

National Curriculum 2014	Striking and Fielding (Rounders)	Invasion Games (Netball)	Dance	Assessment
<p>Pupils should be taught to:</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</p> <p>Develop flexibility, strength, technique, control and balance [for example, through athletics and gymnastics]</p> <p>Perform dances using a range of movement patterns</p> <p>Take part in outdoor and adventurous activity challenges both individually and within a team</p> <p>Compare their performances with previous ones and demonstrate improvement to achieve their personal best.</p>	<ul style="list-style-type: none"> Develop the accuracy and consistency of underarm throwing and catching skills To use a range of batting and fielding techniques <p>Content Focus on throwing a ball underarm and overarm, catching it with two hands. Develop bowling skills - underarm and overarm. Bowling towards a target. Use of batting skills using a rounders bat. Ch should use batting, bowling, throwing and catching skills in small games. Practise fielding skills such as movement to space and communicating while working in teams to play small competitive games.</p>	<ul style="list-style-type: none"> Develop the accuracy and consistency of passing and receiving skills Control ball when travelling To use a range of attacking and defending techniques To recognise own strengths and weaknesses <p>Content Focus on how to use a chest pass. Play passing and moving games in small groups. Learn the footwork rules for netball and practise using them when moving and passing. Practise dodging skills to outwit the opposition. Combine skills of dodging, passing, footwork and marking in mini games on a netball court. Learn how to mark an opponent in netball. Play games of high five netball</p>	<ul style="list-style-type: none"> Use rhythm, pattern, gentle and vigorous movements Plan and perform dances To create mirror dances To create and structure motifs and phrases <p>Content Create motifs and begin to develop them into phrases with a partner. Use dance choreography e.g. copying, mirroring and canon. Practise choreography with a partner and within in groups. Work on developing character and expression in the dance. Work on evaluating dances, giving encouragement and ideas to strengthen movements and the overall performance.</p>	<p>Striking and Fielding Can chn throw overarm and underarm accurately at different speeds? Do chn choose and use batting and throwing skills in a game?</p> <p>Invasion Games Can chn control, catch and accurately pass a netball ball? Do chn understand how to dodge, mark and pass in netball? Do chn know and understand the footwork rules for netball?</p> <p>Dance Can chn use dance words such as rhythm, pattern, gentle and vigorous to improve dances? Can chn perform and create a range of motifs? Can chn plan and perform a mirror dance?</p> <p>Gymnastics Can chn show different speeds, levels and directions in their movements? Can chn use symmetrical balances, counterbalances, canon and unison in sequences with a partner?</p> <p>Athletics Can chn use good running techniques at different speeds? Can chn use a range of techniques when throwing overarm?</p> <p>Outdoor and adventurous activities Can chn solve problems using new and learned orienteering skills? Can chn plan carefully what to do when set challenges? Do chn know about personal and group safety?</p>
	<p>Gymnastics</p>	<p>Athletics (Running styles and Throwing)</p>	<p>Outdoor and adventurous activities (Orienteering)</p>	
	<ul style="list-style-type: none"> To develop using hands and feet to travel, balance and spring To turn body whilst travelling (spring and roll) To use different points of body which can support weight To create symmetrical balances To link movements smoothly (with imagination) To perform movements in canon and unison <p>Content Focus on exploring different body shapes. Perform partner balances and incorporate them into a short sequence. Learn the meaning of symmetry and asymmetry and develop short sequences which include such shapes, mirroring and partner balances. Transfer sequences on to apparatus working with a partner. Learn about counterbalances, canon and unison and include them in sequences with a partner.</p>	<ul style="list-style-type: none"> To develop techniques for different styles of running To perform running consistently and smoothly at different speeds To develop the accuracy and consistency of overarm throwing <p>Content Focus on experimenting with different running styles. Run for sustained periods and maintain the quality of their action. Practise overarm throwing skills with a low bounce ball. Use different techniques for throwing a bean bag and a foam javelin. Use throwing skills to score points in games.</p>	<ul style="list-style-type: none"> To develop and refine orienteering skills completing a course around the school grounds To work with others to decide what approach to use to meet the challenge set To work safely and efficiently To adapt their skills and understanding as they move from familiar to unfamiliar environments <p>Content Follow an orienteering course around the school grounds. Record letters/ numbers found at control points using orienteering score cards. Following a circular route or deciding on the best route for themselves Follow an offsite orienteering course around the grounds of another school. Follow a permanent orienteering course around a local park or woodland.</p>	