|  |  |  |
| --- | --- | --- |
| **Subject** | | |
| **Term 1.1**  **Gymnastics – pathways**  **Locomotion – dodging** | | |
| Vocabulary | Knowledge | Objectives |
| Champion Gymnastics  Linking  Flow  Transition  Zig-Zag  Sequence | 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 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 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 apparatus  I can explore curved pathways  I can develop curved pathways on apparatus  I can create pathway sequences  I can explore symmetry and asymmetry |
| Attacker  Defender  Space  Dodge  Tagging | 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 dodging  I can develop dodging  I can apply dodging in teams  I can apply dodging: Attacking and defending  I can consolidate dodging  I can run for speed and distance |
| **Term 1.2**  **Gymnastics – linking**  **Ball skills – Hands 1** | | |
| Vocabulary | Knowledge | Objectives |
| Champion Gymnastics  Linking  Flow  Transition  Jump  Roll | 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 linking  I can develop linking on apparatus  I can create a jump, roll, balance sequence  I can create a jump, roll, balance sequence on apparatus  I can explore symmetry  I can explore asymmetry |
| Defender  Opponent  Attacker  Dribbling  Chest Pass  Team | 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 possession  I can develop passing and receiving: keeping possession  I can combine dribbling, passing, receiving: Keeping possession  I can develop dribbling to score a point  I can develop passing, and receiving to score a point  I can combine dribbling and passing to create space |
| **Term 2.1**  **Ball Skills - Hands 2**  **Team Building** | | |
| Vocabulary | Knowledge | Objectives |
| Attacker  Defender  Space  Batting  Fielder  Throwing  Catching | 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 throwing  I can consolidate application and understanding of underarm throwing  I can apply underarm throwing to win a game  I can apply underarm throwing to beat an opponent  I can apply overarm throwing to win a game  I can create space to win a point |
| Teamwork  Inclusion  Communication  Strategy  Courage  Motivation | 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 inclusion  I can develop teamwork  I can develop communication  I can explore and apply simple strategies  I can develop co-operation  I can consolidate teamwork |
| **Term 2.2**  **Health and Well-being**  **Attack v defence – games for understanding** | | |
| Vocabulary | Knowledge | Objectives |
| Balance  Attacker  Defender  Agility  Warm Up  Dribbling | 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 agility  I can consolidate balancing  I can explore coordination: dribbling and kicking  I can consolidate coordination  I can improve my own and others’ performances  I can develop flexibility and strength |
| Attacker  Defender  Space  Tactics  Transition  Team | 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 team  I can defend and attack as a team  I can understand the transition between attack and defence.  I can create and apply attacking tactics  I can create and apply defensive tactics  I can combine passing, moving and shooting |
| **Term 3.1**  **Dance**  **Ball Skills: Feet 1** | | |
| Vocabulary | Knowledge | Objectives |
| Champion Dancers  Rhythm  Choreography  Control  Expression  Motif  Unison | 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 emotion  I can apply choreography to our motifs  I can extend sequences with a partner in our character  I can develop sequences, relationships and performances  I can explore Expression  I can explore new themes |
| Attacker  Defender  Space  Possession  Dribbling  Passing | 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 possession  I can develop passing and receiving: keeping possession  I can combine dribbling, passing and receiving  I can develop dribbling to score a point  I can combine dribbling, passing and receiving to score a point  I can combine dribbling and passing to create space |
| **Term 3.2**  **Learning through play – creating games**  **Ball Skills: Racket and Balls** | | |
| Vocabulary | Knowledge | Objectives |
| Attacker  Defender  Referee  Sportsmanship  Rules  Competition | 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 partner  I can create games in groups and teams  I can understand our roles and responsibilities when playing a game  I can play and create competitive games with a referee  I can develop communication skills  I can develop collaboration skills |
| Attacker  Defender  Opponent  Accuracy  Batting  Fielder | 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 accuracy  I can combine hitting a ball (with a racket) with accuracy and power  I can hit (strike) a ball (with a racket) with accuracy and power to beat an opponent  I can explore hitting (sending/striking) a ball into a space: Where and why?  I can strike the ball (with a bat) with intent  I can consolidate how to win a game |