



### What do we know?

We know how to defend a target.

We know how to kick and throw a ball or beanbag.

We know that we should be motivated to get better.



1. To kick the ball over long and short distances.

2. To stop a ball with control using the foot.

3. To work as a team to keep the ball.

4. To bounce a ball with your partner.

5. To bounce the ball while we are moving (dribbling).

6. To pass the ball forward in a game.

### Vocabulary

- Aim
- Attack
- Compete
- Control
- Cooperate
- Receive
- Restart
- Sideline

### Big Idea Invasion Games

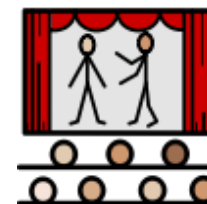


### Forever Facts

Know **how** to send a ball using our feet.

Know **why** we sometimes need to stay in defined areas.

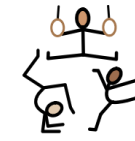
Know **that** I need to be aware of where my teammates and opponents are in a game.



### Where will it go?

#### Showcase

Set up a mixture of 4 v 4 mini games. Children rotate through the areas. For one game, children should kick the ball to each other. The next they should bounce. The next they should pass.



## What do we know?

Know **why** it's important to carry equipment safely.

Know **how** to use our body to perform shapes.

Know **that** some actions link well together.



2. To combine 4 floor elements into a floor sequence.

2. To create power in a variety of different jumps.

3. To take weight on our hands and move in different ways.

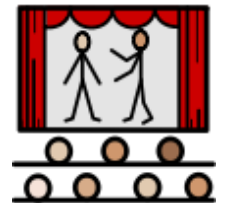
4. To use flexibility in a bridge and japana shape.

5. To perform the point balance arabesque.

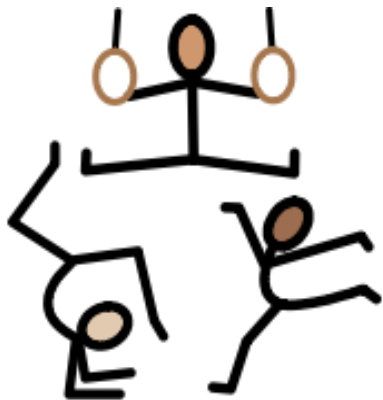
6. To perform a teddy roll.

## Vocabulary

- Balance
- Bridge
- Weight-On
- Point
- Patch
- Front-Straddle
- V-sit
- Puck



## Big Idea Gymnastics



### Forever Facts

Know **how** to take weight on our hands.

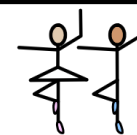


Know **why** flexibility improves movements.



Know **the** difference between point and patch balances.

**Where will it go?**  
**Showcase**  
 Choreograph a floor routine with at least 6 elements. Perform it!



### What do we know?

Know **how** to move my body to the music.

Know **that** a dance has a start, middle or end.



3. To create a class dance using a penguin huddle as the theme. To work in pairs to create a dance to show penguins getting ready for huddle.

2. To show feelings of abandonment (penguins) through a short sequence of dance movements.

3. To create movements to show friendship between the snowman and a penguin.

4. To create a solo dance which includes changes of direction and speed.

5. To match our movements to music.

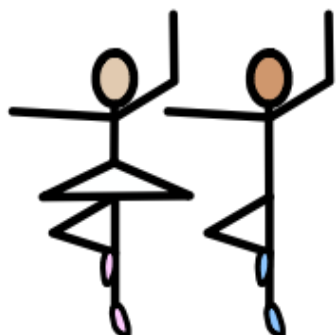
6. Combine 2 or 3 of the short dance sequences and perform.



### Vocabulary

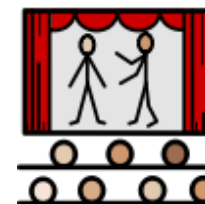
- Direction
- Huddle
- Abandoned
- Mood
- Friendship

### Big Idea Dance



### Forever Facts

- Know **how** to perform in a group.
- Know **why** confidence is important when performing in front of people.
- Know **that** a dance tells a story.



**Where will it go?**  
**Showcase**  
 Combine and perform and penguin themed dance.



## What do we know?



Know **why** being quick on our feet will help us win a game.

Know **why** being quick on our feet will help us win a game.

Know **that** I need to move towards the ball to return it.

4. To stay on your toes to move quickly towards the ball.

2. To identify which hand is dominant.

3. To serve to a partner.

4. To develop and agility and show it in a game.

5. To use the correct grip to hit a self-fed ball.

6. To use the ready position in a rally.



**Vocabulary**

Serve  
Racquet  
Badminton  
Volleyball  
Tennis

## Big Idea Net/Wall Games

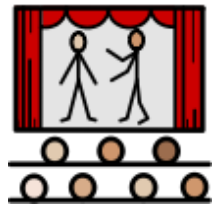


### Forever Facts

Know **why** the ready position will make us a better sports person.

Know **how** to send a ball with a racquet.

Know **which** hand is dominant.



## Where will it go?

### Showcase

To use the ready position in a rally.



What do we know?



- Know **why** we should work as a team to score points.
- Know **how** to run between bases to score points.
- Know **when** a point has been scored.

5. To hit a ball and score points.

2. To defend a target by kicking.

3. To bowl underarm with control.

4. To hit a ball using different bats and techniques.

5. To throw accurately to a base.

6. To hit a ball into space, away from fielders.

Vocabulary

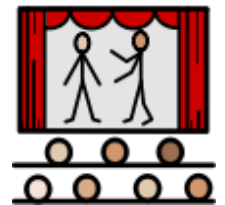
- Runs
- Bowl
- Underarm
- Overarm
- Target

Big Idea  
Striking & Fielding



Forever Facts

- Know **when** we should throw the ball underarm or overarm.
- Know **how** to hit a ball with a bat.
- Know **what** sportsmanship is.



Where will it go?



Showcase

To hit a ball into space, away from fielders.



**What do we know?**



Know **why** our arms are so important when we are running.

Know **how** to start and stop at different speeds.

Know **when** to wait my time.

6. To move quickly whilst being aware of others.

2. To create power with our legs to turn at speed.

3. To move through an obstacle course with speed and control.

4. To choose the best throw for different situations.

5. To practise sprinting techniques.

6. SPORTS DAY



**Vocabulary**

- Stamina
- Power
- Static
- Obstacle
- Dynamic

**Big Idea Athletics**

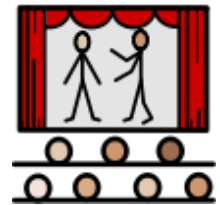


**Forever Facts**

**Know why** communication is important when working in a team.

**Know how** to throw over a distance.

**Know the** role of our legs and arms when sprinting.



Where will it go?

**Showcase**

SPORTS DAY