

Attack, Defend, Shoot		Hit, Catch, Run	
Unit 1	Unit 2	Unit 1	Unit 2
1. To hit a target 2. To defend a target 3. To roll and slide balls and beanbags 4. To shoot in a game to get points 5. To work with a partner to score points 6. To use our attacking and defending skills in a game	1. To find our pulse on our wrist 2. To move side to side to defend the goal 3. To bounce a ball with control to ourselves 4. To aim at different targets 5. To adapt to a game with changing rules 6. To play in the best defensive position in a game	1. To select space to throw or roll a ball into 2. To track and collect a rolling ball 3. To catch a ball to stop an opponent scoring 4. To use our hands to hit a ball 5. To run between bases to score points 6. To work as a team to score points	1. To catch a ball over a short distance 2. To begin to hit a ball with power 3. To position ourselves in the path of the ball 4. To field the ball to a base 5. To catch a high ball 6. To stop the other team from scoring points
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
1. To slide a beanbag to a target 2. To hit a ball in different ways with our hands 3. To move towards a ball to return it 4. To work with a partner to stop and return a beanbag 5. What a rally is and rallying with a partner 6. To send a ball into space to make it harder for our opponent	1. To send the ball over a net to our partner 2. To track and stop a moving object using both hands 3. Why different muscles are important when playing games 4. To send balls accurately from different positions e.g., kneeling or sitting 5. To spot space on the playing area and hit the ball there 6. To play a game with a partner	1. To start and stop moving at speed 2. To use our arms when running at different speeds 3. To take off on two feet to jump for distance 4. To use correct technique to throw different objects for distance 5. To show improvement in our throwing 6. To take part in a competition using running, jumping, and throwing skills	1. To use agile movements in different activities 2. Different ways to recognise the start and end of an activity e.g., whistle 3. To develop stamina when running 4. To develop core strength to improve throwing 5. To stride and jump for height 6. To choose the best starting position for running quickly

Dance		Gymnastics	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> 1. To move as if we are in the jungle 2. To move like a friendly bear 3. To create and perform movements which demonstrate friendship 4. How to mirror other people's actions 5. Some basic Lindy Hop actions 6. What it feels like to perform a dance 	<ol style="list-style-type: none"> 1. To perform actions to well-known nursery rhymes 2. To march in time to the beat and to turn while marching 3. To march in time as a group 4. To perform actions in canon 5. To perform a short dance using canon 6. To perform in rounds in different groups 	<ol style="list-style-type: none"> 1. To perform 'like actions' in a sequence 2. To carry and set up apparatus safely 3. To perform shapes on both large or small body parts 4. To take off and land and use shapes in our jumps 5. To travel on our feet, showing good body tension 6. How we can create different levels in our performance 	<ol style="list-style-type: none"> 1. To move on, off and over apparatus and use the 'Magic Chair' landing to 2. To rock on different parts of our body and rock using shape 3. To perform specific point balances such as 'h' and 'y' balance 4. To perform actions at the same time as others (unison) 5. To perform actions one person after the other (canon) 6. To turn and jump and quarter and half turn
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<ol style="list-style-type: none"> 1. To follow simple instructions to complete a trail 2. To find matching symbols 3. To copy and create a hoop dance 4. To work with a partner to complete a hoop challenge 5. To recognise a drawn symbol as a real object 6. To use decision-making skills to hide equipment 			

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<ol style="list-style-type: none"> To kick the ball over long and short distances To stop a ball with control using the foot To work as a team to keep the ball To bounce a ball with my partner To bounce the ball while we are moving To pass the ball forward in a game 	<ol style="list-style-type: none"> To throw different types of equipment To move to a space after passing a ball To pass and move forwards to a target with a partner To position ourselves as a goalkeeper To intercept a ball from a person on the other team To use the skills we have developed in a competition 	<ol style="list-style-type: none"> To hit a ball and score points by running to cones To defend a target by kicking To bowl underarm with control To hit a ball using different bats and techniques To throw accurately to a base To hit a ball into a space, away from fielders 	<ol style="list-style-type: none"> To time our run around the bases to stay 'safe' To kick a ball into space using different parts of the foot To respond to how a ball is bowled when hitting About the role of a wicketkeeper About the role of a backstop and its likeness to wicketkeeper To bowl underarm in a game with accuracy
Send & Return		Run, Jump, Throw	
Unit 1	Unit 2	Unit 1	Unit 2
<ol style="list-style-type: none"> To stay on our toes to move quickly to the ball To identify which hand is dominant in a game Basic rules of serving to our partner To develop agility and use it in a game To use the correct grip to hit a self-fed ball To use the ready position in a rally 	<ol style="list-style-type: none"> To feed a ball to our partner with consistency To send the ball to different parts of the court To throw and catch in a seated position To accurately serve the ball to different parts of the court To use overarm attacking shots in a game To manage what we should be doing within the competition 	<ol style="list-style-type: none"> To move quickly whilst being aware of others around To create power with our legs to turn at speed To move through an obstacle course with speed and control To choose the best throw for different situations To use quick feet whilst sprinting To perform static and dynamic balances 	<ol style="list-style-type: none"> To work both individually to run over a longer distance To improve strength to increase jumping distance To create power when throwing for distance To use breathing techniques to be able to run more easily To cooperate with our partner to complete a task well Listen to others and work as a team to achieve the highest score possible

Dance		Gymnastics	
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<ol style="list-style-type: none"> How to move like Penguin Small How to move like a polar bear How to move like a snowman How to move like the sea using canon How to make an ending to a dance How to perform a class dance with beginning, middle and end 	<ol style="list-style-type: none"> To develop a dance that shows different emotions To work on our own to create a movement pattern To work on our own to create and perform a short movement phrase To watch, copy and repeat actions to create a 'motif' To perform our motif in different formations To use different movement pathways in our dance 	<ol style="list-style-type: none"> To combine 4 elements into a floor sequence To create power in a variety of different jumps To take weight on our hands and move in different ways To use our flexibility in a bridge and japana gymnastic shape To perform the point balance arabesque To perform a teddy roll 	<ol style="list-style-type: none"> To use the relevé in a sequence To perform an arch and dish shape moving smoothly from one to the other To develop our strength in a back support and crab To frog jump leap frog To hold an L-sit with a straight back To bring rhythm and flow to our sequence
OAA			
<ol style="list-style-type: none"> To work as a team to complete a task To use problem-solving to complete a simple treasure hunt To copy and then create a simple movement pattern To give clues to guide a blindfolded person safely To improve performance through repetition To use a key on a map to re-create a map with accuracy 			

