

## UKS2 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>- Push pass with more power</li> <li>- Spin pass</li> <li>- Timing of pass</li> <li>- Defensive lines (straight, no gaps)</li> <li>- Supporting the player with the ball</li> <li>- Positional play leading to better try scoring</li> </ul>	<p><b>Dodgeball</b></p> <ul style="list-style-type: none"> <li>- Teamwork</li> <li>- Application of relevant multiskills</li> <li>- Throwing whilst moving</li> <li>- Throwing at a moving target</li> <li>- How to vary between attacking and defensive styles</li> </ul>	<p><b>Hockey</b></p> <ul style="list-style-type: none"> <li>- Dribbling successfully at speed</li> <li>- Dribbling past opponents</li> <li>- Completing action with either a pass or shot</li> <li>- Attacking as an individual</li> <li>- Attacking as a team</li> </ul>	<p><b>Dance</b></p> <ul style="list-style-type: none"> <li>- Exploring movement responses to music, including changes in rhythm, level, direction and speed</li> <li>- Learn and perform simple routines by linking these movements</li> <li>- Performing to music, keeping in time with the rhythm for the majority or all of the routine</li> <li>- Creating own movement sequences in keeping with the same rhythm</li> </ul>	<p><b>Football</b></p> <ul style="list-style-type: none"> <li>- Passing/sending the ball over a long distance</li> <li>- Passing/sending the ball when challenged by opponents</li> <li>- Creating and scoring opportunities</li> <li>- Defending as an individual</li> <li>- Defending as a team</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>



## UKS2 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>- SAQ (speed, agility, quickness) work on ladders, hurdles, cones, lines, etc</li> <li>- Coordination challenges based around performing complex tasks using a range of actions requiring use of all limbs</li> <li>- Balance and core stability (work on benches/lines, feet, bottom, one leg)</li> <li>- Evasion skills (accelerations and deceleration)</li> </ul>	<p><b>Outdoor and Adventurous</b></p> <ul style="list-style-type: none"> <li>- Select appropriate equipment for outdoor and adventurous activity.</li> <li>- Identify possible risks and ways to manage them, asking for and listening carefully to expert advice.</li> <li>- Quickly assess changing conditions and adapt plans to ensure safety comes first.</li> <li>- Use a range of devices in order to orientate themselves.</li> <li>- Lead groups in problem solving</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Hold shapes that are strong, fluent and expressive.</li> <li>- Working with others to produce a variety of complex counter-balances and shapes</li> <li>- Developing a more advanced level of strength, stability and flexibility through various bodyweight activities</li> <li>- Include in a sequence set pieces, choosing the most appropriate linking elements.</li> <li>- Demonstrate good kinesthetic awareness (placement and alignment of body parts is usually good in well-rehearsed actions)</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Understanding how to develop the physical attributes of speed, strength, stamina and how that improves performance</li> <li>- Being able to sustain a set pace for a prolonged period of time.</li> <li>- Being able to fluctuate that pace according to tactical influences in a race setting</li> <li>- Relays with smooth changeovers</li> </ul>	<p><b>Cricket</b></p> <ul style="list-style-type: none"> <li>- Bowling overarm with correct technique</li> <li>- Batting for accuracy (shot selection and placement)</li> <li>- Batting for power (distance)</li> <li>- Increasing number of outs achieved as a fielding team</li> </ul>	<p><b>Health &amp; Fitness</b></p> <ul style="list-style-type: none"> <li>- 1m timed run</li> <li>- Interval training</li> <li>- Fartlek training</li> <li>- Speed endurance training</li> <li>- Light plyometric training</li> </ul> <p>N.B. challenge progressive from y3/4</p>

## UKS2 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>- Embrace both leadership and team roles and gain the commitment and respect of a team.</li> <li>- Empathise with others and offer support without being asked. Seek support from the team and the experts if in any doubt.</li> <li>- Remain positive even in the most challenging circumstances, rallying others if need be.</li> <li>- Complete difficult and challenging orienteering courses</li> </ul>	<p><b>Basketball</b></p> <ul style="list-style-type: none"> <li>- Using both hands to manipulate the ball and move in different directions</li> <li>- Keeping the ball away from an opponent individually</li> <li>- Attacking the hoop individually against an opponent</li> <li>- Possession against large groups</li> <li>- Full matchplay</li> </ul>	<p><b>Gymnastics</b></p> <ul style="list-style-type: none"> <li>- Practice and refine the gymnastics techniques required in a varied performance</li> <li>• Create complex and well-executed sequences that include a full range of movements including: <ul style="list-style-type: none"> <li>Travelling, balances, swinging, springing, flight, vaults, inversions, rotations, bending, stretching &amp; twisting, gestures and linking skills</li> </ul> </li> <li>- Vary speed, direction, level and body rotation during floor performances.</li> <li>- Using equipment and apparatus to perform exercises and sequences</li> </ul>	<p><b>Health &amp; Fitness (PACT Fittest School Competition)</b></p> <ul style="list-style-type: none"> <li>- Run/Sprint 10m x6, 20 sit ups, Run/Sprint 10m x6, 30 speed bounces &amp; Run/Sprint 10m x6</li> <li>- Exercise to Music</li> <li>- HIIT training</li> <li>- Fartlek Training</li> <li>- Boxercise</li> <li>- Advanced Circuits</li> <li>- Bodyweight exercise challenges</li> <li>- Recorded fitness test at the end of term</li> </ul>	<p><b>Netball</b></p> <ul style="list-style-type: none"> <li>- Shooting and scoring effectively</li> <li>- Introduction to positions and roles</li> <li>- Progressing up the full court as a team without losing the ball</li> <li>- Defending 1v1 (marking, interceptions)</li> <li>- Matchplay</li> </ul>	<p><b>Athletics</b></p> <ul style="list-style-type: none"> <li>- Sprinting over distances 80-100m</li> <li>- Understand how throwing/jumping distances can be increased (run ups, etc)</li> <li>- Attempt jumping/throwing events with full speed run ups</li> <li>- Challenging themselves to achieve their personal best</li> <li>- Design their own circuits, acting as officials as well as athletes</li> </ul>

## UKS2 Cycle 2 - Lesson Two

Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
<p align="center"><b>Handball</b></p> <ul style="list-style-type: none"> <li>- Teamwork</li> <li>- Application of relevant multiskills</li> <li>- Throwing with speed</li> <li>- Throwing with precise shots</li> <li>- How to vary between attacking and defensive styles</li> </ul>	<p align="center"><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 align="center"><b>Volleyball</b></p> <ul style="list-style-type: none"> <li>- Introduction to the game</li> <li>- Keeping a ball up in pairs/groups</li> <li>- Hitting over a net</li> <li>- Practice different shots:               <ul style="list-style-type: none"> <li>- Dig</li> <li>- Set</li> <li>- Smash</li> <li>- Serve</li> </ul> </li> <li>- Basic tactics (court coverage, set up team mates, shot selection)</li> <li>- Small sided games</li> </ul>	<p align="center"><b>Racket Sports (Tennis/Badminton)</b></p> <ul style="list-style-type: none"> <li>- Accurately tracking ball flight</li> <li>- Extended challenge of Forehand and Backhand shots</li> <li>- Introduction of Serve and Volley shots</li> <li>- Sustain a rally for an increasing number of shots</li> <li>- How to outwit your opponent and regularly win points</li> </ul>	<p align="center"><b>Rounders</b></p> <ul style="list-style-type: none"> <li>- Overarm throwing covering a long distance</li> <li>- Overarm throwing to small targets (replicating bases or bowler)</li> <li>- Catching high/fast thrown balls</li> <li>- Tactics – when and where to throw ball</li> <li>- Bowling consistent legal deliveries</li> </ul>	<p align="center"><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>- Netball</li> <li>- Rounders</li> <li>- Volleyball</li> <li>- Fitness Test</li> <li>- Handball</li> <li>- Athletics</li> </ul>

