

Autumn 1 Masks and Minotaurs	Autumn 2 Sound and Vision	Spring 1 Londinium	Spring 2 Flight	Summer 1 Away from Home	Summer Active Planet
<p><b>Fitness</b></p> <ul style="list-style-type: none"> <li>To develop an awareness of what the body is capable of.</li> <li>To complete actions to develop balance, strength agility and stamina.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>To develop an understanding of buoyancy and balance in the water.</li> <li>To develop gliding and backstroke.</li> <li>To develop rotation, sculling and treading water.</li> <li>To develop surface dives, submersion and handstands.</li> <li>To develop head above water breaststroke technique.</li> <li>To learn techniques for personal survival.</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>To develop individual and partner balances.</li> <li>To develop control in performing and landing rotation jumps.</li> <li>To develop the straight, barrel, forward and straddle roll.</li> <li>To be able to create a sequence to include apparatus and inverted movements.</li> </ul> <p><b>Swimming</b></p> <ul style="list-style-type: none"> <li>To develop an understanding of buoyancy and balance in the water.</li> <li>To develop gliding and backstroke.</li> <li>To develop rotation, sculling and treading water.</li> <li>To develop surface dives, submersion and handstands.</li> <li>To develop head above water breaststroke technique.</li> <li>To learn techniques for personal survival.</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>To develop throwing towards a target.</li> <li>To develop throwing at a moving target.</li> <li>To use jumps, dodges and ducks to avoid being hit.</li> </ul> <p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>To be able to use protective dribbling against an opponent.</li> <li>To develop the bounce and chest pass and begin to recognise when to use them.</li> <li>To be able to perform a jump stop and pivot.</li> <li>To develop tracking and defending an opponent.</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>To copy and create actions in response to an idea.</li> <li>To remember and repeat actions and create dance ideas in response to a stimulus.</li> <li>To use choreographing ideas to change how actions are performed.</li> </ul> <p><b>Football</b></p> <ul style="list-style-type: none"> <li>To develop control whilst dribbling the ball.</li> <li>To develop passing and moving.</li> <li>To be able to jockey / track an opponent.</li> <li>To develop changing direction with the ball using an inside and outside hook.</li> </ul>	<p><b>Tennis</b></p> <ul style="list-style-type: none"> <li>To develop underarm feeding.</li> <li>To develop ball control using a tennis racket.</li> <li>To develop returning the ball using a forehand.</li> <li>To develop the backhand and understand when to use it.</li> <li>To work cooperatively with a partner to keep a continuous rally going.</li> </ul> <p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>To develop stamina and an understanding of speed and pace in relation to distance.</li> <li>To develop technique when jumping for distance.</li> <li>To develop fluency and technique in the vertical jump.</li> <li>To develop power and technique when throwing for distance.</li> <li>To develop a pull throw for distance and accuracy.</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>To develop overarm throwing and catching.</li> <li>To develop underarm and overarm bowling</li> <li>To develop the batting technique.</li> </ul> <p><b>OAA</b></p> <ul style="list-style-type: none"> <li>To be able to identify objects on a map.</li> <li>To be able to draw and follow a simple map.</li> <li>To draw a route using directions.</li> <li>To be able to orientate a map and navigate around a grid.</li> </ul>