|  |
| --- |
| **PE** |
| **Term 1.1****Hockey/Tag rugby** |
| Vocabulary | Knowledge | Objectives |
| AttackerDefenderDribblingMarkingTacklingBlocking Free hit | Pupils will be able to apply a secure understanding of passing, moving and dribbling and develop their skills of blocking and tackling, to prevent attacks. Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding. | I can dribble to keep control and possession of the ballI can refine my passing to keep possession of the ballI can pass and dribble to create an attack to create a shooting opportunityI can pass and dribble to create spaceI can begin to understand the importance of intercepting, blocking and tacklingI can bring my skills together for a tournament |
| Space AttackerDefenderForward passOffside | Pupils will be able to apply a secure understanding of passing, moving to create space and score. Pupils will apply tagging to prevent an attacker scoring. Pupils will demonstrate a growing understanding of the difference between attack and defence, understanding when and why to apply certain skills. Pupils will develop and apply life skills such as trust and cooperation as they collaborate with others and apply the rules of the game. Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding | I can pass and move to create space to beat an opponent and scoreI can apply passing and moving in 3v3 gameI can explore different ways the defending team event attackers from scoring I can combine my skills in a mini tournament |
| **Term 1.2****Problem solving/Gymnastics: flight** |
| Vocabulary | Knowledge | Objectives |
| CommunicationTacticsTeamworkStrategyNon-verbal communicationVerbal communication | Pupils will work within teams to find effective strategies and tactics in order to complete the different problem solving challenges successfully. Pupils will apply an ability to evaluate and improve strategies to solve the problems. Pupils will develop life skills such as trust and collaboration as they work effectively with their team mates to complete the challenges. Pupils will demonstrate leadership attributes as they take responsibility for their team members | I can understand what makes an effective teamI can use communication in my teamI can collaborate with my team to problem solveI can motivate my team whilst problem solving |
| Excellent gymnasticsDirectionFlowLevelsFlightLanding  | Pupils will execute a variety of jumps on the floor and apparatus and use these jumps to create a sequence of movements in groups that flows. Pupils will apply life skills such as reflection and decision making as they recognise the strengths and weaknesses in their sequences and find ways to improve them. Pupils will demonstrate communication skills and show respect as they watch others’ performances and give feedback on ways to improvePupils will apply integrity and selfdiscipline as they perform their sequences and receive feedback. Pupils will then work hard to improve their sequences | I can apply excellent gymnastics when exploring jumps to generate flightsI can jump effectively and start to include turns in their jumps to create a moment of flightI can use apparatus to create moments of flightI can use apparatus in sequence in cannonI can perform a sequence as part if a group |
| **Term 2.1****Health related exercise/Netball** |
| Vocabulary | Knowledge  | Objectives |
| Cardiovascular systemStrengthFlexibilityFitnessCircuitsFitness assessment | Pupils will be able to complete fitness assessments and participate in circuits that will develop their fitness. Pupils will understand the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility. Pupils will develop life skills such as encouragement and responsibility as they encourage their partners through the circuits. Pupils will develop ilife skills such as self motivation, resilience and integrity as they strive to improve their own performances. | I can benchmark my fitnessI can complete a cardio circuit developing my aerobic fitnessI can complete a flexibility circuitI can develop a strength circuitI can perform an aerobic fitness circuitI can compare my fitness scores |
| Attacker DefenderPossessionChest passFootwork  | Pupils will be able to apply a secure understanding of passing, moving and shooting in order to score points against another team. Pupils will demonstrate a growing understanding of the difference between attack and defence by making effective decisions and creating simple tactics. Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game. Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding. | I can pass and move effectively to keep possessionI can pass and move to create space and transition between attack and defenceI can work out simple tactics for creating space and keeping possessionI can use my knowledge to create an attackI can play in a mini tournament |
| **Term 2.2****Cricket/Swimming** |
| Vocabulary  | Knowledge  | Objectives  |
| RetrievingBowlingStrikeBattingFielderThe long barrier | Pupils will develop their bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game. Pupils will apply an understanding of where, when and why we utilise our fielding skills to stop the batters using their batting skills to outwit the fielders. Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game. Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding. | I can develop my understanding of batting and fieldingI can begin to bowl underarmI can develop ways of stopping and returning the ballI can develop ways of retrieving the ball t prevent batters scoring runsI can recognise where and why we need to strike the ball to score runsI can apply my knowledge in a mini game |
| FloatSubmergeRotateStrokeGlideStreamline  | Pupils can swim a continuous swim of more than 25 metres without touching the side of the pool or the pool floor without the use of swimming aids. Whenever possible, at least part of the swim should be completed in deep water, defined as greater than shoulder depth. This is because ‘competence’ and ‘proficiency’ can’t be assured if the swim takes place in shallow water only. The stroke, or strokes, are as strong at the end of the swim as at the start, and that the swim is completed without undue stress. The stroke or strokes are recognisable to an informed onlooker.Pupils should be able to use a range of strokes and make choices about the strokes they use to achieve different outcomes and be certain of success.Pupils should know the dangers of water and understand how to act responsibly when playing in or near different water environments | I can enter and exit the water safelyI can float with and without submerging my faceI can push and glide in a streamline positionI can breathe effectively I can move effectively use a simultaneous stroke such as front or back crawlI can explain how to stay safe near water |
| **Term 3.1****Tennis/Quidditch** |
| Vocabulary  | Knowledge  | Objectives  |
| OutwitSpaceReturnRecoverBaselineForehandRallyOut  | Pupils will throw/hit the ball into space on their opponents side of the court. After playing a shot pupils will recover to a ready position, ready to return the ball. Pupils will develop their understanding of where, when and why we throw/hit the ball into spaces on their opponents side of the court.Pupils will develop life skills such as cooperation and encouragement as they play fairly against others, keeping the score.Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination. | I can use my forehandI can use my racket to direct the ball towards a spaceI can recognise when and where to use the backhand shotI can decide which shot to use in a gameI can use tactical playI can play a short tennis game |
| ChaserBeaterSpacePossessionBludgerQuaffle | Pupils will develop an understanding of passing and moving to score points against another team. Pupils will throw accurately when passing and shooting. Pupils will being to understand some of the different positions in Quidditch as well as being able to create simple tactics in game situations. Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents. Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and integrity. | I can recognise when and why we need to throw the bludger with accuracy and powerI can develop the role of the chaserI can dodge, jump and suck I game situationsI can develop my knowledge of the role of the keeperI can play a Quidditch game |
| **Term 3.2****Athletics/Dance** |
| Vocabulary  | Knowledge  | Objectives  |
| TacticsSpeed DistancePacePowerStride pattern | Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin.Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important.Pupils will develop life skills such as communication and encouragement as they collaborate with others and support each other to improve and develop. Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding. | I can develop my own sprinting techniqueI can increase my stride pattern to maintain speedI can explore pacing for running longer distancesI can understand how to throw a javelin to improve distanceI can use my body to help me jump |
| Excellent dancers Expression Creativity Choreography Motif Breakdance   | Pupils will perform accurately and convincingly as they bring street art to life through movement. Pupils can perform with flow showing clarity and fluency. Pupils will consolidate their ability to evaluate their own and others’ performances. Pupils will apply effective decision making as they construct their movements  | I can join moves together in a sequenceI can choregraph a short sequenceI can interpret musicI can count a beatI can perform a short sequence |