





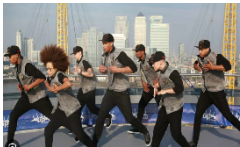








Autumn 1 Humankind		Vocabulary	Objectives: 	Quote/ Video Resources
Tennis / Fundamental Movement Skills	1/2	Hand Eye Coordination Underarm Overarm Technique Body Position Dribbling Control Racket Attacking Defending Travelling Accuracy	<ul style="list-style-type: none"> <li>● Practice basic striking, sending and receiving.</li> <li>● Use hand eye coordination to catch a ball with consistency.</li> <li>● Accurately throw under arm.</li> <li>● Use the correct technique to throw over arm accurately.</li> <li>● Vary the types of throw used for accuracy and distance (at a target).</li> <li>● Investigate different ways of dribbling with a ball.</li> <li>● Use throwing and catching skills in a game.</li> <li>● Show a basic understanding of attacking and defending.</li> </ul> 	<p>“Start where you are, use what you have, do what you can.”</p> <p>-Arthur Ashe</p> <p><a href="#">Catching Highlights</a> <a href="#">Throwing Coaching</a></p>
	3/4	Accuracy Rally Underarm Serve Body Position Hand Eye Coordination Racket	<ul style="list-style-type: none"> <li>● Build a rally with a partner.</li> <li>● Accurately serve underarm.</li> <li>● Practice the correct technique for hitting a ball accurately</li> <li>● Demonstrate the correct body position when hitting a ball in different ways.</li> <li>● Using hand eye coordination to strike a moving ball with a racket.</li> </ul> 	<p>“Champions keep playing until they get it right.”</p> <p>-Billie Jean King</p> <p><a href="#">Amazing Shots and Rallies</a></p>
	5/6	Accuracy Rally Body Position Hand Eye Coordination Overarm Serve Strokes Forehand Backhand Smash Racket	<ul style="list-style-type: none"> <li>● Begin a rally using an accurate serve.</li> <li>● Maintain a rally with a partner.</li> <li>● Understand the different types of serve that can be used to begin a game.</li> <li>● Demonstrate different strokes with accuracy.</li> <li>● Think carefully about what shot is best to play in order to achieve the best outcome.</li> </ul> 	<p>“Champions keep playing until they get it right.”</p> <p>-Billie Jean King</p> <p><a href="#">Opponents Applauding Amazing Shots</a></p> <p><a href="#">Emma Raducanu US Open Final</a></p>


Humankind Autumn 2		Vocabulary	Objectives:	Participation	Quote/ Video Resources
D a n c e	1/2	Link Level Unison Mirroring Stimulus	<ul style="list-style-type: none"> <li>● Copy and explore basic movements and body shapes and begin to link their ideas.</li> <li>● Begin to change the speed, level and size of their actions.</li> <li>● Use simple choreographic devices such as unison and mirroring.</li> <li>● Create movements in response to a stimulus.</li> <li>● Choose movements to communicate a mood feeling or idea.</li> <li>● Move in time with a piece of music.</li> <li>● Begin to reflect on and discuss their own movements as well as their peers.</li> </ul>		<p>"I may not be there yet, but I am closer than I was yesterday."</p> <p>-Misty Copeland</p> <p><a href="#">English Barn Dance</a> <a href="#">Lion King Musical</a></p>
	3/4	<i>Stimulus</i> Sequence Improvise Rhythm Expression Confidence Dynamics Canon	<ul style="list-style-type: none"> <li>● Improvise independently and with a partner to create a simple sequence.</li> <li>● Investigate ways of moving in response to a stimulus to convey a clear idea.</li> <li>● Perform with some rhythm, expression and spatial awareness.</li> <li>● Perform learnt skills and techniques with control and confidence.</li> <li>● Vary dynamics of their actions fluently within a sequence.</li> <li>● Use simple dance vocabulary to compare and improve work.</li> <li>● Build on learnt choreographic devices and include Canon.</li> </ul>		<p>"I may not be there yet, but I am closer than I was yesterday."</p> <p>-Misty Copeland</p> <p><a href="#">Haka</a> <a href="#">River Dance</a> <a href="#">Bhangra</a> <a href="#">Troika</a></p>
	5/6	<i>Stimulus</i> <i>Rhythm</i> <i>Expression</i> Transition Fluent Compose Dance Style 	<ul style="list-style-type: none"> <li>● Compose independent and collaborative dances that reflect the chosen dance style.</li> <li>● Use transitions to link moves and actions together smoothly.</li> <li>● Ensure all actions fit the rhythm of the music.</li> <li>● Move appropriately and with required style in relation to a stimulus.</li> <li>● Demonstrate strong controlled movements showing an awareness of their use of space.</li> <li>● Perform confidently applying skills and techniques to create a fluent and controlled sequence.</li> <li>● Use dramatic expression in dance movements and motifs.</li> <li>● Use more complex dance vocabulary to compare and improve work.</li> </ul>		<p>"I may not be there yet, but I am closer than I was yesterday."</p> <p>-Misty Copeland</p> <p><a href="#">The Evolution of Dance</a> <a href="#">Diversity Performance</a> <a href="#">Diversity BLM Performance</a></p>


## GYMNASTICS, Skill Specific Progression:

Inventions	Rolls	Jumps	Balances
Year 1/2	Log Roll Curled Side Roll (Egg Roll) Teddy Bear Roll	Straight Jump Tuck Jump Star Jump	Standing Balances Kneeling Balances Balances on Apparatus Balances with a Partner
Year 3/4	Forward Roll Backward Roll	Straddle Jump Straight Jump Half Turn Split Leap Tiptoe, Step, Jump, Hop	1,2,3 and 4 Point Balances Balances on Apparatus Collaborative Balances
Year 5/6	Standing Forward Roll Pike and Straddle Forward Roll Backward Roll	Pike Jump Straight Jump Full Turn Split Leap (Half Turn) Tiptoe, Step, Jump, Hop	1,2,3 and 4 Point Balances Balances on Apparatus Collaborative Balances Pike, Tuck, Star, Straight and Straddle Shapes


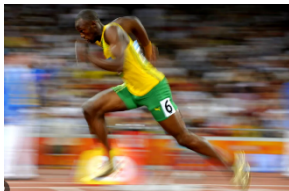
Inventions Spring 1		Vocabulary	Objectives: Specific gymnastics skill progression is at the end of the document.	Participation	Quote/ Video Resources
Gymnastics	1/2	Sequence Control Contrasting Direction  	<ul style="list-style-type: none"> <li>● Copy, explore and remember actions and movements to create their own sequence.</li> <li>● Recognise and copy contrasting actions (small/tall, narrow/wide).</li> <li>● Travel in different ways, changing direction and speed.</li> <li>● Hold still shapes and simple balances.</li> <li>● Move on, around, under, over, and through different objects and equipment.</li> <li>● Hold a still shape whilst balancing on different points of the body.</li> <li>● Perform a variety of jumps and rolls with control.</li> <li>● Perform range of gymnastic moves on different pieces of equipment.</li> <li>● Move with increasing control and spatial awareness</li> <li>● Climb onto and jump off the equipment safely.</li> </ul>		<p>"I'd rather regret the risks that didn't work out than the chances I didn't take at all."</p> <p>– Simone Biles.</p> <p><a href="#">Simone Biles Floor</a></p>
	3/4	Sequence Control Level Coordination Vault Transitions	<ul style="list-style-type: none"> <li>● Choose ideas to compose a movement sequence with transitions.</li> <li>● Use an increasing range of actions, directions, speed and levels in their sequences.</li> <li>● Develop the quality of their actions, shapes and balances.</li> <li>● Carry out balances (independently and with a partner).</li> <li>● Travel in different ways with coordination, control and care.</li> <li>● Perform a variety of jumps and rolls with confidence and control.</li> <li>● Vault safely onto equipment and jump off.</li> <li>● Climb onto and jump off the equipment safely.</li> <li>● Begin to understand the steps involved in performing a cartwheel.</li> </ul> 		<p>"I'd rather regret the risks that didn't work out than the chances I didn't take at all."</p> <p>– Simone Biles.</p> <p><a href="#">Max Whitlock Floor 2016 Forward Roll Variety</a></p>


	5/6	<i>Sequence</i> <i>Vault</i> Transitions Centre of Gravity 	<ul style="list-style-type: none"> <li>• Create their own complex and well executed sequences with transitions involving the full range of actions and movements (travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching).</li> <li>• Demonstrate precise and controlled placement of body parts while performing jumps, shapes, rolls and balances.</li> <li>• Recognise the position of their centre of gravity and how this effects the balance.</li> <li>• Vault onto and over equipment in variety of ways (with use of a spring board).</li> <li>• Apply skills and techniques consistently, showing precision and control.</li> <li>• Climb onto and jump off the equipment safely.</li> <li>• Perform a controlled cartwheel</li> <li>• .</li> </ul>	<p>"I'd rather regret the risks that didn't work out than the chances I didn't take at all."</p> <p>– Simone Biles.</p> <p><a href="#">Simone Biles Highlights</a></p>
Inventions Spring 2		Vocabulary	Objectives: 	Quote/ Video Resources
Invasion Games / Fundamental Movement Skill	1/2	Striking Hand Eye Coordination Technique Body Position Control Racket Accuracy	<ul style="list-style-type: none"> <li>• Display control of a ball using a racket.</li> <li>• Use striking skills in a game.</li> <li>• Strike a moving and stationary ball with accuracy</li> <li>• Kick a ball using the correct body position and body parts.</li> <li>• Strike a ball for distance.</li> <li>• Pass the ball to a partner in various ways (i.e. kicking, throwing, bouncing and rolling).</li> </ul> 	<p>"Behind every kick of the ball there has to be a thought."</p> <p>-Dennis Bergkamp</p> <p><a href="#">Great Team Goals</a>  <a href="#">Roger Federer Ball Control</a></p>
	3/4	<i>Control</i> <i>Accuracy</i> <i>Body Position</i> Spatial Awareness Dribbling Scanning Possession	<ul style="list-style-type: none"> <li>• Demonstrate various ways of shooting (i.e. – with your feet, hands or a stick).</li> <li>• Move with the ball in a variety of ways with some control and fluency.</li> <li>• Pass the ball in accurately in various ways at an appropriate speed.</li> <li>• Demonstrate attacking and defending skills in a game.</li> <li>• Make the best use of the space to pass and receive the ball.</li> <li>• Keep and win back possession of the ball effectively.</li> </ul> 	<p>"Behind every kick of the ball there has to be a thought."</p> <p>-Dennis Bergkamp</p> <p><a href="#">Team GB Women's Hockey Gold</a>  <a href="#">NBA Beautiful Pass Highlights</a></p>



	5/6	<i>Control</i> <i>Accuracy</i> <i>Body Position</i> <i>Spatial Awareness</i> <i>Scanning</i> <i>Possession</i> <i>Dribbling</i>	<ul style="list-style-type: none"> <li>●Successfully move with the ball in a variety of ways.</li> <li>●Pass the ball with speed and accuracy using appropriate techniques.</li> <li>●Link a range of skills together e.g. passing and receiving the ball on the move.</li> <li>●Demonstrate good decision making in a game (i.e. – when to shoot, pass or move with the ball).</li> <li>●Communicate with teammates during a game.</li> <li>●Use a range of attacking and defending techniques.</li> <li>●Demonstrate the importance of finding space to support teammates.</li> </ul>		<p>“Behind every kick of the ball there has to be a thought.”</p> <p>-Dennis Bergkamp</p> <p><a href="#">Legendary Teamwork Goals</a>  <a href="#">Women's Rugby World Cup Tries</a></p>
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Civilisations Summer 1		Vocabulary	Objectives:	Participation	Quote/ Video Resources
At h l e t i c s	1/2	Pace Distance Over arm Under Arm Accuracy 	<ul style="list-style-type: none"> <li>●Vary the speed and direction of their running</li> <li>●Begin to select the most suitable pace and speed for distance.</li> <li>●Apply basic running techniques to a variety of situations i.e. Curved/ straight lines and obstacle course.</li> <li>●Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.</li> <li>●Investigate the best jumps and identify the most appropriate to cover different distances.</li> <li>●Throw over and under arm.</li> <li>●Throw different equipment accurately towards a target.</li> <li>●Investigate ways to alter their throwing technique to achieve greater distance.</li> </ul>		<p>“The sky has no limits, neither should you.”</p> <p>-Usain Bolt</p> <p><a href="#">Olympic Games Highlights</a></p>



	3/4	Sprinting Baton Momentum Technique	<ul style="list-style-type: none"> <li>•Begin to develop a sprinting technique using arms and legs.</li> <li>•Understand the importance of adjusting running pace to suit the distance.</li> <li>•Perform a relay focusing on the baton change over.</li> <li>•Develop an effective take off for standing long jump.</li> <li>•Combine a hop step and a jump to perform triple jump.</li> <li>•Investigate ways of increasing distance when performing various jumps. Perform a push throw with control to increase distance.</li> <li>•Perform a pull throw with control to increase distance.</li> <li>•Show control and accuracy when performing an overarm throw.</li> </ul> 	<p>“The sky has no limits, neither should you.”</p> <p>-Usain Bolt</p> <p><a href="#">2016 Paralympics</a> <a href="#">2012 Paralympics</a></p>
	5/6	Relay Stride Competitive Personal Best	 <ul style="list-style-type: none"> <li>•Refine the skills of an effective sprinting technique including a sprint start and a competitive finish.</li> <li>•Combine running with jumping fluently over hurdles using a consistent stride pattern.</li> <li>•Work as a team to competitively complete a relay.</li> <li>•Select the most appropriate pace for different distances.</li> <li>•Investigate ways of jumping effectively and competitively to improve their personal bests.</li> <li>•Develop techniques for the standing long jump landing safely with control.</li> <li>•Develop techniques for the ‘Triple Jump’ landing safely with control.</li> <li>•Continue to develop techniques to throw for increased distance improving their personal best. (Push throw and Pull throw)</li> <li>•Perform a fling throw with control to increase distance.</li> </ul>	<p>“The sky has no limits, neither should you.”</p> <p>-Usain Bolt</p> <p><a href="#">Usain Bolt World Records</a></p>

Civilisations Summer 2		Vocabulary	Objectives:	Participation	Quote/ Video Resources
Str iki ng an d Fi el di ng	1/2	See previous vocabulary that applies to the skills being revisited.	<ul style="list-style-type: none"> <li>• Re visit any fundamental movement skills that are not secure and begin to apply them in various games/ activities.</li> <li>•</li> </ul> 		<p>“Take risks, if you win, you will be happy; if you lose, you will be wise.”</p> <p>- Hardik Pandya</p> <p><a href="#">Greatest Sport Moments</a></p>

/ Fundamental Movement Skills	3/4	<p><i>Hand Eye Coordination Fielding</i></p>	<ul style="list-style-type: none"> <li>● Using hand eye coordination to strike a moving and a stationary ball with a bat or racket.</li> <li>● Practise and apply batting skills to demonstrate accuracy (at a target).</li> <li>● Use fielding skills to stop a ball from travelling past them.</li> <li>● Throw and catch with control and accuracy.</li> <li>● Practise the best technique for catching a ball and apply it under pressure.</li> <li>● Develop a safe and effective bowling technique.</li> </ul>		<p>“Take risks, if you win, you will be happy; if you lose, you will be wise.”</p> <p>- Hardik Pandya</p> <p> <a href="#">Cricket Catches</a>  <a href="#">Cricket Catches 2</a>  <a href="#">Cricket Catches 3</a>  <a href="#">Rounders Highlights</a> </p>
	5/6	<p><i>Hand Eye Coordination Fielding Strategy</i></p> 	<ul style="list-style-type: none"> <li>● Explore when different shots are best used.</li> <li>● Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>● Work as a team to develop fielding strategies to prevent the opposition from scoring.</li> <li>● Throw and catch accurately under pressure in a game.</li> <li>● Demonstrate the correct bowling technique accurately and at different speeds.</li> </ul>		<p>“Take risks, if you win, you will be happy; if you lose, you will be wise.”</p> <p>- Hardik Pandya</p> <p> <a href="#">Cricket World Cup 2019</a>  <a href="#">Rounders Highlights</a> </p>

[British Dodgeball Junior Rules](#)