

P.E

	EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Gymnastics</b>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Describe how the body feels (Red face and heart beating faster)</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Different types of rolls</li> <li>Different ways of stretching</li> <li>Controlled jumps</li> <li>Balances with Control</li> <li>Different levels of control</li> </ul> <p><u>Rolls</u></p> <p>During EYFS pupils should be starting to develop the skills to perform:</p> <ul style="list-style-type: none"> <li>Curled side roll (egg role)</li> <li>Log roll (Pencil roll)</li> <li>Teddy bear roll</li> </ul> <p><u>Jumps</u></p> <p>During EYFS pupil will be introduced into different jumps, such as;</p> <ul style="list-style-type: none"> <li>Straight Jump</li> <li>Tuck Jump</li> <li>Jumping jack</li> <li>Half turn jumps</li> </ul> <p><u>Vault</u></p> <p>EYFS will not be doing vault and instead working harder on different sectors.</p>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Start to help with equipment</li> <li>Describe how they feel before and after exercise.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Create movements and sequences</li> <li>Recognise different contrasting (Small, tall, wide and narrow)</li> <li>Simple stretches</li> <li>Move around, under, over, and through different objects and equipment.</li> <li>Begin to move with control and care.</li> <li>Hold balances with controlled movement</li> <li>Travel with different speeds.</li> </ul> <p><u>Rolls</u></p> <p>During Year 1 pupils should start performing these rolls controlled.</p> <ul style="list-style-type: none"> <li>Curled side roll (egg role)</li> <li>Log roll (Pencil roll)</li> <li>Teddy bear roll</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Explain what your body needs to stay healthy.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Create different movements and sequences to make a routine.</li> <li>Travel in a variety of ways, progression: include rolls.</li> <li>Hold a still shape whilst balancing on different points of the body.</li> <li>Jump in a variety of ways and land with increasing control and balance.</li> <li>Jump from different levels controlled.</li> </ul> <p><u>Rolls</u></p> <p>During Year 2 pupils will now be performing the three rolls controlled;</p> <ul style="list-style-type: none"> <li>Curled side roll (egg role)</li> <li>Log roll (Pencil roll)</li> <li>Teddy bear roll</li> <li>Rocking Forward roll</li> <li>Crouched forward roll</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Explain the importance of warm-ups and cool downs.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Independently choose their own movements to create a sequence. (increasing confidence, including changes of direction, speed or level.)</li> <li>Develop the quality of their actions, shapes and balances.</li> <li>While travelling start to interlink turns and with coordination, control and care.</li> <li>Use flexible movements holding body shapes with control.</li> </ul> <p><u>Rolls</u></p> <p>During Year 3 pupils will now be performing rolls from standing position;</p> <ul style="list-style-type: none"> <li>Crouched forward roll</li> <li>Forward roll standing</li> <li>Tucked backward roll</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Describe how the body reacts at different times and how this affects performance.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Start to change directions, speed and levels during sequences</li> <li>Progression; Develop technique and flexibility throughout the performance.</li> <li>Carry out balances, recognising the position of their centre of gravity and how this affects the balance.</li> <li>Interlink a sequence to a theme.</li> </ul> <p><u>Rolls</u></p> <p>During Year four pupils will now be performing rolls into different balances/positions;</p> <ul style="list-style-type: none"> <li>Straddle forward roll</li> <li>Forward roll standing</li> <li>Tucked backward roll</li> <li>Backwards straddle</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Explain the principals of safety before, during and after exercise.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Perform balance, shapes and jumps with control.</li> <li>Confidently use gymnastics equipment (Vault).</li> <li>Develop strength, technique and flexibility throughout out performance.</li> <li>Confidently develop the placement of their body parts in balances.</li> <li>Recognising the position of their centre of gravity and where it should be in relation to the base of the balance.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Discuss ways of becoming healthier</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Develop strength throughout the performance with technique and flexibility.</li> <li>Show precision and control throughout performances.</li> <li>Confidently incorporate equipment into a sequence.</li> <li>Perform a routine using key skills; travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching.</li> </ul> <p><u>Rolls</u></p> <p>During Year 6 pupils will now be performing rolls into standing positions and at a fast pace while controlled;</p> <ul style="list-style-type: none"> <li>Straddle forward roll</li> <li>Forward roll standing</li> <li>Tucked backward roll</li> <li>Backwards straddle</li> <li>Pike forward roll</li> <li>Backwards roll to standing pike.</li> <li>Dive forward roll.</li> </ul>

<p><b><u>Handstands, Cartwheels and round-offs</u></b></p> <p>Developing the start technique is key during this time period.</p> <ul style="list-style-type: none"> <li>- Bunny Hops</li> </ul> <p><b><u>Travelling and linking actions</u></b></p> <p>Progressing to putting sequences together is very important, even at a fundamental level.</p> <ul style="list-style-type: none"> <li>- Tiptoe, jump and hop.</li> <li>-</li> </ul> <p><b><u>Shapes and balances</u></b></p> <p>During the balances, pupils will be focusing on one level.</p> <ul style="list-style-type: none"> <li>- Standing balance</li> </ul> <p><b><u>Complete/ perform</u></b></p> <ul style="list-style-type: none"> <li>- Controlled body and movements when perform routines</li> </ul>	<p><b><u>Jumps</u></b></p> <p>During year one, there will be a recap of the three jumps in EYFS plus adding a cat spring.</p> <ul style="list-style-type: none"> <li>- Straight Jump</li> <li>- Tuck Jump</li> <li>- Jumping jack</li> <li>- Half turn jumps</li> <li>- Cat spring</li> </ul> <p><b><u>Vault</u></b></p> <p>Vaults will be introduced with controlled movement;</p> <ul style="list-style-type: none"> <li>- Straight jump offspring board.</li> </ul> <p><b><u>Handstands, Cartwheels and round-offs</u></b></p> <p>Developing body strength.</p> <ul style="list-style-type: none"> <li>- Bunny Hops</li> <li>- Wheel barrower</li> </ul> <p><b><u>Travelling and linking actions</u></b></p> <p>Progressing to putting sequences together is very important, even at a fundamental level.</p> <ul style="list-style-type: none"> <li>- Tiptoe, jump and hop.</li> <li>- Hopscotch</li> <li>- Skipping</li> <li>- Galloping</li> </ul> <p><b><u>Shapes and balances</u></b></p> <p>During the balances, pupils will be focusing static balance to help progress in different topics.</p> <ul style="list-style-type: none"> <li>- Standing balance</li> <li>- Kneeling balances</li> </ul>	<p><b><u>Jumps</u></b></p> <p>During year two all jumps will be controlled and set pieces will be put together.</p> <ul style="list-style-type: none"> <li>- Straight Jump</li> <li>- Tuck Jump</li> <li>- Jumping jack</li> <li>- Half turn jumps</li> <li>- Cat spring</li> <li>- Cat spring- straddle</li> </ul> <p><b><u>Vault</u></b></p> <p>Vaults will be introduced with controlled movement;</p> <ul style="list-style-type: none"> <li>- Straight jump off springboard.</li> <li>- Hurdle step onto springboard</li> <li>- Tuck jump off springboard.</li> </ul> <p><b><u>Handstands, Cartwheels and round-offs</u></b></p> <p>Developing body strength and technique.</p> <ul style="list-style-type: none"> <li>- Bunny Hops</li> <li>- Wheel barrower</li> <li>- T-lever</li> <li>- Scissor kick</li> </ul> <p><b><u>Travelling and linking actions</u></b></p> <p>Progressing to putting sequences together is very important, even at a fundamental level.</p> <ul style="list-style-type: none"> <li>- Tiptoe, jump and hop.</li> <li>- Hopscotch</li> <li>- Skipping</li> <li>- Galloping</li> <li>- Straight jump half-turn</li> </ul>	<p><b><u>Jumps</u></b></p> <p>During year three all jumps will be overlooked from year two.</p> <ul style="list-style-type: none"> <li>- Straight Jump</li> <li>- Tuck Jump</li> <li>- Jumping jack</li> <li>- Star jumps</li> <li>- Straddle jumps</li> <li>- Pike jump</li> <li>- Cat leap</li> </ul> <p><b><u>Vault</u></b></p> <p>Vaults jumps on and off the board will be focused on;</p> <ul style="list-style-type: none"> <li>- Straight jump off springboard.</li> <li>- Hurdle step onto springboard</li> <li>- Tuck jump off springboard.</li> <li>- Squat vault</li> <li>- Straddle jump off</li> <li>- Pike jump off</li> </ul> <p><b><u>Handstands, Cartwheels and round-offs</u></b></p> <p>Developing body strength liaising with technique and control.</p> <ul style="list-style-type: none"> <li>- Bunny Hops</li> <li>- Wheel barrower</li> <li>- T-lever</li> <li>- Scissor kick</li> </ul> <p><b><u>Travelling and linking actions</u></b></p> <p>Progressing to putting sequences together is very important, even at a fundamental level.</p> <ul style="list-style-type: none"> <li>- Tiptoe, jump and hop.</li> <li>- Hopscotch</li> <li>- Skipping</li> </ul>	<p><b><u>Jumps</u></b></p> <p>During year four jumps will be synced to turns.</p> <ul style="list-style-type: none"> <li>- Straight Jump</li> <li>- Tuck Jump</li> <li>- Jumping jack</li> <li>- Star jumps</li> <li>- Straddle jumps</li> <li>- Pike jump</li> <li>- Cat leap</li> <li>- Straight half-turn</li> <li>- Straight full turn</li> <li>- Cat leap half – turn</li> <li>-</li> </ul> <p><b><u>Vault</u></b></p> <p>During year four pupils will focus on jumps on the vault.</p> <ul style="list-style-type: none"> <li>- Straight jump off springboard.</li> <li>- Hurdle step onto springboard</li> <li>- Tuck jump off springboard.</li> <li>- Squat vault</li> <li>- Straddle jump off</li> <li>- Pike jump off</li> <li>- Straddle on vault</li> </ul> <p><b><u>Handstands, Cartwheels and round-offs</u></b></p> <p>Throughout year four this section will progress into:</p> <ul style="list-style-type: none"> <li>- Lunge into handstand</li> <li>- Lunge into cartwheel</li> </ul> <p><b><u>Travelling and linking actions</u></b></p> <p>Recap of year three, progression pivot.</p>	<p><b><u>Rolls</u></b></p> <p>In Year five there will be an overview of year four and progression into different gymnastic positions.</p> <ul style="list-style-type: none"> <li>- Straddle forward roll</li> <li>- Forward roll standing</li> <li>- Tucked backward roll</li> <li>- Backwards straddle</li> <li>- Pike roll to straddle</li> </ul> <p><b><u>Jumps</u></b></p> <p>During year five jumps will be controlled accurately into turns.</p> <ul style="list-style-type: none"> <li>- Straight Jump</li> <li>- Tuck Jump</li> <li>- Jumping jack</li> <li>- Star jumps</li> <li>- Straddle jumps</li> <li>- Pike jump</li> <li>- Cat leap</li> <li>- Straight half-turn</li> <li>- Straight full turn</li> <li>- Cat leap half – turn</li> <li>- Cat leap full– turn</li> </ul> <p><b><u>Vault</u></b></p> <p>During year five pupils will recap year four.</p> <ul style="list-style-type: none"> <li>- Straight jump off springboard.</li> <li>- Hurdle step onto springboard</li> <li>- Tuck jump off springboard.</li> <li>- Squat vault</li> </ul>	<p><b><u>Jumps</u></b></p> <p>During year six jumps will be within controlled movement;</p> <ul style="list-style-type: none"> <li>- Straight Jump</li> <li>- Tuck Jump</li> <li>- Jumping jack</li> <li>- Star jumps</li> <li>- Straddle jumps</li> <li>- Pike jump</li> <li>- Cat leap</li> <li>- Straight half-turn</li> <li>- Straight full turn</li> <li>- Cat leap half – turn</li> <li>- Split leap</li> <li>- Stag leap</li> </ul> <p><b><u>Vault</u></b></p> <p>During year six pupils will focus on jumps over the vault and recap.</p> <ul style="list-style-type: none"> <li>- Straight jump off springboard.</li> <li>- Hurdle step onto springboard</li> <li>- Tuck jump off springboard.</li> <li>- Squat vault</li> <li>- Straddle jump off</li> <li>- Pike jump off</li> <li>- Straddle on vault</li> <li>- Straddle over vault</li> </ul> <p><b><u>Handstands, Cartwheels and round-offs</u></b></p> <p>Year six will start hurdle step into sequences.</p> <ul style="list-style-type: none"> <li>- Lunge into handstand</li> <li>- Lunge into cartwheel</li> <li>- Hurdle step</li> </ul>
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<b>Games</b>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>- Describe how your body feel before and after exercise.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>- Control patting, pushing and catching the ball.</li> <li>- Figure out getting into space, understanding special awareness</li> <li>- Discover different ways of travelling</li> <li>- Move around the space confidently and safely</li> </ul> <p><u>Striking and hitting a ball</u></p> <ul style="list-style-type: none"> <li>- Control the ball on the bat for hand eye coordination</li> <li>- Bounce the ball on the bat</li> </ul> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> <li>- Roll the ball through targets</li> <li>- Focus on under arm throws</li> <li>- Throw at target</li> <li>- Make a basket (bowl with hands) to catch the ball</li> </ul> <p><u>Travelling with the ball</u></p> <ul style="list-style-type: none"> <li>- Bounce a ball while travelling</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>- Describe how your body feel before and after exercise. (use adjectives: RED face)</li> <li>- Carry equipment around safely</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>- Start to travel around confidently in different ways</li> <li>- Focus on movement such as: running, jumping and catching</li> </ul> <p><u>Striking and hitting a ball</u></p> <ul style="list-style-type: none"> <li>- Control the ball on the bat for hand eye coordination</li> <li>- Focus on the technique on how to hit the ball with a bat</li> <li>- Work on striking, sending and receiving</li> </ul> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> <li>- Throw under arm (work on confidence)</li> <li>- Catch and bounce</li> <li>- Use rolling skills into a game base situation</li> </ul> <p><u>Travelling with the ball</u></p> <ul style="list-style-type: none"> <li>- Travel with the ball in different ways</li> <li>- Work on changing directions with a ball</li> </ul> <p><u>Passing a ball</u></p>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>- Describe how your body feel before, during and after exercise.</li> <li>- Discuss what helps you stay healthy</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>- Start to travel around confidently in different ways</li> <li>- Focus on movement such as: running, jumping and catching</li> </ul> <p><u>Striking and hitting a ball</u></p> <ul style="list-style-type: none"> <li>- Start to connect with the ball</li> <li>- Introduce games using skill of striking the ball and fielding</li> <li>- Work on body position when striking the ball</li> </ul> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> <li>- Discover different equipment to throw</li> <li>- With a partner throw and catch</li> <li>- If confident start to step back: throw and catch to a partner</li> </ul> <p><u>Travelling with the ball</u></p> <ul style="list-style-type: none"> <li>- Walk around and bounce a ball at the same time</li> <li>- Start to introduce games kicking the ball</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>- Understand the importance of warm-up and cool downs</li> <li>- Know the importance of flexibility during experience</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>- Start to incorporate key skills into game base situations</li> <li>- Play competitive games</li> <li>- Compare performance to others</li> </ul> <p><u>Striking and hitting a ball</u></p> <ul style="list-style-type: none"> <li>- Start to connect with the ball</li> <li>- Introduce games using skill of striking the ball and fielding</li> <li>- Work on body position when striking the ball</li> </ul> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> <li>- Confidently strike the ball</li> <li>- Striking ball for a distance during game situation</li> <li>- Focus on fielding</li> </ul> <p><u>Travelling with the ball</u></p> <ul style="list-style-type: none"> <li>- Travel with the ball in different direction with control</li> <li>- Try different way of travelling in a game situation</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>- Describe how your body reacts during different parts of exercise</li> <li>- Explain why we do warm up and why it's important</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>- Start to incorporate key skills into game base situations</li> <li>- Play competitive games</li> <li>- Compare performance to others</li> </ul> <p><u>Striking and hitting a ball</u></p> <ul style="list-style-type: none"> <li>- Successfully serve underarm</li> <li>- Start using bat, racquet or hockey sticks (with accuracy)</li> </ul> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> <li>- Re-cap previous skills</li> <li>- Develop different way of throwing and catching the ball</li> </ul> <p><u>Travelling with the ball</u></p> <ul style="list-style-type: none"> <li>- Re-cap last year</li> <li>- Move the ball with control and accuracy</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>- Understand why and how your body changes during throughout exercise</li> <li>- Get pupils to explain safety principals</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>- Start to incorporate key skills into game base situations</li> <li>- Play competitive games</li> <li>- Compare performance to others</li> </ul> <p><u>Striking and hitting a ball</u></p> <ul style="list-style-type: none"> <li>- Identify the different technique when playing different racquet sports</li> <li>- Work on different technique when striking with a batt</li> </ul> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> <li>- To be able to identify different ways of throwing a ball</li> <li>- To be able to play cricket, rounder</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>- Start to be able to deliver warm ups and cool down or discuss the key skills are.</li> <li>- To be able to discuss reason to stay healthier and how.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>- Start to incorporate key skills into game base situations</li> <li>- Play competitive games</li> <li>- Compare performance to others</li> </ul> <p><u>Striking and hitting a ball</u></p> <ul style="list-style-type: none"> <li>- Understand the rule and key parts of a game situation.</li> <li>- To be able to ball over arm at a competent level.</li> <li>- Confidently strike the ball with a ball.</li> </ul> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> <li>- Confidently throw and catch the ball under pressure.</li> <li>- Use key skills during a game situation.</li> </ul> <p><u>Travelling with the ball</u></p> <ul style="list-style-type: none"> <li>- Dribble using the ball with control.</li> </ul>

	<ul style="list-style-type: none"> <li>- Kick a ball while travelling</li> <li>- Put the ball on the bat and travel around</li> </ul> <p><b><u>Passing a ball</u></b></p> <ul style="list-style-type: none"> <li>- Kick an object at a target</li> <li>- Work on eye contact</li> <li>- Say their name before passing</li> </ul> <p><b><u>Using space</u></b></p> <ul style="list-style-type: none"> <li>- Identify what space is?</li> <li>- Travel around discovering space</li> <li>- Start to travel around in different ways (forward, backwards and side wards)</li> </ul> <p><b><u>Attacking and Defending</u></b></p> <ul style="list-style-type: none"> <li>- Games (Tag games)</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>- Talk about what's been done this lesson</li> </ul>	<ul style="list-style-type: none"> <li>- Pass the ball to another pupil</li> <li>- Introduce game situation</li> <li>- Say their name before passing (Confidently)</li> </ul> <p><b><u>Using space</u></b></p> <ul style="list-style-type: none"> <li>- Travel around changing directions</li> <li>- Change different speeds running, walking, sidestep or skipping.</li> </ul> <p><b><u>Attacking and Defending</u></b></p> <ul style="list-style-type: none"> <li>- Games (Tag games)</li> <li>- Strat to explain the definition of an attacker</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>- Talk about what's been done this lesson</li> <li>- Introduce Learning burger (Three levels: two buns: Good burger: Improvement)</li> </ul>	<ul style="list-style-type: none"> <li>- Start to introduce games dribbling the ball</li> </ul> <p><b><u>Passing a ball</u></b></p> <p>Discover different ways of passing the ball (Different part of foot, rolling, under arm etc...)</p> <p><b><u>Using space</u></b></p> <ul style="list-style-type: none"> <li>- Travel around discovering different pathways pupils could take</li> <li>- Start to understand the best space in a game situation</li> </ul> <p><b><u>Attacking and Defending</u></b></p> <ul style="list-style-type: none"> <li>- Strat to explain the definition of a defending</li> <li>- Discuss how to attack for better possibility of winning play</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>- Compare and contrast different peers' performances</li> <li>- Follow Learning burger (Three levels: two buns: Good burger: Improvement)</li> </ul>	<p><b><u>Passing a ball</u></b></p> <ul style="list-style-type: none"> <li>- Focus on different types of passing the ball (Over, under, push, shoulder, foot, etc...)</li> <li>- Pass the ball in two different ways during a game situation</li> </ul> <p><b><u>Using space</u></b></p> <ul style="list-style-type: none"> <li>- Discover the best space</li> <li>- When in space can you pass and move into more space</li> </ul> <p><b><u>Attacking and Defending</u></b></p> <ul style="list-style-type: none"> <li>- Play games with easy to identify attacking and defending skills</li> <li>- Focus of fielding (How to stop the ball)</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>- performances</li> <li>- Follow Learning burger to identify people strength and room for improvements</li> </ul>	<p><b><u>Passing a ball</u></b></p> <ul style="list-style-type: none"> <li>- Pass a ball successfully in a game situation</li> <li>- Accurately pass the ball</li> </ul> <p><b><u>Using space</u></b></p> <ul style="list-style-type: none"> <li>- Pass and move into space</li> <li>- THINK? (am I in the best space) (To receive or to release)</li> </ul> <p><b><u>Attacking and Defending</u></b></p> <ul style="list-style-type: none"> <li>- Playa game using attacking and defending situations</li> <li>- Focus on work as a team during as fielding</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>- Watch, describe and evaluate an individual's performance</li> <li>- Discuss how to modify their performance to improve</li> </ul>	<p>etc... to field as a team</p> <p><b><u>Travelling with the ball</u></b></p> <ul style="list-style-type: none"> <li>- Use a variety of different ways of dribbling throughout the game (Extra points when show different dribbling)</li> <li>- Start to link skill and dribbling together</li> </ul> <p><b><u>Passing a ball</u></b></p> <ul style="list-style-type: none"> <li>- Pass a ball successfully with the right power and accuracy</li> <li>- Use the appropriate technique when passing the ball</li> </ul> <p><b><u>Using space</u></b></p> <ul style="list-style-type: none"> <li>- Confidently show special awareness</li> </ul> <p><b><u>Attacking and Defending</u></b></p> <ul style="list-style-type: none"> <li>- Start to focus on the technique</li> <li>- Identify the strengths of attacking</li> <li>- Identify the key skills of defending</li> </ul> <p><b><u>Evaluate</u></b></p>	<ul style="list-style-type: none"> <li>- Travel with the ball under pressure with confidence.</li> </ul> <p><b><u>Passing a ball</u></b></p> <ul style="list-style-type: none"> <li>- To be able to make a quick and positive decision when passing the ball.</li> <li>- To be able to pass and move with control.</li> </ul> <p><b><u>Using space</u></b></p> <ul style="list-style-type: none"> <li>- Show good awareness throughout a game.</li> <li>- Make the most out of the space they have in a positive way.</li> </ul> <p><b><u>Attacking and Defending</u></b></p> <ul style="list-style-type: none"> <li>- Design a plan to make your play more successful.</li> <li>- Use knowledge within your team to show your technique and skills.</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>- To be able to discuss and evaluate their own and peer's performance.</li> <li>- Design a plan for self-development.</li> </ul>
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						<ul style="list-style-type: none"> <li>• Create a discussion on why they used the tactics</li> <li>• Discuss what skills would be used next time to improve performance</li> </ul>	
<i>Athletics</i>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>• Describe how the body feels.</li> </ul> <p>–</p> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>• Shows increasing control over an object in pushing, patting, throwing, catching or kicking it.</li> <li>• Understand spacial awareness while running.</li> <li>• They move confidently in a range of ways, safely negotiating space.</li> </ul> <p><u>Running</u></p> <ul style="list-style-type: none"> <li>• Run around using agility and control</li> <li>• Start fun, easy game to become confident running around.</li> </ul> <p><u>Jumping</u></p> <ul style="list-style-type: none"> <li>• Display different types of jumps in a fun interactive way.</li> <li>• Long jumps.</li> <li>• High jump.</li> <li>• Triple jump.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>• Describe how the body feels before and after exercising.</li> <li>• Understand how to carry equipment in safe way.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching,</li> <li>• Develop balance, agility and co-ordination.</li> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> </ul> <p><u>Running</u></p> <ul style="list-style-type: none"> <li>• Understand different paces and speed.</li> <li>• To be able to run in a straight line (Aim to be able to run 100m sprint).</li> <li>• Change different directions.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>• Describe how the body feels during exercise.</li> <li>• Discuss what the body needs to start an healthier lifestyle</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>• Master basic movements including running, jumping, throwing and catching,</li> <li>• Develop balance, agility and co-ordination.</li> <li>• Participate in team games, developing simple tactics for attacking and defending.</li> </ul> <p><u>Running</u></p> <ul style="list-style-type: none"> <li>• Start to understand different paces when running/jogging distances. (100m – 200m)</li> <li>• Start to complete obstacle courses.</li> <li>• Control your breathing when running.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>• Describe the effects of exercise on your body.</li> <li>• Understand the important sector when doing exercise.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>• Develop flexibility, control, balance and strength.</li> <li>• Start to compare performance, to see improvements to achieve personal bests.</li> </ul> <p><u>Running</u></p> <ul style="list-style-type: none"> <li>• To be introduce the hurdles, focusing on the technique.</li> <li>• Focus on knee, toe action while running.</li> <li>• Understand adjusting pace when running track.</li> <li>• Understand why using a technique to run is key.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>• Describe how the body react and acts in different times before, during and after exercise.</li> <li>• Be confident explaining why exercise is good for them.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>• Develop flexibility, control, balance and strength.</li> <li>• Start to compare performance, to see improvements to achieve personal bests.</li> </ul> <p><u>Running</u></p> <ul style="list-style-type: none"> <li>• Confidently be able to sprint multi distances. (100M and 200M).</li> <li>• Be able to participate in a relay.</li> <li>• To understand how to speed up and slow down.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>• Know the reason why warming your body up is key.</li> <li>• Describe what elements of safety is needed when exercising.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>• Develop flexibility, control, balance and strength.</li> <li>• Start to compare performance, to see improvements to achieve personal bests.</li> </ul> <p><u>Running</u></p> <ul style="list-style-type: none"> <li>• Focus on starting position to accelerate start off.</li> <li>• Practice running technique.</li> <li>• Understand how to technique can affect a sprint.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>• Understand the reasoning of why warming up and cooling down is important.</li> <li>• Understand the wellbeing and mentality of exercise.</li> </ul> <p>–</p> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>• Develop flexibility, control, balance and strength.</li> <li>• Start to compare performance, to see improvements to achieve personal bests.</li> </ul> <p><u>Running</u></p> <ul style="list-style-type: none"> <li>• Recap running, while using skills confidently.</li> <li>• Be able to compete against peers in sprint, hurdles and long distances.</li> <li>• Confidently show stamina when competing long distances and relays.</li> </ul>

	<p><b><u>Throwing</u></b></p> <ul style="list-style-type: none"> <li>• Throw under arm.</li> <li>• Push and roll the ball.</li> <li>• Focus on aiming at a target.</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>• Talk about your performance.</li> <li>• What have the pupils done throughout their lesson.</li> <li>• How confidently did they feel the lesson went. (Green-Confidently, yellow- OK or Red – Not confidently).</li> </ul>	<p><b><u>Jumping</u></b></p> <ul style="list-style-type: none"> <li>• Jump in different types of way, one-foot, other foot, high knees and two feet.</li> <li>• Jump as far as can with control.</li> <li>• Land safely when jumping.</li> <li>• Jump with partners.</li> </ul> <p><b><u>Throwing</u></b></p> <ul style="list-style-type: none"> <li>• Start to be able to throw future away.</li> <li>• Throw under arm with more confidence.</li> <li>• Strat to understand how to throw over arm.</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>• What did the pupils do throughout the lesson?</li> <li>• What could the improve on in next lesson.</li> <li>• How confidently did they feel the lesson went? (Green-Confidently, yellow- OK or Red – Not confidently).</li> </ul>	<p><b><u>Jumping</u></b></p> <ul style="list-style-type: none"> <li>• Combine different jumps with control.</li> <li>• Understand what muscles are used when jumping. (LEG MUSCLES).</li> <li>• Investigate how to develop a long jump.</li> <li>• Control jump, landing on two feet.</li> </ul> <p><b><u>Throwing</u></b></p> <ul style="list-style-type: none"> <li>• Throw different types of equipment in different ways, for accuracy and distance.</li> <li>• Throw with accuracy at targets of different heights.</li> <li>• Investigate ways to alter their throwing technique to achieve greater distance.</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>• How confidently did they feel the lesson went? (Green-Confidently, yellow- OK or Red – Not confidently).</li> <li>• Compare each other's performances.</li> <li>•</li> </ul>	<p><b><u>Jumping</u></b></p> <ul style="list-style-type: none"> <li>• Focus on the take-off position when jumping.</li> <li>• Develop an understanding on how to land with control and safety.</li> <li>• Control the flight stage of the jump.</li> </ul> <p><b><u>Throwing</u></b></p> <ul style="list-style-type: none"> <li>• Demonstrate a push throw and discuss the technique.</li> <li>• Focus of the accuracy of an underarm throw.</li> <li>• Throw with control.</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>• Discuss performances and what skills need to be focused on in next lessons.</li> <li>• Understand and explain how the performance last lesson is different to this lesson.</li> </ul>	<p><b><u>Jumping</u></b></p> <ul style="list-style-type: none"> <li>• To be taught how to hop, skip jump (focus on triple jump).</li> <li>• Land safely.</li> <li>• Start to measure and compare different jumps.</li> </ul> <p><b><u>Throwing</u></b></p> <ul style="list-style-type: none"> <li>• Focus on the distance of throwing.</li> <li>• Be able to measure the distance of throwing.</li> <li>• Strat to develop skills for a push throw.</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>• Confidently explaining what skills and technique is used when throwing.</li> <li>• In partners discuss and compare distance and techniques.</li> </ul>	<p><b><u>Jumping</u></b></p> <ul style="list-style-type: none"> <li>• Improve technique of long jump.</li> <li>• Perform confidently the long jump.</li> <li>• Land safely the triple jump.</li> <li>• Measure height and distant of jumps.</li> </ul> <p><b><u>Throwing</u></b></p> <ul style="list-style-type: none"> <li>• Be confident demonstrating a fling throw.</li> <li>• To be able to explain the reasoning of the technique of each throw.</li> <li>• Confidently measure and compare throws.</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>• Using the criteria measure peers' performances.</li> <li>• To be able to explain which technique and skills were used.</li> </ul>	<p><b><u>Jumping</u></b></p> <ul style="list-style-type: none"> <li>• Start focusing on the technique when performing the vertical jumps.</li> <li>• Confidently measure partners jumps.</li> <li>• Control different stages of the triple jump.</li> </ul> <p><b><u>Throwing</u></b></p> <ul style="list-style-type: none"> <li>• In groups measure each other's throws.</li> <li>• Develop and shows skills of throws by improving distance and technique.</li> </ul> <p><b><u>Evaluate</u></b></p> <ul style="list-style-type: none"> <li>• To be able to evaluate personal performance and group.</li> <li>• Discuss in groups what improvements are needed.</li> </ul>
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<i>Dance</i>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Describe how the body feels.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Travel around in different ways confidently (crawling, jumping, skipping, hopping and walking).</li> <li>Introduced to fun dancing games, to understand the movement of the body.</li> <li>Be able to dance and build repertoire to music and songs.</li> <li>Interlink the music and dance movement.</li> </ul> <p><u>Dance skills</u></p> <ul style="list-style-type: none"> <li>Start to link different movements up.</li> <li>To be able to create short movement pieces.</li> <li>To be able to start changing speed with actions and movements in phases.</li> </ul> <p><u>Perform /Evaluate</u></p>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Describe how the body feels before and after exercising.</li> <li>Understand how to carry equipment in a safe way.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Develop fundamental movements in a competent and confident manner.</li> <li>Be able to compete individually and as a team.</li> <li>Perform dance routines using simple patterns.</li> <li>Confidently master; running, jumping, throwing and catching.</li> </ul> <p><u>Dance skills</u></p> <ul style="list-style-type: none"> <li>Copy and repeat actions shown.</li> <li>Start understanding choreographic devices such as mirroring and canon.</li> <li>Begin to independently create simple dance movements.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Describe how the body feels during exercise.</li> <li>Discuss what the body needs to start a healthier lifestyle.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Develop fundamental movements in a competent and confident manner.</li> <li>Be able to compete individually and as a team.</li> <li>Perform dance routines using simple patterns.</li> <li>Confidently master; running, jumping, throwing and catching.</li> </ul> <p><u>Dance skills</u></p> <ul style="list-style-type: none"> <li>Confidently copy, repeat and remember actions shown.</li> <li>Start to change the level of movements.</li> <li>Use simple choreographic devices such as mirroring and canon.</li> <li>Be introduced to unison choreographic.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Describe the effects of exercise on your body.</li> <li>Understand the important sectors when doing exercise.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Start to link action and sequence together to design a routine.</li> <li>Collaborating with their pupil to a competent level.</li> <li>Develop strength, flexibility, technique and control.</li> <li>Be able to explain how to improve their performances.</li> <li>When performing dance routines, must show movement patterns.</li> </ul> <p><u>Dance skills</u></p> <ul style="list-style-type: none"> <li>Start to work with a partner to create simple dance movements and sequences.</li> <li>Be introduced to simple dance vocabulary to improve work.</li> <li>Compare and adapt movement to create</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Describe how the body reacts and acts in different times before, during and after exercise.</li> <li>Be confident explaining why exercise is good for them.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Start to link action and sequence together to design a routine.</li> <li>Collaborating with their pupil to a competent level.</li> <li>Develop strength, flexibility, technique and control.</li> <li>Be able to explain how to improve their performances.</li> <li>When performing dance routines, must show movement patterns.</li> </ul> <p><u>Dance skills</u></p> <ul style="list-style-type: none"> <li>Compose a dance routine to reflect the style/music.</li> <li>Improvise confidently with a</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Understand why and how your body changes during exercise throughout.</li> <li>Get pupils to explain safety principals.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Start to link action and sequence together to design a routine.</li> <li>Collaborating with their pupil to a competent level.</li> <li>Develop strength, flexibility, technique and control.</li> <li>Be able to explain how to improve their performances.</li> <li>When performing dance routines, must show movement patterns.</li> </ul> <p><u>Dance skills</u></p> <ul style="list-style-type: none"> <li>Confidently repeat and</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Start to be able to deliver warmups and cool down or discuss the key skills are.</li> <li>To be able to discuss reasons to stay healthier and how.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>Start to link action and sequence together to design a routine.</li> <li>Collaborating with their pupil to a competent level.</li> <li>Develop strength, flexibility, technique and control.</li> <li>Be able to explain how to improve their performances.</li> <li>When performing dance routines, must show movement patterns.</li> </ul> <p><u>Dance skills</u></p> <ul style="list-style-type: none"> <li>Identify the movement patterns of different dance styles.</li> <li>Compose solo dance routines.</li> </ul>

	<ul style="list-style-type: none"> <li>Control over the body when performing routines.</li> <li>Perform sequences.</li> <li>Explain what they have done throughout the lesson.</li> </ul>	<p><u>Perform /Evaluate</u></p> <ul style="list-style-type: none"> <li>Explain what they have done throughout the lesson and how they can improve.</li> <li>Perform sequence and routines using different actions and body parts.</li> <li>Show control when performing.</li> </ul>	<p><u>Perform /Evaluate</u></p> <ul style="list-style-type: none"> <li>Demonstrate and perform their own routine with coordination.</li> <li>Compete again self-performance and peers.</li> <li>Explain what they have done throughout the lesson.</li> <li>Analysis one and other performances.</li> </ul>	<p>large and more confident sequences.</p> <p><u>Perform /Evaluate</u></p> <ul style="list-style-type: none"> <li>Start to focus on the quality of the technique and movements.</li> <li>Confidently perform taught skills.</li> <li>Compare performance against peers to improve personal performances.</li> <li>Explain how their performance as improved and how they are going to improve future.</li> </ul>	<p>partner or individually.</p> <ul style="list-style-type: none"> <li>In small group design and compose large sequences.</li> <li>Repeat and identify movement patterns.</li> </ul> <p><u>Perform /Evaluate</u></p> <ul style="list-style-type: none"> <li>Fluently perform a routine with sequences and controlled techniques.</li> <li>Accurately perform skills with expression and emotions.</li> <li>Watch, describe and analysis performances.</li> </ul>	<p>identify movement patterns.</p> <ul style="list-style-type: none"> <li>Identify the movement patterns of different dance styles.</li> </ul> <p><u>Perform /Evaluate</u></p> <ul style="list-style-type: none"> <li>Design a dance routine including sequences and pattern to music.</li> <li>Show control and technique when dancing.</li> <li>Using the criteria evaluate personal performance.</li> <li>Explain the reasoning of skills and movements chosen in the routine.</li> </ul>	<ul style="list-style-type: none"> <li>As a group design dance movement to chosen dance style.</li> <li>Confidently perform a routine with a range of movement patterns.</li> </ul> <p><u>Perform /Evaluate</u></p> <ul style="list-style-type: none"> <li>Start to interlink actions, sequences and movements to create a complex routine.</li> <li>Link the music to the routine.</li> <li>Confidently show skills and techniques.</li> <li>Using criteria evaluate peer's performance.</li> <li>Using the analyst report explain key parts to improve.</li> </ul>
<p><i>Outdoor Adventures</i></p>				<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Understand the importance of physical activity.</li> <li>Why it's important to warm up and cool down.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>During outdoor adventurous pupil will be still focusing on skills and techniques used in different topics.</li> <li>Developing teamwork (Communication).</li> <li>Take part in different outdoor challenges and games.</li> <li>Help one and other reach their personal best.</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Explain why the body acts different throughout the exercise.</li> <li>Confidently explain reason for cooling down.</li> <li>Give key facts why exercise is good for your health.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>During outdoor adventurous pupil will be still focusing on skills and techniques used in different topics.</li> <li>Developing teamwork (Communication).</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Explain and discuss reasons for warming up and cooling down in a confident manner.</li> <li>Explain safety principals during the activity.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>During outdoor adventurous pupil will be still focusing on skills and techniques used in different topics.</li> <li>Developing teamwork (Communication).</li> </ul>	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>Take a warmup and cooldown with guidance and support.</li> <li>Explain the safety procedures when taking warmup.</li> <li>Explain how you can become healthier.</li> </ul> <p><u>Developing skills</u></p> <ul style="list-style-type: none"> <li>During outdoor adventurous pupil will be still focusing on skills and techniques used in different topics.</li> <li>Developing teamwork (Communication).</li> </ul>

				<p><u>Trails</u></p> <ul style="list-style-type: none"> <li>• Be confident using orientate skills.</li> <li>• Accurately follow trails.</li> </ul> <p><u>Problem- solving</u></p> <ul style="list-style-type: none"> <li>• Use effective communication skills to discuss positive outcomes.</li> <li>• Understand symbols used on a key.</li> </ul> <p><u>Preparation and Organisation</u></p> <ul style="list-style-type: none"> <li>• Confidently identify needed equipment for the task ahead.</li> <li>• Delegate within teams, key roles.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• Confidently ask each other for help.</li> <li>• Understand different way of communication. (Speech, body or codes).</li> </ul> <p><u>Perform/Evaluate</u></p> <ul style="list-style-type: none"> <li>• Complete a task in the time that has been given.</li> <li>• Evaluate performances and discuss, positives and negatives.</li> </ul>	<ul style="list-style-type: none"> <li>• Take part in different outdoor challenges and games.</li> <li>• Help one and other reach their personal best.</li> </ul> <p><u>Trails</u></p> <ul style="list-style-type: none"> <li>• Orientate in teams a short trail.</li> <li>• Confidently design a short trail course for others to do.</li> </ul> <p><u>Problem- solving</u></p> <ul style="list-style-type: none"> <li>• Using key positive communication skills clearly explain plan with teammates.</li> <li>• Confidently understand the role within the challenge that has been given.</li> </ul> <p><u>Preparation and Organisation</u></p> <ul style="list-style-type: none"> <li>• Discover different types of equipment to successfully complete challenge given.</li> <li>• As a group make a decision in a calm and professional manner.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• Use clear voices and eye contact with communicating with teammates.</li> <li>• Work as a team.</li> </ul> <p><u>Perform/Evaluate</u></p>	<ul style="list-style-type: none"> <li>• Take part in different outdoor challenges and games.</li> <li>• Help one and other reach their personal best.</li> </ul> <p><u>Trails</u></p> <ul style="list-style-type: none"> <li>• Confidently orientate themselves around the short course.</li> <li>• Challenge other by design their own orienteering course.</li> <li>• Start to use navigation equipment to help with the trail.</li> </ul> <p><u>Problem- solving</u></p> <ul style="list-style-type: none"> <li>• Understand the different communication and task with different roles throughout the team.</li> <li>• Complete the course as an individual and as a team.</li> </ul> <p><u>Preparation and Organisation</u></p> <ul style="list-style-type: none"> <li>• Confidently pick the correct equipment for the outdoor activity, and explain why?</li> <li>• Design a plan to help lead your team.</li> </ul>	<ul style="list-style-type: none"> <li>• Take part in different outdoor challenges and games.</li> <li>• Help one and other reach their personal best.</li> </ul> <p><u>Trails</u></p> <ul style="list-style-type: none"> <li>• Confidently complete the orienteering course under pressure.</li> <li>• Design an orienteering course challenging but clear for others to follow.</li> <li>• Use navigation equipment to help improve trail. (Map, compasses).</li> </ul> <p><u>Problem- solving</u></p> <ul style="list-style-type: none"> <li>• Confidently take any role and demonstrate it well.</li> <li>• Be able to complete an orienteering course part of a team and individually.</li> <li>• Use different skills throughout the task eg; Map reading.</li> </ul> <p><u>Preparation and Organisation</u></p> <ul style="list-style-type: none"> <li>• Confidently pick the equipment for outdoor activity under pressure.</li> <li>• As an individual create an orienteering course for others to follow.</li> </ul>
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				<ul style="list-style-type: none"> <li>• Write up a contingency plan for improvement next time.</li> </ul>	<ul style="list-style-type: none"> <li>• Complete an orienteering course individually and as a team.</li> <li>• Evaluate each performance, to discuss negatives and positives.</li> <li>• How to modify skills to create a better performance.</li> </ul>	<ul style="list-style-type: none"> <li>• Create a plan with your team, comparing your design.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• Work effectively as part of a team.</li> <li>• Discuss reasoning for using compass navigation.</li> </ul> <p><u>Perform/Evaluate</u></p> <ul style="list-style-type: none"> <li>• Confidently and accurately complete a short orienteering course.</li> <li>• Compete against your time to complete a course.</li> </ul>	<ul style="list-style-type: none"> <li>• Create an event for others to compete in.</li> </ul> <p><u>Communication</u></p> <ul style="list-style-type: none"> <li>• Keep speech calm and easy to understand with pressure.</li> <li>• Keep communication clear and accurate.</li> <li>• Explain next decision and instruction clearly.</li> <li>• Lead an event.</li> </ul> <p><u>Perform/Evaluate</u></p> <ul style="list-style-type: none"> <li>• To be able to complete an orienteering course more than once and in confidence.</li> <li>• Display an effective evaluation for individual and team.</li> <li>• Understand feedback been given and understand the improvements for next time.</li> </ul>
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