



# Wigmore Primary School Physical Education Curriculum

Year	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<b>Foundation</b>	<b><u>Mighty Movers</u></b> <ul style="list-style-type: none"> <li>• Exploring walking</li> <li>• Developing walking</li> <li>• Exploring walking along different pathways.</li> <li>• Explore marching</li> <li>• Explore different ways of walking:               <ul style="list-style-type: none"> <li>- Normal</li> <li>- Tip toes</li> <li>- Striding</li> <li>- Fairy footsteps</li> <li>- Backwards</li> <li>- Sideways</li> <li>- Invent your own</li> </ul> </li> <li>• Exploring running</li> <li>• Exploring running at different speeds.</li> <li>• Exploring running in different directions</li> </ul>	<b><u>Ball Control</u></b> <ul style="list-style-type: none"> <li>• Exploring pushing, rolling and bouncing.</li> <li>• Exploring bouncing into a space, bouncing to a friend, bouncing against a wall</li> <li>• Exploring bouncing in a controlled manner</li> <li>• Exploring bouncing a ball then shooting a goal in the basketball hoop</li> <li>• Exploring bouncing balls of different sizes</li> <li>• Exploring throwing – under arm, over arm, chest passes</li> <li>• Exploring catching – two hands then one hand, pulling ball into chest</li> <li>• Exploring stopping the ball</li> <li>• Throwing against a wall, or at a target, throwing to a friend, throwing in a ring game.</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>• Exploring moving and making shapes using different body parts</li> <li>• Exploring moving in different directions</li> <li>• Exploring big and small ways of moving and making shapes</li> <li>• Moving in pairs</li> <li>• Creating shapes in pairs</li> <li>• Working in zones</li> <li>• High and low movements on the floor, sequencing movements on the floor.</li> <li>• High and low movements on large apparatus/climbing frame, sequencing movements</li> <li>• Under and over movements on the floor, sequencing movements on the floor</li> <li>• Under and over movements on large</li> </ul>	<b><u>Story Time Dance</u></b> <ul style="list-style-type: none"> <li>• Moving in sequence – copying others, then creating own.</li> <li>• Responding in movement to words and music – based on songs, rhymes, stories, story maps etc.</li> <li>• Moving with props (scarves, beanbags, masks etc.) and contrasting tempos – fast, slow, quickly, slowly, speedily, slow as a snail.</li> <li>• Creating their own movements – using different parts of their bodies.</li> <li>• Exploring opposites (up/down, in/out, under/over etc) and creating simple movement sequences.</li> <li>• Working with a partner exploring character</li> </ul>	<b><u>Striking skills</u></b> <ul style="list-style-type: none"> <li>• Explore striking balls of different sizes using their hands and equipment.</li> <li>• Play a game using striking and fielding skills.</li> <li>• Know how to make contact with a ball using different bats or rackets.</li> <li>• To develop basic sending and receiving using a tennis racket.</li> <li>• To develop accuracy of a return.</li> <li>• To develop striking using a bat.</li> </ul>	<b><u>Mini Athletics</u></b> <ul style="list-style-type: none"> <li>• Exploring running</li> <li>• Exploring running at different speeds</li> <li>• Exploring running in different directions</li> <li>• Running for team games</li> <li>• Running for speed, thinking about acceleration</li> <li>• Exploring running and dodging each other and equipment</li> <li>• Exploring running with a bean bag on your head.</li> <li>• Exploring jumping</li> <li>• Developing jumping</li> <li>• Jumping for distance</li> <li>• Jumping for height</li> <li>• Jumping in a sequence</li> <li>• Jumping using 2 feet</li> <li>• Jumping using 1 foot</li> <li>• Jumping with legs together Jumping with legs apart</li> </ul>

		Extend – different sized and textured balls	apparatus/climbing frame, sequencing movements <ul style="list-style-type: none"> <li>• High and low combined with under and over</li> <li>• Travelling in different ways and directions on the floor /apparatus /climbing equipment</li> </ul>	movements from stories and songs. <ul style="list-style-type: none"> <li>• Ring games with repetitive words and actions.</li> <li>• Developing own actions and words during ring games.</li> </ul>		<ul style="list-style-type: none"> <li>• Know how to throw safely.</li> <li>• Throw in a variety of ways.</li> <li>• Decide which throwing method is best for distance.</li> </ul>
	<b><u>ABC of PE</u></b> <ul style="list-style-type: none"> <li>• Exploring running in different directions</li> <li>• Developing jumping</li> <li>• Jumping using 2 feet</li> <li>• Jumping using 1 foot</li> <li>• Jumping with legs together</li> <li>• Jumping with legs apart</li> <li>• Jumping styles – tuck, scissor, pencil etc.</li> <li>• Jumping like an animal – bunny hop, frog leap, kangaroo bounce etc.</li> <li>• Combining different jumps</li> <li>• Exploring running and dodging each other and equipment.</li> </ul>	<b><u>Multi Skills</u></b> <p><b><u>Hoops –</u></b></p> <ul style="list-style-type: none"> <li>• Rolling hoops</li> <li>• Rolling hoop to a friend</li> <li>• Spinning hoops</li> <li>• Hola-hooping on different parts of our bodies</li> </ul> <p><b><u>Bean bags -</u></b></p> <ul style="list-style-type: none"> <li>• Balancing bean bag on different parts of our bodies</li> <li>• Throwing bean bags using different throwing techniques</li> <li>• Throwing bean bags at targets</li> <li>• Passing bean bags at different heights and speeds</li> </ul> <p><b><u>Quoits –</u></b></p> <ul style="list-style-type: none"> <li>• Rolling quoits</li> <li>• Rolling quoits to a friend</li> </ul>	<b><u>Throwing &amp; Catching</u></b> <ul style="list-style-type: none"> <li>• Throwing bean bags using different throwing techniques</li> <li>• Throwing bean bags at targets</li> <li>• Passing bean bags at different heights and speeds</li> <li>• Exploring throwing – under arm, over arm, chest passes</li> <li>• Exploring catching – two hands then one hand, pulling ball into chest</li> <li>• Throwing against a wall, or at a target, throwing to a friend, throwing in a ring game.</li> </ul>	<b><u>Active Fitness</u></b> <ul style="list-style-type: none"> <li>• Experience some of the changes that occur during exercise.</li> <li>• Raise heart rate.</li> <li>• Develop agility and co-ordination.</li> <li>• Perform simple patterns of movement.</li> <li>• Learn new moves and perform them with good technique and balance.</li> <li>• Discover which activities individuals find easy or difficult.</li> </ul>	<b><u>Creative Games</u></b> <ul style="list-style-type: none"> <li>• Create their own games</li> <li>• Finding out and exploring</li> <li>• Playing with what they know</li> <li>• Being willing to ‘have a go’</li> <li>• Having their own ideas</li> <li>• Making links</li> <li>• Choosing ways to do things</li> <li>• Increasingly follow rules, understanding why they are important.</li> <li>• Work well with others</li> <li>• Develop communication skills</li> </ul>	<b><u>Ball skills</u></b> <ul style="list-style-type: none"> <li>• Exploring moving a ball using our feet.</li> <li>• Developing moving with a ball using our feet.</li> <li>• Developing dribbling skills</li> <li>• Developing dribbling skills against an opponent</li> <li>• Dribbling competitions</li> <li>• Kicking the ball at a target Kicking the ball to a partner with good aim and precision</li> </ul>

	<ul style="list-style-type: none"> <li>• Perform balances using a number of different parts of the body.</li> <li>• Co-ordinate the upper and lower body together.</li> </ul>	<ul style="list-style-type: none"> <li>• Throwing quoits at a target</li> <li>• Throwing and catching quoits on hands and feet</li> </ul> <p><b>Ribbons –</b></p> <ul style="list-style-type: none"> <li>• Making different movements and patterns.</li> </ul> <p><b>Parachute–</b></p> <ul style="list-style-type: none"> <li>• Using gross motor skills to manipulate parachute.</li> </ul>				
	<p><b>Managing Self</b></p> <ul style="list-style-type: none"> <li>•To wash hands independently</li> <li>•To put coat and socks on independently</li> <li>•To get changed for P.E with support</li> </ul>	<p><b>Managing Self</b></p> <ul style="list-style-type: none"> <li>•To develop class rules and understand the need to have rules.</li> <li>•To put P.E kit on independently.</li> <li>•To have confidence to try new activities.</li> </ul>	<p><b>Managing Self</b></p> <ul style="list-style-type: none"> <li>•To begin to show resilience and perseverance in the face of challenge</li> <li>•To practise doing up a zipper.</li> <li>•To practise doing buttons</li> <li>•To practise doing up buckles</li> </ul>	<p><b>Managing Self</b></p> <ul style="list-style-type: none"> <li>•To identify and name healthy foods.</li> <li>•To manage own basic needs independently</li> </ul>	<p><b>Managing Self</b></p> <ul style="list-style-type: none"> <li>•To understand the importance of healthy food choices</li> <li>•To show resilience and perseverance in the face of challenge</li> <li>•To show a ‘can do’ attitude</li> </ul>	<p><b>Managing Self</b></p> <ul style="list-style-type: none"> <li>•To put uniform on and do up zippers, buttons and buckles with minimal support</li> </ul>

<b>Yr. 1</b>	<p><b><u>Multi Skills</u></b></p> <ul style="list-style-type: none"> <li>• Perform balances using a number of different parts of the body.</li> <li>• Run on the balls of the feet, concentrating on coordination, not speed.</li> <li>• Co-ordinate the upper and lower body together.</li> <li>• Move with greater precision and control.</li> <li>• Use timing to aim, stop and guide an object.</li> <li>• Aim a variety of balls and equipment accurately.</li> <li>• Use controlled movement to travel in different ways</li> <li>• Quickly change direction whilst running, with control and fluency.</li> </ul> <p>Use agility, balance and co-ordination when performing activities.</p> <p><b><u>Fitness Frenzy</u></b></p> <ul style="list-style-type: none"> <li>• Experience some of the changes that occur during exercise.</li> </ul>	<p><b><u>Throwing &amp; Catching</u></b></p> <ul style="list-style-type: none"> <li>• Control a ball using hands.</li> <li>• Understand the correct technique for catching.</li> <li>• Consolidate and practise throwing a ball underarm.</li> <li>• Throw and catch a ball to self and a partner.</li> <li>• To know how to stop and retrieve a ball (a fielding skill).</li> <li>• Practise throwing to a target.</li> <li>• Catch the ball with good technique.</li> <li>• Play a game using striking and fielding skills.</li> <li>• Know the tactics and skills to use in order to win a game.</li> </ul> <p><b><u>Skip to the beat</u></b></p> <ul style="list-style-type: none"> <li>• Learn how to hop – same foot to same foot.</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Travel in different directions at different speeds and levels.</li> <li>• Link three moves together while travelling, aiming to change level, speed and direction.</li> <li>• Link isolated moves and shapes when travelling.</li> <li>• Explore rolling movements as a way of travelling.</li> <li>• Explore travelling to move along, over, around onto and off a bench.</li> <li>• Travel with a focus on changing direction and level, using small equipment.</li> <li>• Use a variety of small equipment to perform a travelling sequence, using all of the skills learned so far.</li> </ul> <p><b><u>Brilliant Ball skills</u></b></p> <ul style="list-style-type: none"> <li>• Develop anticipation and reaction when working with</li> </ul>	<p><b><u>Story time Dance</u></b></p> <ul style="list-style-type: none"> <li>• Learn the Goldilocks rap with actions.</li> <li>• Practise travelling movements with a change in direction.</li> <li>• Develop gestures and ways of travelling.</li> <li>• Understand beats in the music.</li> <li>• Move in time to the music.</li> <li>• Move in time to the music, travelling, gesturing and jumping.</li> <li>• Dance to beats of four or eight.</li> <li>• Perform dance moves that flow smoothly from one to the next.</li> <li>• Use gesture as an image in dance.</li> <li>• Perform a dance in time to music and with fluency.</li> </ul> <p><b><u>Mighty Movers</u></b></p> <ul style="list-style-type: none"> <li>• Understand that running can be done in many ways.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Know how to travel in different ways.</li> <li>• Be able to change from fast to slow.</li> <li>• Know how to hop, and how to hop, travel and land safely on two feet.</li> <li>• Know how to throw safely.</li> <li>• Throw in a variety of ways.</li> <li>• Decide which throwing method is best for distance.</li> <li>• Run with good balance and co-ordination.</li> <li>• Know how to jump from two feet.</li> <li>• Explore which is the best way to jump to cover a distance.</li> <li>• Use the skills learned in the previous lessons by completing an obstacle course.</li> </ul> <p><b><u>Cool Core</u></b></p> <ul style="list-style-type: none"> <li>• Learn how to control breathing.</li> <li>• Learn how to support body weight.</li> </ul>	<p><b><u>Striking Skills</u></b></p> <ul style="list-style-type: none"> <li>• Explore striking balls of different sizes using their hands and equipment.</li> <li>• Play a game using striking and fielding skills.</li> <li>• Know how to make contact with a ball using different bats or rackets.</li> <li>• Know the tactics and skills to use in order to win a game.</li> <li>• To develop basic sending and receiving using a tennis racket.</li> <li>• To develop accuracy of a return.</li> <li>• To develop striking using a bat.</li> </ul> <p><b><u>Creative games</u></b></p> <ul style="list-style-type: none"> <li>• Use imagination and skills from previous learning to</li> </ul>
--------------	--	---	--	--	---	---

	<ul style="list-style-type: none"> <li>• Raise heart rate.</li> <li>• Develop agility and co-ordination.</li> <li>• Perform simple patterns of movement.</li> <li>• Learn new moves and perform them with good technique and balance.</li> <li>• Demonstrate the correct technique for activities.</li> <li>• Discover which activities individuals find easy or difficult.</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to jump – two feet to two feet.</li> <li>• Be able to do these two activities on the move.</li> <li>• Develop the 'step hop' technique for a good skip without a rope.</li> <li>• Explore the action of skipping at a low level.</li> <li>• Learn how to skip with a rope.</li> <li>• Explore different ways of skipping.</li> <li>• Skip with good balance and technique.</li> <li>• Perform a skipping circuit with knowledge and understanding.</li> </ul>	beanbags or balls. <ul style="list-style-type: none"> <li>• Catch a ball or beanbag on a bounce.</li> <li>• Catch a ball from a throw.</li> <li>• Develop accuracy of send.</li> <li>• Understand the overarm throwing technique.</li> <li>• Understand when to use an underarm throw.</li> <li>• Stop, trap or catch the ball while on the move.</li> <li>• Play a game, following the rules and demonstrating fair play.</li> </ul>	<ul style="list-style-type: none"> <li>• Run at different speeds and in different directions with control.</li> <li>• Run in a race with a team.</li> <li>• Understand what happens to our breathing during exercise, and why it changes.</li> <li>• Run at different speeds.</li> <li>• Understand the importance of using the arms when running.</li> <li>• Run quickly in a relay activity, aiming to improve speed.</li> </ul>	<ul style="list-style-type: none"> <li>• Perform a movement that demonstrates good core control.</li> <li>• Increase the speed at which you can travel through the ladders accurately.</li> <li>• Learn the technique for the plank, front support and back support.</li> <li>• Be able to use the core to maintain balance when running.</li> <li>• Support body weight on the hands using the core muscles to keep balanced.</li> <li>• Perform a wheelbarrow with a partner, with control.</li> <li>• Walk demonstrating good posture and balance.</li> <li>• Develop more complex footwork patterns on the SAQ ladders.</li> </ul>	create their own games / sports.. <ul style="list-style-type: none"> <li>• Pupils will create their own rules for a game of their making</li> <li>• Pupils will create their own scoring system for a game of their making.</li> <li>• understand the importance of rules &amp; scoring system within a game.</li> <li>• Pupils will learn to work collaboratively</li> <li>• Pupils will developed communication skills and techniques</li> </ul>
--	--	--	---	--	--	--

Yr. 2	<p><b><u>Multi Skills</u></b></p> <ul style="list-style-type: none"> <li>• Learn about a stable base and losing balance.</li> <li>• Move the body in a variety of ways.</li> <li>• Know how to throw a ball at the right speed and strength.</li> <li>• Be able to copy a partner and change speed and direction.</li> <li>• Explore different ways of twisting and turning.</li> <li>• Play fairly and understand the rules of a game.</li> </ul>	<p><b><u>Throwing &amp; Catching</u></b></p> <ul style="list-style-type: none"> <li>• Know how to throw a ball underarm with accuracy.</li> <li>• Practise catching skills.</li> <li>• Receive and return a ball.</li> <li>• Know the best technique for catching.</li> <li>• Explore catching different balls.</li> <li>• Know the overarm throw technique and when to use it.</li> <li>• Aim for accurate throwing and consistent catching and striking.</li> <li>• To know the tactics and skills to use in order to win a game.</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Learn to perform balances and movements, and combine them into a routine.</li> <li>• Link balances with other travelling moves, moving smoothly into and out of the balances.</li> <li>• Safely use benches and mats to develop sequences.</li> <li>• Work with a partner to create a sequence of gymnastic actions.</li> <li>• Use benches and mats to explore balances on different levels.</li> <li>• Mirror and match a partner.</li> <li>• Share equipment.</li> </ul>	<p><b><u>Story time Dance</u></b></p> <ul style="list-style-type: none"> <li>• Understand how different minibeast might move.</li> <li>• Show contrasting movements with strength and clarity.</li> <li>• Explore performing actions in response to stimuli.</li> <li>• Explore ideas by experimenting with actions, dynamics, directions and levels.</li> <li>• Explore patterns of movement with a partner.</li> <li>• Work in small groups and develop phrases of movements.</li> <li>• Link contrasting movements together to make a short dance sequence.</li> <li>• Improve independent movement from one phrase to another.</li> <li>• Perform a complete dance with clarity and flow, showing changes in levels and speed.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Run with a change of speed.</li> <li>• Change direction when running, while maintaining balance.</li> <li>• Use arms when jumping.</li> <li>• Jump with balance and fluency.</li> <li>• Know how to throw safely.</li> <li>• Know how to throw for distance.</li> <li>• To run in a relaxed way and with balance when jumping over an obstacle.</li> <li>• Know the difference between running for speed and running for distance.</li> <li>• Use the skills learned in the previous lessons by completing an intra sport athletics event.</li> </ul>	<p><b><u>Striking Skills</u></b></p> <ul style="list-style-type: none"> <li>• Know the correct technique for striking a ball from a tee.</li> <li>• Aim for accurate throwing and consistent catching and striking.</li> <li>• To develop and learn basic methods of striking and fielding games.</li> <li>• To introduce the basic rules of cricket</li> <li>• To introduce the basic rules of tennis</li> <li>• To understand and explore the different types of returning techniques</li> </ul>
-------	--	--	--	---	---	--

	<p><b><u>Fitness Frenzy</u></b></p> <ul style="list-style-type: none"> <li>• Experience some of the changes that occur during exercise.</li> <li>• Raise heart rate.</li> <li>• Develop agility and co-ordination.</li> <li>• Perform simple patterns of movement.</li> <li>• Learn some of the changes that happen to the body during exercise.</li> <li>• Learn new moves and perform them with good technique and balance.</li> <li>• Demonstrate the correct technique for activities.</li> <li>• Discover which activities individuals find easy or difficult.</li> </ul>	<p><b><u>Skip to the beat</u></b></p> <ul style="list-style-type: none"> <li>• Consolidate skipping techniques.</li> <li>• Raise the heart rate in order to improve personal fitness.</li> <li>• Hop consistently.</li> <li>• Jump with control.</li> <li>• Skip with good technique.</li> <li>• Improve awareness of where the rope is when skipping.</li> <li>• Improve control of the rope and running skip technique.</li> <li>• Demonstrate good technique while skipping.</li> <li>• Observe and comment on others' performances.</li> </ul>	<p><b><u>Brilliant Ball skills</u></b></p> <ul style="list-style-type: none"> <li>• Move a ball using hands and feet.</li> <li>• Know how to catch different objects.</li> <li>• Target the receiver's hands when throwing.</li> <li>• Watch the ball or object when trying to catch it.</li> <li>• Know how to throw overarm, underarm and bounce pass.</li> <li>• Understand techniques for dribbling and passing a football.</li> <li>• Pass with accuracy.</li> <li>• Dribble with control.</li> <li>• Catch the ball at different heights.</li> <li>• Move with the ball, using hands.</li> <li>• Participate in a mini sports festival, understanding the rules and demonstrating good techniques and sporting behaviour.</li> </ul>	<p><b><u>Mighty Movers</u></b></p> <ul style="list-style-type: none"> <li>• Complete running activities with balance and co-ordination.</li> <li>• Run for one minute without stopping.</li> <li>• Learn some of the changes that happen to the body during exercise.</li> <li>• Develop good technique for running circuits.</li> <li>• Understand the value of a circuit.</li> <li>• Develop running technique with good balance and co-ordination.</li> </ul>	<p><b><u>Cool Core</u></b></p> <ul style="list-style-type: none"> <li>• Learn how to maintain a good bridge using core strength.</li> <li>• Use arms effectively when running.</li> <li>• Improve plank technique.</li> <li>• Maintain a wheelbarrow walk for longer period of time, using core strength.</li> <li>• Perform a small crunch and understand what it does.</li> <li>• Perform an activity/game that uses the abdominals.</li> <li>• Perform a squat and diagonal body twist, and understand why they are valuable exercises to do.</li> <li>• Transfer weight from one foot to two feet.</li> <li>• Footwork patterns using a hoop.</li> </ul>	<p><b><u>Creative games</u></b></p> <ul style="list-style-type: none"> <li>• Use imagination and skills from previous learning to create their own games / sports..</li> <li>• Pupils will create their own rules for a game of their making</li> <li>• Pupils will create their own scoring system for a game of their making.</li> <li>• understand the importance of rules &amp; scoring system within a game.</li> <li>• Pupils will learn to work collaboratively</li> <li>• Pupils will develop communication skills and techniques</li> </ul>
--	--	--	--	--	--	--

					<ul style="list-style-type: none"> <li>• Jump with accuracy using core strength to maintain balance.</li> <li>• Hoop skills that will aid core strength and balance.</li> </ul>	
<b>Yr. 3</b>	<b><u>Active Athletics</u></b> <ul style="list-style-type: none"> <li>• Look up when running.</li> <li>• Run at different speeds.</li> <li>• Change direction.</li> <li>• Know how to throw in a variety of ways.</li> <li>• Use legs as well as arms when throwing.</li> <li>• Know how to perform a standing long jump, understanding the rules.</li> <li>• Know how to receive the baton.</li> <li>• Select an appropriate pace.</li> <li>• Work as a team.</li> <li>• Know which techniques to use for long-distance</li> </ul>	<b><u>Ball Skills</u></b> <ul style="list-style-type: none"> <li>• Dribble a ball with greater control.</li> <li>• Roll or throw a ball at a target with accuracy.</li> <li>• Develop the ability to control a ball while moving, throwing and catching it.</li> <li>• Anticipate the ball and have the hands ready to catch.</li> <li>• Stop the ball in the hands without fumbling.</li> <li>• Be ready to react quickly once the ball has been caught.</li> <li>• Develop the underarm throwing technique and introduce the overarm throw.</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>• Be able to jump with a stable, safe landing.</li> <li>• Try different ways of jumping.</li> <li>• Explore a variety of jumps.</li> <li>• Be able to land safely when jumping from a bench.</li> <li>• Use other skills learned to vary jumps.</li> <li>• Link jumps into sequences.</li> <li>• Use the skills learned to work as a group to create complex shapes at different levels.</li> <li>• Use a different stimulus to create a sequence.</li> </ul>	<b><u>Cool Core</u></b> <ul style="list-style-type: none"> <li>• Learn techniques for moves that are similar to those used in Pilates.</li> <li>• Be able to link agility and core strength activities together in an appropriate way.</li> <li>• Be able to perform core strength moves with accuracy.</li> <li>• Understand how hula hooping helps to improve core strength.</li> <li>• Develop activities into a circuit in order to improve fitness levels.</li> <li>• Perform a circuit with accuracy.</li> <li>• Improve scores of the skills learned.</li> </ul>	<b><u>Throwing &amp; Catching (S&amp;F skills)</u></b> <ul style="list-style-type: none"> <li>• Know techniques for accurate overarm and underarm throwing.</li> <li>• Catch with cushioned hands. Retrieve the ball effectively.</li> <li>• Use fielding skills to stop the batter scoring.</li> <li>• Use skills learned in a game situation.</li> <li>• Be able to hit the ball as far as possible with a rounders bat.</li> <li>• Understand safe zone game play.</li> </ul>	<b><u>Dance</u></b> <ul style="list-style-type: none"> <li>• Count beats and change direction while dancing.</li> <li>• Keep count and tempo while dancing.</li> <li>• Develop dance steps with clarity and rhythm, using own ideas.</li> <li>• Learn new steps and develop them.</li> <li>• Maintain a consistent tempo throughout the dance, using counting.</li> <li>• Learn how to work co-operatively with others to create a new dance.</li> <li>• Learn how to tell a story using dance.</li> </ul>

	<p>running and which to use for short-distance running.</p> <ul style="list-style-type: none"> <li>• Know how to start a race correctly.</li> <li>• Know how to compete in a sporting way, showing an understanding of rules.</li> </ul> <p><b><u>Fitness Frenzy</u></b></p> <ul style="list-style-type: none"> <li>• To demonstrate the correct technique for activities.</li> <li>• Develop agility and co-ordination.</li> <li>• Perform simple patterns of movement.</li> <li>• Use the correct running technique to complete a circuit.</li> <li>• Perform rope and non-rope skipping with good technique and to songs or rhymes.</li> <li>• The children will master basic movements, as well as developing balance, agility and co-ordination.</li> </ul>	<ul style="list-style-type: none"> <li>• Demonstrate good catching techniques.</li> <li>• Demonstrate good throwing techniques.</li> <li>• Demonstrate good control of the ball and body.</li> <li>• Understand the rules of the game.</li> <li>• Apply the tactics learned.</li> </ul> <p><b><u>Striking skills (Golf)</u></b></p> <ul style="list-style-type: none"> <li>• To develop a variety of striking skills.</li> <li>• To develop different striking techniques and be able to strike the ball for distance.</li> <li>• To explore the basic scoring system and focusing on specific rules</li> <li>• To understand importance of body shape before striking a ball.</li> <li>• Able to grip the equipment correctly.</li> </ul>	<ul style="list-style-type: none"> <li>• Use all skills learned in previous lessons to develop a sequence.</li> <li>• Analyse own and others' performance.</li> </ul> <p><b><u>Skip to the beat</u></b></p> <ul style="list-style-type: none"> <li>• Explore different ways of skipping.</li> <li>• Practise techniques learned in previous years.</li> <li>• Observe and comment on others' performance.</li> <li>• Be aware of safety aspects concerned with skipping.</li> <li>• Participate in large rope skipping.</li> <li>• Develop large rope skipping technique.</li> <li>• Skip with a partner.</li> <li>• Compose a sequence of skipping moves.</li> <li>• Perform skipping moves in a routine.</li> <li>• Teach a partner your routine.</li> </ul>	<p><b><u>Invasion skills</u></b></p> <ul style="list-style-type: none"> <li>• To understand and apply different strategies for intercepting opposing team's possession.</li> <li>• To discuss and understand different roles and positions and be able to apply learning in a games based environment</li> <li>• To develop more understanding of the rules of football.</li> <li>• To apply skills and tactics in small sided games</li> <li>• To focus and develop specific dribbling techniques.</li> <li>• To focus and develop specific passing techniques.</li> </ul>	<p><b><u>OAA</u></b></p> <ul style="list-style-type: none"> <li>• Introduce basic map reading skills, in being able to understand basic landmarks and routes</li> <li>• Exploring basic map making skills, using classrooms and halls as learning environments</li> <li>• Exploring basic cross curricular links in using compasses and coordinates</li> <li>• Develop communication and teamwork skills.</li> </ul>	<ul style="list-style-type: none"> <li>• Tell a story using gestures and step patterns with fluency.</li> <li>• Dance to the beat and keep time.</li> </ul> <p><b><u>Throwing &amp; Catching (Dodgeball)</u></b></p> <ul style="list-style-type: none"> <li>• To be able to throw with power and accuracy.</li> <li>• To be able catch from a variety of heights.</li> <li>• To understand the importance of "tracking" a ball.</li> <li>• To be able catch from a variety of heights.</li> <li>• Understand and develop dodging, blocking and teamwork skills</li> <li>• To be able to effectively work as a team and organise positions and strategies to overcome an opponent</li> </ul>
--	--	--	--	---	--	---

	<ul style="list-style-type: none"> <li>• The children will perform using simple movement patterns.</li> <li>• To understand the different muscles utilised during the circuit training session.</li> <li>• To develop an understanding of why a healthy lifestyle is important.</li> </ul>		<ul style="list-style-type: none"> <li>• Perform large rope skipping with good technique and to songs or rhymes.</li> <li>• Perform rope and non-rope skipping with good technique and to songs or rhymes.</li> </ul>	<ul style="list-style-type: none"> <li>• To apply skills and tactics in small sided games.</li> </ul>		<ul style="list-style-type: none"> <li>• To be able to use the scoring system effectively and apply specific rules in a game</li> </ul>
<b>Yr. 4</b>	<b><u>Net &amp; Wall</u></b> <ul style="list-style-type: none"> <li>• Learn how the racket feels and the best methods of holding it.</li> <li>• Improve hand-eye co-ordination by sending and receiving a ball with a hand and racket.</li> <li>• Learn how to drop and hit the ball.</li> <li>• Use the correct technique for holding the racket (forehand).</li> <li>• Learn how to play collaborative games, demonstrating forehand and backhand strokes.</li> </ul>	<b><u>Step to the Beat</u></b> <ul style="list-style-type: none"> <li>• Learn basic step moves, practise and perfect them.</li> <li>• Raise the heart rate and understand the importance of doing this.</li> <li>• Perform step moves in time to the music with co-ordination.</li> <li>• Understand the importance of a warm-up.</li> <li>• Practise and apply a sequence of step moves to a beat.</li> <li>• Practise and apply a sequence of step moves to the</li> </ul>	<b><u>Throwing &amp; Catching (Dodgeball)</u></b> <ul style="list-style-type: none"> <li>• To be able to throw with power and accuracy.</li> <li>• To be able catch from a variety of heights.</li> <li>• To understand the importance of “tracking” a ball.</li> <li>• To be able catch from a variety of heights.</li> <li>• Understand and develop dodging, blocking and teamwork skills</li> <li>• To be able to effectively work as a</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>• Use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>• Learn how to perform symmetrical and asymmetrical balances with a partner and put them into a sequence.</li> <li>• Use linking moves to maintain the fluency of a sequence.</li> <li>• Perform gymnastic moves using a piece of equipment.</li> </ul>	<b><u>OAA</u></b> <ul style="list-style-type: none"> <li>• To develop and demonstrate basic map reading skills in order to move from point A to point B.</li> <li>• To develop how to use a compass in order to navigate</li> <li>• To develop the basic techniques of how to draw a map with landmarks</li> <li>• Demonstrate good communication and teamwork skills</li> <li>• To demonstrate the basic cross-curricular links in using compasses and coordinates.</li> </ul>	<b><u>Dance</u></b> <ul style="list-style-type: none"> <li>• Perform a dance using a range of movement patterns.</li> <li>• Develop dancing and performance skills.</li> <li>• Identify the key skills needed to provide accurate and tactful evaluative feedback to peers.</li> <li>• To develop and improve basic body moves and patterns</li> <li>• To explore different levels and speeds of movement</li> <li>• To show contrasts in simple dances with</li> </ul>

	<ul style="list-style-type: none"> <li>• Practise backhand technique.</li> <li>• Be aware of the correct body position and contact point for an accurate shot.</li> <li>• Practise the volley technique.</li> <li>• Play a competitive game with point scoring.</li> <li>• Learn when to play the correct shot in order to beat a partner.</li> <li>• Play a variety of tennis shots, demonstrating correct technique.</li> </ul>	<p>beat of the music.</p> <ul style="list-style-type: none"> <li>• Understand the value of step-type exercise.</li> <li>• Create and perform a sequence of step moves.</li> </ul>	<p>team and organise positions and strategies to overcome an opponent</p> <ul style="list-style-type: none"> <li>• To be able to use the scoring system effectively and apply specific rules in a game</li> </ul>	<ul style="list-style-type: none"> <li>• Use own and others' body weight to balance.</li> <li>• Add interest to a sequence by varying movement or balance.</li> <li>• Make up longer sequences and perform them with fluency and clarity of movement.</li> <li>• Develop the skill of critique, including the ability to identify strengths and areas for improvement.</li> </ul>		<p>good body shape and position</p> <ul style="list-style-type: none"> <li>• To work to music, creating movements that show rhythm and control</li> <li>• To perform a dance sequence/routine with music, following rhythm, with a start and finish</li> </ul>
	<p><b><u>Fitness Frenzy</u></b></p> <ul style="list-style-type: none"> <li>• Experience some of the changes that occur to the body during exercise.</li> <li>• Learn new moves and perform them with good technique and balance.</li> <li>• Discover which activities individuals find easy or difficult.</li> <li>• Develop agility and co-ordination.</li> </ul>	<p><b><u>Invasion Skills</u></b></p> <ul style="list-style-type: none"> <li>• Know how to dribble a ball, change direction and maintain control.</li> <li>• Be able to run with ball</li> <li>• Be able to turn with a ball.</li> <li>• Know how to pass a ball.</li> <li>• Work as a team.</li> <li>• Improve accuracy of passing by using a target.</li> </ul>	<p><b><u>Cool Core</u></b></p> <ul style="list-style-type: none"> <li>• Perform basic Pilates moves with good technique and understanding.</li> <li>• Perform some controlled Pilates movements, and understand the benefit of doing them.</li> <li>• Understand why breathing is important throughout all of the moves.</li> </ul>	<p><b><u>Striking Skills (Golf)</u></b></p> <ul style="list-style-type: none"> <li>• To develop a variety of striking skills.</li> <li>• To develop different striking techniques and be able to strike the ball for distance and/or accuracy.</li> <li>• To explore the basic scoring system and focusing on specific rules.</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Learn how to modify stride length, arm action and knee lift to select and maintain appropriate running paces for different distances.</li> <li>• Learn the pull technique for throwing.</li> <li>• Throw and retrieve implements safely.</li> <li>• Sprint a short distance as part of a team.</li> </ul>	<p><b><u>Striking &amp; Fielding</u></b></p> <ul style="list-style-type: none"> <li>• Practise underarm and overarm throws and when to use them.</li> <li>• Practise receiving skills.</li> <li>• Know to play a kwik cricket game.</li> <li>• Be able to field a ball in a variety of ways in order to stop it travelling further.</li> <li>• Be able to return the ball accurately.</li> </ul>

	<ul style="list-style-type: none"> <li>• Perform more complex patterns of movement.</li> <li>• To understand the different muscles utilised during the circuit training session</li> <li>• To develop an understanding of why a healthy lifestyle is important</li> </ul>	<ul style="list-style-type: none"> <li>• Learn how to receive a ball.</li> <li>• Learn how to support other players in a team.</li> <li>• Know how to communicate with team members.</li> <li>• Learn what skills might be used to stop someone scoring.</li> <li>• Learn how to attack as team.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a cool core move using balance techniques.</li> </ul> <p><b><u>Swimming</u></b></p> <ul style="list-style-type: none"> <li>• To develop basic pool safety skills and confidence in the water</li> <li>• To introduce and develop a broad range of aquatic skills</li> <li>• To develop aquatic skills to perform more complex actions and sequences</li> <li>• To develop and improve working</li> </ul>	<ul style="list-style-type: none"> <li>• To understand importance of body shape before striking a ball.</li> <li>• Able to grip the equipment correctly.</li> </ul>	<ul style="list-style-type: none"> <li>• React quickly to a stimulus.</li> <li>• Demonstrate good running technique when jumping over obstacles.</li> <li>• Describe the effect of different throwing positions.</li> <li>• Understand how to perform a standing broad jump – (two feet to two feet).</li> <li>• To demonstrate all the skills learnt in a competitive situation</li> </ul>	<ul style="list-style-type: none"> <li>• Be able to catch the ball in a variety of situations.</li> <li>• Consolidate and develop a range of skills in striking and fielding.</li> <li>• Practise the correct technique for batting and use it in a game situation.</li> <li>• Consolidate throwing and catching skills.</li> <li>• Field an approaching ball.</li> <li>• Strike a stationary ball.</li> <li>• Play a game using all the skills learned in this unit.</li> </ul>
--	---	---	--	---	---	--

			<p>together, communicating and competing</p> <ul style="list-style-type: none"> <li>• To introduce and develop different vocabulary</li> <li>• To be able to apply all the skills learnt/taught in order to: 1. Swim competently, confidently and proficiently over a distance of at least 25 meters 2. Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-base.</li> </ul>			
<b>Yr. 5</b>	<p><b><u>Net &amp; Wall</u></b></p> <ul style="list-style-type: none"> <li>• Know the correct technique for forehand, backhand and volley.</li> <li>• Improve forehand accuracy.</li> <li>• Explore tactics for beating an opponent.</li> <li>• Consolidate backhand technique.</li> <li>• Use all strokes appropriately.</li> <li>• Accurately play shots on the move.</li> </ul>	<p><b><u>OAA</u></b></p> <ul style="list-style-type: none"> <li>• Continue familiarisation with different maps and locations</li> <li>• Be able to competently produce a map of a location with correct coordinates and measurements</li> <li>• Be able to produce and perform a timed short course</li> <li>• To be able to produce a</li> </ul>	<p><b><u>Striking &amp; Fielding</u></b></p> <ul style="list-style-type: none"> <li>• Hold the bat correctly and place the ball accurately.</li> <li>• Return the ball accurately.</li> <li>• Choose which type of fielding technique to use.</li> <li>• Return the ball accurately.</li> <li>• Develop a technique for overarm throwing and know when to use it.</li> </ul>	<p><b><u>Swimming</u></b> <b><u>(1 class per term)</u></b></p> <ul style="list-style-type: none"> <li>• To develop basic pool safety skills and confidence in the water</li> <li>• To introduce and develop a broad range of aquatic skills</li> <li>• To develop aquatic skills to perform more complex actions and sequences</li> </ul>	<p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>• Sustain running at a continuous pace.</li> <li>• Improve the technique for running at speed.</li> <li>• Demonstrate correct push technique.</li> <li>• Know the position to stand in when receiving a baton.</li> <li>• Understand how to successfully perform a standing</li> </ul>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• Perform a Bollywood dance using a range of movement patterns.</li> <li>• Develop dancing and performance skills.</li> <li>• Identify the key components of successful dancing and understand how to apply them to own sequences.</li> </ul>

	<ul style="list-style-type: none"> <li>• Run towards the net to play a volley (approach shot).</li> <li>• Play a game of singles tennis.</li> <li>• Learn the correct techniques for an overhead serve.</li> <li>• Practise all the shots needed to beat an opponent.</li> <li>• Apply all the tennis skills learned to a game.</li> <li>• Choose the correct shot to play when trying to beat an opponent.</li> </ul>	competition and scoring for orienteering.	<ul style="list-style-type: none"> <li>• To practise batting technique.</li> <li>• To know how to direct the ball.</li> <li>• Score and play a game in a sporting manner.</li> <li>• To demonstrate and understand the different types of bowling with accuracy</li> <li>• To demonstrate and understand the different ways in which to receive the ball</li> <li>• To be able to select and implement different skills in a game situation</li> </ul>	<ul style="list-style-type: none"> <li>• To develop and improve working together, communicating and competing</li> <li>• To introduce and develop different vocabulary</li> <li>• To be able to apply all the skills learnt/taught in order to: 1. Swim competently, confidently and proficiently over a distance of at least 25 meters 2. Use a range of strokes effectively</li> <li>• Perform safe self-rescue in different water-base.</li> </ul>	<p>long jump.</p> <ul style="list-style-type: none"> <li>• Compete and set goals.</li> <li>• Apply the skills learned in this unit to a competition.</li> <li>• To be able to demonstrate effective time keeping and score taking</li> <li>• To develop footwork technique in a variety of events that including jumping and throwing</li> <li>• To be able to carry out throws with power and accuracy.</li> </ul>	<ul style="list-style-type: none"> <li>• Identify the key skills needed to provide accurate and tactful evaluative feedback to peers.</li> <li>• To use a variety of moves and speed to change direction</li> <li>• To understand basic rhythm to perform movement to music</li> <li>• To develop a dance routine working in partners and groups</li> <li>• To perform a dance routine with music following rhythm with a start and finish</li> </ul>
	<p><b><u>Fitness Frenzy</u></b></p> <ul style="list-style-type: none"> <li>• Learn new moves and perform them with good technique and balance.</li> <li>• To understand what happens to the heart rate during exercise.</li> <li>• Demonstrate the correct technique for activities.</li> </ul>	<p><b><u>Invasion (Netball)</u></b></p> <ul style="list-style-type: none"> <li>• Apply the footwork rule into a modified game.</li> <li>• Use a range of different passes appropriately in a modified game.</li> <li>• Begin to use a variety of dodges to outwit opponents and get free to receive a pass in a modified game situation.</li> </ul>	<p><b><u>Boxercise</u></b></p> <ul style="list-style-type: none"> <li>• Perform Boxercise moves in time with the music in order to improve fitness.</li> <li>• Learn how to include linking moves into a sequence.</li> <li>• Devise a short sequence</li> <li>• Perform a sequence with</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>• Perform new gymnastic moves with control and accuracy.</li> <li>• Learn how to work co-operatively with a partner to produce a sequence.</li> <li>• Learn how to link moves together with fluency and good body tension.</li> </ul>	<p><b><u>Table Tennis</u></b></p> <ul style="list-style-type: none"> <li>• To develop a variety of hand to eye co-ordination.</li> <li>• To develop variety of shots to beat an opponent.</li> <li>• To be able to demonstrate a successful backhand</li> <li>• To be able to use the scoring system effectively and apply</li> </ul>	<p><b><u>Step to the beat</u></b></p> <ul style="list-style-type: none"> <li>• Improve timing and stepping to the beat.</li> <li>• Count moves and perform in repetitions of eight, four, two and singles.</li> <li>• Perform step moves in time with the music.</li> <li>• Work with a partner to produce a sequence of moves.</li> <li>• Analyse and evaluate</li> </ul>

	<ul style="list-style-type: none"> <li>• Discover which activities individuals find easy or difficult.</li> <li>• Develop agility and co-ordination.</li> <li>• Perform more complex patterns of movement.</li> <li>• To develop an understanding of why a healthy lifestyle is important</li> <li>• To understand the different muscles utilised during the circuit training session</li> </ul>	<ul style="list-style-type: none"> <li>• Apply a variety of defending skills into a modified game.</li> <li>• Use the correct technique to successfully shoot a ball into a netball post from various points within the shooting circle.</li> <li>• Take part in a full game of High 5 Netball, playing in a range of positions.</li> </ul>	<p>precision and accuracy.</p> <ul style="list-style-type: none"> <li>• Maintain balance throughout all the moves.</li> <li>• Perform a fitness circuit incorporating Boxercise moves.</li> <li>• To develop an understanding of why a healthy lifestyle is important.</li> </ul>	<ul style="list-style-type: none"> <li>• To use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>• To develop skills for movement, including rolling, bridging and dynamic movement</li> <li>• Learn new counterbalance skills with a partner.</li> <li>• Include counterbalance skills in a short sequence.</li> <li>• Understand the value of posture and body tension when performing.</li> <li>• Complete a sequence of balances and moves at the same time as a partner, in unison &amp; Cannon.</li> <li>• Make up longer sequences and perform them with fluency and clarity of movement.</li> <li>• Develop the skill of critique, including the ability to identify strengths and areas for improvement.</li> </ul>	<p>specific rules in a game</p> <ul style="list-style-type: none"> <li>• To demonstrate a serve.</li> </ul>	<p>own and others' performance.</p> <ul style="list-style-type: none"> <li>• To perform a sequence of steps in time with the music.</li> <li>• Create some new moves based on those taught</li> <li>• Devise a routine using knowledge from the whole unit.</li> </ul>
--	--	---	---	---	---	--

<b>Yr. 6</b>	<b><u>Invasion Skills</u></b> <ul style="list-style-type: none"> <li>• To know how to tag / tackle an opponent.</li> <li>• To practise ball-handling skills.</li> <li>• To improve spatial awareness.</li> <li>• To practise moving into a space.</li> <li>• To practise footwork and dodging skills while carrying the ball.</li> <li>• To reinforce catching and tagging skills and to apply them in a game.</li> <li>• To understand how to defend as a team.</li> <li>• To understand how to attack as a team.</li> <li>• To understand the importance of creating space for others in a team.</li> <li>• To be able to effectively work as a team and organise positions and strategies to overcome an opponent</li> </ul>	<b><u>OAA</u></b> <ul style="list-style-type: none"> <li>• Continue familiarisation with different maps and locations</li> <li>• Be able to competently produce a map of a location with correct coordinates and measurements</li> <li>• Be able to produce and perform a timed short course</li> <li>• To be able to create and label your own map.</li> <li>• To be able to produce a competition and scoring for orienteering</li> </ul>	<b><u>Striking &amp; Fielding</u></b> <ul style="list-style-type: none"> <li>• To know how to react quickly.</li> <li>• To demonstrate good agility and balance in order to throw accurately.</li> <li>• To revise the long barrier technique.</li> <li>• To practise batting technique.</li> <li>• To know how to direct the ball.</li> <li>• To know how to play as a backstop in a game.</li> <li>• To assess and analyse others' strengths.</li> <li>• To play in a mini tournament and understand the rules of the game.</li> <li>• To demonstrate and understand the different types of bowling with accuracy</li> <li>• To be able to select and implement different skills in a game situation</li> </ul>	<b><u>Tactical thinking (American Football)</u></b> <ul style="list-style-type: none"> <li>• To assess and analyse others' strengths.</li> <li>• Create plans and tactics on how to beat an opponent</li> <li>• Create plans and techniques how to defend against an opponent.</li> <li>• To be able to effectively work as a team and organise positions and strategies to overcome an opponent</li> <li>• To be able to effectively work as a team and organise positions and strategies to overcome an opponent</li> </ul>	<b><u>Athletics</u></b> <ul style="list-style-type: none"> <li>• To investigate running styles and changes of speed</li> <li>• To run efficiently for speed.</li> <li>• To demonstrate good arm and leg technique.</li> <li>• Learn the pull technique for throwing.</li> <li>• Throw and retrieve implements safely.</li> <li>• Describe the effect of different throwing positions.</li> <li>• Sprint a short distance as part of a team.</li> <li>• React quickly to a stimulus.</li> <li>• Demonstrate good running technique when jumping over obstacles.</li> <li>• Understand how to perform a standing triple jump</li> <li>• To understand which technique is</li> </ul>	<b><u>Gymnastics</u></b> <ul style="list-style-type: none"> <li>• To use and refine the following skills: flexibility, strength, balance, power and mental focus.</li> <li>• To co-operate with others.</li> <li>• To develop skills for movement, including rolling, bridging and dynamic movement.</li> <li>• To use own and others' bodyweight to balance.</li> <li>• Add interest to a sequence by varying the movements.</li> <li>• To complete a sequence of balances and moves in unison with a partner.</li> <li>• To complete a sequence of balances and moves in canon with a partner or group.</li> <li>• To make up longer sequences and perform them with</li> </ul>

	<ul style="list-style-type: none"> <li>• To show good communication skills and teamwork</li> <li>• To be able to select and implement appropriate skills in a game situation</li> </ul>				<p>most effective when jumping for distance</p> <ul style="list-style-type: none"> <li>• To utilise all the skills learned in this unit in a competitive situation</li> </ul>	<p>fluency and clarity of movement.</p> <ul style="list-style-type: none"> <li>• To develop the skill of critique, including the ability to identify strengths and areas for improvement.</li> <li>• Develop their own solutions to a task by choosing and applying a range of compositional principles</li> </ul>
	<p><b><u>Step to the beat</u></b></p> <ul style="list-style-type: none"> <li>• Perform aerobic activity to music.</li> <li>• Improve stamina, demonstrating correct technique.</li> <li>• Devise a routine based on moves already learned.</li> <li>• Analyse and evaluate others' performance and suggest areas of improvement.</li> <li>• Select and use a wide range of compositional ideas and skills to create a routine.</li> <li>• Suggest ways to improve performance showing</li> </ul>	<p><b><u>Boxercise</u></b></p> <ul style="list-style-type: none"> <li>• Compose an aerobic warm-up that raises the heart rate over a sustained time.</li> <li>• Demonstrate fluency of moves.</li> <li>• Perform complex moves to music.</li> <li>• Understand the value of this type of exercise.</li> <li>• Demonstrate understanding of Boxercise moves and how they can be linked together to make a routine.</li> <li>• To develop an understanding of why a healthy lifestyle is important</li> </ul>	<p><b><u>Cool Core</u></b></p> <ul style="list-style-type: none"> <li>• Link core strength activities together with fluency.</li> <li>• Demonstrate good technique in moves already learned.</li> <li>• Develop co-ordination and balance.</li> <li>• Learn new Pilates moves.</li> <li>• Learn how to improve cool core, and how to create moves that need balance and strength.</li> <li>• Work with a partner to create new moves.</li> </ul>	<p><b><u>Net &amp; Wall</u></b></p> <ul style="list-style-type: none"> <li>• Hit the shuttle with reasonable consistency and accuracy in a co-operative rally.</li> <li>• Demonstrate the correct technique when serving the shuttle to start a game.</li> <li>• Be able to explain and demonstrate the correct technique for the overhead clear shot.</li> <li>• To know the purpose and benefits of playing the overhead clear shot to outwit an opponent.</li> </ul>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>• To observe and understand the style of street dance.</li> <li>• To learn some street dance moves and devise poses. To learn new moves that can be developed into a dance.</li> <li>• To explore dance patterns and moving to the beat.</li> <li>• To know how to use expressive movements in dance.</li> <li>• To work with a partner to create a short dance phrase.</li> <li>• To work as a group and co-operate to adapt two routines</li> </ul>	<p><b><u>Archery &amp; Fencing</u></b></p> <ul style="list-style-type: none"> <li>• To know how to use equipment in a safe way.</li> <li>• To understand body positioning and how this can affect performance.</li> <li>• Develop leadership skills and teach the skill developed to other pupils.</li> <li>• To be able to use the scoring system effectively and apply specific rules in a game</li> </ul>

	<p>sound knowledge and understanding.</p> <ul style="list-style-type: none"> <li>• To develop an understanding of why a healthy lifestyle is important</li> <li>• To understand the different muscles utilised during the circuit training session</li> </ul>		<ul style="list-style-type: none"> <li>• Devise a suitable warm-up activity for cool core.</li> <li>• Link cool core moves together to teach to another pair.</li> <li>• Improve balance and core strength.</li> <li>• Complete a workout for personal improvement.</li> <li>• Learn how to evaluate others' creations.</li> </ul>	<ul style="list-style-type: none"> <li>• Develop children's ability to perform a 'drop shot' and their understanding of when to play the shot in a game in order to win a point.</li> <li>• Be able to select and apply a range of shots in a game situation to win points.</li> <li>• Be able to demonstrate a variety of badminton shots in order to perform rallies and clearly understand, know how, and be able to win a point.</li> </ul>	<p>and put them together.</p> <ul style="list-style-type: none"> <li>• To perform in front of an audience.</li> <li>• To dance as a group in time to music in a street dance style.</li> </ul>	
--	---	--	--	---	--	--