

National Curriculum 2014	Striking and Fielding (Cricket)	Invasion Games (Basketball)	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"> <li>Develop the accuracy and consistency of underarm throwing and catching skills</li> <li>To use a range of batting and fielding techniques</li> </ul> <p><b>Content</b> Ch should focus on throwing a ball underarm and overarm and catching it with two hands. They will develop bowling skills - underarm and overarm, bowling towards a target leading to using cricket stumps. Apply use of batting skills using a cricket bat. Use batting, bowling, throwing and catching skills in small games. Practise fielding skills and working in teams to play small competitive games in repeated unit.</p>	<ul style="list-style-type: none"> <li>Develop the accuracy and consistency of passing and receiving skills</li> <li>Control ball when travelling</li> <li>Recognise own strengths and weaknesses</li> <li>To use a range of attacking and defending techniques</li> <li>To combine and perform skills</li> <li>To recognise own strengths and weaknesses</li> </ul> <p><b>Content</b> Focus on practising dribbling and using different techniques for turning with the ball using only hands. Practise passing and controlling a basketball and completing techniques with a partner to refine their technique. Complete passing and shooting skills. Use basketball skills in mini invasion games and small sided invasion games while other ch act as referee and peer assessment takes place.</p>	<ul style="list-style-type: none"> <li>To explore and improvise ideas for a dance set in a particular time</li> <li>To compose dances by using, adapting and developing steps and formations</li> <li>To combine and perform movement ideas fluently and effectively</li> <li>To use gestures and the whole body to express different moods and feelings</li> </ul> <p><b>Content</b> Focus on performing interesting and expressive frozen positions. Learn a set of steps in unison. Work individually and with a partner to improvise movements.</p>	<p><b>Striking and Fielding</b> Can chn bowl overarm and underarm accurately at different speeds? Can chn use batting, bowling, fielding and tactics?</p> <p><b>Invasion Games</b> Can chn control, catch and accurately pass a basketball whilst moving? Do chn understand how to mark, intercept, tackle and maintain possession of a basketball?</p> <p><b>Dance</b> Can chn demonstrate a wide range of actions with fluency and control, individually and in a group? Can chn perform and create a range of motifs? Can chn choreograph a group dance?</p> <p><b>Gymnastics</b> Can chn perform skills eg shapes and partner balances accurately? Do chn recognise the different methods of flight and understand effective and safe jumping? Can chn combine shapes and flight to perform a sequence?</p> <p><b>Athletics</b> Can chn use a quoit to show good control and strength /power for throwing a discus and when jumping? Can chn use a range of techniques for a range of jumps? Outdoor and adventurous activities Can chn plan and use different solutions? Can chn make decisions when working in a group? Can chn be responsible for their own and others safety?</p>
	<b>Gymnastics</b>	<b>Athletics (Discus and Jumping)</b>	<b>Outdoor and adventurous activities (Problem Solving)</b>	
	<ul style="list-style-type: none"> <li>To perform shapes and partner balances accurately</li> <li>To know different methods of flight</li> <li>To understand principles of effective and safe jumping.</li> <li>To combine and perform shapes and methods of flight with imagination, smoothly and with balance</li> </ul> <p><b>Content</b> Focus on exploring different body shapes. Perform partner balances and incorporate them into a short sequence. Learn about methods of flight and factors that affect good jumping and refine their technique. Develop flight by incorporating a shape into the jump whilst in mid-air and into apparatus work. Create sequences on the floor and on apparatus.</p>	<ul style="list-style-type: none"> <li>To develop techniques for basic discus throwing</li> <li>To perform a range of jumps showing power, control and consistency at take-off and landing</li> <li>To learn techniques for standing jump, long jump, high jump and triple jump</li> </ul> <p><b>Content</b> Focus on learning basic discus throwing techniques, using a quoit. Compete against each other and themselves in a discus throwing challenge. Practise the standing jump and refine long jump techniques. Learn and practise the scissor technique used in the high jump. Learn how to do the triple jump.</p>	<ul style="list-style-type: none"> <li>To develop and refine problem solving skills when working in groups and pairs</li> <li>To decide what approach to use to meet the challenge set</li> <li>To work safely and guide another person carefully</li> </ul> <p><b>Content</b> Completing various challenges, for example crossing an imaginary river, using a limited selection of equipment. Crossing an imaginary electric fence and carrying items safely. Guiding a partner on the safest route around an obstacle course. Work in pairs and small groups to complete a range of challenges.</p>	