

UMMER

Strike & Field Tech Batting - Tech Fielding - Tact Batting &

Fielding - Gameplay - Leadership

Tech Throw - Tech Jump - Running - Tear

Athletics

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 apprpriately.

Net/Wall

Striking & Recieving - Attacking - Defending - Gameplay -Leadership

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

I am able to recognise Opportunities In match play to sttack 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.

Limits - Personal Best -Scoring - Officiating

SUMMER

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.

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

SPRING

Health Awareness

Testing - Aerobic - Anaerobic - Strength & Power

Speed - Timing - Vocal -Leading

Transition - Positioning -

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.

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.



Invasion

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



Strike & Field

UMMER

Teamwork - Tactics

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.

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

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit



Sports Leader Award

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 **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.

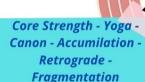


Net/Wall

Striking & Recieving - Attacking - Defending - Gameplay -Leadership

accordingly to improve.





To be able to move at different levels and change direction safely. 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.

Dance

Flexibility - Choreography Devices - Strenth - Control Technique

Health Awareness

Testing - Aerobic - Anaerobic - Strength & Power

Officiating - Rules - Types of Exercise

I am able to apply pressure on pponents 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.



Invasion Att & Def Technical - Att & Def Tactical - Gameplay -

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.





Strike & Field

SUMMER

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.

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

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit



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

Dance

Flexibility - Choreography Devices - Strength - Control -Technique Core Strength - Yoga -Canon - Accumulation -Retrograde - Fragmentation

I can Successfullyperform 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.

YEAR 4 JOURNEY MAP

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 & Recieiving - Attacking - Defending Gameplay - Leadership

Health Awareness

Testing - Aerobic - Anaerobic - Strength & Power

AUTUMN

AUTUMN 1

Invasion

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

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.



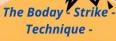


UMMER

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

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit



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.



Dance

Flexibility - Choreography Devices - Strength - Control -Technique

Invasion

Leadership

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.



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.



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.



Striking & Recieiving - Attacking - Defending Gameplay - Leadership

Health Awareness

Testing - Aerobic - Anaerobic - Strength & Power



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



Positioning -**Competition - Pivot -**Ways to exercise

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

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.

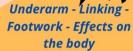


Strike & Field

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

Athletics

Jumping - Throwing - Sprinting - Relay - Circuit



UMMER

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.



Dance

Flexibility - Choreography Devices - Strength - Control -Technique Core Strength - Travel -Canon - Dynamics -Retrograde -Fragmentaion

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



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.



Send - Recieve - 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 & Recieving - Hands Equipment - Games

Gymnastics

Shapes - Jumps - Rolls - Sequences - Leadership



BACS

lance - Agility - Coordination - Gameplay - Leadership

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.



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.



