

# SUBJECT

Year:3

Unit	'Sticky' Language	'Sticky' Knowledge	Skills	Monitoring Evidence
Invasion Games		<p>Know how to perform a bounce pass.</p> <p>Know how to perform a chest pass.</p> <p>Know what STEP means.</p> <p>Know how to perform a swing pass.</p>	<p>Master most fundamental skills from KS1 and start to develop sport specific skills and perform them with some accuracy. ! Invasion Games skills through:</p> <p>Three touch ball (netball) - running, dodging, Chest pass, Bounce pass, Catching a ball.</p> <p>Three touch ball (rugby) - running, dodging, swing pass, Catching a ball.</p> <p>Three touch ball (handball) - running, dodging, one-handed pass, One handed Bounce pass, Catching a ball.</p> <p>Run the loop (rounders) - running, underarm throw (small ball), catching a small ball, bowling a ball underarm, striking a ball off a tee.</p>	<p>Assessments</p> <p>Lesson observations/looks</p> <p>Lesson Plans</p> <p>Conversations with Staff</p> <p>Conversations with Pupils</p> <p>Video clips of children.</p> <p>Questionnaires to staff.</p>
Net and Wall	Ready Position Throw	To explain why warming up is important.	Explore different throwing actions.	Assessments Lesson observations/looks

	<p>Under-arm Over-arm Outwit Tactics Opponents Free space Strike Bounce Target Racquet Hand Rally Pass Roll Control Evaluate Improve Better Return Grip Hit</p>		<p>Select appropriate throwing. Throw with accuracy into a target. Use simple tactics. Explain in simple terms the tactics they are trying to use. To suggest ways to improve their play. To throw into space (away from opposition). Striking with hand or small bat.</p>	<p>Lesson Plans Conversations with Staff Conversations with Pupils Video clips of children. Questionnaires to staff.</p>
<p>Gymnastics</p>			<p>Can improve the quality of their actions, body shapes and balance through understanding of their own bodies.</p> <p>Can know the importance of strength in different parts of the body.</p> <p>Can recognise how their work can be improved.</p> <p>Refine movements into sequences.</p>	<p>Assessments Lesson observations/looks Lesson Plans Conversations with Staff Conversations with Pupils Video clips of children. Questionnaires to staff.</p>

			<p>Show changes in speed, direction and level during performances.</p> <p>Can make simple judgments on their own and others work.</p> <p>I can use equipment in a variety of ways (e.g. vaults and balances).</p>	
Dance			<p>Can improvise freely on their own or with a partner.</p> <p>Attempt to translate abstract ideas into a dance, including moods, feelings and ideas independently.</p> <p>Can create and link phrases using a simple dance structure.</p> <p>Can perform dances with an awareness of rhythm on their own or in a group.</p>	<p>Assessments</p> <p>Lesson observations/looks</p> <p>Lesson Plans</p> <p>Conversations with Staff</p> <p>Conversations with Pupils</p> <p>Video clips of children.</p> <p>Questionnaires to staff.</p>

## Year 4

Unit	'Sticky' Language	'Sticky' Knowledge	Skills	Monitoring Evidence
<p>Invasion Games</p>	<p>Dribble Pass Run Control Evaluate Feint Dodge Outwit</p>	<p>Recall how to perform a bounce pass. Know how to perform a chest pass. Know what STEP means. Know how to perform a swing pass. Know how to travel with a ball (basketball, handball, rugby). What are tactics for defending? What are tactics for attacking?</p>	<p>Master fundamental movement skills and start to develop sport specific skills performing them with consistency and accuracy. Invasion Games skills through:</p> <p>On the Attack (basketball) - running, chest pass, bounce pass, dribbling a ball. On the attack (rugby) - running, dodging, swing pass, Catching a ball.</p> <p>On the attack (handball) - running, dodging, one-handed pass, One handed Bounce pass, Catching a ball, shooting a ball.</p> <p>Run the loop (cricket) - running, underarm throw (small ball), catching a small ball, bowling a ball underarm, striking a ball (straight drive).</p>	<p>Assessments Lesson observations/looks Lesson Plans Conversations with Staff Conversations with Pupils Video clips of children. Questionnaires to staff.</p>

<p>Net and Wall</p>	<p>Ready Position          Throw          Under-arm          Over-arm          Outwit          Tactics          Opponents          Free space          Strike          Bounce          Target          Racquet          Hand          Rally          Pass          Roll          Control          Evaluate          Improve          Better          Return          Grip          Hit</p>		<p>Explore different throwing actions.          Select appropriate throwing.          Throw with accuracy into a target.          Use simple tactics.          Explain in simple terms the tactics they are trying to use.          To suggest ways to improve their play.          To throw into space (away from opposition).          Striking with hand or small bat.          Warm ups          Improve movement skills and body positions.          Familiarise children with a racquet and practise striking skills.          Find or suggest ways to outwit opponents          Comment on their own performance and suggest what they need to improve.          To devise their own game.          To consolidate throwing actions.          To consolidate striking and ball control skills.</p>	<p>Assessments          Lesson observations/looks          Lesson Plans          Conversations with Staff          Conversations with Pupils          Video clips of children.          Questionnaires to staff.</p>
<p>Gymnastics</p>			<p>Travel in a variety ways including flight via transfer of weight.</p>	<p>Assessments          Lesson observations/looks          Lesson Plans          Conversations with Staff          Conversations with Pupils</p>

			<p>Use equipment in a variety of ways (e.g. vaults and balances).</p> <p>Plan and perform and repeat sequences.</p> <p>Move in a clear, fluent and expressive manner.</p> <p>Can create gymnastic sequences that meet a theme or set of objectives (e.g. topic, poem).</p> <p>Can develop a range of actions, body shapes and levels and include in a performance.</p> <p>Can describe how their body reacts to different situations (e.g. their muscles).</p> <p>Can suggest ways performances can be improved.</p> <p>Can evaluate their work and quality of their performance.</p>	<p>Video clips of children.</p> <p>Questionnaires to staff.</p>
Dance			<p>Can confidently translate abstract ideas into a dance.</p> <p>Use composed dances as a stimulus to create smaller routines.</p>	<p>Assessments</p> <p>Lesson observations/looks</p> <p>Lesson Plans</p> <p>Conversations with Staff</p> <p>Conversations with Pupils</p> <p>Video clips of children.</p> <p>Questionnaires to staff.</p>

			<p>Can explain the importance of warming up.</p> <p>Can evaluate their own and others performances and comment on improvements.</p>	
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## Year 5

Unit	'Sticky' Language	'Sticky' Knowledge	Skills	Monitoring Evidence
Invasion Games	Dribble Pass Run Control Evaluate Feint Dodge Outwit Tactics	Recall how to perform a bounce pass. Know how to perform a chest pass. Know what STEP means. Know how to perform a swing pass. Know how to travel with a ball (basketball, handball, rugby). What are tactics for defending? What are tactics for attacking?	Continue to develop sport specific skills and perform with consistency, accuracy, confidence and control.  Invasion Games skills through Year 5 core task (netball): - running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting,  Year 5 core task (rugby): - - running, dodging, swing pass, Catching a ball, kicking a ball  Year 5 core task (hockey): - running, push pass, dribbling, receiving a pass, shooting.	Assessments Lesson observations/looks Lesson Plans Conversations with Staff Conversations with Pupils Video clips of children. Questionnaires to staff.
Net and Wall	Ready Position Throw Under-arm Over-arm Outwit Tactics Opponents Free space Strike		Explore different throwing actions. Select appropriate throwing. Throw with accuracy into a target. Use simple tactics. Explain in simple terms the tactics they are trying to use.	Assessments Lesson observations/looks Lesson Plans Conversations with Staff Conversations with Pupils Video clips of children. Questionnaires to staff.



Bounce  
Target  
Racquet  
Hand  
Rally  
Pass  
Roll  
Control  
Evaluate  
Improve  
Better  
Return  
Grip  
Hit  
Forehand  
Backhand  
Court  
Target Area  
Serve  
Time out.

To suggest ways to improve their play.  
To throw into space (away from opposition).  
Striking with hand or small bat.  
Warm ups  
Improve movement skills and body positions.  
Familiarise children with a racquet and practise striking skills.  
Find or suggest ways to outwit opponents  
Comment on their own performance and suggest what they need to improve.  
To devise their own game.  
To consolidate throwing actions.  
To consolidate striking and ball control skills.  
To develop consistency in playing a forehand and backhand shot.  
To evaluate their performance and explain what needs improving.  
To understand basic principles of attack and to use these in a game.  
To understand basic principles of defending and to use these in a game.

Gymnastics			<p>Can perform actions in a fluent and consistent performance.</p> <p>Can create sequences and adapt to variables such as feedback, the needs of a partner and the implementation of equipment.</p> <p>Can evaluate and improve their own and others work.</p> <p>Understand centre of gravity and use this to create interesting body shape.</p> <p>Create complex and well executed sequences including:</p> <ul style="list-style-type: none"> <li>&gt; Travelling</li> <li>&gt; Balances</li> <li>&gt; Bending</li> <li>&gt; Stretching</li> <li>&gt; Twists</li> <li>&gt; Rolls</li> </ul> <p>I can use equipment in a variety of ways (e.g. vaults and balances).</p>	<p>Assessments</p> <p>Lesson observations/looks</p> <p>Lesson Plans</p> <p>Conversations with Staff</p> <p>Conversations with Pupils</p> <p>Video clips of children.</p> <p>Questionnaires to staff.</p>
Dance			<p>Can explore ideas from different dance styles.</p> <p>Can compose imaginative dance sequences and perform them expressively.</p>	<p>Assessments</p> <p>Lesson observations/looks</p> <p>Lesson Plans</p> <p>Conversations with Staff</p> <p>Conversations with Pupils</p> <p>Video clips of children.</p>

			<p>Can organise their own warm up and cool down to suit activities.</p> <p>Can understand why it's important to warm up.</p> <p>explore and create characters and narratives through interpretive dance.</p>	<p>Questionnaires to staff.</p>
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## Year 6

Unit	'Sticky' Language	'Sticky' Knowledge	Skills	Monitoring Evidence
Invasion Games	Dribble Pass Run Control Evaluate Feint Dodge Outwit Tactics Attack Defend	Recall how to perform a bounce pass. Know how to perform a chest pass. Know what STEP means. Know how to perform a swing pass. Know how to travel with a ball (basketball, handball, rugby). What are tactics for defending? What are tactics for attacking? What do we need tactics for playing a game?	Continue to develop sport specific skills and perform them with consistency, accuracy, confidence, control and speed.  Invasion Games skills through: Calling the shots' (netball): - running, dodging, chest pass, bounce pass, catching, shoulder pass, shooting,  Calling the shots' (rugby): - - running, dodging, swing pass, Catching a ball, kicking a ball.  Calling the shots' (hockey): - running, push pass, dribbling, receiving a pass, shooting.	Assessments Lesson observations/looks Lesson Plans Conversations with Staff Conversations with Pupils Video clips of children. Questionnaires to staff.
Net and Wall	Ready Position Throw Under-arm Over-arm		Explore different throwing actions. Select appropriate throwing.	Assessments Lesson observations/looks Lesson Plans Conversations with Staff

Outwit  
Tactics  
Opponents  
Free space  
Strike  
Bounce  
Target  
Racquet  
Hand  
Rally  
Pass  
Roll  
Control  
Evaluate  
Improve  
Better  
Return  
Grip  
Hit  
Forehand  
Backhand  
Court  
Target Area  
Serve  
Time out.

Throw with accuracy into a target.  
Use simple tactics.  
Explain in simple terms the tactics they are trying to use.  
To suggest ways to improve their play.  
To throw into space (away from opposition).  
Striking with hand or small bat.  
Warm ups  
Improve movement skills and body positions.  
Familiarise children with a racquet and practise striking skills.  
Find or suggest ways to outwit opponents  
Comment on their own performance and suggest what they need to improve.  
To devise their own game.  
To consolidate throwing actions.  
To consolidate striking and ball control skills.  
To develop consistency in playing a forehand and backhand shot.  
To evaluate their performance and explain what needs improving.  
To understand basic principles of attack and to use these in a game.

Conversations with Pupils  
Video clips of children.  
Questionnaires to staff.

			To understand basic principles of defending and to use these in a game.	
Gymnastics			<p>Can combine and perform gymnastic actions, shapes and balances fluently.</p> <p>Can develop their own sequences.</p> <p>Can suggest ways of improvements (self-evaluating and peer evaluating). Use ideas to practise and refine gymnastics techniques learnt.</p> <p>Create complex and well executed sequences that include a range of:</p> <ul style="list-style-type: none"> <li>&gt; Springing</li> <li>&gt; Flight</li> <li>&gt; Rotations</li> <li>&gt; Linking shapes</li> <li>&gt; Vaults</li> <li>&gt; Rolls/flips</li> </ul> <p>Hold shapes that are strong, fluent and expressive.</p> <p>I Can vary speed, direction, level and body rotation during floor performances.</p>	<p>Assessments</p> <p>Lesson observations/looks</p> <p>Lesson Plans</p> <p>Conversations with Staff</p> <p>Conversations with Pupils</p> <p>Video clips of children.</p> <p>Questionnaires to staff.</p>


