Invasion Games

Passing for possession (Basketball and Football)

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions where possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.

**Learning Outcomes**

* To be able to pass a ball accurately and with speed.
* To be able to catch a ball consistently.
* To be able to pass with control and technique.
* To further increase their understanding of space.
* To work collaboratively within a small group.

Invasion Games

Dribbling to invade (Hockey and Football)

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Pupils should be taught to: use running, jumping, throwing, catching and passing in isolation and in combination as well as play competitive games, modified where appropriate. Pupils should also be taught the concept behind team invasion and how dribbling correctly can aid a team's success.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions where possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.

**Learning Outcomes**

* Develop their dribbling skills with a stick and/or a ball.
* To use space within the pitch area.
* To develop knowledge of attacking whilst invading.
* To consolidate dribbling with a football.
* To attempt to keep possession whilst dribbling.

Striking and Exploring

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions where possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.

**Learning Outcomes**

* Able to demonstrate force and tension dynamics.
* Able to demonstrate connecting body part actions.
* Able to develop relationships – away / towards.
* Able to develop relationships – contact work.
* Able to show acceleration in speed.

Gymnastics

Symmetrical Shapes

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics with a focus on creating and copying shapes and body positions.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions where possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.

**Learning Outcomes**

* To build strength through pushing & pulling motions.
* To perform with developing symmetry.
* To use a change of direction in between jumps.
* To copy and add to a shape.
* To find different ways to exit and enter apparatus.

Gymnastics

Jumping (Splashing Rivers)

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other.

- Pupils should be taught to develop flexibility, strength, technique, control and balance through gymnastics.

- This unit, 'Splashing Rivers' focuses on jumping, with the topic theme 'Rivers' being utilised throughout.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions where possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.

**Learning Outcomes**

* To be able to perform some basic jumps.
* To demonstrate shapes whilst in the air.
* To develop knowledge of 'take off'.
* To develop knowledge of 'landing'.
* To change direction whilst jumping.

Dance

Magnets

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions where possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.

**Learning Outcomes**

* Able to demonstrate force and tension dynamics.
* Able to demonstrate connecting body part actions.
* Able to develop relationships – away / towards.
* Able to develop relationships – contact work.
* Able to show acceleration in speed.

Dance

Ancient Egypt

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Pupils should be taught to perform dances using a range of movement patterns as well as comparing their performances with previous ones and demonstrate improvement to achieve their personal best.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions where possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.

**Learning Outcomes**

* Able to move with rigid and floppy dynamics.
* Able to execute Egyptian-style actions.
* Able to develop relationships – contact and balance with partner.
* Able to demonstrate isolations with the head and shoulders.
* Able to demonstrate and create 2-dimensional shapes.

Outdoor Adventure

Pupils will be given the opportunity to develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

- Pupils should be given the opportunity to develop some basic map reading skills as well as problem solve and work cooperatively during paired and team challenges.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions when possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning where necessary.

**Learning Outcomes**

* To place trust in teammates.
* To develop problem solving skills.
* To create and recognise some map symbols.
* To develop basic map reading skills.
* Work cooperatively to solve group/paired challenges.

Athletics

 Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

- Pupils should be taught to: use running (long & short distance), jumping and throwing in isolation and in combination as well as play competitive games, modified where appropriate.

**Linking To Class Topics**

 - The opportunities to link to different topics should be utilised through movements, balances and actions where possible.

**Health and Safety**

 - All children to be in full PE kit throughout the lesson.

**Progressions**

 - All abilities should be given the opportunities for progression as well as deeper learning and understanding where necessary.

**Learning Outcomes**

* To attempt to throw a shot putt using the rotation technique.
* To consolidate different throwing techniques.
* To attempt a javelin throw with correct technique.
* To be able to pass & receive a relay baton.
* Continually develop awareness of distance.