

	Year 5	Year 5
Subject Topic	Gymnastics	Netball
<b>Week 1</b> <b>WC -</b> <b>8/1/2018</b>	<b>To travel in variety of different levels and speeds</b> <ul style="list-style-type: none"> <li>• Can I travel around the hall demonstrating a variety of levels? (low /medium / high)</li> <li>• Can I work at different speeds while using different body parts?</li> <li>• Can I begin to understand the meaning of unison and be able to work in unison with a partner?</li> </ul>	<b>To pass the ball in mini-team games</b> <ul style="list-style-type: none"> <li>• Can I throw &amp; catch the ball successfully?</li> <li>• Can I pass the ball in a variety of ways during a mini-game situation? E.g. chest pass, bounce pass, overhead pass</li> <li>• Can I begin to communicate effectively with other team members?</li> </ul>
<b>Week 2</b> <b>WC -</b> <b>15/1/2018</b>	<b>To demonstrate a range of shapes during flight</b> <ul style="list-style-type: none"> <li>• Can I create a basic shape whilst travelling through the air?</li> <li>• Can I begin to use a variety of different jumps?</li> <li>• Can I work cooperatively with my group?</li> </ul>	<b>To shoot the ball into the target</b> <ul style="list-style-type: none"> <li>• Can I strike the ball with both hands underneath the ball and with my knees bent?</li> <li>• Can I shoot the ball towards the target?</li> <li>• Can I score at least 3 shots?</li> </ul>
<b>Week 3</b> <b>WC -</b> <b>22/1/2018</b>	<b>To demonstrate a range of counter balances</b> <ul style="list-style-type: none"> <li>• Can I demonstrate counter balance in twos?</li> <li>• Can I show changes in shapes/level and body parts?</li> <li>• Can I attempt to transfer sequence to apparatus?</li> </ul>	<b>To attack and defend working as a team</b> <ul style="list-style-type: none"> <li>• Can I confidently mark an opposing player?</li> <li>• Can I work to attempt to incept the ball as often as possible?</li> <li>• Can I begin to understand the tactics of a game?</li> </ul>

<p><b>Week 4</b> <b>WC -</b> <b>29/1/2018</b></p>	<p><b>To explore different methods and shapes</b></p> <ul style="list-style-type: none"> <li>• Can I develop different methods of rolling?</li> <li>• Can I understand what shapes are relevant?</li> <li>• Can I attempt to explain the shapes that have been explored?</li> </ul>	<p><b>To develop tactics as a team for a game situations</b></p> <ul style="list-style-type: none"> <li>• Can I discuss with teammates about what tactics are?</li> <li>• Can I decide when it would good to attack or defend?</li> <li>• Can I overcome a challenging situation e.g My team is losing 2-1 &amp; we end up winning 3-2</li> </ul>
<p><b>Week 5</b> <b>WC -</b> <b>5/2/2018</b></p>	<p><b>To develop various methods of flight</b></p> <ul style="list-style-type: none"> <li>• Can I develop basic methods of flight?</li> <li>• Can I understanding the principles behind effective jumping?</li> <li>• Can I include a wide range of jumps and balances?</li> </ul>	<p><b>To perform in a match situation</b></p> <ul style="list-style-type: none"> <li>• Can I efficiently work as a team?</li> <li>• Can I apply skills such as passing &amp; shooting?</li> <li>• Can I consistently attempt other skills such as marking, tackling etc?</li> </ul>