

Autumn 1 Pendarren	Autumn 2 Our Island History	Spring 1 The Human Body	Spring 2 The Swinging 60s	Summer 1 The First Emperor of China	Summer 2 What a Performance!
<p><b><u>Fitness</u></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><u>Football</u></b></p> <ul style="list-style-type: none"> <li>To be able to dribble the ball under pressure with control.</li> <li>To be able to pass the ball accurately to a target.</li> <li>To develop first touch control.</li> <li>To be able to turn using a drag back, inside and outside hook.</li> <li>To be able to apply the rules and tactics in games.</li> </ul>	<p><b><u>Gymnastics</u></b></p> <ul style="list-style-type: none"> <li>To be able to develop the straddle, forward and backward roll.</li> <li>To develop counter balance and counter tension.</li> <li>To be able to link partner balances into a sequence.</li> <li>To be able to perform the progressions of a headstand and a cartwheel.</li> <li>To be able to use flight from hands to travel over apparatus.</li> </ul> <p><b><u>Athletics</u></b></p> <ul style="list-style-type: none"> <li>To develop running over obstacles with greater control and co-ordination.</li> <li>To develop take off position when jumping for height.</li> <li>To develop power, control and technique for the triple jump.</li> <li>To develop power, control and technique when throwing for distance.</li> </ul>	<p><b><u>Basketball</u></b></p> <ul style="list-style-type: none"> <li>To be able to dribble the ball abiding by the double dribble and travelling rules.</li> <li>To develop protective dribbling against an opponent.</li> <li>To use a variety of passes in a game situation.</li> <li>To be able to choose when to pass and when to dribble.</li> <li>To be able to perform a set shot and a jump shot.</li> </ul> <p><b><u>Yoga</u></b></p> <ul style="list-style-type: none"> <li>To develop an understanding of yoga.</li> <li>To link actions together to create a yoga flow.</li> <li>To develop strength, balance and control when taking weight on hands.</li> </ul>	<p><b><u>Dance</u></b></p> <ul style="list-style-type: none"> <li>To use changes in level and speed when choreographing.</li> <li>To work collaboratively with a partner to explore and develop a dance idea.</li> <li>To select actions and dynamics to convey different characters.</li> </ul> <p><b><u>Tennis</u></b></p> <ul style="list-style-type: none"> <li>To be able to return the ball using a backhand groundstroke.</li> <li>To use a split step to react quickly to the ball and keep a continuous rally going.</li> <li>To develop the volley and use it in a game situation.</li> <li>To work cooperatively with a partner and employ tactics to outwit an opponent.</li> </ul>	<p><b><u>Dodgeball</u></b></p> <ul style="list-style-type: none"> <li>To develop throwing at a moving target.</li> <li>To use jumps, dodges and ducks to avoid being hit.</li> <li>To select and apply tactics in the game.</li> </ul> <p><b><u>Cricket</u></b></p> <ul style="list-style-type: none"> <li>To develop underarm bowling accuracy.</li> <li>To develop batting accuracy and directional batting.</li> <li>To develop catching skills (close/deep catching and wicket keeping).</li> <li>To develop the defensive and driving hitting techniques.</li> </ul>	<p><b><u>OAA</u></b></p> <ul style="list-style-type: none"> <li>To develop navigational skills and map reading.</li> <li>To be able to use a key to identify objects and locations.</li> <li>To develop tactical planning and problem solving.</li> </ul> <p><b><u>Swimming</u></b></p> <ul style="list-style-type: none"> <li>To develop gliding, front crawl and backstroke.</li> <li>To develop rotation, sculling and treading water.</li> <li>To develop the front crawl stroke and breathing technique.</li> <li>To develop the technique for backstroke arms and legs.</li> <li>To develop breaststroke technique.</li> <li>To develop water safety skills and an understanding of personal survival.</li> </ul>

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