

5	Topic Term 1: Football Learning objectives: 1. To pass the ball to teammates in game situations. 2. To dribble the ball whilst under pressure. 3. To defend in a team. 4. To compete in games. 5. To decide on ways to attack when playing games. 6. To decide on ways to defend in games. Key facts: 1. Passing is the skill of sending the ball to a target, usually a teammate. It is an attacking skill that a team uses to try 2. Attacking play describes the play when a team has possession of the ball and are trying to score a goal against their opponents. 3. The aim of defending is to stop the opponent from scoring and regain possession of the ball. 4. A good first touch will get the ball under control. 5. The importance of teamwork for successful play. Key Vocab: Football, passing, attacking, defending, throwing, control, saving, tackle, scoring, aim, dribbling, turning, direction. 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: 1. To show flexibility and technique when performing gymnastic elements. 2. To travel fluently on the floor and on/off apparatus. 3. To travel with confidence choosing different pathways. 4. To create longer sequences. 5. To show rhythm and creativity when working with others. 6. To perform in front of an audience. Key facts: 1. A dance 'phrase' is a series of movements that are linked together to form part of the overall choreography of the dance. 2. Unison – performing the same action at the same time. 3. Choreography – planning and arranging the movements and actions that form a dance or part of a dance (a phase). 4. Performing in character – it is important to act like the characters from the dance. 5. It is important that all the members of each group have an input and are involved in choreographing their phrase. 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: 1. To pass/send a ball whilst on the move. 2. To shoot whilst under pressure. 3. To pass the ball over different distances whilst moving. 4. To decide on ways to attack during games. 5. To decide on ways to defend during games. 6. To play handball games against others. Key facts: 1. Ball control is the skill of keeping the ball safe whilst your team is in possession of the ball. 2. Dribbling is having the ball out in front and moving it closer to the body when under pressure. 3. Keeping possession is supporting teammates with movement; making use of space; communicating. 4. Throwing and catching in a controlled manner is gathering the ball quickly and cleanly with the intention of moving or passing in quick succession. 5. Defending is what an individual/team does when they don't have possession of the ball. 6. Attacking play describes play when a team has possession of the ball and they are trying to score. Key Vocab: Ball, control, throw, catch, dribbling, receive, space, hands, accuracy, aim, power, intercept, support 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: 1. To be inspired by music and different stimuli. 2. To show ideas through dance. 3. To create sections of dance on your own, and in a group. 4. To apply the principles of dance to a routine. 5. To combine movement – keeping to the beat. 6. To perform to an audience. Key facts: 1. Gymnastics is about performing the work you have created. 2. Mirroring - performing facing each other showing a mirror image of actions. 3. Cannoning - performing one after another. Upon the first child completing the action(s) the next child immediately starts their performance. 4. A Sequence is a series of actions that are linked together - they can include any type of actions e.g. balances, shapes, travelling, jumps, rolls. 5. Show a clear beginning and end to each action in the sequence. Key Vocab: Gymnastics, key shapes, balances, rolls, jumps, co-ordination, routine, travelling, apparatus, sequence, partners, teamwork, flexibility, technique, rhythm, perform. 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: 1. To throw a ball at a moving target. 2. To use the most appropriate throwing technique for the situation. 3. To play catching games. 4. To dodge a ball by jumping and skipping. 5. To dodge a ball by jockeying and galloping. 6. To use peer evaluation to discuss strategies and tactics and apply these to your own game. Key facts: 1. Controlling the ball. 2. Aiming for a target. 3. Working together and cooperating with each other. 4. Perform skills quickly and react fast in different situations. 5. Playing games increases confidence and their ability to move quickly and control the ball. Key Vocab: Speed, dodge, positioning, catch, under arm throw, bounce, side shot, target, strike and roll. Themes: Target Games Competitive games Motor competence Rules, strategies and tactics Comparing performances Sportsmanship	Topic Term 3: Volleyball Learning objectives: 1. To react quickly to a travelling shuttle. 2. To move feet quickly to get into good positions. 3. To be confident to play different shots. 4. To play shots appropriate to the situation. 5. To play shots accurately. 6. To compete against others knowing when to attack and when to defend. Key facts: 1. Volleyball is played using the hands and arms to hit the ball over the net to the opponents side of the court. 2. There are a variety of different shots: Attacking shots, such as the 'spike', defensive such as the 'block' and others are used to pass the ball such as the 'bump pass'. 3. Making use of space – when attacking, play shots into the space on the court as this gives the best chance of scoring points. 4. Reactions – being ready to move quickly, reacting quickly to shots that have been played will allow you to defend more successfully. 5. Court Position – it is important to be in a good position to take advantage of a situation and have the best chance of scoring points. Key Vocab: Ball flight, ready position, watch the ball, catch, control, throw, ready, watch, hands, aiming, accuracy, power, speed, direction, space, wide, tactics, successful 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: 1. To successfully hit the target when putting and chipping. 2. To develop the drive technique. 3. To develop the techniques of the different shots on more difficult courses. 4. To compete against others applying skills learnt. 5. To discuss, watch and evaluate the professional game. 6. To apply the correct techniques when competing. Key facts: 1. How to apply both the putting and chipping techniques to competitive games. 2. Understanding the relationships between physical activity and its effect on the body. 3. Become familiar with golf phrases and the concept of golf. 4. You have to show control to make accurate. 5. Speed and power is required when working to a target. Key Vocab: Golf, chipping, putting, target, co-ordination, technique, speed, accuracy Themes: Target Games Competitive games Motor competence Rules, strategies and tactics Comparing performances Sportsmanship	Learning objectives: 1. To work cooperatively as part of a team. 2. To communicate effectively with others. 3. Participate in team games solving problems with others. 4. To understand the different points on a map. 5. To make a map. 6. To take part in an orienteering event. Key facts: 1. Recognise where you are on a map. 2. Demonstrate all the physical skills needed for orienteering: agility, balance and co-ordination. 3. Recognise that activities need thinking through and planning. 4. Develop a basic understanding of map reading/making and apply these skills and techniques in games. 5. Have knowledge of safety, rules and procedures for taking part in orienteering events. Key Vocab: Orienteering, teamwork, map skills, indoor mapping, picture orienteering, control plotting, communication, problem solving Themes: Outdoor and adventurous Motor competence Rules, strategies and tactics Healthy participation Teamwork/communication Problem solving Physical fitness Agility, balance, co-ordination	Learning objectives: 1. To pass/send a ball with increasing accuracy. 2. To move with the ball keeping it under control. 3. To pass the ball in different ways. 4. To find and use space well to keep possession. 5. To apply basic attacking and defending principles. 6. Play in small sided games, employing simple tactics. Key facts: 1. The ability to control and stop the ball will greatly affect the success of the game. 2. Passing is the skill of sending the ball to a target, usually a teammate 3. How to move and interact with the ball. 4. The attacking positions. 5. The defending positions. Key Vocab: Ball, control, speed, direction, passing, pass, chest pass, bounce pass, technique, aim, accuracy, teamwork, shoot, score, accuracy, power, rules Themes: Invasion Games Running, passing, receiving Competitive games Attacking and defending strategies and tactics Teamwork/co-operation Healthy participation	Learning objectives: 1. To develop lower body strength and fitness. 2. To understand what aerobic exercise is. 3. To develop upper body strength and fitness. 4. To improve balance and body coordination when moving in combination. 5. To understand what core strength is and complete tasks to help develop it. 6. To understand the importance of warming up and cooling down. Key facts: 1. Upper arm muscles – biceps and triceps, shoulder muscles – deltoid and trapezius, chest muscles – pectoral. 2. Leg muscles - calf muscles – gastrocnemius & soleus, shin muscle – tibialis anterior, front thigh muscles – quadriceps, back thigh muscle – hamstring, buttock muscles – gluteus maximus. 3. Warming up before physical activity is important. 4. There are mental benefits of exercise. 5. The difference between stamina and endurance. 6. Why core strength is important. Key Vocab: Lower body circuits, circuits, aerobic circuits, upper body circuits, lunges, boxercise, core, strength, core muscles, full body circuits, warm up, cool down, heart rate Themes: Physical fitness Healthy participation Develop flexibility, strength, technique, control and balance Performance Healthy participation Combine movement ideas fluently and effectively	Learning objectives: 1. To throw an object by overarm, underarm, pulling, pushing and slinging. 2. To combine different types of jumping. 3. To run for distance. 4. To run in races of varied distances. 5. To take part in athletic events. 6. To perform competitively with others. Key facts: 1. When running, keep head up and watch where they are going. 2. When jumping, use the correct technique, making sure they land safely. 3. When throwing, children should check that the area directly behind and in front of them is clear and it is safe to throw. 4. Running for speed is the skill of running fast and in athletics is often referred to as ‘sprinting’. 5. Throws can be measured using a tape measure, marker cones and steps and are measured from the release mark to the point that the object first makes contact with the ground. Key Vocab: Athletics, jumping, throwing, running, co-ordination, movement, measurements, timing, technique Themes: Fundamentals Physical fitness Running, jumping, throwing, speed Competitive games Healthy participation	Learning objectives: 1. To throw a ball with increasing accuracy. 2. To catch a ball with increasing control. 3. To successfully hit a ball from a tee. 4. To hit a ball towards a target. 5. To choose fielding skills to make it difficult for an opponent. 6. To participate in modified competitive games, showing good teamwork. Key facts: 1. 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 2. You have to throw and aim with accuracy. 3. Batting is the skill of hitting the ball with a rounders bat. 4. The bat should only be used and swung in the designated area. 5. To know the four bases and the scores they hold. Key Vocab: Throwing, fielding, catching, power, get in line, 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