

	Y1	Y1
Subject Topic	Dance	Benchball
Week 1 WC - 8/1/2018	To perform basic travelling skills <ul style="list-style-type: none"> • Can I understand the expectations in Dance? • Can I perform basic travelling skills? • Can I begin to listen to pieces of music and respond to the rhythm? 	To understand the rules of Benchball <ul style="list-style-type: none"> ▪ Can I develop generic skills in Benchball? ▪ Can I demonstrate an understanding of rules, regulations and scoring systems? ▪ Can I begin to develop confidence in playing Benchball?
Week 2 WC - 15/1/2018	To handle equipment with control <ul style="list-style-type: none"> • Can I show an awareness of immediate space around bodies? • Can I begin to use space to move safely around others? • Can I begin to handle equipment with control? 	To throw using underarm and overarm shots <ul style="list-style-type: none"> ▪ Can I develop my throwing technique? ▪ Can I develop accuracy in throwing technique? ▪ Can I select and apply different throwing techniques and tactics in game situations?
Week 3 WC - 22/1/2018	To recognise how bodies communicate feelings to each other <ul style="list-style-type: none"> • Can I explore movement imaginatively to express emotion? • Can I recognise how our bodies communicate feelings to each other? 	To catch a moving ball <ul style="list-style-type: none"> ▪ Can I improve my catching technique? ▪ Can I develop tactics for catching the ball? ▪ Can I progress my confidence in catching the ball?

	<ul style="list-style-type: none"> • Can I begin to demonstrate basic actions and expressions that represent an emotion? 	
<p>Week 4 WC - 29/1/2018</p>	<p>To understand how different parts of the body are able to move</p> <ul style="list-style-type: none"> • Can I perform basic skills in travelling using different parts of the body? • Can I develop an awareness of different body parts and how they can be used differently? • Can I demonstrate different actions and expressions that represent an emotion? 	<p>To practice different types of Benchball games</p> <ul style="list-style-type: none"> ▪ Can I attempt to play Swampball? ▪ Can I get players out from the other team? ▪ Can I begin to work as a team to attempt to win the game?
<p>Week 5 WC - 5/2/2018</p>	<p>To understand how we use our body to travel</p> <ul style="list-style-type: none"> • Can I perform basic skills in travelling using different parts of the body? • Can I develop an awareness of different body parts and how they can be used differently? • Can I confidently demonstrate different actions and expressions that represent an emotion? 	<p>To compete in a (multi-game) Benchball tournament</p> <ul style="list-style-type: none"> ▪ Can I throw the ball towards the player/target? ▪ Can I try my best to catch the ball? ▪ Can I begin to work as a team?