

**Acquiring and Developing Skills:**

Games – Can dribble effectively in and out of obstacle courses using preferred and non-preferred hand.

- Pupils can use running, jumping, throwing and catching in isolation and in small/large groups.
- Competently use a range of netball passes – chest, shoulder, bounce.
- Pass a rugby ball to a player on the move - to the side and behind accurately.
- Dribble a ball using both sides of the foot under control, stop and pass.
- Strike a ball with speed and accuracy (tennis/hockey)
- Dribble, stop, push a hockey ball with increased accuracy and control.
- Competently use forehand and backhand tennis strokes in a rally.
- Bowl a cricket ball overarm accurately.
- Bowl a rounders ball underarm accurately to a batter.

Gymnastics - Can perform a range of rolls showing varying entrances and exits with increasing control.

- Pupils will develop flexibility, strength, technique, control and balance.
- Run and leap using the five basic jumps.
- Control landings from height or length.

Dance - Can perform and create movement motifs in a variety of dance styles with accuracy and consistency.

OAA - Pupils understand / are able to: • Show increasing control when performing more advanced survival skills • Plan and navigate a variety of orienteering challenges using map reading and compass skills in unfamiliar settings • Plan and undertake a journey in the outdoors • Participate in the different types of orienteering courses in preparation for competition and participating in the sport of orienteering.

**Selecting and Applying Skills:**

Games – Play recognised version of a variety of games showing tactical awareness and knowledge of rules and scoring ( eg. football, netball, hockey, tag-rugby, cricket, rounders, tennis ).

- Through competition develop an awareness of games skills.
- Use co-operative team games to enhance passing skills.
- Use a competitive game to develop spacial awareness.
- Be able to feint and dodge to lose a marker.
- Use a competitive activity to increase accuracy and speed of a pass in a range of games.
- Use shooting skills in a competitive game – both preferred and non-preferred foot.
- Develop both attacking and defending skills within a game situation.

Gymnastics – Plan and perform with precision, control and fluency a movement sequence showing a wide range of actions including variations in levels, speed and directions.

- Develop a sequence of jumping, landing and rolling on both floor and apparatus.
- Jump onto apparatus and show a turn or twist in the air – land and roll.
- Work with a partner to copy a sequence both on the floor and using apparatus showing fluency, control, timing and poise.
- Individually and following a partner, run, jump, make a symmetrical shape in the air, a balanced landing and roll.

Dance – Select and use a wider range of compositional skills to demonstrate their dance ideas.

OAA - Pupils understand / are able to: • Plan and respond to more complex challenges in different environments and in unfamiliar circumstances • Work with others to identify potential hazards and devise strategies to ensure that safe working practices are followed.

### **Evaluating and Improving Performance:**

Analyse the selected skills and techniques within the activity and suggest ways to improve the quality of performance demonstrating sound knowledge and understanding.

Pupils understand / are able to: • View and appraise their own and others performances with confidence using range of appropriate language.

### **Knowledge and Understanding of Fitness and Health:**

Can show responsibility for personal warm up programme specific to the activity.

Demonstrate all round safe practice, including handling of equipment, safety of self and others, playing within accepted rules and conventions.

### SWIMMING

Be able to competently, confidently and proficiently swim a distance of at least 25 metres.

Use a range of strokes effectively (eg. Front crawl, back crawl and breaststroke).