opportunity.</li> <li>• Who we are marking during a game and why.</li> <li>• When, where and why we apply different methods of defending in</li> </ul>
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			<ul style="list-style-type: none"> <li>• How to apply the correct technique when dribbling</li> <li>• How to apply the correct technique (chest pass) when passing.</li> </ul> <p><b><u>Tag rugby</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• How to carry the ball when moving. We hold it in two hands.</li> <li>• How to pass the ball using a 'swing' pass technique. A swing pass is a two handed pass where our hands follow the direction of the pass.</li> <li>• How to score a try.</li> <li>• Where to stand when receiving the ball from a pass from our partner or team mate.</li> </ul>	<p><b><u>Tag rugby</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• Where to stand after the ball carrier has been tagged so that we are ready to receive a pass.</li> <li>• Where to stand when we are defending to prevent the attackers from scoring a try</li> <li>• How and why we need to support the ball carrier when we are attacking. The attackers without the ball need to remain behind the ball carrier.</li> <li>• What the consequence in a game are of an inaccurate pass, dropping the ball or running off the pitch.</li> </ul>	<p>order to prevent the attackers from scoring.</p> <ul style="list-style-type: none"> <li>• What the terms, 'double dribble', and 'travelling' means and the consequences if this happens.</li> </ul> <p><b><u>Hockey</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• How "man-to-man marking," is used during a game and when this is applied.</li> <li>• How to combine passing and dribbling to create an attack that results in a successful shooting opportunity</li> <li>• What the term "goal-side means</li> <li>• When and why to apply different methods of defending; tackling, marking, blocking or</li> </ul>
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			<ul style="list-style-type: none"> <li>• How to tag correctly.</li> <li>• Why the ball carrier need to move forwards when running with the ball. The ball carrier needs to run forwards in order to create space and attacking opportunities.</li> </ul>		<p>intercepting in order to prevent the attackers from scoring.</p> <ul style="list-style-type: none"> <li>• Our role in team when we are defending and when we are attacking.</li> </ul>
<b><u>Team Building/OAA Know...</u></b> <ul style="list-style-type: none"> <li>• Why we need to play fairly</li> <li>• Why we need to encourage others in our team.</li> <li>• Why we need to try our hardest every time.</li> <li>• How to use our imagination and try lots of different ways until we find the right solution</li> <li>• Why it is important to include everyone in our team.</li> </ul>	<b><u>Team Building/OAA Know...</u></b> <ul style="list-style-type: none"> <li>• What makes an effective team; include everyone, encourage, try our best</li> <li>• How to work in pairs and small teams to complete different challenges.</li> <li>• What the consequences could be in a game if we do not include all of our team.</li> <li>• How to explore simple strategies</li> </ul>	<b><u>Team Building/OAA Know...</u></b> <ul style="list-style-type: none"> <li>• Why we have to work together, listening to our team mates (communication ) in order to win and complete the challenge</li> <li>• What our role is within our team.</li> <li>• How to develop and adapt simple strategies in order to improve as a team.</li> <li>• Why it is so important to respect our team and any other teams</li> </ul>	<b><u>Team Building/OAA Know...</u></b> <ul style="list-style-type: none"> <li>• What makes an effective leader</li> <li>• How to create and apply simple tactics for completing challenges quickly.</li> <li>• Why our role is important if our team is going to be successful.</li> <li>• How to communicate effectively, listening when others are speaking and using a clear voice when</li> </ul>	<b><u>Team Building/OAA Know...</u></b> <ul style="list-style-type: none"> <li>• What the attributes of an effective team are. For example integrity, communication, co-operation, and collaboration</li> <li>• Why it is so important to be positive and approach the challenge positively.</li> <li>• How and why we need to be able to communicate how we feel</li> </ul>	<b><u>Team Building/OAA Know...</u></b> <ul style="list-style-type: none"> <li>• How to take responsibility for others and lead others in an effective way.</li> <li>• Why we have to orientate a map in order to locate points on the map.</li> <li>• How to plan a route effectively in order to locate as many points as possible.</li> <li>• How to manage time and avoid being late back and</li> </ul>

	<p>to complete challenges</p> <ul style="list-style-type: none"> <li>• Why it is important to continue to try our hardest, even if we find the challenge hard.</li> </ul>	involved in the challenge.	<p>communicating our own ideas.</p> <ul style="list-style-type: none"> <li>• How to collaborate with our own team members, applying the rules of the game.</li> <li>• How to collaborate with the opposing team(s), applying the rules of the game.</li> <li>•</li> </ul>	<p>when working as part of a team.</p> <ul style="list-style-type: none"> <li>• What verbal and non-verbal communication means.</li> </ul>	understand why this is important.
			<p><b><u>Net</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>• Where to throw (hit) the ball on the court.</li> <li>• Why we need to throw (hit) the ball into space on the court.</li> <li>• Why we need to control the ball when playing a shot.</li> <li>• Why we need to return (recover) to the middle of the court (baseline) once</li> </ul>	<p><b><u>Net</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>• What the ready position looks like.</li> <li>• How to use their racket to direct the ball towards a space to win a point.</li> <li>• How we can outwit our opponent during a mini game.</li> <li>• How and why we execute a basic</li> </ul>	<p><b><u>Net</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>• When and where to play a volley shot in a mini game</li> <li>• When and where we serve in a mini game.</li> <li>• Where we stand on the court when applying a volley shot in a mini game.</li> <li>• Where to serve to make it harder for our opponent to return the ball.</li> </ul>

	<p>we have thrown (hit) the ball</p> <ul style="list-style-type: none"> <li>• How and why we execute a basic forehand shot in a mini game</li> <li>• The consequences* of throwing (hitting) the ball out of the court or letting it bounce more than once on our side of the court</li> </ul>	<p>backhand shot in a mini game.</p> <ul style="list-style-type: none"> <li>• When to apply either a forehand or backhand shot in a game situation.</li> </ul>	<p>We aim for the outside</p> <ul style="list-style-type: none"> <li>• How to apply our prior learning of how we can win a point whilst playing with a partner (doubles).</li> </ul>
	<p><b><u>Striking and fielding</u></b></p> <p><b><u>Rounders</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• The difference between batting and fielding and understand what our roles are when we are playing a small sided game.</li> <li>• How, when and why to use overarm and underarm throws.</li> <li>• How to catch a ball, adjusting</li> </ul>	<p><b><u>Striking and fielding</u></b></p> <p><b><u>Rounders</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• How to bowl underarm, ensuring the bowl is a 'good' bowl.</li> <li>• Why we need to return the ball quickly and accurately to the player on base 1.</li> <li>• How to outwit the fielding team when batting by varying the</li> </ul>	<p><b><u>Striking and fielding</u></b></p> <p><b><u>Rounders</u></b></p> <p><b>Know...</b></p> <ul style="list-style-type: none"> <li>• Where to strike the ball when we are batting depending on where the fielders are standing in order to score rounders.</li> <li>• How to create and apply simple fielding and batting tactics in order for our</li> </ul>

	<p>the body and hand position when catching a high ball compared to a low ball</p> <ul style="list-style-type: none"> <li>• How to throw a ball overarm using the correct technique. Side on, opposite arm to opposite foot, arm up, elbow bent above the shoulder.</li> <li>• How and why to throw a ball overarm with power and distance.</li> </ul>	<p>direction we strike the ball.</p> <ul style="list-style-type: none"> <li>• What the back stop should do if a batter misses the ball, to try and prevent that batter from scoring.</li> <li>•</li> </ul>	<p>team to be successful.</p> <ul style="list-style-type: none"> <li>• How the fielding team can stop the batter scoring if they hit or miss the ball.</li> <li>• Why we need to double up on fielding positions, to maximise our efficiency when we are fielding.</li> </ul> <p><b><u>Cricket</u></b> <b>Know...</b></p> <ul style="list-style-type: none"> <li>• Where to strike the ball when we are batting depending on where the fielders are standing in order to score runs.</li> <li>• How to create and apply simple fielding and batting tactics in order for their team to be successful.</li> <li>• How and why the role as a batter may change depending on</li> </ul>
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			<div>the situation of the game.</div> <ul style="list-style-type: none"><li>• Where and how to bowl in order to prevent the batters from scoring runs</li></ul>
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## Skills

<b><u>Reception</u></b> <b><u>Gymnastics:</u></b>	<b><u>Year 1</u></b> <b><u>Gymnastics:</u></b>	<b><u>Year 2</u></b> <b><u>Gymnastics:</u></b>	<b><u>Year 3</u></b> <b><u>Gymnastics:</u></b>	<b><u>Year 4</u></b> <b><u>Gymnastics:</u></b>	<b><u>Year 5</u></b> <b><u>Gymnastics:</u></b>
<ul style="list-style-type: none"> <li>• Introduction to high, low, over and under.</li> <li>• Introduction to the apparatus.</li> <li>• Applying high and low on apparatus</li> </ul>	<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> <li>• Introduction to big/small body parts</li> <li>• Combining big and small with wide, narrow and curled</li> <li>• Transition between wide narrow and curled using big and small body parts</li> <li>• Adding (linking) movements together</li> </ul>	<ul style="list-style-type: none"> <li>• Developing linking</li> <li>• Linking on apparatus</li> <li>• Jump, roll, balance sequences/o n apparatus</li> <li>• Creation of sequences</li> <li>• Completion of sequences and performance</li> <li>• Explore/devel op zig-zag pathways/on apparatus</li> <li>• Explore/devel op curved pathways/ on apparatus</li> <li>• Creation of pathway sequences</li> <li>• Completion of pathways sequences and performance</li> </ul>	<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> <li>• Sequence completion</li> </ul>	<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>	<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>

<p><b><u>Dance:</u></b> Nursery Rhymes</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><b><u>Dance:</u></b> The Zoo</p> <p>Exploring expression Developing our movements, adding movements together Responding to a rhythm: Introducing partner work Creating an animal sequence motifs Exploring relationships within our motifs</p> <p>Growing</p> <ul style="list-style-type: none"> <li>• Responding to rhythm</li> <li>• Developing the growing plant 'dance'</li> <li>• Introduction to motifs</li> <li>• Creating motifs</li> <li>• Creating movement sequences</li> <li>• Relationships and performance</li> </ul>	<p><b><u>Dance:</u></b> Water</p> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing whole group movement</li> <li>• Improvisation and physical descriptions</li> <li>• Creating contrasting movement sequences</li> <li>• Sequences, relationships and performance</li> </ul> <p>Exploring</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</li> <li>• Extending our motifs</li> <li>• Sequences, relationships and performance</li> </ul>	<p><b><u>Dance:</u></b> Wild Animals</p> <ul style="list-style-type: none"> <li>• Responding to stimuli</li> <li>• Developing character dance into a motif</li> <li>• Developing sequences with a partner in character that show relationships</li> <li>• Extending sequences with a partner in character</li> </ul> <p>Weather</p> <ul style="list-style-type: none"> <li>• Responding to stimuli, extreme weather</li> <li>• Developing thematic dance into a motif</li> <li>• Extending dance to create sequences with a partner</li> <li>• Developing sequences with a partner</li> </ul>	<p><b><u>Dance:</u></b> Cats</p> <ul style="list-style-type: none"> <li>• Responding to stimuli working together</li> <li>• Extending sequences with a partner in character</li> <li>• Exploring two contrasting Relationships and interlinking dance moves</li> </ul> <p>Space</p> <ul style="list-style-type: none"> <li>• Extending sequences with a partner in character</li> <li>• Developing sequences with a partner in character that show relationships and interlinking dance moves</li> <li>• Sequences, relationships, choreography and performance</li> </ul>	<p><b><u>Dance:</u></b> Greeks</p> <ul style="list-style-type: none"> <li>• Exploring the Greeks using compositional principles</li> <li>• Extending sequences with a partner using compositional principles</li> <li>• Creating movement using improvisation where movement is reactive</li> </ul> <p>The Circus</p> <ul style="list-style-type: none"> <li>• Developing character movements linked to 19th Century prejudices</li> <li>• Creating movements to represent different characters and performers in a 19th Century circus</li> <li>• Extending our Performance incorporating props and apparatus linked to the variety of performers</li> </ul>
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<u>Athletics/Locomotion</u>	<u>Athletics/Locomotion</u>	<u>Athletics/Locomotion</u>	<u>Athletics/Locomotion</u>	<u>Athletics/Locomotion</u>	<u>Athletics/Locomotion</u>
<p>Locomotion: Walking</p> <ul style="list-style-type: none"> <li>• Explore/develop walking</li> <li>• Explore walking in different pathways</li> <li>• Sustain walking</li> <li>• Explore marching</li> <li>• Apply walking into a game</li> </ul> <p>Locomotion: Jumping</p> <ul style="list-style-type: none"> <li>• Explore/develop jumping</li> <li>• Apply jumping into a game</li> <li>• Jumping for distance</li> <li>• Explore jumping high</li> <li>• Explore hopping</li> </ul>	<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 competitive game</li> </ul> <p>Locomotion: Jumping</p> <ul style="list-style-type: none"> <li>• Develop jumping</li> <li>• Explore how jumping affects our bodies</li> <li>• Explore skipping</li> <li>• Apply skipping and jumping into a game</li> </ul>	<p>Locomotion: Dodging</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>Locomotion: Jumping</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>Athletics</p> <ul style="list-style-type: none"> <li>• Explore running for speed</li> <li>• Explore acceleration</li> </ul> <p>Introduce /develop relay: Running for speed in a team</p> <ul style="list-style-type: none"> <li>• Throwing: Accuracy vs distance</li> <li>• standing long jump</li> </ul>	<p>Athletics</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>Athletics</p> <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>• Shot Put</li> <li>• Introducing the hurdles</li> </ul>

<b><u>Balls Skills/Invasion</u></b> <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 rolling, pushing and bouncing</li> <li>• Explore throwing overarm</li> <li>• Explore throwing underarm</li> <li>• Explore rolling</li> <li>• Explore stopping a ball</li> <li>• Explore catching</li> <li>• Explore moving with a ball using our feet</li> <li>• Develop moving with a ball using our feet</li> <li>• Understand dribbling</li> <li>• Develop dribbling against an opponent</li> </ul>	<b><u>Balls Skills/Invasion</u></b> <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> <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> <li>• Develop moving the ball using the feet</li> </ul>	<b><u>Balls Skills/Invasion</u></b> <p>Develop dribbling/passing and receiving</p> <p>Combine dribbling, passing and receiving, keeping possession</p> <p>Develop dribbling/passing and receiving to score a point</p> <p>Combine dribbling, passing and receiving to score a point</p> <p>Consolidate pupils application and understanding of underarm throwing</p> <p>Applying the underarm and overarm throw to win a game</p> <p>Applying the underarm throw to beat an opponent.</p> <p>Develop dribbling/passing/receiving, keeping possession</p> <p>Combine dribbling, passing and receiving, keeping possession/to score a point</p> <p>Apply dribbling, passing and</p>	<b><u>Balls Skills/Invasion</u></b> <p><b><u>Netball</u></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><u>Handball</u></b></p> <ul style="list-style-type: none"> <li>• introduce passing, receiving and creating space</li> <li>• Develop passing and moving</li> <li>• Combine passing and moving</li> <li>• Introduce shooting</li> <li>• Develop passing and shooting</li> </ul> <p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Introduce dribbling;</li> <li>• keeping control</li> <li>• Introduce passing and receiving</li> <li>• Combine dribbling and</li> </ul>	<b><u>Balls Skills/Invasion</u></b> <p><b><u>Skills/Invasion</u></b></p> <p><b><u>Netball</u></b></p> <ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Develop passing and dribbling creating space</li> <li>• Develop passing, moving and shooting</li> <li>• Refine passing and shooting</li> <li>• Develop footwork</li> </ul> <p><b><u>Handball</u></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><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• Refine dribbling</li> <li>• Refine passing and receiving</li> <li>• Refine passing and dribbling creating space</li> </ul>	<b><u>Balls Skills/Invasion</u></b> <p><b><u>Netball</u></b></p> <ul style="list-style-type: none"> <li>• Refine passing and receiving</li> <li>• Apply passing, footwork and shooting into mini games,</li> <li>• introduce officiating</li> <li>• Introduce defending</li> <li>• Explore the function of other passing styles</li> </ul> <p><b><u>Football</u></b></p> <ul style="list-style-type: none"> <li>• Refine dribbling and passing to maintain possession</li> <li>• Introduce and develop defending</li> <li>• Develop shooting</li> <li>• Refine attacking skills, passing, dribbling and shooting.</li> <li>• introduce officiating.</li> </ul> <p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>• dribbling and passing to create attacking opportunities</li> </ul>
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	<ul style="list-style-type: none"> <li>• Apply dribbling into games</li> <li>• Consolidate dribbling</li> <li>• Explore kicking (passing)</li> <li>• Apply kicking (passing) to score a point</li> </ul>	receiving as a team to score a point	<p>passing to create space</p> <ul style="list-style-type: none"> <li>• Develop passing, receiving and dribbling</li> </ul> <p>Introduce shooting</p> <p><b><u>Tag Rugby</u></b></p> <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>	<ul style="list-style-type: none"> <li>• Refine passing and dribbling creating shooting opportunities</li> </ul> <p>Introduce marking</p> <p><b><u>Tag Rugby</u></b></p> <ul style="list-style-type: none"> <li>• Develop passing, moving and creating space</li> <li>• Apply learning to 3v3 mini games</li> <li>• Develop defending in game situations</li> <li>• Combine passing and moving to create an attack and score</li> </ul>	<ul style="list-style-type: none"> <li>• Develop marking</li> <li>• shooting</li> <li>• attacking skills, passing, dribbling and shooting</li> <li>• introduce officiating</li> </ul> <p><b><u>Hockey</u></b></p> <ul style="list-style-type: none"> <li>• Develop defending; block and tackling</li> <li>• Recap and refine dribbling and passing to create attacking opportunities</li> <li>• Refine attacking skills, passing dribbling and shooting</li> <li>• Refine defending skills developing transition from defence to attack</li> </ul>
			<p><b><u>Team Building/OAA</u></b></p> <ul style="list-style-type: none"> <li>• Creating and applying</li> <li>• Simple tactics</li> <li>• Developing leadership</li> <li>• Developing communication as a team / collaborate</li> </ul>	<p><b><u>Team Building/OAA</u></b></p> <ul style="list-style-type: none"> <li>• Solve problems as a team involving Benches and mats challenge, Round the clock card challenge, The pen challenge The river rope</li> </ul>	<p><b><u>Team Building/OAA</u></b></p> <ul style="list-style-type: none"> <li>• understanding what makes an effective leader</li> <li>• Communicating as a leader</li> </ul>

	effectively as a team	challenge and Caving challenges	
	<b><u>Net</u></b> <ul style="list-style-type: none"> <li>• outwitting an opponent</li> <li>• Creating space to win a point</li> <li>• Consolidate how to win a game</li> <li>• introduce rackets</li> <li>• Introduce the forehand</li> </ul>	<b><u>Net</u></b> <ul style="list-style-type: none"> <li>• developing the forehand</li> <li>• Creating space to win a point using a racket</li> <li>• Introduce the backhand</li> <li>• Applying the forehand and backhand in game situations</li> <li>• Applying the forehand and backhand creating space to win a point</li> </ul>	<b><u>Net</u></b> <ul style="list-style-type: none"> <li>• Introduce/devel op the volley</li> <li>• Controlling the game from the serve</li> <li>• Doubles, understanding and applying tactics to win a point</li> </ul>
	<b><u>Striking and Fielding</u></b>  <b><u>Rounders</u></b> <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>	<b><u>Striking and Fielding</u></b>  <b><u>Rounders</u></b> <ul style="list-style-type: none"> <li>• Develop fielding bowling with a backstop</li> <li>• Introduce batting; how</li> <li>• Develop batting; where and why</li> <li>• Introduce and apply basic fielding tactics</li> </ul>	<b><u>Striking and Fielding</u></b>  <b><u>Rounders</u></b> <ul style="list-style-type: none"> <li>• Develop fielding tactics maximising players</li> <li>• Understand what happens if the batter misses the ball</li> <li>• Refine fielding tactics, what players where?</li> <li>• Applying tactics in mini games</li> </ul>

