



# ST AIDAN'S

## CATHOLIC PRIMARY SCHOOL

Learning and growing together, inspired by the love of Jesus

# Physical Education

### **Purpose of the document**

This document is to highlight a planned and sequenced PE curriculum. It will include a map that shows which topics are taught each year, a guide for each year group and assessment documents.

For each year group you will find:

- A list of the topics to be taught
- A structured sequence of lesson objectives for each topic

### **PE at St Aidan's**

Each year children at St Aidan's revisit at least one key topic from the previous year to recap on prior learning and to re-establish clear foundations for the year to come. These topics are usually focused around fundamental movements and basic skills for KS1 and invasion games skills for KS2. These topics are repeatedly chosen as they teach children a variety of skills, techniques and movements that they can apply to all other games and aspects of PE. Other sports and topics that are chosen are based around the interests of the children, the national curriculum and to ensure we deliver an enjoyable, broad and balanced curriculum.

## **KS1 & KS2 PE National Curriculum**

### **Aims**

The national curriculum for physical education aims to ensure that all pupils:

- develop competence to excel in a broad range of physical activities
- are physically active for sustained periods of time
- engage in competitive sports and activities
- lead healthy, active lives

### **Key stage 1**

Pupils should 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 taught to:**

- master basic movements including running, jumping, throwing and catching, as well as
- developing balance, agility and co-ordination, and begin to apply these in a range of
- activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

### **Key stage 2**

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 and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton,
- basketball, cricket, football, hockey, netball, rounder's and tennis], and apply basic
- principles suitable for attacking and defending
- develop flexibility, strength, technique, control and balance [for example, through
- athletics and gymnastics]
- perform dances using a range of movement patterns
- take part in outdoor and adventurous activity challenges both individually and within a
- team
- compare their performances with previous ones and demonstrate improvement to
- achieve their personal best.

# Reception

## Topic 1 – Fundamental movement skills

### Lesson Objectives

- 1) Run skilfully. Negotiate space successfully. Share equipment and take turns.
- 2) Pick up, carry and put down with care. Use tools to help me manipulate objects. Share equipment and take turns.
- 3) Show increasing control over an object. Control my emotions when playing games. To run around with my head up. To be aware of other children.
- 4) Balance on one leg. Move through an obstacle course skilfully. I know which parts of my body help me with balancing. I can show increasing control over an object.
- 5) Be excited about, and confident in, my jobs. Encourage my teammates whilst I wait my turn. To use fine motor skills when working with different objects.
- 6) To be able to thread objects. Play games fairly. To work carefully and that rushing can lead to mistakes. Negotiate space successfully.

## Topic 2 – Locomotion

### Lesson Objectives

- 1) To be able to find a space, walk forwards and backwards and stopping when instructed.
- 2) To be able to find a space, work as part of a team and run skilfully and negotiate space.
- 3) To be able to hop on either leg and play by the rules.
- 4) Exploring different ways of jumping demonstrating control.
- 5) Be able to slide to the left and right when dodging others.
- 6) Understand and perform a gallop using both legs as the lead leg. Manipulate objects whilst galloping.

## Topic 3 – Invasion games skills

### Lesson Objectives

- 1) Get into a good ready position to receive chest and bounce passes consistently well. Pass the ball from chest using a bounce pass. Understand how far to bounce a pass between to a friend.
- 2) Change direction confidently and competently. Move around safely in a limited space. Move around and be aware of others.

- 3) Bounce a ball and travel at the same time. Keep head up and travel with control whilst dribbling a ball. To use fingers to push the ball down when dribbling
- 4) Bounce/ dribble a ball with my hands with good control. Move around safely whilst bouncing/dribbling. Know that a bounce is a push down with 2 hands and dribbling is with one hand.
- 5) Push pass a hockey ball and receive a hockey ball.
- 6) Dribble a ball with my feet with good control. Stop a ball on the run by trapping it.

#### **Topic 4 – Dance (Toys)**

##### **Lesson Objectives**

- 1) To move safely in space taking care of ourselves and others (heads up, eyes forward, control speed) & To use a mind map to help us move like different toys that we know (show different types of travel showing good timing and use of levels)
- 2) To listen carefully to the poem and be creative with our movements & To move safely in space taking care of ourselves and others (heads up, eyes forward, control speed)
- 3) To be creative in our use of travelling movements. To show use of different levels in our travelling movements. To move safely in space taking care of ourselves and others (heads up, eyes forward, control speed)
- 4) To work well in pairs showing good listening & To use the pictures to come up with creative and imaginative actions.
- 5) To work well in pairs showing good listening. To use the pictures to come up with creative and imaginative actions. Teacher led stretches to encourage flexibility, extension and balance and posture
- 6) To understand what a good performance is. To give useful feedback to our partner. To improve our own performance based on feedback.

#### **Topic 5 – Target Games 1**

##### **Lesson Objectives**

- 1) Show increasing control over an object in throwing it. Throw a ball underarm with some accuracy at a target.
- 2) Throw underarm accurately.
- 3) Strike a ball with my foot for power.
- 4) Show increasing control over an object in kicking it. Kick a ball with some accuracy with both feet.
- 5) Roll a ball with some accuracy.
- 6) Roll with some accuracy with both hands.

## **Topic 6 – Target Games 1**

### **Lesson Objectives**

- 1) Find a good space. Show increasing control over an object in pushing it around different parts of my body
- 2) Show increasing control over an object. Twist, turn, reach and bend.
- 3) Move a ball with control and in different directions. Apply the right amount of force to a ball.
- 4) Roll a ball & Stop a ball when it is rolled to me.
- 5) Catch an object. Throw underarm accurately for my friend to catch.
- 6) Bounce and catch a ball. Travel around bouncing safely

# Year 1

## Topic 1 – Fundamental movement skills

### Lesson Objectives

- 1) Run skilfully. Negotiate space successfully. Share equipment and take turns.
- 2) Pick up, carry and put down with care. Use tools to help me manipulate objects. Share equipment and take turns.
- 3) Show increasing control over an object. Control my emotions when playing games. To run around with my head up. To be aware of other children.
- 4) Balance on one leg. Move through an obstacle course skilfully. I know which parts of my body help me with balancing. I can show increasing control over an object.
- 5) Be excited about, and confident in, my jobs. Encourage my teammates whilst I wait my turn. To use fine motor skills when working with different objects.
- 6) To be able to thread objects. Play games fairly. To work carefully and that rushing can lead to mistakes. Negotiate space successfully.

## Topic 2 – Invasion games skills

### Lesson Objectives

- 1) I can throw overarm for my partner to catch after one bounce. Catch a ball consistently after one bounce.
- 2) Catch a ball consistently on the full. To move my opponent around court when playing against them
- 3) Track an opponent. Intercept a pass
- 4) Dodge to beat an opponent. Close the space down that attackers have to work in.
- 5) Pass the ball consistently with control. Retain possession of the ball
- 6) Compete with some spatial awareness in team games. Pass and move decisively

### **Topic 3 – Locomotion 2**

#### **Lesson Objectives**

- 1) Jump in a variety of ways. Jump with a small run.
- 2) Jump for distance. Jump from a standing position.
- 3) Jump with a scissor kick. Jump with a small run.
- 4) Choose which foot feels better to jump off. Jump with a scissor kick. Jump with a small run
- 5) Skip with a rope.
- 6) Skip with more consistency with a rope. Jump in a variety of ways

### **Topic 4 – Dance (Animals)**

#### **Lesson Objectives**

- 1) To move safely and creatively in space. To use the words from the mind map to help us move in different ways (show different types of travel showing good timing and use of levels)
- 2) To develop creative ideas using the words in the mind map as our stimulus (start point/Inspiration). To focus on our timing and performing the completed motif in unison
- 3) To creatively turn the action from our motif into travelling movements. To show use of different levels in our travelling movements. To show different pathways in our travelling movements.
- 4) To work well in pairs showing good cooperation skills and give useful peer feedback. To use the poem a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing pairs section.
- 5) To work well in pairs showing good cooperation skills and give useful peer feedback. To use the picture a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing pairs section
- 6) To understand what makes a good performance. To give useful feedback to our partner. To improve our own performance based on feedback

### **Topic 5 – Target games 2**

#### **Lesson Objectives**

- 1) Coordinate the skill of punting a ball consistently. Work with a friend and encourage them to punt better.
- 2) Coordinate the action of punting with either foot. Punt a ball with increasing accuracy with both feet.
- 3) Strike a ball at a target using equipment. Strike with increasing accuracy

- 4) Strike a ball at a target with some degree of force. Strike into spaces
- 5) Choose correctly when it is best to throw underarm and when to throw overarm. Throw a ball overarm with some accuracy at a target.
- 6) Throw overarm on, 'one bounce' to a friend. Receive a ball consistently well after one bounce.

## **Topic 6 – Object manipulation 2**

### **Lesson Objectives**

- 1) Dribble a football. Trap a ball with my foot
- 2) Trap a ball and shoot at a target with my instep. Brace myself to save a ball with my hands
- 3) Punt a ball with either foot. Punt high and low
- 4) Throw from a sideways on position. Throw with accuracy
- 5) Throw underarm and overarm with increasing accuracy. Negotiate space successfully when playing chasing games.
- 6) Dribble a ball with one hand. Dribble and move around without losing control.

# Year 2

## Topic 1 – Fundamental movement skills 2

### Lesson Objectives

- 1) I can hop and move carefully retaining my balance.
- 2) I can travel backwards safely and share space considerately.
- 3) Jump in a variety of ways. Land safely in different jumps. Combine a run and a jump
- 4) Dodge. Move safely with awareness of others.
- 5) Evade others to attack and defend
- 6) Punt a ball. Strike a ball accurately and with power with my laces

## Topic 2 – Invasion games skills 2

### Lesson Objectives

- 1) I can throw overarm for my partner to catch after one bounce. Catch a ball consistently after one bounce.
- 2) Catch a ball consistently on the full. To move my opponent around court when playing against them
- 3) Track an opponent. Intercept a pass
- 4) Dodge to beat an opponent. Close the space down that attackers have to work in.
- 5) Pass the ball consistently with control. Retain possession of the ball
- 6) Compete with some spatial awareness in team games. Pass and move decisively

## Topic 3 – Target games 3

### Lesson Objectives

- 1) Throw a ball underarm with either hand and with some accuracy at a target.
- 2) Kick a ball with some accuracy with both feet.
- 3) Roll with good technique with either hand. Roll with some accuracy with either hand.
- 4) Punt a ball with some accuracy with both feet. Strike with more control over the height of my punt.
- 5) Strike a ball with a racket or bat at a target with some degree of force. Strike with a degree of accuracy

6) Aim with accuracy at a target so it hits on the second bounce. Throw flatter and with more force.

#### **Topic 4 – Dance (Pirates)**

##### **Lesson Objectives**

1) To move safely and creatively in space. To use the words from the mind map to help us move in different ways (show different types of travel showing good timing and use of levels)

2) To develop creative ideas using the words in the mind map as our stimulus (start point/Inspiration). To focus on our timing and performing the completed motif in unison

3) To creatively turn the action from our motif into travelling movements. To show use of different levels in our travelling movements. To show different pathways in our travelling movements.

4) To work well in pairs showing good cooperation skills and give useful peer feedback. To use the poem as a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing pairs section.

5) To work well in pairs showing good cooperation skills and give useful peer feedback. To use the picture as a stimulus for creative and imaginative actions. Show use of level, direction and unison when creating and performing pairs section

6) To understand what makes a good performance. To give useful feedback to our partner. To improve our own performance based on feedback.

#### **Topic 5 – Net wall games 2**

##### **Lesson Objectives**

1) Send and receive a ball with some degree of accuracy. Move quickly into good positions to catch.

2) Strike a ball with some degree of accuracy. Volley a ball by getting in line and underneath it.

3) Send a ball with increasing accuracy. Keep a rally going with a partner.

4) Develop a good grip and stance. Begin to strike with more consistency and accuracy on the forehand

5) Return a ball after one bounce that has been thrown to me by a partner. Begin to rally a few shots with more success.

6) Strike a backhand from my own feed. Play a game against an opponent using a variety of shots.

## **Topic 6 – Striking & fielding games 2**

### **Lesson Objectives**

- 1) Catch a ball after one bounce. Strike a ball off a tee.
- 2) Bowl overarm with a straight arm. Stop the ball consistently as wicket keeper.
- 3) Pick up a ball one handed and return it underarm. I can return the ball quickly from my bootlaces
- 4) Strike a ball to leg from a short delivery. I can back my friends up in the field. Make along barrier
- 5) Chase a ball and throw it back accurately. Strike a ball off a tee whilst on the move.
- 6) Play a game applying the skills I have learned. Demonstrate the school games values.

# **Year 3**

## **Topic 1 – Invasion Game Skills 3**

### **Lesson Objectives**

- 1) Dodging and being aware of my environment and others.
- 2) Get into good positions to receive a ball. Pass and move into space.
- 3) Shield a ball from an opponent. Turn in different ways whilst in possession.
- 4) Dribble with control and using both hands/ feet. Deceive my opponents by feinting/dummying/ giving the eyes.
- 5) Close the space and then jockey awaiting for my opponent to lose control. Force my opponent onto their weaker side.
- 6) Communicate with my fellow players to make sure everyone is in the right position and alert.

## **Topic 2 – Handball**

### **Lesson Objectives**

- 1) Send using a javelin style pass accurately. Catch a handball on the run
- 2) Pass and receive the ball on the move. Pass quickly under pressure
- 3) Throw/shoot accurately using good overarm technique.
- 4) Intercept passes, block a shot and understand the rules of dodgeball.
- 5) Participate purposefully in a small sided game. Play to the rules of the game

6) Show a wide range of skills. Play in a variety of positions with equal proficiency. Keep control of my emotions whilst playing a tournament.

### **Topic 3 – Dance (Space)**

#### **Lesson Objectives**

- 1) To share what we know about the theme. To creatively use the words from the mind map to help us move in different ways. Show good timing, posture, and extension.
- 2) To use the actions from the motif creatively using different body parts and movements. Show changes in level and pathway when travelling. Show good timing and control.
- 3) To use the pictures creatively. To show use of mirror image and changes in level. To work co-operatively.
- 4) To work well in groups showing good cooperation skills. To use the poem as a stimulus for creative and imaginative actions. Show use of Canon and changes in formation.
- 5) To work well in groups showing good cooperation skills and provide useful peer feedback. To use the poem a stimulus for creative and imaginative actions. Show use of Canon and changes in Formation when creating and performing group section.
- 6) To understand what makes a good performance. To give useful feedback to our partner. To improve our own performance based on feedback.

### **Topic 4 – Gymnastics - Linking Movements Together**

#### **Lesson Objectives**

- 1) Step gracefully and with control. Turn through 90, 180, 270 and 360 degrees. Spin on points and patches.
- 2) Hold balances with good control. Find ways of moving out of one balance and into another.
- 3) Show different graceful ways of getting from floor to ground and vice versa. Link high and low moves
- 4) Explore a variety of rolls. Create a sequence of rolls and balances.
- 5) Travel on patches close to the ground. Perform with work at contrasting levels.
- 6) Perform a range of gymnastic movements at my own level. Link movements seamlessly.

## **Topic 5 – Rounders**

### **Lesson Objectives**

- 1) Send using good throwing technique. Receive using good catching a technique.
- 2) Develop basic bowling and batting skills.
- 3) Develop my throwing skills. Communicate with other players for the good of my team.
- 4) Field the ball off the ground using a variety of techniques.
- 5) Catch high balls comfortably. Backpedal to catch balls over me.
- 6) Perform well in a range of positions in a competitive game.

## **Topic 6 – Athletics**

### **Lesson Objectives**

- 1) Use the correct technique to start a sprint race. Develop my coordination to improve speed.
- 2) Hurdle efficiently and consistently. Sprint between hurdles.
- 3) Develop the technique and consistency of my jumps. Jump consistently off the same foot.
- 4) Throw overarm accurately. Throw overarm with power for distance.
- 5) Accurately replicate the technique for running, jumping and throwing events. Run a relay efficiently as part of a team.
- 6) Replicate the techniques for running, jumping and throwing events in competitive situations. Challenge myself to beat previous performances.

# Year 4

## Topic 1 – Invasion games 3

### Lesson Objectives

- 1) Dodge. Be aware of my environment and others.
- 2) Get into good positions to receive a ball. Pass and move into space.
- 3) Shield a ball from an opponent. Turn in different ways whilst in possession.
- 4) Dribble with control and using both hands/ feet. Deceive my opponents by feinting/dummying/ giving the eye.
- 5) Close the space and then jockey awaiting for my opponent to lose control. Force my opponent onto their weaker side.
- 6) Communicate with my fellow players to make sure everyone is in the right position and alert.

## Topic 2 – Dance (Vikings)

### Lesson Objectives

- 1) To share what we know about the theme. To creatively use the words from the mind map to help us move in different ways. Show good timing, posture, and extension.
- 2) Creatively change static actions into travelling movements. Show different levels and pathways when I travel.
- 3) To use the pictures creatively. To show use of mirror image and changes in level. To work co-operatively.
- 4) To work well in groups showing good cooperation skills. To use the poem as a stimulus for creative and imaginative actions. Show use of Canon and changes in formation
- 5) To work well in groups showing good cooperation skills and provide useful peer feedback. To use the poem a stimulus for creative and imaginative actions. Show use of Canon and changes in Formation when creating and performing group section.
- 6) To understand what makes a good performance. To give useful feedback to our partner. To improve our own performance based on feedback.

## Topic 3 – Football

### Lesson Objectives

- 1) Trap a ball and cushion it when receiving. Pass the ball accurately.

- 2) Dribble a ball using both feet and manipulate it using different parts of the foot. Shield a ball from an opponent.
- 3) Turn confidently with a football. Play a small game and demonstrate my turns.
- 4) Make good decisions when in possession. Use a numerical advantage by overloading, overlapping and underlapping. Compensate for a numerical disadvantage by being very well organised.
- 5) Defend well, watching the ball, jockeying to await the moment to pounce and being decisive. Focus and retain my concentration when the ball isn't in my area of the pitch.
- 6) Show the skills and knowledge you have developed in a competitive environment. Get into sideways positions when receiving the ball.

#### **Topic 4 – Gymnastics - Partner Work - Pushing And Pulling**

##### **Lesson Objectives**

- 1) Balance on different points and patches. Match a partner's moves in synchrony.
- 2) Compose a sequence with a partner. Perform elements of my sequence in contrast to a partner.
- 3) Match my partner's asymmetrical balances. Work with contrasting dynamics to my partner.
- 4) Work alongside a partner to produce our best work. Create a sequence involving matching and contrasts.
- 5) Work in a group. Help to compose and then perform a sequence with contrasting and matching shapes and moves.
- 6) Work at contrasting levels. Perform in unison and canon.

#### **Topic 5 – Cricket**

##### **Lesson Objectives**

- 1) Stand sideways-on with a high back lift ready to receive a ball. Step back and across to pull a short ball.
- 2) Bowl a ball overarm with a straight arm. Take up a wicket keeping stance and take balls bowled on both sides of the wicket.
- 3) Throw accurately and powerfully. Hit a ball by driving and then run between a set of wickets, sliding my bat when necessary.
- 4) Bat successfully with a partner, communicating effectively. Bowl with increasing accuracy.
- 5) Bowl with a run up. Stop hard balls struck at me by forming a long barrier. Communicate effectively with a partner when batting.
- 6) Back up my fellow fielders in the field. Play purposefully in a competitive game taking on multiple roles effectively.

## **Topic 6 – Athletics**

### **Lesson Objectives**

- 1) Use the correct technique to start a sprint race. Develop my coordination to improve speed.
- 2) Hurdle efficiently and consistently. Sprint between hurdles.
- 3) Develop the technique and consistency of my jumps. Jump consistently off the same foot.
- 4) Throw overarm accurately. Throw overarm with power for distance.
- 5) Accurately replicate the technique for running, jumping and throwing events. Run a relay efficiently as part of a team.
- 6) Replicate the techniques for running, jumping and throwing events in competitive situations. Challenge myself to beat previous performances.

## **Topic 7 – OAA**

### **Lesson Objectives**

- 1) Work as part of a team. Show enthusiasm, determination and resilience.
- 2) Work together in a small group to solve problems. Compete under pressure.
- 3) Negotiate with my group. Plan a route map.
- 4) Work with others to solve problems. Follow the rules of an activity.
- 5) Identify areas of the school grounds using a map. Run and think simultaneously to compete in a competition.
- 6) Identify where a number of controls are situated around the school grounds via photographic clues. Take photographs of interesting places around the school site.

# Year 5

## **Topic 1 – Invasion Games Skills 4**

### **Lesson Objectives**

- 1) Dodge. Be aware of my environment and others.
- 2) I can adopt sideways on positions to receive the ball. Use the full width of the pitch.
- 3) Overlap and underlap. Make runs which overload the other team's defence.
- 4) Defend one on one. Track an opponent playing man to man. Adopt a low press and defend a zone
- 5) Pass attackers on to other defenders when they run across the pitch. Come off my line, if I am in goal, to narrow the angle.
- 6) Make diagonal runs to confuse defenders. I can be mobile and fluid in my attacking and not stick rigidly to one position.

## **Topic 2- Basketball**

### **Lesson Objectives**

- 1) I can control a basketball using both hands and protect the ball under pressure.
- 2) I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass.
- 3) I can use different skills such as varying speed and direction to get past defenders.
- 4) I can mark a player or an area of the court to limit opportunities for the opposition.
- 5) I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball.
- 6) I can dribble, pass and shoot the basketball using correct the correct technique to play in a game.

## **Topic 3 – Dance (British Values)**

### **Lesson Objectives**

- 1) To be able to identify all 5 British Values. To create imaginative actions based on the different values. Focus on good timing and performing motif in unison.
- 2) To turn 3 – 4 actions into a travelling section. To include use of level changes, pathway and different directions.
- 3) To be creative with ideas when using the stimulus. Good teamwork. To include use of mirror image, and changes in level and direction in choreography.
- 4) To work well in groups. To effectively use chance choreography. To include changes in formation, dynamics, Canon, Unison, Direction and Level.
- 5) To work well in groups. To effectively use chance choreography. To include changes in formation, dynamics, Canon, Unison, Direction and Level.
- 6) To understand what a good performance is. To give useful feedback to our partner using appropriate and relevant dance vocabulary. To improve our own performance based on feedback.

#### **Topic 4 – Gymnastics - Partner Work - Under And Over**

##### **Lesson Objectives**

- 1) Roll over my partner who is in a long pencil shape.
- 2) Form strong arches and bridges. Create a sequence with a partner involving supporting body weight on front and back.
- 3) Leapfrog others safely. Create opportunities for others to travel over and under me.
- 4) Work with a partner to travel over and under on both floor and benches. Travel in lots of interesting ways over benches creating fluent and controlled sequences.
- 5) Travel over a partner by taking weight on my hands. Spin from a front to a back support over my partner who is in a pencil shape.
- 6) Work over an under on the floor and apparatus. Perform with good technique and seamless transitions.

#### **Topic 5 – Tennis**

##### **Lesson Objectives**

- 1) Get into the 'ready position?'. Grip a racket and get into sideways positions to strike the ball.
- 2) Hit a forehand shot, consistently. Control where I hit the ball.
- 3) Get into a good position and play backhand shots with some consistency. I can play deft shots near the net within a small area.
- 4) Volley accurately on my forehand and backhand.
- 5) Smash. Lob. Serve.

6) Use some tactics against an opponent. Play a competitive game using a range of ground strokes.

## **Topic 6 – Athletics**

### **Lesson Objectives**

- 1) Change pace and run at different tempos. Sustain my pace over longer distances.
- 2) Throw with accuracy and power using the pull technique. Throw after a run up.
- 3) Throw with greater force and over longer distances. Throw with greater control, accuracy and efficiency.
- 4) Perform the correct techniques for triple jump, high jump and standing vertical jump. Measure accurately my performance at standing vertical jumping.
- 5) Combine sprinting with hurdling.
- 6) Transfer a relay baton efficiently as part of a team.

## **Topic 7 – OAA**

### **Lesson Objectives**

- 1) Use non-verbal communication to solve problems. Work as part of a team.
- 2) Work with a partner to navigate successfully across and through obstacles whilst blindfolded. Give clear instructions and stay focused.
- 3) Think creatively to find solutions to challenges. Work together in a small group to solve problems.
- 4) Navigate my way around using a map. Demonstrate teamwork and a good level of communication to complete a group task.
- 5) Work quickly and effectively against the clock. Work with a partner/group to find a number of controls using a map.
- 6) Identify the location of a number of controls which relate to specific letters of the alphabet. Communicate positively with the other members of my team.

# Year 6

## Topic 1 – Invasion Games Skills 4

### Lesson Objectives

- 1) Dodge. Be aware of my environment and others.
- 2) I can adopt sideways on positions to receive the ball. Use the full width of the pitch.
- 3) Overlap and underlap. Make runs which overload the other team's defence.
- 4) Defend one on one. Track an opponent playing man to man. Adopt a low press and defend a zone
- 5) Pass attackers on to other defenders when they run across the pitch. Come off my line, if I am in goal, to narrow the angle.
- 6) Make diagonal runs to confuse defenders. I can be mobile and fluid in my attacking and not stick rigidly to one position.

## Topic 2 –Football

### Lesson Objectives

- 1) Demonstrate skill and close control. Pass the ball and move into space.
- 2) Combine skills to allow my team to retain possession. Dribble at different tempos.
- 3) Identify which shooting technique to use to be successful. Keep the ball moving when running at an opponent.
- 4) Communicate well with my teammates. I can defend thoughtfully, slowing attackers down and not overcommitting too soon.
- 5) Combine skills to create a goal scoring opportunity. Make the most of having an extra player/s on my team.
- 6) Cooperate, communicate and collaborate with others to achieve shared goals. Officiate if given the chance

## Topic 3 – Dance (WW2)

### **Lesson Objectives**

- 1) To share knowledge of World War II. To create imaginative actions based on the words in the theme related mind map. Focus on good timing and performing motif in unison
- 2) To turn 3 – 4 actions into a travelling section. To include use of level changes, pathway and different directions.
- 3) To be creative with ideas when using the poem as inspiration. Good teamwork. To include use of mirror image, and changes in level and direction in choreography.
- 4) To work well in groups showing good cooperation skills. To use chance choreography creatively. Show use of canon, unison and mirror Image, and changes in formation level and direction
- 5) To work well in groups showing good cooperation skills and provide useful peer feedback. To use the chance choreograph sheets to help us finish our dance. Show use of Canon and changes in Formation when creating and performing group section.
- 6) To understand what makes a good performance. To give useful feedback to our partner. To improve our own performance based on feedback.

### **Topic 4 – Gymnastics Counter balance and counter tension**

#### **Lesson Objectives**

- 1) Hold controlled balances on a variety of points and patches on a given number of body parts. Create a sequence of moves in unison with a partner.
- 2) Evaluate the work of others. Hold a range of symmetrical and asymmetrical counter balances. I can work at different levels with weight on a variety of points and patches. Create a sequence of moves in unison with a partner.
- 3) Hold a range of symmetrical and asymmetrical counter balances. Roll as part of a balancing and rolling sequence. Challenge myself to improve
- 4) Hold a range of symmetrical and asymmetrical balances counter balances with a partner. Use my own body weight in opposition to the apparatus. Link skills to perform actions and sequences.
- 5) Perform a sequence in canon at different levels. Link asymmetrical counter tension balances and counter balances using transitional moves. Evaluate the work of others using correct technical language.
- 6) Work in a group. Perform asymmetrical counter balances in a sequence using canon or unison. Use the apparatus and/or pupils when balancing. Enjoy competing and challenging yourself to improve.

### **Topic 5 - Tennis**

#### **Lesson Objectives**

- 1) Get into the 'ready position?'. Grip a racket and get into sideways positions to strike the ball.

- 2) Hit a forehand shot, consistently. Control where I hit the ball.
- 3) Get into a good position and play backhand shots with some consistency. I can play deft shots near the net within a small area.
- 4) Volley accurately on my forehand and backhand.
- 5) Smash. Lob. Serve.
- 6) Use some tactics against an opponent. Play a competitive game using a range of ground strokes.

## **Topic 6 – Athletics**

### **Lesson Objectives**

- 1) Change pace and run at different tempos. Sustain my pace over longer distances.
- 2) Throw with accuracy and power using the pull technique. Throw after a run up.
- 3) Throw with greater force and over longer distances. Throw with greater control, accuracy and efficiency.
- 4) Perform the correct techniques for triple jump, high jump and standing vertical jump. Measure accurately my performance at standing vertical jumping.
- 5) Combine sprinting with hurdling.
- 6) Transfer a relay baton efficiently as part of a team.

## **Topic 7 – OAA**

### **Lesson Objectives**

- 1) Use non-verbal communication to solve problems. Work as part of a team.
- 2) Work with a partner to navigate successfully across and through obstacles whilst blindfolded. Give clear instructions and stay focused.
- 3) Think creatively to find solutions to challenges. Work together in a small group to solve problems.
- 4) Navigate my way around using a map. Demonstrate teamwork and a good level of communication to complete a group task.
- 5) Work quickly and effectively against the clock. Work with a partner/group to find a number of controls using a map.
- 6) Identify the location of a number of controls which relate to specific letters of the alphabet. Communicate positively with the other members of my team.