



	Autumn 1 7 weeks	Autumn 2 7 weeks	Spring 1 5 weeks	Spring 2 6 weeks	Summer 1 6 weeks	Summer 7 weeks
Topic	Great people who changed the world		All Creatures Great and Small		Land ahoy!	
Coverage Overview	Multiskills – with Mr Bourne  Development of balance, coordination, strength and spatial awareness. Learning how to throw and catch.  Uni hoc – with teacher sending and receiving skills, attacking and defending	Dance – with Mr Bourne  Developing our movement skills in time to music.  Gymnastics – with class teacher	Throwing and catching, team games (tag rugby)– with Mr Bourne  Drumba 1 class (outside provider)  Or maypole dance with class teacher	Striking and fielding – with Mr Bourne.  Drumba – 1 class (outside provider)  Or Maypole dance with class teacher	Athletics skills – with Mr Bourne  Team games – rounders	Ball skills – with Mr Bourne  Bat and ball skills – tennis with class teacher.
Core Knowledge	I know why I need to warm up and cool down. I know how to perform an underarm throw/ over arm throw I know what aiming means I know how to catch a ball/ other equipment and can tell others how to do it. I know how to hold a uni hoc stick safely	I know that 2 or more movements together create a dance. I know how to land safely when I jump by bending my knees and landing in a sitting position. I know why I need to warm up and cool down I know I breathe faster when I exercise. I know my heart beats faster when I exercise and pumps blood around my body. I know how to link moves together to create a routine	I can give examples of exercise.  I can suggest a range of activities to keep me healthy  I know and understand some of the tag rugby rules	I can spot some of the effects physical activity has on my body.  I know I need to warm up and cool down  I know how to find a space safely  I know why we breathe faster when we exercise.	I know I need to look at the target or person I am throwing to. I know that I need to use my arms when running (hip to lip) I know how to stand when throwing a javelin I know how to stay safe when objects are thrown. I know I need to swing my arms up when jumping I know I need to bend my knees when landing I know some of the rules to play rounders	I know how to avoid other children when moving around in space.  I know exercise is important to keep me healthy and can give reasons why.  I know how to hold a racket accurately  I know I need to look at where I want the ball to go when striking it
Skills Development	I can move around in space safely, showing an awareness of where others are. I can adjust speed and direction to avoid obstacles and others I can work with a partner and in a small group. I can play small team games. I can compete against myself and others  I can choose how to send a ball to a partner I can throw and catch a variety of equipment. I can get my hands ready to receive a ball I am beginning to understand how to adjust my body to catch an object when thrown to me. I can send a ball at different heights and speeds	I can move around the space safely. I can listen to music before responding I can copy, remember and repeat actions I can develop a dance motif (recurring element) inspired by a stimulus I can put a sequence of actions together to create a dance I can vary the speed and level of my actions I can use different transitions within a dance I can move in time to music I can improve the timing of my actions I can perform learnt skills with increasing control I can use choreographic devices such as mirroring, unison, canon I can perform sequences of my own	I can move around safely in space, showing an awareness of where others are I can work with a partner I can play small team games I can hold a rugby shaped ball I can run with a ball, holding it under 1 arm I can catch a large ball (rugby shaped) I can throw a large ball (rugby shaped) I can pass a ball by throwing it for a partner to catch I can dodge a defender when attacking I can retrieve a tag from another child I can compete in a small team game	I can strike a ball with a bat along the ground I can strike a ball aiming towards a target I can throw a small ball for my partner to strike I can strike a ball which has been thrown to me (may include a bounce) I can return a ball by hitting it when it has been hit towards me I can adjust my body and move to where the ball is in order to hit it. I can hit a ball over a net.  I can say what is good about the skill someone is performing. I can say how to improve the skill my partner is performing	I can run in a straight line I can use my arms correctly when running I can jump over obstacles when running (hurdle) I can remember, repeat and link combinations of actions (javelin throw) I can choose the correct throwing techniques (over arm for javelin, push for shot putt) I can perform a standing long jump and use my arms to travel further. I can compete against myself making improvements to my jump/ throw I can pass a baton to a partner (relay)	I can kick a ball I can kick a ball to a partner I can move to receive a ball I can dribble a ball in space avoiding other children. I can dribble a ball at different speeds and stop it with my feet I can kick a ball towards a target I can dribble a ball and pass it to a partner I can dribble the ball in a small team game I can compete against another team, partner  <u>Tennis</u> I can throw a ball towards a partner I can balance a ball on a racket I can hit a ball upwards/ downwards I can hit a ball across the ground using a racket

	<p>I can aim at a stationary or moving target</p> <p><u>Uni hoc</u> I can use a uni hoc stick safely. I can hit a ball with the uni hoc stick making it move along the ground. I can send a ball with a uni hoc stick and aim towards a target. I can dribble a ball with a uni hoc stick with some control in space I can dribble a ball at different speeds and stop it I can receive a ball and send it (pass it) with the uni hoc stick. I can track the path of a ball and move to intercept it. I can defend a goal using a uni hoc stick or my feet. I can work in a pair or small group to attack and defend I can compete in small team games.</p>	<p>composition and coordination I can watch and describe others performances I can use what I see to improve my own dance I can talk about the differences between my work and others. I can suggest improvements</p> <p><u>Gymnastics</u> I can travel along different pathways using high, low, wide narrow shapes. I can perform a log roll and know to keep my arms straight and toes pointed I can perform a tuck roll and know how to start and finish it I can perform a pencil jump and land safely I can perform a star jump and land safely I can perform a front and back support I can hold my weight on my hands I can transfer these skills onto apparatus, using it safely I can make up a sequence of 5 moves (start, balance, jump, roll, finish) and perform it on more than one occasion I can say what is good about someone's performance. I can make suggestions for improvements I can act on improvement suggestions to improve my own sequence</p>	<p><u>Drumba</u> I can move in time to a beat. I can copy, remember and repeat movements. I can change the speed of my movements. I can move at different levels. I can coordinate my arms and legs when moving to the music</p>	<p><u>Drumba</u> I can move in time to a beat. I can copy, remember and repeat movements. I can change the speed of my movements. I can move at different levels. I can coordinate my arms and legs when moving to the music</p>	<p><u>Rounders</u> I know how to hold a rounders bat I know how to stand to hit the ball I can look at the ball that is being thrown to me and try to strike it with the bat. I can throw a ball towards someone I can retrieve a ball when fielding and return it. I can run to each post I can play a small team game</p>	<p>I can bounce a ball and hit it with a racket I can return a ball by hitting it when it has been hit towards me I can adjust my body and move to where the ball is in order to hit it. I can hit a ball over a net.</p>						
Critical Vocab	Space Speed Direction Underarm Roll Warm up Aim skills	Throw Catch Dribble Send Receive Cool down Defend attack	balance Log roll Tuck roll Front support Back support Pencil jump Choreograph Movement Motif Mirroring Canon Unison	Weight Travel Space Stretch Healthy Pathways transitions Heartbeat Exercise Composition Sequence Feedback	Dodge Attack Defend Tag Rugby Heartbeat Muscles Pumping Teamwork cooperation	Beat Drumba Coordination Copy and repeat Double triple	Physical activity Travel Target Underarm racket	Bounce Direction Coordination Send Receive beat	Active Healthy Aim Target Obstacles Hurdles Javelin Shot putt Push pass overarm	Relay Baton  Underarm rounders fielding aim	Dribble Kick Aim Target sending Receiving Control Teamwork cooperation	Racket Strike Bounce Underarm Space

<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Enrichment Opps</b></p>		<p>Dance / gymnastics professional to visit.</p>	<p>Drumba</p>	<p>Drumba</p>	<p>Mayday – maypole dance</p>	<p>Summer performance – leavers dance?</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);"><b>Assessing Impact</b></p>	<p>Can children find a space, perform an underarm/ overarm throw? Can they hit, dribble a ball along the ground? Aim at a target Quick quiz – whats a warm up, how do you find a space? How do you do an underarm overarm throw/ catch a ball. Which throw would you choose for a ... why? How do you hold a uni hoc stick? Why is it important to hold it safely? What does attacking/ defending mean?</p>	<p>Can children find a space and perform a short sequence of dance moves? Video short dance sequences.  Can children perform the following gymnastics moves – log roll, tuck roll, front and back support, dish, arch, jump and land safely? Quick quiz – what is exercise? How do you land when jumping? What is a tuck roll, log roll? Why do we need to warm up and cool down?</p>	<p>Can children show a range of tag rugby skills? Holding the ball, passing the ball and retrieving a tag?  Quiz What examples of exercise can you give? What are some of the rules of tag rugby?</p>	<p>Can children copy movements and move in time to a beat?  Can they strike a ball and aim towards a target?  Can children give a good example of feedback on how to improve a partners work?  Quiz Why do we breathe faster when exercising? Why do we warm up?</p>	<p>Can children jump over low obstacles without falling over? Can children run using their arms correctly? Can children improve their distance in long jump and javelin throw by listening to feedback?  Can children demonstrate an understanding of rounders rules?</p>	<p>Can children dribble a ball with their feet and show some control? Can they move to receive a ball and kick it back? Can they work as a team?  Can children hold a tennis racket correctly and hit a ball? Can they move to return a ball?  Why is exercise important?</p>