



## What do we know?

We know **that**

We know **how** to send a ball with our hands and feet.

We know **why** an attacker should move into a space.



1. To run onto the ball to receive it.

2. To explore front and goal-side marking techniques.

3. To perform a standing tackle to dispossess an attacker.

4. To dribble with control.

5. To pass and receive the ball over longer distances.

6. Play a 5 v 5 game with areas at each end for teams to score.

## Vocabulary



Control  
Defend  
Attack  
Dribble  
Pass  
Tactics  
Direction  
Tackle

## Big Ideas

Invasion Games



## Forever Facts



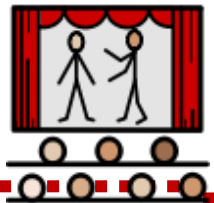
Know **how** to send the ball over longer distances.



Know **why** teamwork is important in a football game.



Know **that** timing is important when making a tackle.

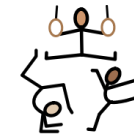


## Where will it go?



### Showcase

Play an adapted game of football following basic rules.



## What do we know?



1. To perform a 6-element sequence that uses changes in speed and direction.

2. Use the STEP principle to create and perform a partner sequence.

3. To perform actions taking weight on hands.

4. Develop a sequence using compositional ideas (e.g. pathways).

5. To cooperate as group to refine a short sequence which includes a table top.

6. To judge and compare performances.



## Vocabulary

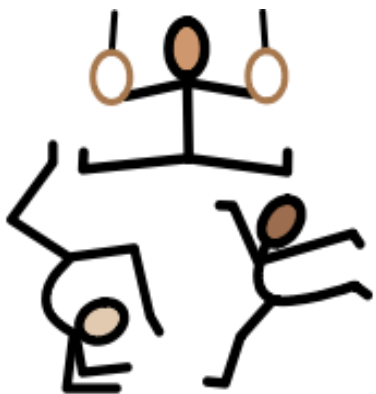
- Direction
- Speed
- Actions
- Compositional
- Stamina
- Leap
- Refine
- Progression

**Know how** to perform a sequence with contrasting actions.

**Know why** strength and flexibility are important in keeping a healthy, active lifestyle.

**Know that** there are similarities and differences in sequences.

## Big Idea Gymnastics



## Forever Facts



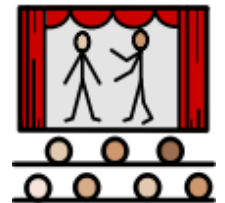
**Know how** to control body when our weight is on our hands.



**Know why** composition impacts the quality of our overall performance.



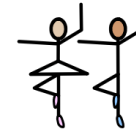
**Know that** STEP means space, task, equipment and people.



## Where will it go?

### Showcase

To give feedback to another group on their performance.



## What do we know?

Know **that** improvisation is the creation of our own idea without planning.

We know **how** to use props in a dance.

Know **why** contrasting movements can tell a story about a character's personality.



1. To use freeze frames in dances.

2. Perform a slide and a roll confidently.

3. To use a variety of formations when performing.

4. Extend 'mission dance' phrases using canon.

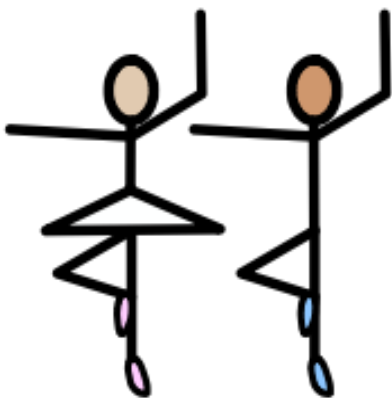
5. To sequence dance actions to create a performance that flows.

6. Create a 5 action dance routine.

## Vocabulary

- Improvisation
- Rehearse
- Director
- Choreographer
- Slide
- Formation
- Freeze frames

## Big Idea Dance



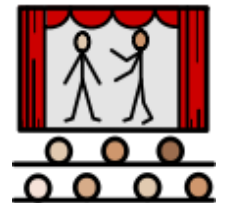
## Forever Facts



Know **how** perform a canon.

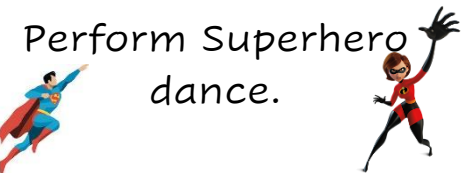
Know **why** rehearsing is important.

Know **what** a freeze frame is.



## Where will it go?

### Showcase



Perform Superhero dance.



## What do we know?

Know **how** to perform a forehand hit.

Know **why** our position on the tennis court is important.

Know **that** there are rules in tennis and explain some.



1. To use an underarm forehand shot.

2. To hit an overhead clear shot.

3. To hit a backhand shot with control and accuracy.

4. To begin using trick shots tactically.

5. To play with a partner and work together to score points against their opponent.

6. To apply all shots in a singles match.

## Vocabulary

Underarm  
Overarm  
Ready Position  
Boundary  
Tactics

## Big Idea Net/Wall Games



## Forever Facts



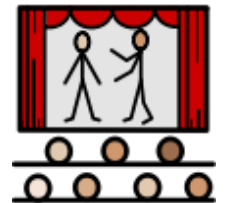
**Know how** to make it difficult for an opponent to return a shot.



**Know why** we should vary shots in a match.



**Know the** different types of shot in badminton.



## Where will it go?

### Showcase

To play in a singles match.



## What do we know?

Know **why** we should be ready when fielding.

Know **how** to bowl an underarm ball.

Know **why** we should be ready when fielding.



1. To use a batting stance and hit the ball in different directions.

2. Anticipate when to run to score singles.

3. Intercept a moving ball.

4. Bowl overarm

5. Use the pull shot in a game.

6. Compete in a cricket match.  
Lessons 1 -5 should be applied in this game.

## Vocabulary



- Zones
- Intercepting
- Isolation
- Pull shot
- Ground ball
- Overarm
- Bowling
- Singles
- Overarm

## Big Ideas

Striking and Fielding



## Forever Facts



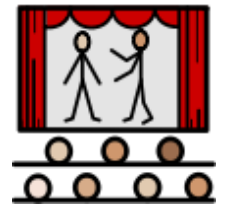
Know **how** to track and intercept the ball along the ground.



Know **where** we could direct a bowled ball to gain more runs.



Know **that** we may be run out and accept it.



## Where will it go?

### Showcase



Compete in a cricket match.



## What do we know?



We know **that** we use equipment safely.

We know **how** to link running and jumping movements.

We know **why** technique is important when throwing a javelin.

1. To accelerate over short distances.
2. To run and jump using a one-footed take off.

3. To use a sling action to throw a discus.

4. Run on a curve and exchange batons with a team member.

5. Create and compete at class-level sports day.

6. Sports Day Practice.

## Vocabulary

Track  
 Force  
 Accelerate  
 Curve  
 Target  
 Exchange  
 Sling  
 Take off  
 Accuracy

## Big Idea Athletics



### Forever Facts

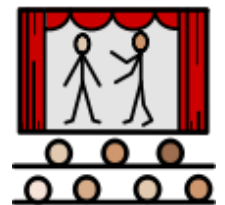
Know **how** to accelerate over a short distance.



Know **why** technique is important when throwing for distance.



Know **the** scoring systems for athletic events.



Where will it go?  
**Showcase**

# Sports Day



## What do we know?



We know **how** to gain somebody's trust.

We know **why** communication is so important when working in a team.

We know **what** makes an activity safe.

1. To use communicate effectively to complete a group task efficiently.

2. To lead a group of peers effectively.

4. To complete an orienteering task under time pressure.

5/6. To use a map when on a walk around South Molton.



## Vocabulary

Orienteer  
Key  
Route  
Leader

## Big Idea

Outdoor Adventurous Activities



## Forever Facts

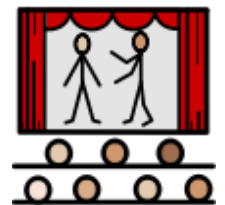
To know **how** to follow a route on a map.



To know **that** there are symbols on a map and explain what some represent.



To know **which** attributes make a successful leader.



## Where will it go?

### Showcase

To follow a route on a map around South Molton.