

imove

Agility and Coordination

Autumn 1

Personal Learning Objectives

- Choose and use a range of appropriate skills with good control and consistency. Perform sequences, holding clear shapes with controlled, repeated movements.

Skill Outcomes

- To move effectively with the correct technique, whilst using equipment.
- To use controlled footwork patterns to change direction, level and speed.

Activities Include:

- Two legs one leg
- Knock knock
- Slalom jogging
- Canoe racing



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Social Skills and Teamwork

Spring 1

Personal Learning Objectives

- Show patience and help others by listening and giving constructive feedback. Use communication to praise others, share ideas and guide groups through tasks.

Skill Outcomes

- To count out the phrases of 8 counts within the music on the regular beat, slow beat and quick beat correctly.
- To move in time to the music demonstrating an awareness of rhythm and phrasing.
- To combine skills with more complexity, confidence and precision.
- To develop the correct technique for catching and throwing to ensure a catch is successful.
- To develop the correct technique for passing whilst evading opponents at speed.

Activities Include:

- Motion drills
- Roll-a-goal
- Pass and catch
- Island toss



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Reasoning and Solving

Summer 1

Personal Learning Objectives

- Evaluate own performance and begin to prioritise tactics in gameplay. Explain what is going well, how to do it, and how to do more than one thing at once.

Skill Outcomes

- Multitask activities within a game, maintaining balance, coordination and movement of equipment.
- Show control over bodily movements while passing equipment.

Activities Include:

- Goalball
- Human bicycle
- Balloon racing
- Catch on a low beam



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Resilience and Persistence

Autumn 2

Personal Learning Objectives

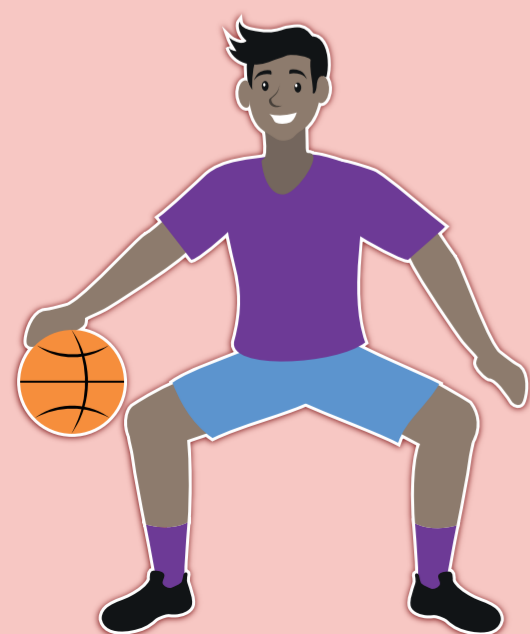
- Explain strengths and limitations, persevering through adversity. Provide suitable challenge and improve performance through practise.

Skill Outcomes

- To further practice developing fluency & coordination running with the ball and changing direction.
- To show awareness of space and control movements while performing a range of skills.

Activities Include:

- Dribble turns
- Swap shop
- Traffic jam
- Minesweeper



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Creativity and Adaptation

Spring 2

Personal Learning Objectives

- Compare own movements to others and create new rules for activities. Spot the similarities and differences in completion of an activity, compared to a friend.

Skill Outcomes

- To show balance and control while travelling over equipment and apparatus, and while standing on one leg.

Activities Include:

- Balloon balance
- Soccer Jam
- Target wall
- Blind balance



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Health and Fitness

Summer 2

Personal Learning Objectives

- Describe how and why the body changes during exercise and why it's important. Explain how to look after and maintain a healthy body.

Skill Outcomes

- To develop awareness of speed and pace, as well as developing and practicing fluency in running, walking, jumping and hopping skills.
- Combine skills to consistently demonstrate flexibility, strength, technique, control and balance.

Activities Include:

- Jump Jump
- Bootcamp
- World record
- Workout world

