

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Y1	<p><b>Games</b></p> <p><b>Why do we play games?</b></p> <p>How can you roll a ball to hit a target? How can you throw an object to hit a target? How can you kick a ball into a target? What can you do to help you catch?</p>	<p><b>Gym</b></p> <p><b>What is a sequence?</b></p> <p>What is a balance? How do you balance on one foot with control? What is a bunny hop? How do you land safely? How do you make these shapes on the floor? (pike, tuck, star, straight and straddle) How can you move in different ways? (tiptoe, step, jump, hop, gallop, skip)</p>	<p><b>Dance</b></p> <p><b>What is a dancer?</b></p> <p>What is a motif? How do you join motifs together?</p>	<p><b>Athletics</b></p> <p><b>What is an athlete?</b></p> <p>How do you change speed when running? How do you change direction when running? How many ways can you jump? Can you jump from two feet to one foot?</p>	<p><b>Racket skills</b></p> <p><b>Why do we play games with a racket?</b></p> <p>How do you hold a racket and balance a ball on it? How do you move your arm to hit the ball with a racket? How do you hit the ball to a target?</p>	<p><b>Orienteering</b></p> <p><b>What is orienteering?</b></p> <p>How do you read a simple map? What is problem solving? How do you keep running for a long time?</p>
Y2	<p><b>Games</b></p> <p><b>How do we win at a game?</b></p> <p>What do you need to do to roll a ball to a target that is near or far away? What is the difference between an underarm throw</p>	<p><b>Gym</b></p> <p><b>What is a gymnast?</b></p> <p>What is a point and how do you balance using them? What is a straight jump, a tuck jump, a jumping jack, a half turn and a cat spring jump?</p>	<p><b>Dance</b></p> <p><b>How do I improve at dance?</b></p> <p>How do you change direction, speed and level when travelling? What is unison, canon and mirroring?</p>	<p><b>Athletics</b></p> <p><b>How do I improve at being an athlete?</b></p> <p>What pace is best to run at when running a short distance? What pace is best to run at when running a long distance? What do you do with</p>	<p><b>Skittle ball</b></p> <p><b>How do you play skittleball?</b></p> <p>How do you throw a ball to different heights? How do you throw a ball to different distances? What is attacking?</p>	<p><b>Football</b></p> <p><b>How do you play football?</b></p> <p>What is dribbling? How do you keep the ball? How do you stop the other team from keeping the ball?</p>

	<p>and an over arm throw? Where do you position your body to kick a ball accurately?</p>	<p>What is a log roll, curled side roll, teddy bear roll and a crouched forward roll? How can you change direction, speed and level when travelling? What balances and movements can you do with a partner?</p>		<p>your body to jump far from a standing position?</p>	<p>What is defending? How do you dodge?</p>	
Y3	<p><b>Orienteering</b> <b>What is orienteering?</b></p> <p>How do you orientate a map? Which pace should you run at over a long distance?</p>	<p><b>Gym</b> <b>How do gymnasts improve their performance?</b></p> <p>How do you improve the shape of a balance and control it? What is a straight jump, half turn, star jump, pike jump and a straddle jump? How do you complete a forward roll from standing and a tucked backward roll safely?</p>	<p><b>Dance</b> <b>How do dancers improve their performance?</b></p> <p>How can you use turns while travelling? What are chassiss steps? How can you adapt my movements and motifs to create a larger sequence?</p>	<p><b>Athletics</b> <b>How does training help an athlete?</b></p> <p>What is a good sprinting technique? What is a push throw? How do you take off effectively in the standing long jump?</p>	<p><b>Hockey</b> <b>How do you play hockey?</b></p> <p>How do you hold the stick properly? How do you strike a ball with control? How do you strike a ball for distance? What are the tactics for winning a mini game?</p>	<p><b>Badminton</b> <b>How do you play badminton?</b></p> <p>How do you hold the racket properly? How do you hit a shuttlecock? How do you aim the shuttlecock into a space?</p>
Y4	<p><b>Orienteering</b> <b>How can you improve your time when orienteering?</b></p>	<p><b>Gym</b> <b>How do you add different skills into a sequence?</b></p>	<p><b>Swimming</b> <b>How do you stay safe in water?</b></p>	<p><b>Athletics</b> <b>Why do athletes measure their performances?</b></p>	<p><b>Tri golf and football golf</b> <b>What is tri golf and football golf?</b></p>	<p><b>Bench ball</b> <b>How do you play bench ball?</b></p>

	<p>How do you work as part of a team to solve problems? How do you navigate the course to achieve the quickest time?</p>	<p>How do you improve a 1, 2, 3 or 4 point balance? How do you balance safely against a partner? What is a full turn and cat leap half turn? What is a straddle forward roll and backward roll to straddle?</p>	<p>What is treading water? What is front crawl? What is breaststroke? What is backstroke?</p>	<p>What is a standing triple jump? What is a pull throw? Which running pace is better for different distances? How do you maintain a running pace for different distances?</p>	<p>How do you hold a golf club? What is putting? What is a chip shot? How do you hit a ball for distance? How do you hit a ball for accuracy?</p>	<p>What is the chest pass? What is the shoulder pass? What is the bounce pass? How do you throw a ball accurately? What are the tactics in benchball?</p>
Y5	<p><b>Basketball</b> How do you play basketball?</p> <p>How do you dribble effectively? How do you gain possession of the ball? What passes are used in basketball? When is the best time to use each pass?</p>	<p><b>Gym</b> How can balances and different types of rolls and leaps improve a gymnastic sequence?</p> <p>What is your centre of gravity and where should it be in relation to the base of a balance? How do I successfully execute a part body weight partner balance? What is a cat leap full turn and a split leap?</p>	<p><b>Dance</b> How does pace and timing improve your dance?</p> <p>How do you change the pace when moving? How do you improve your timings when moving?</p>	<p><b>Athletics</b> How can I improve my start and my throwing techniques?</p> <p>What makes an effective sprint start? What is a fling throw? What effective techniques are used when jumping for distance?</p>	<p><b>Cricket</b> How do you play cricket?</p> <p>How do you hold the bat? How do you bowl? How do you catch effectively? What are the tactics in cricket?</p>	<p><b>Badminton</b> When should I use which shot in badminton?</p> <p>What is forehand? What is backhand? What is a drop shot? What is a smash? How do you serve?</p>

		What is a pike forward roll?				
Y6	<p><b>Tennis</b></p> <p>How do you play tennis?</p> <p>How do you serve?</p> <p>What is a base line shot?</p> <p>How do you adopt your understanding of shots to win a point?</p> <p>How do you officiate a game?</p>	<p><b>Gym</b></p> <p>How do you perfect a gymnastic routine?</p> <p>How do you demonstrate precise and controlled placement of body parts in a shape?</p> <p>How do you demonstrate precise and controlled placement in a balance?</p> <p>What is a stag jump?</p> <p>What is a stag leap?</p>	<p><b>Dance - cheerleading</b></p> <p>What is cheerleading?</p> <p>What is group formation?</p> <p>How do you use dramatic expression in dance movements and motifs?</p>	<p><b>Athletics</b></p> <p>How do I develop a consistent action in both track and field events?</p> <p>How do you improve your reaction time when doing a sprint start?</p> <p>How do you build up your speed for a sprint finish?</p> <p>How do you run over hurdles?</p> <p>What effective techniques are used when throwing for distance?</p>	<p><b>Cricket</b></p> <p>What are the laws of cricket?</p> <p>How do you field effectively?</p> <p>What are the different batting shots?</p> <p>What are the different bowling styles?</p>	<p><b>Basketball</b></p> <p>What are the rules of basketball?</p> <p>What skills do you need to attack effectively?</p> <p>What skills do you need to defend effectively?</p> <p>How do I pass the ball using balance and coordination?</p>