

Autumn 1 A Victorian Education	Autumn 2 What Price Progress?	Spring 1 Our Place in Space	Spring 2 Highgate N6	Summer 1 Benin - An African Kingdom	Summer 2 A Village School
<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 be able to use the attacking principle of creating and using space. To be able to defend ball side and know when to go for interceptions. To develop the shooting action. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> To be able to apply different speeds over varying distances. To develop technique in relay changeovers. To develop power, control and consistency in jumping for distance. To develop technique and coordination in the triple jump. To develop throwing with force for longer distances. <p><u>Yoga</u></p> <ul style="list-style-type: none"> To develop an understanding of yoga. To link actions together to create a yoga flow. To develop strength, balance and control when taking weight on hands. 	<p><u>Gymnastics</u></p> <ul style="list-style-type: none"> To be able to perform symmetrical and asymmetrical balances. To develop the straight, forward, straddle and backward roll. To be able to explore different methods of travelling, linking actions in both canon and synchronisation. To be able to perform progressions of a handstand. To explore matching and mirroring using actions both on the floor and on apparatus. To be able to create a partner sequence using apparatus. <p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> To develop throwing and catching with control. To be able to use the 'forward pass' and 'offside' rules. To develop drawing defence and 	<p><u>Dance</u></p> <ul style="list-style-type: none"> To understand how changing the dynamics of an action changes the appearance of the performance. To use choreographing devices when working as a group. To work with a partner to copy and repeat actions and keeping in time with the music. <p><u>Swimming</u></p> <ul style="list-style-type: none"> To develop gliding, front crawl and backstroke. To develop rotation, sculling and treading water. To develop the front crawl stroke and breathing technique. To develop the technique for backstroke arms and legs. To develop breaststroke technique. To develop water safety skills and an understanding of 	<p><u>Tennis</u></p> <ul style="list-style-type: none"> To develop returning the ball using a forehand and backhand groundstroke. To develop the underarm serve and understand the rules of serving. To develop the volley and understand when to use it. To use a variety of strokes to outwit an opponent. <p><u>Swimming</u></p> <ul style="list-style-type: none"> To develop gliding, front crawl and backstroke. To develop rotation, sculling and treading water. To develop the front crawl stroke and breathing technique. To develop the technique for backstroke arms and legs. To develop breaststroke technique. To develop water safety 	<p><u>OAA</u></p> <ul style="list-style-type: none"> To develop navigational skills and map reading. To be able to use a key to identify objects and locations. To develop tactical planning and problem solving. <p><u>Rounders</u></p> <ul style="list-style-type: none"> To develop a variety of fielding techniques and when to use them in a game. To develop the bowling action and understand the role of the bowler. To develop batting technique. To develop decision making and tactical awareness when playing competitively.

		<p>understanding when to pass.</p> <ul style="list-style-type: none">• To be able to work as a defending unit to prevent attackers from scoring.• To develop attacking principles, understanding when to run and when to pass.	<p>personal survival.</p>	<p>skills and an understanding of personal survival.</p>	
--	--	---	---------------------------	--	--