

3	Topic Term 1: Football Lesson objectives: - To move to support teammates when not in possession of the game. - To perform the basic skills needed for the games with control and accuracy. - To move with the ball, keeping it under control. - To accurately pass and sent the ball, with varying speeds. - To shoot and score with increasing success. - To employ simple tactics in a game situation. Key facts: - To play football effectively, you should control the ball and keep it close to you at all times. - Dribbling is the ability to move the ball under control. - Passing is the skill of sending the ball to a target, usually a teammate. - Attacking is a skill that a team uses to try to progress up the pitch towards and opponent's goal. - Shooting is the skill of striking the ball towards a target and trying to score a goal. Key Vocab: Tackle, dribbling, control, shooting, attacking, accuracy, power. Themes: Invasion Games Running, passing, receiving Competitive games Attacking and defending strategies and tactics Teamwork/co-operation Healthy participation	Topic Term 1: Dance Learning objectives: - To understand the link between heart rate and breathing when exercising. - To show control, accuracy and fluency of movement. - To use different compositional ideas to create dances with unison, canon, action and reaction. - To combine actions and maintain the quality of performance. - To collaborate with others to develop and vary dance phrases. - To describe, interpret and evaluate their own dance. Key facts: - Choreography is the planning and arrangement of movements and actions that form a dance (or part of a dance). - Performing actions with control and fluency is important so dances look good to the audience. - Dancing in unison is when children perform the same movements at the same time. - Dancing in canon is when actions/movements are performed one after another. - Street dance is a term that originally described dances made up on the streets for fun. - Tutting: creating rights angles with bodies. Key Vocab: Dance, routine, music, movements, co-ordination, tutting, beat of 8, canon, unison, count, fluency, choreography, performance. Themes: Artistic Develop flexibility, strength, technique, control and balance. Performance Healthy participation Combine movement ideas fluently and effectively Teamwork/co-operation	Topic Term 2: Handball Learning objectives: - To pass/send a ball with control. - To keep the ball under control. - To receive the ball with control. - To pass the ball with control. - To move to support teammates once they have passed the ball. - To take up space/positions that make it difficult for their teammates. Key facts: - When dribbling, the ball must be bounced in front of the body. - If faced with an opponent, whilst dribbling the ball, bounce the ball closer to the body. - Catch the ball by moving into a space and communicating with teammates. - Passes are made one handed in handball with an overarm throwing technique. - It is important to be aware of the position of your teammates and to communicate effectively with the team. - The ball should be passed with control. Key Vocab: Position, communication, ball, control, pass, rules, throwing (passing), catching (receiving), dribbling, one/two-handed, aim. Themes: Invasion Games Running, passing, receiving Competitive games Attacking and defending strategies and tactics Teamwork/co-operation Healthy participation Fitness	Topic Term 2: Gymnastics Learning objectives: - To use skills in different ways to link them to make actions and sequences of movement. - To develop flexibility, strength, technique, control and balance. - To control accuracy, control and fluency of movement when performing actions on your own. - Link skills to make actions and sequence of movements. - Create, perform and repeat sequences with changes of speed, level and direction. - To perform a range of actions and agilities with consistency and fluency. Key facts: - The '9 key shapes' of gymnastics – straight, star, tuck, dish, arch, pike, straddle, front support and back support. - Technique, control and good body posture makes a good 'shape'. - Travelling is moving from one point to another. - Balancing is the action of holding a still position for a set amount of time. A point balance is using small body parts such as feet, hands, head or knees. - Body Control is the ability to coordinate movements with precision. Key Vocab: Gymnastics, key shapes, balances, rolls, co-ordination, routine, travelling, apparatus, sequence, partners, teamwork, stability, jumps. Themes: Artistic Develop flexibility, strength, technique, control and balance. Performance Healthy participation Combine movement ideas fluently and effectively Teamwork/co-operation	Topic Term 3: Dodgeball Learning objectives: - To send and receive the ball with control. - Increase accuracy and control when throwing and catching and ball. - To show control when moving at speed. - To improve dodging movements. - To move the ball in different ways. - To use a range of skills and tactics to win games. Key facts: - Finding a space is important before passing the ball. - Using a variety of different shots is important when playing a game of dodgeball. - It is important to show keep control of the ball when moving at speed. - The ball can be moved in different ways which include underarm throw and side shot throw. - Getting into a good position is important when throwing and receiving (catching) the ball. - Dodging refers to avoiding the ball hitting your body thrown by an opponent. Key Vocab: Speed, bounce, balls, throw, catch, dodge, positioning, underarm throw, wide shot, target, strike, roll. Themes: Target Games Competitive games Motor competence Rules, strategies and tactics Comparing performances Sportsmanship	Topic Term 3: Volleyball Learning objectives: - To intercept and stop the ball consistently. - To perform basic skills with control and accuracy. - To pass and sent a ball with increasing accuracy. - To pass and send a ball at different speeds. - To apply basic principles suitable for attacking. - To choose the appropriate throwing technique. Key facts: - The aim of the game is to make the ball hit the ground on your opponents' side. - Ready Position: knees bent, feet wide, hands relaxed in front of the body with arms and hands ready to receive the ball. - Three types of hit in volleyball are bump, volley and spike. - Tactics include: moving your opponent around the court; throwing the ball quickly; trying to catch opposition off guard. - To throw successfully, you need to aim, have accuracy and appropriate power. Key Vocab Ball flight, ready position, catch, control, throw, ready, watch, aiming, accuracy, power, speed, direction, space, wide, tactics. Themes: Net and Wall Running, jumping, throwing and catching, balance, speed. Rules, strategies and tactics Teamwork/co-operation Competitive games Apply basic principles suitable for attacking and defending Healthy participation
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Topic Term 4: Golf	Topic Term 4: Orienteering	Topic Term 5: Netball	Topic Term 5: Fitness	Topic Term 6: Athletics	Topic Term 6: Rounders
Learning objectives: - To practise and improve accuracy in ‘putting’. - To use the correct ‘putting’ technique to create a successful shot. - To play a putting game to develop effective teamwork. - To use the ‘chipping’ technique accurately to move the ball from the floor. - To chip the ball into the air over obstacles. - To show control and coordination to make accurate shots. Key facts: - Explore and understand how correct putting techniques can create a successful shot - Move the ball in different ways, with increasing accuracy and control. - Use a range of skills and tactics to win games. - Begin to develop the chipping technique, consistently lifting the ball from the floor. (golf) - Apply putting skills into game situations. (golf) - Show control and control to make accurate shots. Key Vocab: chipping, rough, control, bunker, fairway, dominant/non-dominant, competitive, consistent, course, putting, receive, target. Themes: Target Games Competitive games Motor competence Rules, strategies and tactics Comparing performances Sportsmanship	Learning objectives: - To work co-operatively as part of a team. - To develop agility, balance and co-ordination. - Participate in competitive team games, following instructions of the game. - To make a map with symbols and legend. - To follow rules of orienteering events. - To use features on a map to select and plan a route. Key facts: - Participate in competitive orienteering events, following instructions of the game - Recognise that activities need thinking through and planning - Participate in team games, working cooperatively, solving problems with others. - Communicate effectively with other people and discuss plans to achieve success. - To make a map with symbols and be able to recognise where you are on a map, using basic techniques. Key Vocab: map, communication, legend, teamwork, problem solving, cooperation, thumbing and folding, time. Themes: Outdoor and adventurous Motor competence Rules, strategies and tactics Healthy participation Teamwork/communication Problem solving Physical fitness Agility, balance, co-ordination	Learning objectives: - To pass/send a ball with increasing accuracy - To keep the ball under control. - To receive the ball with control. - To pass the ball with control. - Play in small sided games, employing simple tactics - To use a range of skills to keep possession of the ball. Key facts: - There are different ways to pass the ball in netball – chest pass, shoulder pass, over-head pass. - Receiving the ball is the same as catching and sending the ball is the same as throwing - You cannot travel with the ball in Netball. - The main positions in a game of Netball are centre position, wing attack, wing defence, goal attack and goal defence. - To catch the ball accurately and safely, you must watch for the ball and hand your hands ready. - Passing is the skill of sending the ball to a target, usually a teammate. Key Vocab: explore, control, speed, direction, chest/bounce pass, technique, aim, passing, shooting, score, accuracy. Themes: Invasion Games Running, passing, receiving Competitive games Attacking and defending strategies and tactics Teamwork/co-operation Healthy participation	Learning objectives: - To develop lower body strength and fitness - To understand what aerobic exercise is - To develop upper body strength and fitness - To improve balance and body co-ordination when moving in combination - To understand what core strength is and complete tasks to help develop it - To understand the importance of warming up and cooling down Key facts: - Lower body stretch helps us to play a variety of sports including football. - Aerobic exercise causes you to breathe heavier, makes you sweat and makes your heart beat faster. - Aerobic endurance is important in: running, swimming, boxing, dancing, invasion games and racket sports. - Upper body strength important in tennis and gymnastics. - Body co-ordination: the ability to move more than one body part at the same time, under control. - Physical exercise helps to keep our bodies healthy. Key Vocab: aerobic fitness, aerobic endurance, healthy lifestyle, core muscles, balance, physical, upper/lower body, co-ordination, stomach, hips, lower back. Themes: Physical fitness Healthy participation Develop flexibility, strength, technique, control and balance Performance Healthy participation Combine movement ideas fluently and effectively	Learning objectives: - To throw an object overarm, underarm, by pulling, by pushing and slinging. - To combine different types of jumping. - To run for a distance. - To run in races of varied distances. - To take part in athletic events. - To perform competitively with others. Key facts: - The basic actions of running, throwing and jumping are combined to make up all athletics events. - To perform a good jump, bend your knees and then push up and forward to drive off the ground. - Both the movement of your arms and legs are important when running. - The three different types of throw are the pull throw, push throw and fling throw. - You can increase the distance of the throw by adding more power to it. Key Vocab: athletics, jumping, throwing, running, co-ordination, movement, measurements, timing, technique, balance, distance, accelerate Themes: Fundamentals Physical fitness Running, jumping, throwing, speed Competitive games Healthy participation	Learning objectives: - To throw a ball with increasing accuracy. - To catch a ball with increasing control. - To successfully hit a ball from a tee. - To hit a ball towards a target - To choose fielding skills to make it difficult for an opponent. - To participate in modified competitive games, showing good teamwork. Key facts: - Fielding is the action of a player(s) performed after the batter has hit the ball; it involves using skills such as stopping, gathering and collecting the ball, catching and throwing skills. - Batting is the skill of hitting the ball with a rounders bat. - The bat should only be used and swung in the designated area. - You must be aware of who is around you when you swing the rounders bat. - To hold the bat accurately, hold it firmly in one hand, behind your body, ready to strike through the ball. Key Vocab: throwing, fielding, catching, power, communication, accuracy, technique, batting, score, aiming, space, targets, long barrier. Themes: Striking and Fielding Running, jumping, throwing and catching Rules, strategies and tactics Competitive games Healthy participation Choosing appropriate skills/tactics Teamwork/co-operation