Invasion to Score - (Hockey & Football)OVERVIEW & LEARNING OUTCOMES

**About This Unit**

- 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 be given the opportunities to demonstrate their understanding of invasion with the end product being to succeed through scoing goals or gaining points.

**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 develop teamwork.
* To further develop knowledge of defending.
* To dribble a ball with control and fluency using foot or hockey stick.
* To further develop knowledge of attacking.
* To strike a ball or object towards a target or goal with power and accuracy.

Invasion - Competitive (Netball & Basketball)OVERVIEW & LEARNING OUTCOMES

**About This Unit**

- 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 the importance of having rules within a game and how these rules are supposed to facilitate a game's flow. Pupils should be shown what it means to 'invade' from a competitive perspective.

**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 further develop knowledge of attacking and defending.
* To know how to intercept a pass.
* To know how to invade as a team.
* To communicate effectively with team mates.
* To develop sportsmanship.

Gym - 'Travelling' in WWII

**About This Unit**

- 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.

- This unit, 'Travelling in WWII' focus on travelling both into and out of different shapes and balances as well as reviewing modes of travel and performing fluently and with confidence in front of peers.

**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 demonstrate safety whilst using the apparatus.
* To travel in and out of counter balances in different ways.
* To review modes of travel in gymnastics.
* To take off both one and two footed.
* To perform with confidence in front of the class.

Gym - Complex Sequences 'Mountains'

**About This Unit**

- 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, 'Mountains' focuses on building more complex sequences with the topic theme 'mountains' 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**

* Move supporting body parts further away from each other.
* Hold and receive body weight.
* Stretch, extend and elevate unused body parts.
* To develop the use of counter balance.
* To use small points to create a spin.

Finding Success (Outdoor Adventure)OVERVIEW & LEARNING OUTCOMES

**About This Unit**

- 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 continue to develop communication when working in a group, take part in competitive orienteering as well as learn some basic safety skills.

**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**

* Develop communication through speaking & listening.
* Work as a group to overcome a challenge.
* Learn some different ways of tying knots.
* Take part in competitive orienteering activities.
* Plan a short loop course for a partner or group

Athletics (Going for Gold)GOLD (ATHLETICS)

**About This Unit**

- 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 the fundamental skills of exploring space, striking and fielding during mini-games with an emphasis on throwing technique in order to improve control, accuracy and power.

**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 develop the technique in order to race walk.
* Learn to measure & record performance.
* To train the body to run for a longer duration.
* To sustain pace over longer distances.
* To choose appropriate techniques for specific events.