



SUMMER 2

- 1
- 2
- 3
- 4

Bowling - Spin - Sides - Weaknesses - Anticipation
 To be able to change different aspects of my techniques in order to gain an advantage over my opponents during a competitive environment. To be able to lead all sizes of groups and progress them appropriately.

Strike & Field

Tech Batting - Tech Fielding - Tact Batting & Fielding - Gameplay - Leadership

Athletics

Tech Throw - Tech Jump - Running - Team Running - Leadership

SUMMER 1

Limits - Personal Best - Scoring - Officiating

I am able to recognise what aspects of my technique I need to change to increase my throwing, jumping, running or relay score. I can also recognise what other factors can affect my score and change this e.g. weather, clothing, team mates etc. I am able to recognise when others need help and provide detailed, effective feedback to improve scores.

SPRING 2

Top Spin - Slice - Back spin - Movement - Smash - Clearance

I am able to recognise Opportunities In match play to attack successfully and use teammates to execute. I am able to make advanced decisions based on my in depth knowledge and provide others with detailed feedback to improve on do differently's.

Net/Wall

Striking & Receiving - Attacking - Defending - Gameplay - Leadership

YEAR 6 JOURNEY MAP

SPRING 1

Core Strength - Yoga - Canon - Accumilation - Retrograde - Fragmentation - Timing - Project

To be able to move at different levels and change direction safely. I am able to perform multiple movements continuously. I can explain why using travelling, strong movements and fluidity in the routine will make a better performance. I can successfully perform a routine with my group using different choreographic devices and strong movements to project each move.

Dance

Flexibility - Choreography Devices - Strenth - Control - Technique

Health Awareness

Testing - Aerobic - Anaerobic - Strength & Power

AUTUMN 2

Mental Wellbeing - Benefits - Impact - Suitability

To understand how to control my heart rate to work effectively during tasks. I can create exercise programmes with different groups to improve individual components of fitness.

AUTUMN 1

Transition - Positioning - Speed - Timing - Vocal - Leading

I am able to make correct decisions and timings with my movement to disguise an opponent to receive an object. I am able to lead full games with advanced rules in tournament format.

Invasion

Att & Def Technical - Att & Def Tactical - Gameplay - Leadership





SUMMER 2

Strike & Field

Tech Batting - Tech Fielding - Tact Batting & Fielding - Gameplay - Leadership

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit

Teamwork - Tactics - Scoring - Set Up - Barriers - Areas

To be able to adjust body position effectively to disguise skills. To be able to lead a team through different areas and scenarios of large strike and field game.

SUMMER 1

Transition - Transferring - Weight - Distribution - Recovery

To be able to give detailed feedback to peers to help them improve. To be able to combine elements of events together to get the best results.

Sports Leader Award

SPRING 2

Slice Drop - Forehand - Backhand - Positioning - Rally

To be able to perform skills under pressure during a game. To be able to see an opportunity to Gain an advantage and exploit it. To be able to recognise my own flaws and act accordingly to improve.

Net/Wall

Striking & Receiving - Attacking - Defending - Gameplay - Leadership

Playmaker Award

SPRING 1

Core Strength - Yoga - Canon - Accumulation - Retrograde - Fragmentation

To be able to move at different levels and change direction safely. I am able to perform multiple movements continuously. I can successfully perform a short motif using different choreographic devices and using my strength to project each movement.

YEAR 5 JOURNEY MAP

Dance

Flexibility - Choreography Devices - Strenth - Control - Technique

Health Awareness

Testing - Aerobic - Anaerobic - Strength & Power

AUTUMN 2

Mental Wellbeing - Medicines - Injury - Recovery

To be able to suggest basic ideas on how to train and improve an individual's components of fitness. To be able to lead a training session whilst collecting effective data.

Accuracy - Set up - Officiating - Rules - Types of Exercise

I am able to apply pressure on opponents when defending using correct techniques. I am able to react effectively to scenarios faced during a game for positive outcomes. I can change my approach when working with different groups to suit their needs.

AUTUMN 1

Invasion

Att & Def Technical - Att & Def Tactical - Gameplay - Leadership





SUMMER 2

Hydration - Energy - Handling - Aiming
 I can use a range of batting and fielding techniques in a game scenario. I can understand where to strike a ball for maximum points. I am able to lead small groups of mixed abilities to play different games.

Strike & Field

Tech Batting - Tech Fielding - Tact Batting & Fielding - Gameplay - Leadership

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit

SUMMER 1

Safety - Technique - Running Start - Measurements - Fair - Pros & Cons

I can use the correct jumping and throwing techniques confidently, whilst guiding others in their learning. To be able to use my running technique in a competitive environment and to work in a team to complete a relay race.

SPRING 2

Core Strength - Yoga - Canon - Accumulation - Retrograde - Fragmentation

I can Successfully perform gestures using my flexibility whilst using the correct technique. I can use and perform a short motif using different choreographic devices. I am able to give simple instructions to others in a large sized group (15+). I can successfully perform a short motif using the correct timing.

Dance

Flexibility - Choreography Devices - Strength - Control - Technique

SPRING 1

Body Types - Movement Creativity - Over arm - Dig - Set - Spike

To be able to perform dig, spike, set, tik tok step rock whilst travelling in movements and directions. To be able aim accurately for an opponent as well as position myself to ensure I am safe from any opposition.

Net/Wall

Striking & Receiving - Attacking - Defending - Gameplay - Leadership

Health Awareness

Testing - Aerobic - Anaerobic - Strength & Power

AUTUMN 2

Testing - Health - Differences - Mental Wellbeing

To be able to challenge others with tasks to work on their aerobic and anaerobic system. To be able to use strength and power exercises with a basic understanding.

AUTUMN 1

Ways to exercise - Positioning - Decoy - Technique

To be able to perform a different range of passes: inside, laces, push pass, slap pass. To be able to make correct decisions on which types of passes or dribbles to use.

Invasion

Att & Def Technical - Att & Def Tactical - Gameplay - Leadership

YEAR 4 JOURNEY MAP





SUMMER 2

Strike & Field

Tech Batting - Tech Fielding - Tact Batting & Fielding - Gameplay - Leadership

The Body - Strike - Technique - Connection - Timing

I am able to strike an object in a direction set, with equipment. I am able to perform at least one of the fielding techniques to successfully stop an object.

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit

SUMMER 1

Rest - Speed - Power - Distance - Endurance

I can use the correct techniques when performing jumping and throwing. I can run at different speeds using the correct technique.

SPRING 2

Dance

Flexibility - Choreography Devices - Strength - Control - Technique

Core Strength - Travel - Canon - Retrograde - Dynamics - Fragmentation

I am able to identify mine and my groups weaknesses to then be able to work better together. I can perform a range of balances using my core strength. I can perform different gestures using cannon and retrograde.

YEAR 3 JOURNEY MAP

SPRING 1

Striking - Sending - Technique - Dig - Set - Spike - Body Types

To be able to perform a range of skills such as: dig, set, spike, tik tok step rock. To be able to identify where to strike the ball and attempt to get it there with success.

Net/Wall

Striking & Receiving - Attacking - Defending - Gameplay - Leadership

Health Awareness

Testing - Aerobic - Anaerobic - Strength & Power

AUTUMN 2

Fitness - Heart Rate - Components - Mental Wellbeing

To be understand and perform aerobic and anaerobic differences. To have a basic understanding of the components of fitness.

AUTUMN 1

Invasion

Att & Def Technical - Att & Def Tactical - Gameplay - Leadership

Attacking - Defending - Positioning - Competition - Pivot - Ways to exercise

To be able to perform multiple passing/dribbling techniques. To be able to use positioning to have an advantage. I am able to pass simple instructions to large groups





SUMMER 2

Underarm - Linking - Footwork - Effects on the body

I am able to perform simple striking actions towards a target or direction. I am able to perform simple skills to stop/defend an object when fielding.

Strike & Field

Sending - Receiving - Att&Def Tactical - Gameplay - Leadership - Over a net

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit

SUMMER 1

Safety - Technique - Landing - Competition - Barriers

To be able to perform a variety of jumps and throws with a purpose. I am able to travel at speed whilst changing direction with an aspect of competitiveness.

SPRING 2

Dance

Flexibility - Choreography Devices - Strength - Control - Technique

Core Strength - Travel - Canon - Dynamics - Retrograde - Fragmentation

To be able to clearly understand the key differences between the different choreographic devices. I can perform a gesture in canon using the correct technique with success.

YEAR 2 JOURNEY MAP

SPRING 1

Send - Receive - Object Strike - Dodging - Exercise

To be able to send an object towards the direction of a target over a net. To be able to use forehand and backhand and send an object over a net.

Net/Wall

Racket Skills - Sending & Receiving - Hands - Equipment - Games

Gymnastics

Shapes - Jumps - Rolls - Sequences - Leadership

AUTUMN 2

Control - Shapes - Sequences - Timing - The body

I am able to perform a range of skills with consistency and link multiple movements together whilst travelling with confidence and control.

AUTUMN 1

Balance - Agility - Coordination - Travel - Lifestyle - Choices

I can perform skills with a controlled balance from my core. I can use different sized objects to send and receive whilst moving in different directions.

BACS

Balance - Agility - Coordination - Gameplay - Leadership





SUMMER

Strike - Catch - Underarm

To be able to send and receive during a competitive game. To be able to think and act tactically.

Strike & Field

Sending - Receiving - Att&Def Tactical - Gameplay - Leadership

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit

SUMMER 1

Safety - Technique - Landing - Travelling

I can send my body in different directions and land safely. I can send multiple objects with a purpose. I can travel in straight lines and change direction.

SPRING 2

Dance

Choreography devices - Levels - Flexibility & Balance - Control - Actions

Turn - Travel - Jump - Facial Expressions - Dynamic - Quick - Slow

To be able to complete simple stretches to improve my flexibility. I can perform actions in a small group for others to copy. I am able to hold a balance with control.

YEAR 1 JOURNEY MAP

SPRING 1

Movement - Balance - Agility - Coordination - Exercise

To be able to perform balance, agility and coordination. To be able to use a combination of BAC's during a multi skills game.

BACS

Basic movements - Moving with object - Send/Receiving - Agility & Reactions - Multi-skills

Object Control

Moving - Holding - Sending - Receiving - Games

AUTUMN 2

Sending - Receiving - Control - Speed - Bounce - The Body

To be able to send and receive different sized objects. To be able to control objects on different surfaces.

AUTUMN 1

Travelling - Lifestyle - Timing - Control - Teamwork

To be able to travel with control using small apparatus. To be able to perform basic shapes, jump and rolls. To be able to follow basic instructions

Gymnastics

Shapes - Jumps - Rolls - Sequences - Leadership





SUMMER 2

Timing - Still - Shapes - Routine - Hygiene
I can perform a range of shapes, jumps and rolls. I work with others to create a sequence.

Gymnastics

Shapes - jumps - rolls - sequences - leadership

Athletics

Jumping - throwing - sprinting - relay - circuit

SUMMER 1

Safety - technique - Landing - Exercise
I can send my body up and land safely. I can send an object with a purpose. I can travel in straight lines.

SPRING 2

Balance, Agility & Coordination

Balance - Coordination - Agility - Basic games - Leadership

BACS - Leadership - Rest - Recovery

I am able to hold balances with some control. I am able to use my coordination skills to control my body. I am able to combine balance and coordination to improve my agility.

YEAR R JOURNEY MAP

SPRING 1

Levels - Direction - Sequences - Games
To be able to move at different levels and change direction safely. I am able to perform multiple movements continuously.

Levels & Direction

Basic movements - Direction - Levels - Sequences - Games/leadership

Object Control

Moving - Holding - Sending - Receiving - Games

AUTUMN 2

Sending - Receiving - Control - Speed - Roll - Bounce
To be able to send and receive with some control. Using different sized objects to be able to use my body to hold or balance objects.

AUTUMN 1

Exploring Movements

Floor movements - On foot - Small equipment - Partner - Purpose

Travelling Basic Health Mirroring Control - Space



- 1|
- 2|
- 3|
- 4|