

Autumn 1 Palaeontology to Archaeology	Autumn 2 Chocolate	Spring 1 Treasures of Ancient Egypt	Spring 2 Race to the South Pole	Summer 1 From Source to Sea	Summer 2 Meadowsong
<p><u>Fitness</u></p> <ul style="list-style-type: none"> To develop an awareness of what the body is capable of. To complete actions to develop balance, strength agility and stamina. <p><u>Netball</u></p> <ul style="list-style-type: none"> To develop passing and moving. To develop movement skills to lose a defender. To develop the shooting action. To be able to defend an opponent and try to win the ball. 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> To develop open stick dribbling. To develop sending the ball with a push pass. To develop receiving the ball. To develop dribbling using the reverse stick (Indian dribble). To be able to use an open stick tackle. <p><u>Dance</u></p> <ul style="list-style-type: none"> To use dynamics to clearly show different phrases. To use space and timing to make work more interesting. To use transitions and changes of timing to move into and out of shapes. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To develop stepping into shape jumps with control. To develop the straight, barrel, and forward roll. To be able to transition smoothly into and out of balances. <p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> To develop ball handling skills demonstrating increasing control and accuracy. To begin to use the 'forward pass' and 'off side' rule. To be able to dodge a defender and move into space when running towards the goal. To develop defending skills and use them in a game situation. 	<p><u>Yoga</u></p> <ul style="list-style-type: none"> To develop flexibility through yoga. To develop strength when holding yoga poses. To develop balance and fluidity when performing yoga flows. <p><u>Athletics</u></p> <ul style="list-style-type: none"> To develop the sprinting technique To develop fluency and rhythm when running over obstacles. To develop jumping technique in a range of approaches and take off positions. To develop throwing for distance and accuracy. 	<p><u>Dodgeball</u></p> <ul style="list-style-type: none"> To develop throwing towards a target. To develop throwing towards a target. To develop catching a dodgeball at different heights. To use your whole body to catch a dodgeball. <p><u>Tennis</u></p> <ul style="list-style-type: none"> To be able to use the ready position. To develop racket and ball control. To develop returning the ball using a forehand groundstroke. To develop the two handed backhand. 	<p><u>OAA</u></p> <ul style="list-style-type: none"> To be able to identify objects on a map. To be able to draw and follow a simple map. To draw a route using directions. To be able to orientate a map and navigate around a grid. <p><u>Rounders</u></p> <ul style="list-style-type: none"> To develop throwing and catching skills. To develop the bowling action and learn the rules of bowling. To develop batting technique and an understanding of where to hit the ball.