

Acquiring and Developing Skills:

Games - Can travel whilst bouncing a ball, showing good control when dribbling.

- Throw a ball underarm and overarm with increased accuracy.
- Develop chest pass, shoulder pass and bounce passing to increase speed and accuracy.
- Run and dodge with a rugby ball.
- Use both preferred and non-preferred hands to roll, bounce, throw and catch a variety of balls.
- Kick a ball with both feet, stopping it first and then straight from a rebound.
- Dribble a ball in and out of objects using the inside and outside of the foot, to gain more accuracy, increasing control and speed when able.
- Head a ball and develop force and accuracy.
- Develop tennis skills – hit a ball from hands and from a throw.
- Hit a ball to a partner with one bounce or without a bounce (volley).

Gymnastics - Can perform a competent forward roll, log roll, shoulder roll, curled roll. Progress to backward roll.

- Take weight on a variety of *points* (elbows, hands, fingers, feet, heels, knees, head, toes) and *patches* (bottom, chest, thighs, sides, hips, back, shoulder).
- Balance on a variety of points and patches.
- Run and turn, in control. (eg. Attempt a bunny hop, cartwheel).
- Move over the floor using wide shapes.

Dance - Improvises freely, individually and with a partner, translating ideas from a stimulus into movement showing some control and fluency.

OAA Pupils understand / are able to: • Read a map using more complex keys and symbols to complete a variety of orienteering exercises • Participate in a range of problem solving and adventure games, introducing additional variations such as non-verbal communication, no physical contact etc. • Construct a basic shelter in a safe environment

Selecting and Applying Skills:

Games - In pairs, make up and play a simple rallying game.

- Add variants/different rules to extend the game to make it easier/harder as necessary.
- Use group games/competition to enhance passing/receiving skills.
- Choose the correct method to catch (eg. Upward/downward cradle).
- Run and catch a ball – anticipating where it is going to land.
- Use competitive partner and group games to develop throwing, bouncing and catching practise.
- Know when to hit a ball (tennis) either letting it bounce once or volleying it to a partner.
- Develop simple games to enhance decision making against a partner – co-operatively and competitively in a range of invasion games.

Gymnastics - Plan and perform a movement sequence showing contrasts in speed, level and direction. Teach a simple sequence to a partner.

- Develop a sequence of movements on points and patches using apparatus.
- Use the 5 Basic jumps on the floor and apparatus. (2:2, 2:1, 1 :2, 1 to the other (step), 1 to the same (hop).
- With a partner, link weight bearing movements in a sequence.
- Move over/under/through apparatus, sometimes moving quickly and sometimes slowly, but not stopping.

Dance - Apply basic compositional ideas to create dance phrases with a partner and in a small group. Show unison and canon in a group dance.

OAA Pupils understand / are able to: • Respond to more varied challenges in different environments • Recognise what is needed to keep themselves and others safe • The need for and correct use of specialist equipment

Evaluating and Improving Performance:

Can describe and comment on their own performance and that of others and make simple suggestions to improve quality and performance. Begin to refine dances ensuring that accurate timing of movements within dance performances is evident.

Knowledge and Understanding of Fitness and Health:

Suggest and accurately demonstrate appropriate warm up ideas to a partner/class.

Can work in a responsible and safe manner.

Recognise changes in body temperature, heart rate and breathing.

Pupils understand / are able to: • Describe what they and others have done using a range of vocabulary in order to improve their performances • Make use of ICT to view performances.

Swimming: Children will increase their water confidence and further develop the basic strokes of Front Crawl, Back Crawl and Breaststroke, at their own level.