

## LKS2 Cycle 1 - Lesson One

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Tag Rugby</b></p> <ul style="list-style-type: none"> <li>- Running with the ball past stationary objects progressing to moving opponents</li> <li>- Tackling as a defensive skills</li> <li>- Push pass over increasing distances</li> <li>- Passing whilst running forward reinforcing rule of not passing backwards</li> <li>- Apply skills in line with key rules to the game</li> </ul>	<p><b>Outdoor and Adventurous</b></p> <ul style="list-style-type: none"> <li>- Arrive properly equipped for outdoor and adventurous activity.</li> <li>- Understand the need to show accomplishment in managing risks.</li> <li>- Show an ability to both lead and form part of a team.</li> <li>- Support others and seek support if required when the situation dictates.</li> <li>- Show resilience when plans do not work and initiative to try new ways of working</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>- Consistently use correct grip</li> <li>- Ability to manipulate ball and move in desired direction</li> <li>- Increasing speed and still showing control in tight spaces</li> <li>- Sending the ball in different ways</li> <li>- Stopping the ball using two correct techniques</li> <li>- Understanding all rules, particularly those concerning safety</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>- Develop physical strength and suppleness by practising moves and stretching.</li> <li>- Plan, perform and repeat sequences.</li> <li>- Move in a clear, fluent and expressive manner.</li> <li>- Develop and adapt own movements and motifs to create movement patterns (whole or part additions)</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>- Travelling with the ball under close control</li> <li>- Scoring/shooting, with some successful transference in to game situation</li> <li>- Tactics – when to choose certain skills with a successful outcome in a game situation</li> <li>- Follow rules to play challenging, organised games</li> <li>- Adapt these rules to create their own modified games</li> </ul>	<p><b>Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>- Timed endurance run (approx. 800m-1km)</li> <li>- Interval training</li> <li>- Fartlek training</li> <li>- Speed endurance training</li> <li>- Light plyometric training</li> </ul>

## LKS2 Cycle 1 - Lesson Two

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Multi-skills</b></p> <ul style="list-style-type: none"> <li>- Evasion games, both individual and team-based</li> <li>- Linked movement in 2/3/4 directions</li> <li>- Shadow movements of a partner</li> <li>- Improve reaction time</li> <li>- Fluency between varying speeds</li> <li>- Combining running and jumping with control and precision</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>- Agility, changing direction quickly, speed over short distances</li> <li>- Throwing power, distance covered</li> <li>- Throwing accuracy, able to hit stationary objects with consistency</li> <li>- Catching a non-bouncing and bouncing ball</li> <li>- Tactics: strategies for success in a game situation</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Making and maintaining more complex shapes using own body and working with others</li> <li>- Developing basic levels of strength, stability and flexibility through bodyweight activities</li> <li>- Using equipment safely and correctly</li> <li>- Show a kinaesthetic sense in order to improve the placement of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape)</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Use a range of throwing techniques to complete Javelin, Chest push ball throw, Shot put, Discus</li> <li>- Throw with accuracy to hit a target or cover a distance</li> <li>- Using a variety of physical skills in combination efficiently to maximise performance</li> <li>- Jump in a number of ways from a stationary position</li> <li>- Challenging themselves to achieve their personal best</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>- Batting technique including stance, grip and swing</li> <li>- Hitting stationary balls, progressing on to slow moving</li> <li>- Combining control and accuracy with increasing power</li> <li>- Understanding how opponent fielding positions affects batting decision making</li> </ul>	<p><b>Competition Sport</b></p> <ul style="list-style-type: none"> <li>- Each lesson will take an opportunity for the class to play a mini-competitions of the following sports covered this school year.</li> <li>- Tag Rugby</li> <li>- Dodgeball</li> <li>- Cricket</li> <li>- Hockey</li> <li>- Fitness Test</li> <li>- Football</li> <li>- Athletics</li> </ul>

## LKS2 Cycle 2 - Lesson One

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Outdoor and Adventurous</b></p> <ul style="list-style-type: none"> <li>- Use maps, compasses and digital devices to orientate themselves.</li> <li>- Remain aware of changing conditions and change plans if necessary</li> <li>- Complete basic orienteering courses which cover a small area</li> <li>- Take on different roles in a team when completing challenges</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>- Sending and receiving to and from a partner in a variety of ways</li> <li>- Maintain possession of the ball in small groups against a defender</li> <li>- Pass to team mates at appropriate times</li> <li>- Select correct type of pass for certain situations, leading to successful transference in to game situation</li> </ul>	<p><b>Bench ball</b></p> <ul style="list-style-type: none"> <li>- Attacking and defending: what they are</li> <li>- How can we attack and defend in benchball: explore options and experience performing them</li> <li>- Overarm throwing of mid sized objects</li> <li>- Throwing accurately with a high ball flight</li> <li>- Finding spaces away from opponents</li> <li>- Catching whilst moving</li> </ul>	<p><b>Health &amp; Fitness (PACT Fittest School Competition)</b></p> <ul style="list-style-type: none"> <li>- Run/Sprint 10m x4, 10 sit ups, Run/Sprint 10m x4, 20 speed bounces &amp; Run/Sprint 10m x4</li> <li>- Moderate cardio circuit training</li> <li>- Moderate core exercise training</li> <li>- Interval training</li> <li>- Light Fartlek training</li> <li>- Introduction to light resistance training</li> <li>- Introduction to Boxersize &amp; HIIT training</li> <li>- Recorded fitness test at the end of term</li> </ul>	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>- Identify similarities between basketball and netball</li> <li>- Consistent catching ability when receiving ball</li> <li>- Practice rule of 'Pivoting' only</li> <li>- Moving in to space to counteract inability to move with the ball</li> <li>- Applying skills effectively in to small sided games</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Sprint over a short distance up to 60 metres.</li> <li>- Run over a longer distance, conserving energy in order to sustain performance.</li> <li>- Understanding differences between speed and stamina</li> <li>- Being able to physically apply those differences between speed and stamina</li> <li>- Clear low hurdles when running at speed</li> </ul>

## LKS2 Cycle 2 - Lesson Two

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p><b>Handball</b></p> <ul style="list-style-type: none"> <li>- Attacking and defending: what they are</li> <li>- How can we attack and defend in handball: explore options and experience performing them</li> <li>- Overarm throwing of mid sized objects</li> <li>- Throwing accurately with a high ball flight</li> <li>- Finding spaces away from opponents</li> <li>- Catching whilst moving</li> </ul>	<p><b>Dance</b></p> <p>Topic/Theme/Genre?</p> <ul style="list-style-type: none"> <li>- Haka Dance</li> <li>- Christmas Theme Dance</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Exploring different ways to travel, both high and low</li> <li>- Combining travelling and being still, linking them together into a fluid movement phrase</li> <li>- Varying height and speed in their movement phrase</li> <li>- Use ipads or similar technology to record and evaluate your own/another group's performance</li> </ul>	<p><b>Racket Sports (Tennis/Badminton)</b></p> <ul style="list-style-type: none"> <li>- Hand/eye coordination, tracking the ball closely and affecting movements accordingly</li> <li>- Cone tennis: drop-bounce-catch in cone, bounce-hit with cone-bounce, play with a partner using cone as racquet and catching the ball each time</li> <li>- Hand tennis: same as above but using palm of hand</li> <li>- Racquet control, balancing for increasing durations</li> <li>- Forehand and backhand shots, progressing rallying using those strokes</li> </ul>	<p><b>Rounders</b></p> <ul style="list-style-type: none"> <li>- Striking the ball with objects using one hand (progressing from tennis racquets down to rounders bats)</li> <li>- Hitting the ball in different directions</li> <li>- Bowling underarm with consistency</li> <li>- Basic throwing and catching exercises</li> <li>- Linking together a series of successful throws and catches</li> </ul>	<p><b>Competition Sport</b></p> <ul style="list-style-type: none"> <li>- Each lesson will take an opportunity for the class to play a mini-competitions of the following sports covered this school year.</li> <li>- Basketball</li> <li>- Benchball</li> <li>- Handball</li> <li>- Fitness Test</li> <li>- Netball</li> <li>- Athletics</li> <li>- Rounders</li> </ul>