

4	Topic Term 1: Swimming Learning objectives: - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations Key facts: - Enter the water safely using the swivel technique. - Blow bubbles when completing front strokes instead of holding your breath. - Arm movements help propel the body forwards; legs add to the speed. - Tread water by moving the hands in a figure of 8 and calmly completing a vertical breast stroke motion with the legs. - Keep head back with ears in the water and tummies up for backstroke. - Tilt head to the side (as opposed to lifting it up) when taking breaths in front crawl. Key Vocab: Front crawl, backstroke, breaststroke, float, breathing, dive, jump Themes: Swimming	Topic Term 1: Dance Learning objectives: - Perform dances using a range of movement patterns. - Link movement patterns together. - Work on your own, with a partner or in a group. - Create, practise and perform more complex dances. - Perform as various characters when moving to music. - Communicate feelings through dance. Key facts: - When performing in character, it is important to act like the characters from the dance. - Street dance is a term that originally described dances made up on the streets/park for fun and is often used in music videos today. - Dance moves should be performed in time with the beat. - Using different levels in dance makes a dance more interesting and enjoyable to watch. - A dance ‘phrase’ is a series of movements that are linked together to form part of the overall choreography of the dance. - Unison – performing the same action at the same time. Key Vocab: Dance, routine, music, 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: Swimming Learning objectives: - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations Key facts: - Enter the water safely using the swivel technique. - Blow bubbles when completing front strokes instead of holding your breath. - Arm movements help propel the body forwards; legs add to the speed. - Tread water by moving the hands in a figure of 8 and calmly completing a vertical breast stroke motion with the legs. - Keep head back with ears in the water and tummies up for backstroke. - Tilt head to the side (as opposed to lifting it up) when taking breaths in front crawl. Key Vocab: Front crawl, backstroke, breaststroke, float, breathing, dive, jump Themes: Swimming	Topic Term 2: Gymnastics Learning objectives: - To perform 9 key shapes. - To travel using different body parts. - To travel on different levels at different speeds. - To create sequences of movements, shapes, balances and rolls. - To work with others mirroring and cannoning. - To perform in front of others. Key facts: - Gymnasts find different ways of using a shape, balance, or travel, and link them to make actions and sequences of movement. - Travelling is moving from one point to another focusing on: body points, speed, level, pathways and directions. - A sequence is a series of actions linked together showing a clear beginning, middle and end. - When jumping, land with feet together, on the balls of feet, then press heels into the floor. - There are 9 shapes commonly used in gymnastics: straight, star, tuck, dish, arch, pike, straddle, front support and back support - Shapes should be made with appropriate fingers and toes pointed; upright torso; head held high. Key Vocab: Gymnastics, rolls, routine, sequence, key shapes, jumps, travelling, partners, balances, co-ordination, apparatus, teamwork, mirroring, cannoning. Themes: Artistic Develop flexibility, strength, technique, control and balance Performance Healthy participation Combine movement ideas fluently and effectively	Topic Term 3: Swimming Learning objectives: - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations Key facts: - Enter the water safely using the swivel technique. - Blow bubbles when completing front strokes instead of holding your breath. - Arm movements help propel the body forwards; legs add to the speed. - Tread water by moving the hands in a figure of 8 and calmly completing a vertical breast stroke motion with the legs. - Keep head back with ears in the water and tummies up for backstroke. - Tilt head to the side (as opposed to lifting it up) when taking breaths in front crawl. Key Vocab: Front crawl, backstroke, breaststroke, float, breathing, dive, jump Themes: Swimming	Topic Term 3: Hockey Learning objectives: - To hold a hockey stick correctly and safely. - To use a push pass. - To get in a low position when dribbling and/or passing. - To dribble a ball whilst changing direction. - To use a slap pass. - To play hockey games against others Key facts: - Hockey sticks should be held with the left hand at the top of the handle and the right hand near the middle of the stick. - The aim is to try and manoeuvre the ball or puck into the opposition goal using a hockey stick. - Dribbling is the ability to move with the ball under close control changing speed and direction. - Possession can be gained by tackling and winning the ball or intercepting the ball. - The hockey stick must be kept below your waist. Key Vocab: Hockey, passing, dribbling, shoot, stick, control, teamwork, speed, direction, decision making, aim, turn, stop, possession, slap pass, push pass, attack, defence Themes: Invasion games Running, passing, receiving Competitive games Attacking and defending strategies and tactics Teamwork/co-operation Healthy participation
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4	Topic Term 4: Swimming Learning objectives: - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations Key facts: - Enter the water safely using the swivel technique. - Blow bubbles when completing front strokes instead of holding your breath. - Arm movements help propel the body forwards; legs add to the speed. - Tread water by moving the hands in a figure of 8 and calmly completing a vertical breast stroke motion with the legs. - Keep head back with ears in the water and tummies up for backstroke. - Tilt head to the side (as opposed to lifting it up) when taking breaths in front crawl. Key Vocab: Front crawl, backstroke, breaststroke, float, breathing, dive, jump Themes: Swimming	Topic Term 4: Orienteering Learning objectives: - To work cooperatively as part of a team. - To communicate effectively with others. - Participate in team games solving problems with others. - To understand the different points on a map. - To make a map. - To take part in an orienteering event. Key facts: - Turn the map until the north arrow on the map matches the magnetic arrow on the compass. - Physical skills needed for orienteering include: agility, balance and co-ordination. - Orienteering activities need thinking through and planning highlighting and relevant safety information. - It is always important to have knowledge of safety, rules and procedures for taking part in orienteering events. - Communication is key when deciding a strategy - Compass points: N, S, E, W, NE, NW, SE, SW Key Vocab: Teamwork, map skills, indoor mapping, picture orienteering, control plotting, communication Themes: Outdoor and adventurous Motor competence Rules, strategies and tactics Healthy participation Teamwork/communication Problem solving Physical fitness Agility, balance and co-ordination	Topic Term 5: Swimming Learning objectives: - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations Key facts: - Enter the water safely using the swivel technique. - Blow bubbles when completing front strokes instead of holding your breath. - Arm movements help propel the body forwards; legs add to the speed. - Tread water by moving the hands in a figure of 8 and calmly completing a vertical breast stroke motion with the legs. - Keep head back with ears in the water and tummies up for backstroke. - Tilt head to the side (as opposed to lifting it up) when taking breaths in front crawl. Key Vocab: Front crawl, backstroke, breaststroke, float, breathing, dive, jump Themes: Swimming	Topic Term 5: Tennis Learning objectives: - Can watch, track, and catch a tennis ball successfully. - Perform a basic forehand action with increasing accuracy. - Perform a basic backhand shot with increasing control. - Keep a rally going using a range of shots. - Hit a ball into space (at different speeds and heights) to try and beat an opponent. - Compete with others. Key facts: - To grip, form a V shape between thumb and index finger. Shake hands with the racket grip. - Shots include forehand, backhand, drop, clear and serve. - A rally is a series of shots where the ball goes back and forth between participants. - Score points by your opponent hitting the ball out of the court, hitting the shuttle into the net or by not being able to return the shot. - Watch the ball carefully and coordinate contact with the racket. Key Vocab: Swing, cooperative play, aim, movement, direction, partner, cooperative, send, cooperate, rally, catch, court target, power, accuracy, space, free space, bounce, racket Themes: Net and wall Running, jumping, throwing and catching, balance, speed Rules, strategies and tactics Teamwork/co-operation Competitive games Healthy participation	Topic Term 6: Swimming Learning objectives: - Swim competently, confidently and proficiently over a distance of at least 25 metres - Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] - Perform safe self-rescue in different water-based situations Key facts: - Enter the water safely using the swivel technique. - Blow bubbles when completing front strokes instead of holding your breath. - Arm movements help propel the body forwards; legs add to the speed. - Tread water by moving the hands in a figure of 8 and calmly completing a vertical breast stroke motion with the legs. - Keep head back with ears in the water and tummies up for backstroke. - Tilt head to the side (as opposed to lifting it up) when taking breaths in front crawl. Key Vocab: Front crawl, backstroke, breaststroke, float, breathing, dive, jump Themes: Swimming	Topic Term 6: Athletics Learning objectives: - To throw an object by overarm, underarm, pulling, pushing and slinging. - To combine different types of jumping. - To run for distance. - To run in races of varied distances. - To take part in athletic events. - To perform competitively with others. Key facts: - Combine basic jump actions to form a jump combination, using a controlled jumping technique. - Perform a throwing technique with control, coordination, and consistency. - Use body momentum when throwing for power - When running, keep head up and watch where they are going. - When jumping, use the correct technique, making sure they land safely. Key Vocab: Athletics, jumping, throwing, running, co-ordination, movement, measurements, timing, technique Themes: Fundamentals Physical fitness Running, jumping, throwing, speed Competitive games Healthy participation
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