

6	Topic Term 1: Tag rugby Learning objectives: - To travel at speed with the ball. - To dodge and fake passes when running with the ball. - To catch the ball whilst under pressure. - To watch and evaluate the professional game. - To decide on ways to attack in a game situation. - To decide the best way to defend in a game situation. Key facts: - Passing – Grip around the belly of the ball with a W shape, nose facing to the target; pass from the pocket. - Carrying – two handed around the belly, fingers spread, palms not touching the ball, one handed - secure under arm (only when confident) - Catching – Eyes on the ball, two hands ready, secure and cushion. - Travelling in a line / diagonal line is important when they have to pass the ball backwards/sideways whilst attacking. - To score points, the aim is to ground the ball in goal areas. This is called a try. Key Vocab: throw, catch, tag, accuracy, speed, ball, communication, control, cooperation, pass, dodge, attacking, defending, tag belts, score, try, tactics, rugby, share, defend, mark, dummy, fitness, agility, speed 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 be inspired by music and different stimuli. - To show ideas through dance. - To create sections of dance on your own and in a group. - To apply the principles of dance to a routine. - To combine movements – keeping to the beat. - To perform to an audience. Key facts: - Counting a beat helps you stay in time with music and move with rhythm. - Rhythm is the timing of dance movements/actions to the music. - Unison is performing the same movement at the same time. - Canon is performing a movement one after another. - Dance phrase is a series of movements that are linked together to form part of the overall choreography of the dance. - Choreography is the sequence of steps and movements in a dance. - You should always look at the audience when performing (unless stated) 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: Hockey Lesson objectives: - Understand positions and roles in team games. - Passing the ball whilst on the move. - Shooting with confidence and control. - Dribble a ball at speed whilst changing direction. - Defending principles in a game situation. - Attacking principles in a game situation. Key facts: - Dribbling is the ability to move with the ball under close control changing speed and direction. - Attacking play describes play when a team has possession of the ball and they are trying to score. - Defending is what an individual/team does when they do not have possession of the ball. - Possession can be gained by tackling and winning the ball or intercepting the ball. - 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. - Aim is to try and manoeuvre the ball or puck into the opposition goal using a hockey stick. Key vocab: Indian dribbling, close down, cover, track, block, slap pass, decision making, possession, principles, evaluate, discuss, explore. Themes: Invasion games Running, passing, receiving Competitive games Attacking and defending strategies and tactics Teamwork/co-operation Healthy participation	Topic Term 2: Gymnastics Learning objectives: - To show flexibility and technique when performing gymnastic elements. - To travel fluently on the floor and on/off apparatus. - To travel with confidence choosing different pathways. - To create longer sequences. - To show rhythm and creativity when working with others. - To perform in front of an audience. Key facts: - A Sequence is a series of actions that are linked together with a clear beginning, middle and end. - Mirroring - performing facing each other showing a mirror image of actions. - Cannoning - performing one after another. Upon the first child completing the action(s) the next child immediately starts their performance and so on. - Gymnastics is a sport in which we perform exercises that need strength, balance, flexibility and control. - In gymnastics, we may use lots of different skills, for example running, jumping, balancing, stretching, bending and tumbling. Key Vocab: Gymnastics, key shapes, balances, rolls, jumps, co-ordination, routine, travelling, apparatus, sequence, partners, teamwork, flexibility, technique, rhythm, perform. Themes: Artistic Healthy participation Develop flexibility, strength, technique, control, and balance Performance Healthy participation Combine movement ideas fluently and effectively	Topic Term 3: Fitness Learning objectives: - To develop lower body strength and fitness. - To develop speed and aerobic endurance. - To discuss what you find difficult and what you find easier. - To understand how physical activity and exercise can improve mental wellbeing. - To understand why core strength is important. - Recognise and explain what went well in yours, and others, performances. Key facts: - Physical exercise has mental benefits. - Stamina is the amount of time a muscle or muscle group can perform at near maximum capacity. Endurance is the amount of time a muscle group can perform a particular action. - Leg muscles: calf (gastrocnemius & soleus) front thigh (quadriceps) back thigh (hamstring) buttock (gluteus maximus) shin (tibialis anterior). - Arm muscles: upper arm (biceps/triceps) shoulder (deltoids/trapezius) chest (pectoral). - Core muscles: abdominals, obliques. Key Vocab: body strength, muscles, flexibility, mobility, posture, biceps, triceps, deltoid, trapezius, pectoral, stability, abdominals, obliques, gluteus maximus, endurance, agility, effort, strength, mental benefits, core strength, sprinting, shin, quadriceps, hamstring. Themes: Physical fitness Healthy participation Develop flexibility, strength, technique and control Agility, balance and co-ordination	Topic Term 3: Badminton Learning objectives: - To know and describe the correct grip and stance when holding a racket. - To adopt a good ready position. - To play shots on the forehand and backhand side of the body. - To use a variety of different shots, and serves, hitting with increasing consistency. - To employ tactics in games. - To participate in games following the rules and scoring correctly. Key facts: - Shots include forehand, backhand and overhead clear. - A rally is a series of shots where the ball goes back and forth between participants. - Cooperative rally-try to keep the ball travelling back and forth for as long as possible. Competitive rally - trying to force your opponent into an error. - Shake hands with the racket grip. Try to form a V shape between thumb and index finger. Have a relaxed grip. - Score points by your opponent hitting the shuttle out of the court, hitting the shuttle into the net or by not being able to return the shot. - Chasse (sidestep) movements towards corners; lunge forwards. Key Vocab: serve, net, court, racket, shuttle, serve, throw, clear, control, aim, movement, coordination, clear, receive, chasse, lunge, shuffle, racket, safety, serve, balance, grip, forehand stance, swing, follow-through, cooperative, competitive, teamwork, tactics, power, accuracy, height Themes: Net and wall Running, jumping, throwing, and catching, balance, speed Competitive games Apply basic principles suitable for attacking and defending. Healthy participation Rules, strategies and tactics
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Topic Term 4: Golf**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. Aim is to get the ball into the hole/target in as few shots as possible.
2. Use the 'tick tock' technique for putting.
3. Chipping is used for height.
4. Driving is used for distance.
5. You need to determine how much speed and power is required when working to a target.
6. Non dominant hand at the top of the club, dominant just below. Non-dominant shoulder should be facing the target.

Key Vocab: Golf, chipping, putting, target, co-ordination, technique, speed, accuracy, power, driving technique, 'tick tock' technique.

Themes: Target games

Competitive games
Motor competence
Rules, strategies and tactics
Comparing performances
Sportsmanship

Topic Term 4: Orienteering**Learning objectives:**

1. To build confidence during team activities.
2. To work within your team, communicating, trusting, and valuing each other.
3. To plan strategies to complete tasks.
4. To develop map reading skills and confidence.
5. To develop map building skills.
6. To complete an orienteering event.

Key facts:

1. Orienteering requires the ability to problem solve and work as a team.
2. Project your voice with clear, concise instructions.
3. Compass points: N, S, E, W, NE, NW, SE, SW
4. Find quickest, safest routes to destinations.
5. Always take a partner so they can call for help if necessary.
6. The scale of a map allows a reader to calculate the size, height and dimensions of the features shown as well as distances between different points.

Key Vocab: 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

Topic Term 5: Basketball**Learning objectives:**

1. To pass the ball and move in a variety of different ways with confidence and control.
2. To pass the ball and move in a variety of different ways at speed.
3. To defend appropriately depending on the situation.
4. To keep possession of the ball when faced with opponents.
5. Apply basic principles for defending in game situations.
6. Apply basic principles for attacking in game situations

Key facts:

1. Passes include chest pass and bounce pass.
2. Attacking play includes a player dribbling (bouncing) the ball or passing it to get closer to their net to score.
3. Once a player stops dribbling the ball/catches it in two hands they are not allowed to move with the ball- they can either pass it or shoot.
4. Double dribble is an illegal move where players stop with the ball then continue to dribble afterwards.
5. Turning and changing direction quickly will allow players to keep possession.
6. Possession can be gained by intercepting or forcing a mistake by pressurising the opposition.

Key Vocab: pace, jumping, throwing, coordination, measurements, timing, movement, technique, defend, chest pass, dribble, travelling, turn, space, formation, control, bounce pass

Themes: Invasion games

Running, passing, receiving, throwing and catching
Competitive games
Attacking and defending strategies and tactics
Teamwork/co-operation
Healthy participation

Topic Term 5: Tennis**Learning objectives:**

1. To know and describe the correct grip and stance when holding a racket.
2. To adopt a good ready position.
3. To play shots on the forehand and backhand side of the body.
4. To use a variety of different shots, and serves, hitting with increasing consistency.
5. To employ tactics in games.
6. To participate in games following the rules and scoring correctly.

Key facts:

1. Shots include forehand, backhand, volley and lob.
2. Hit the ball with purpose varying speed, height and direction.
3. Score points by your opponent hitting the ball out of the court, hitting the ball into the net or by not being able to return the shot.
4. A rally is a series of shots where the ball goes back and forth between participants. A cooperative rally involves participants trying to keep the ball travelling back and forth for as long as possible. A competitive rally is when you are trying to force your opponent into an error.
5. Shake hands with the racket grip. Try to form a V shape between thumb and index finger. Have a relaxed grip.

Key Vocab: rally, racket, court target, power, accuracy, free space, control, swing, cooperative play, aim, movement, direction, cooperative, strategy, tactics, backswing, teamwork, anticipation, respond.

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

Topic Term 6: Athletics**Learning objectives:**

1. To use the correct combination of jumps to complete the triple jump.
2. To compete in long distance running.
3. To compete in short distance races.
4. To use a run up when throwing.
5. To practise to improve throwing distance.
6. To use a run up when jumping.

Key facts:

1. There are a range of throwing actions: push, pull (javelin) sling.
2. Throws can be measured in numerous ways - tape measure, marker cones, steps.
3. A good arm action should have: L shape arms; arms should move forward and back past the side of the body. The hands should move from 'hip to lip'.
4. To achieve fast arms, the arms should be pumped forwards and backwards as fast as possible.
5. For a good leg action, the knees should be driven up to allow a good stride forward.
6. Jumping for distance is performing a jump where the aim is to jump as far as possible from a set point - the take-off point.

Key Vocab: Pace, jumping, throwing, coordination, measurements, timing, movement, technique, run, explore, official, control, sprinting, measure, power, javelin, discus, release point, fling, Olympics

Themes: Fundamentals

Physical fitness
Running, jumping, throwing, speed
Competitive games
Healthy participation

Topic Term 6: Cricket**Learning objectives:**

1. To throw and bowl in different ways.
2. To play shots that allow the ball to be hit to different areas of the field into spaces.
3. To retrieve, catch, intercept, and stop a ball when fielding.
4. To use skills and tactics to outwit opponents when fielding.
5. To use skills and tactics to outwit opponents when batting.
6. To participate in competitive games.

Key facts:

1. Grip the bat correctly: right hander - left hand at the top, right hand below and vice versa for left handers.
2. Batting tactics are the plans and decisions a batter or batting team make in an attempt to score runs.
3. The straight drive is a shot where the aim is to hit the ball straight back past the bowler.
4. Bowling uses an overarm technique.
5. Hit the ball with purpose, varying speed height and direction, as well as thinking of tactics needed to score more runs.
6. Use team work when defending to cover areas and make it hard for the batter to score runs.

Key Vocab: Fielding, striking, teamwork, bowling, wicket keeper, long barrier, wickets, runs, batting, aiming, overarm, underarm, tactics, target, bowled out, straight drive, technique, throw.

Themes: Striking and fielding

Running, jumping, throwing and catching
Rules, strategies and tactics
Competitive games
Healthy participation
Choosing appropriate skills/tactics
Teamwork/co-operation