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| **Subject**  |
| **Term 1.1****Gymnastics – pathways** **Locomotion – dodging**  |
| Vocabulary | Knowledge | Objectives |
| Champion GymnasticsLinkingFlowTransitionZig-ZagSequence | Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus. Pupils will demonstrate an understanding of the concept of flow and apply this to their developing sequencesPupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances. | I can explore zig-zag pathways I can explore zig-zag pathways on apparatusI can explore curved pathwaysI can develop curved pathways on apparatusI can create pathway sequencesI can explore symmetry and asymmetry |
| AttackerDefenderSpaceDodgeTagging  | Pupils will be able to dodge, applying the correct technique to ensure maximum efficiency. Pupils will run, dodge and stay in a space avoiding the defenders. Pupils will demonstrate a strong understanding of how, where and why to dodge and apply this understanding in game situations. Pupils will develop life skills such as gratitude and fairness as they support their team members, play by the rules and congratulate others. Pupils will develop life skills such as honesty and self belief as they strive to dodge effectively and keep the score in their games | I can explore dodgingI can develop dodgingI can apply dodging in teamsI can apply dodging: Attacking and defendingI can consolidate dodgingI can run for speed and distance |
| **Term 1.2****Gymnastics – linking**  **Ball skills – Hands 1** |
| Vocabulary  | Knowledge | Objectives |
| Champion GymnasticsLinkingFlowTransitionJumpRoll | Pupils will be able to link movements and balances together, applying champion gymnastics criteria, on the floor and on apparatus. Pupils will demsontrate an understanding of the concept of flow and apply this to their developing sequences. Pupils will demonstrate life skills such as empathy and gratitude as they work safely with each other. Pupils will support each other and share apparatus.Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.Pupils will confidently demonstrate self belief and courage as they create their own sequences and challenge themselves to try a range of movement and balances. | I can develop linkingI can develop linking on apparatusI can create a jump, roll, balance sequenceI can create a jump, roll, balance sequence on apparatusI can explore symmetry I can explore asymmetry  |
| DefenderOpponentAttackerDribblingChest PassTeam | Pupils will be able to dribble, pass and move with developing accuracy. They will combine these skills to score points. Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made. Pupils will continue to effectively apply life skills such as self belief and integrity as they strive to improve their own performance whilst playing fairly | I can develop dribbling: Keeping possessionI can develop passing and receiving: keeping possessionI can combine dribbling, passing, receiving: Keeping possessionI can develop dribbling to score a pointI can develop passing, and receiving to score a pointI can combine dribbling and passing to create space |
| **Term 2.1****Ball Skills - Hands 2**  **Team Building** |
| Vocabulary  | Knowledge  | Objectives |
| AttackerDefenderSpaceBattingFielderThrowingCatching | Pupils will be able to throw accurately underarm and execute a developing understanding of overarm throwing, in order to beat an opponent. Pupils will focus on their partner and team members developing an understanding of the consequences in a game when mistakes are made. Pupils will develop life skills such as communication and empathy as they listen to their partner and team members, working collaboratively together.Pupils will apply life skills such as self belief and integrity as they strive to improve their own performance, always keeping the score and playing fairly. | I can develop application and understanding of underarm throwingI can consolidate application and understanding of underarm throwingI can apply underarm throwing to win a gameI can apply underarm throwing to beat an opponentI can apply overarm throwing to win a gameI can create space to win a point |
| TeamworkInclusion CommunicationStrategyCourageMotivation | Pupils will develop and apply teamwork skills in pairs and small teams to complete all of the challenges successfully. Pupils will demonstrate a strong understanding of what makes an effective team. Pupils will create and apply simple tactics. Pupils will develop and apply life skills such as fairness and respect as they work together to complete the challenges. Pupils will develop life skills such as courage and self belief as they strive to complete the different challenges, adapting strategies and never giving up. | I can develop inclusionI can develop teamworkI can develop communicationI can explore and apply simple strategiesI can develop co-operationI can consolidate teamwork |
| **Term 2.2****Health and Well-being**  **Attack v defence – games for understanding** |
| Vocabulary | Knowledge | Objectives |
| BalanceAttackerDefenderAgilityWarm UpDribbling | Pupils will move showing refined agility, balance and coordination, applying these elements of fitness in activities and within circuit challenges. Pupils will demonstrate a strong understanding of agility, balance and coordination and why they are important. Pupils will apply life skills such as empathy and fairness as they collaborate with their partners and motivate each other to complete the circuits. Pupils will apply honesty and self belief as they continue to improve their performances and keep their score. | I can consolidate agilityI can consolidate balancingI can explore coordination: dribbling and kickingI can consolidate coordinationI can improve my own and others’ performancesI can develop flexibility and strength |
| AttackerDefenderSpaceTacticsTransitionTeam | 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. Pupils will understand the consequences of breaking the rules and not applying tactics succesfully. Pupils will understand the difference between attack and defense. Pupils will develop strong collaboration skills by working with their own team effectively and playing fairly against the opposition. Pupils will apply a competent understanding of honesty as they play by the rules and keep the score. Pupils will develop understanding of self discipline. | I can attack as a teamI can defend and attack as a teamI can understand the transition between attack and defence.I can create and apply attacking tacticsI can create and apply defensive tacticsI can combine passing, moving and shooting |
| **Term 3.1****Dance** **Ball Skills: Feet 1** |
| Vocabulary  | Knowledge | Objectives |
| Champion DancersRhythmChoreographyControlExpressionMotifUnison | Pupils can respond to the music with appropriate movements and actions, using their whole body. Pupils can ensure their movements are big and clear. Pupils will refine their application of life skills such as curiosity and imagination as they create a range of movements linked to a variety of characters. Pupils can demonstrate fairness and gratitude as they engage in their learning, work well with others and enjoy creating their movements and sequences.Pupils will develop life skills such as courage and honesty, as they try their best to create sequences, giving feedback to others following their performances. | I can develop our motif with expression and emotionI can apply choreography to our motifsI can extend sequences with a partner in our character I can develop sequences, relationships and performancesI can explore ExpressionI can explore new themes |
| AttackerDefenderSpacePossessionDribblingPassing | Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point.Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.Pupils will develop communication and empathy as they listen to their partner and team members and work collaboratively together.Pupils will continue to effectively apply life skills such as self belief and integrity as they strive to improve their own performance whilst playing fairly. | I can develop dribbling: keeping possessionI can develop passing and receiving: keeping possessionI can combine dribbling, passing and receivingI can develop dribbling to score a pointI can combine dribbling, passing and receiving to score a pointI can combine dribbling and passing to create space |
| **Term 3.2****Learning through play – creating games**  **Ball Skills: Racket and Balls** |
| Vocabulary  | Knowledge  | Objectives |
| AttackerDefenderRefereeSportsmanshipRulesCompetition | Pupils will take on the role of a referee to enforce the rules of a game. Pupils will move between attack and defence as the game changes. Pupils will show an understanding of the different roles within a game. Pupils will be able to identify the key attribuites that make a successful team. Pupils will encourage others and show gratitude. Pupils will collaborate and work together in teams.Pupils will apply a competent understanding of honesty as they play by the rules and keep the score. | I can create games on our own and with a partnerI can create games in groups and teamsI can understand our roles and responsibilities when playing a gameI can play and create competitive games with a refereeI can develop communication skillsI can develop collaboration skills |
| Attacker DefenderOpponentAccuracyBattingFielder | Pupils will be able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders. Pupils will understand why it is so important to hit the ball into space and apply this understanding as they outwit their opponents. Pupils will continue to develop life skills such as fairness and empathy as they work together ensuring everyone in the group or team is involved. Pupils will show determination and self motivation as they strive to improve and show a positive attitude in their learning. | I can extend hitting the ball (with a racket) with accuracyI can combine hitting a ball (with a racket) with accuracy and powerI can hit (strike) a ball (with a racket) with accuracy and power to beat an opponentI can explore hitting (sending/striking) a ball into a space: Where and why?I can strike the ball (with a bat) with intentI can consolidate how to win a game |