**YEAR 1**

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| **GAMES BASIC SKILLS** (Autumn 1 and Spring 2) | **GAMES THROWING AND CATCHING** (Autumn 1) | **GAMES BALL SKILLS (INC RUGBY)** (Autumn 2, Spring 1, Summer 2) |
| Can you find me (equipment name)?Which piece of equipment is easiest/ hardest to throw and why?How do you stand when you are throwing and catching?What does it mean to show control?What did you do to control your throw/ roll/ kick/ movement?How do you keep yourself and others safe?What does dribble mean? | Can you find me (equipment name)?What different ways can you stand when you throw and catch? Which one is best?What does an overarm throw look like?What does an underarm throw look like?When would you throw or catch one handed/ two handed and why?What does ‘aim’ mean when you are throwing and catching?What is a target?What does co-ordination mean? | Can you describe one way we use (equipment name)?Can you show me how to throw underarm in a controlled way?Can you show me how to throw overarm in a controlled way?Which is the best way to stand when you throw and catch?What does it mean to send/ receive/ dribble?What type of ball do we use to\_\_\_\_?How do we use cones in PE?Can you describe how to use our equipment safely?How do we score points in \_\_\_\_\_\_? |
| **GAMES RUNNING AND JUMPING** (Summer 1 and Summer 2) | **GYMNASTICS** (Spring 1 and Spring 2) | **DANCE (**Autumn 1 and Summer 1) |
| Can you show me how you move at different speeds?What speed would you run to be the fastest?What is an obstacle?Can you how me how you skip/ hop/ gallop/ jog/ walk/ sprint?Can you show me how to jump with two feet/ one foot?Which is the best way to jump over \_\_\_\_\_\_\_\_?What is a baton?What equipment would we need for a \_\_\_\_\_\_\_ race?Would you throw overarm or underarm if you wanted to throw a ball a long way? | What does a \_\_\_\_\_\_\_ roll look like?Can you show me a \_\_\_\_\_\_\_ shape with your body?What does your body look and feel like when it is tense?What does your body look and feel like when it is relaxed?How do you make your body tense/ relaxed?What do you do to stay balanced?What does travelling mean in gymnastics?What different ways can you travel/ balance/ roll/ jump?How do you keep yourself safe in gymnastics?Can you show me how to move equipment safely? | How can you move safely in the hall?How can you move your body to show how you are feeling?Can you show me a happy/ angry/ sad/ scared etc movement?How can you move your arms/ legs/ hands/ feet to show…?What does cannon/ mirror/ synced mean?How does the music make you feel?Can you copy me/ your partner?What makes copying movements easier/ harder? |
| **Autumn 1**Why do we warm up before exercise?Where are your lungs and what do they do?Where is your heart and what does it do?What did you do today?What do you think you did well?What do you think you could get better at?What are the rules of using the hall?How do we move safely in the hall? | **Autumn 2**How do we warm up before exercise? What happens to your breathing/ heartbeat/ temperature during and after exercise?What did you do well today and what could you improve?What could you do to get better at…?How do we use equipment safely?How do we move equipment safely? | **Spring 1**How do you feel before and after a warm up?Why do you breath faster and harder when you exercise?Why does your heart beat faster during and after exercise?Why do you think we sweat when we exercise?What did your partner do well?Can you name one thing they could improve?How do we make sure other people are safe during PE? | **Spring 2**What parts of your body should you warm up before exercise and why?How do your muscles feel before and after a warm up?How do our lungs help us when we exercise?What did the group do well?Can you describe one way that the group could improve?What questions should you ask yourself before throwing? | **Summer 1**How does sweating help us when we exercise?How do we get more air into our lungs when we exercise?Why do you feel tired after exercise?What is a cool down?What did you like about your/ your partner’s your group performance?How can we warm up safely? | **Summer 2**Can you describe what happens to your body before, during and after exercise?What emotions do you feel inside when you exercise?Can you explain what you thought about \_\_\_\_\_\_\_ performance?Can you show me how you would improve?Why do warm ups and cool downs keep us safe? |

**YEAR 2**

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| **GAMES RUGBY/ INVASION** (Autumn 1) | **GAMES SKILLS** (Autumn 2) | **GAMES INVENTING AND RULES** (Aut 1, Spring 1, Spring 2) | **GAMES STRATEGY** (Summer 2) |
| What are tactics?What does defend mean?What does attack mean?Can you show me how to use (equipment)?What does it mean to ‘mark’ another person?How are points scored in \_\_\_\_\_\_ and what are they called?Why are controlled movements important?What group formations can \_\_\_\_\_ be played in?What rules are we playing to?How do we pass the ball in \_\_\_\_\_\_\_\_\_? | What is agility? What is co-ordination and why is it important?Can you explain how to use tactics?What in important to remember when attacking?In what ways can a ball be dribbled?What does ‘strike’ mean?In what ways can you strike a ball? | What does it mean to send/ receive a ball?What rules do we follow when playing\_\_\_\_?Why are rules important when playing games?What does teamwork look like?What does accuracy mean?Why is it important to show control and accuracy?What tactics would you use when…?What do we need to remember when inventing games and rules?What equipment will we need to play your game? | How are games invented?What does strategy mean?Can you give some examples of attacking and defending strategies?How can tactics be used to develop your strategy?How could you adapt the rules to improve the game?What strategies could you use to improve your aiming/ striking/ sending/ receiving skills?What strategies will help you to hit a target?What formation will improve your game? |
| **GAMES RUNNING, JUMING, THROWING** (Summer 2) | **GAMES CRICKET/STRIKING AND FIELDING** (Summer 1) | **GYMNASTICS** (Spring 1, Spring 2) | **DANCE** (Autumn 2, Summer 1) |
| How are obstacles used in running and jumping?Can you describe the differences between walking, jogging, running and sprinting?Can you show me how to hop, skip, gallop and jump in different ways?What technique will help you to throw/ jump as far/ high as you can?Can you give some examples of how agility helps performance?How do you land safely after jumping? | What does stationary mean?Can you name the different equipment used in \_\_\_\_\_\_\_\_?Can you name the positions in the game of\_\_\_\_\_\_\_ and explain what they do?What skills does a batter/ fielder/ bowler need?Why is accuracy important when striking a ball?How do we score points in this game?What tactics will help the team to improve? | What are the rules of gymnastics?What does sequence mean?Can you perform a sequence?How do you create tension in your body and how it is useful in gymnastics?Can you demonstrate how to use (equipment) safely?What does a good straddle/ tuck/ curl/ stretch/ roll etc look like?Why are controlled and co-ordinated movements important in gymnastics?What is contrast and how can it be used in your performance?What is flight? | What does imagination mean in dance?What does rhythm, speed, level and direction mean?How can those elements be used and changed in dance?What does it mean to dance with control, co-ordination and fluency and why is it important?Can you describe what a sequence is and give examples?How can you show mood and feeling when you dance?Can you describe your own and others dancing using words like express, feeling, mood, quality etc? |
| **Autumn 1**What is a warm up/ cool down and why are they both important?What do your heart and lungs do when you exercise? What did you like about your/ your partner’s/ your group performance?How do you think they could improve?What are the rules of PE?How do we make sure we are all safe in PE? | **Autumn 2**Can you demonstrate some ways to warm up/ cool down and explain what is happening to your body?How does your body react during and after exercise?Can you explain what you thought about \_\_\_\_\_\_\_ performance?Can you show me how you would improve?How do we use equipment safely?How do we move equipment safely? | **Spring 1**Why does your body react to exercise in the ways it does?What is happening?Can you describe the performance and explain which part(s) could be improved and how?How is this performance the same/ different to your own?What questions should you ask yourself before performing so that you and others stay safe? | **Spring 2**How do the changes that happen to your body during exercise help you to become fitter and healthier?Do you think this performance needs to be made harder? Why?How could you make the game/ performance harder?How do warm ups and cool downs keep us safe? | **Summer 1**What sorts of exercise contribute to an overall healthy mind and body?What else contributes to a healthy life?How could you adapt the performance and what would be the effect?How do we look after our muscles, bones and joints when exercising? | **Summer 2**How can you improve your health?Can you describe how your body feels during different types of activities?Can you compare these performances and explain what is the same and different?Does the performance need to be adapted? Why and how would you do it?Can you describe a safe warm up, exercise and cool down regime? |

**YEAR THREE**

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| **GAMES- NVASION INC RUGBY** (Autumn 1, Autumn 2) | **GAMES- MAKING GAMES** (Spring 1) | **OUTDOOR ADVENTURE** (Spring 2) | **GAMES- STIKING AND FIELDING** (Spring 1, Summer 1) |
| What does invasion mean in sport and what is the objective?Can you show me the best technique to perform a chest/ bounce/ shoulder pass?What do you need to remember when dribbling/ passing/ receiving a ball with your feet/ hands?What is agility and how does it help performance?What does interception mean and how can it be performed?What helps you/ your team to keep possession?What skills do you need to play an invasion game?What positions are there in this game?What does a controlled pass/ kick/ move look like? | Why is co-operation important when creating a game?Can you explain the format of the game?What criteria will your game have to meet?What is the objective of the game?What positions will you include and how many players?What will the rules be and can you explain how to follow them?What skills and techniques will players need?How will you adjust the rules or your strategy to change the game?How do you win the game? | What map work skills do you already know that will help you today?Which route will you take and why?How will you work together to follow the clues?Can you tell me how to read co-ordinates on a map?How will you keep yourself and others safe on your route?What strategies will you use if you can’t find your way?What obstacles did you have to overcome and how did you do it? | Can you explain the format and features of a striking and fielding game?What positions are played in \_\_\_\_\_\_\_?What skills and techniques does a bowler/ batter/ fielder need?What does good striking technique look like?What is the best way to intercept a ball?Why is it important to have accuracy and control when striking and fielding?What are the rules of this game and how do you score points?Can you name the equipment used in \_\_\_\_\_\_? |
| **GAMES- NET/ WALL/ COURT** (Spring 2) | **ATHLETICS** (Summer 2) | **GYMNASTICS** (Autumn 2, Summer 1) | **DANCE** (Autumn 1, Summer 2) |
| What types of games are classed as net/ wall or court?How are these games played?What does a good striking/ batting/ hitting action look like?What are the rules of\_\_\_\_\_ and how are point scored?Can you show me a controlled and accurate \_\_\_\_\_\_\_\_?What techniques can you use to strike the ball in different directions?How does your body position and location affect how you receive the ball?How can you change the speed at which the ball moves?Which area is the best place to send the ball? | Can you show me how you run at different speeds?What speed would be best for\_\_\_\_\_ and why?Which technique will help you to jump the furthest/ highest?Which technique will help you to throw the furthest and with the most accuracy?What is the format and purpose of a relay race?How can linking running and jumping help you jump as far or as high as you can?What is power?What technique will help you create the most power when you…? | What is suppleness and how does it help performance?Why is strength important in gymnastics?Can you link movements together to create a sequence?How will you adapt your sequence to suit the apparatus and the people you are working with?How can you improve the fluency of your sequence?What skills and techniques do you need to balance/ travel/ roll/ spin etc?Can you describe the similarities and differences between…?How can you improve your \_\_\_\_\_\_\_\_\_? | Where are your quadriceps and biceps and how are they used in dance?What do the words improvise, translate, stimulus mean in dance?Can you create a short phrase to show\_\_\_\_\_\_?Can you describe what controlled and fluent movements look like in dance?How does this music make you want to move?Can you copy and repeat your movements for others in your group?Which type of movements will show the mood and feeling of the dance? |
| **Autumn 1**Can you demonstrate some ways to warm up/ cool down and explain what is happening to your body?Where are your biceps and quadriceps?How is your performance similar/ different to others?How could you adapt the performance and what would be the effect?What are the rules of PE?How do we make sure we are all safe in PE? | **Autumn 2**How do your heart/ lungs/ muscles etc react during and after exercise? Why?How does exercise affect your mental health and well-being?Can you explain why you think your performance is the same/ different to others?In what ways could you adapt your performance so it is more similar/ different?How do we use equipment safely?How do we move equipment safely? | **Spring 1**How does exercise affect your physical health?What type of exercise is best to improve strength/ stamina/ speed/ flexibility etc?Do you think this performance/ game needs to be adapted? Why?How could you adapt it to meet your new criteria?How do warm ups and cool downs keep us safe?What parts of our body are kept safe? | **Spring 2**Can you devise a warm up routine and teach it to someone else?Can you describe the performance by talking about the positive and negative features?How would you improve the performance?How do we look after our muscles, bones and joints when exercising? | **Summer 1**What other things apart from exercise contribute to a healthy lifestyle?Is there more than one way to improve this performance?What equipment might we use when exercising to keep ourselves and others safe and well? | **Summer 2**How could you adapt a warm up or cool down depending on the type of exercise you are doing?Which improvement worked best and how do you know?Can you describe a warm up and cool down regime for different types of exercise? |

**YEAR 4**

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| **GAMES INVASION** (Autumn1, Spring 1) | **GAMES STRIKING AND FIELDING** (Summer 1) | **GAMES PROBLEM SOLVING/ INVENTING** (Aut 2) | **GAMES NET/ WALL/ COURT** (Spring 1, Spring 2) |
| What are the features of an invasion game?What does effective passing/ travelling look like in…?Which techniques can you use to pass/ travel/ receive in…?What does it mean to negotiate and collaborate with your team?How do these skills help you to construct games with clear purpose, format and rules?How are tactics used in invasion games?How can you adapt your tactics and skills to suit the game?What skills are important to be able to dodge/ mark/ intercept? | What are the features of a striking and fielding game?What does accurate and controlled striking/ fielding look like?How could you adapt your striking technique to change the speed/ height/ direction of the ball? What is the purpose of the batter/ bowler/ fielder/ backstop etc and what skills do they need to have?What tactics might you use to improve your team performance?What is the format, purpose and objective of this game? How can you make sure your throwing is accurate? | What do we mean when we talk about purpose, format, objective and rules of a game?What is negotiation, planning and collaboration and why are they important when creating a game?What skills and techniques will your game require?How can your game be adapted to accommodate different numbers of players?What tactics will help you to improve performance?How will you make sure your game continues to be played to the end?Can you explain how to play your game to another person? | What are the features of net/ wall/ court games and can you name some?What skills do you need to play….?How could you adapt your technique to change the speed/ height direction of the ball?Where is the best position to be in to receive a ball?What combination of skills and techniques might improve your performance?What does an effective grip look like?How could you defend a shot taken by your opponent?What does an effective forehand/ back hand/rally look like?  |
| **OUTDOOR ADVENTURE** (Spring 2) | **ATHLETICS** (Summer 2) | **GYMNASTICS** (Autumn 2, Summer 1) | **DANCE** (Autumn 1, Summer 2) |
| What map work skills do you already know that will help you today?Which route will be easiest to take to achieve your goal?What will you find at (given co-ordinates)?Which is the safest route to take and why?How will you ensure you stay within the time limit?How did you ensure you remained safe during the activity?How did you adapt your route and strategy to improve the time it took?What mimiting factors did you encounter and how did you overcome them? | What constant speed will help you to run the furthest distance?What technique will help you to run at your fastest?Which type of throw will result in the furthest distance (underarm, overarm etc) and why?What physical abilities will help you to throw a heavier object?How will you ensure your throwing is accurate enough to hit a given target?What strategy will enable you to jump your highest/ furthest?Can you show me how to jump two footed/ one footed? | Can you demonstrate controlled shape, balance, roll, travelling?How can you include a change of speed/ direction in your routine?What criteria/ rules will your performance have to meet and how will you do it?Can you demonstrate your sequence and then suggest how it might be improved?What physical attributes are needed in gymnastics? How can you ensure your movements are controlled and co-ordinated? | Can you locate your quadriceps, biceps, triceps and hamstring?How will you move your body to communicate the main idea of the dance?Why is it important to practise parts of the dance and then put it all together?Can you create a dance for your partner to learn?How do you change your movements so that they follow the music? What does clear and fluent dance look like?How does the music make you want to dance?Can you sequence your movements and those of others? |
| **Autumn 1**Can you demonstrate some ways to warm up/ cool down and explain what is happening to your body?Where are your biceps, triceps quadriceps and hamstrings?How is your performance similar/ different to others?How could you adapt the performance and what would be the effect?What are the rules of PE?How do we make sure we are all safe in PE? | **Autumn 2**How does your body respond to different types of exercise?How does exercise affect your mental health and well-being?Can you explain why you think your performance is the same/ different to others?In what ways could you adapt your performance so it is more similar/ different?How do we use equipment safely?How do we move equipment safely? | **Spring 1**How does exercise affect your physical health?What type of exercise is best to improve strength/ stamina/ speed/ flexibility etc?Do you think this performance/ game needs to be adapted? Why?How could you adapt it to meet your new criteria?How do warm ups and cool downs keep us safe?What parts of our body are kept safe? | **Spring 2**Can you explain why keeping fit is good for your health?What happens to your heart and lungs if you exercise regularly?Can you describe the performance by talking about the positive and negative features?How would you improve the performance?How do we look after each part of our body when exercising? | **Summer 1**What other things apart from exercise contribute to a healthy lifestyle?Is there more than one way to improve this performance?What equipment might we use when exercising or taking part in sport to keep ourselves and others safe and well? | **Summer 2**How could you adapt a warm up or cool down depending on the type of exercise you are doing?How will you make sure you stay fit and healthy even when you aren’t in school?Which improvement worked best and how do you know?Can you describe a warm up and cool down regime for different types of exercise? |

**YEAR 5**

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| **GAMES- INVASION**(Autumn 1, Autumn 2, Summer 1) | **GAMES NET/ WALL/ COURT** (Spring 1) | **GAMES STRIKING AND FIELDING** (Summer 1) | **SWIMMING INC PERSONAL SURVIVAL** (Autumn 1) |
| How would you recognise an invasion/target game?What skills and techniques could you use to effectively pass/ travel with or receive a ball using your hands/ feet?Why is possession important in invasion games and how could you retain it?What skills/ techniques and tactics could you use to move the ball towards your opponent’s goal?Can you show me different techniques for passing/ dribbling/ shooting?Where should you place yourself so that you are free to receive/ send a ball? What is the purpose/ format/ objective of this game?What skills have you learned before that you could transfer to this game? | How would you recognise a net/ wall/ court game?Can you describe the types of net/ wall/ court games we have played?What is the purpose/ format/ objective of the game?Can you demonstrate a correct grip?How might you adapt your grip to play a forehand/ back hand/ overhead/ serve/etcCan you demonstrate an effective and controlled forehand/ back hand/ overhead/ underarm rally?Where should you position your body to play/ receive a shot?How do you make sure your shot is controlled and accurate?How can the available space be used to help improve your game? | How would you recognise a striking and fielding game?Can you demonstrate an effective grip, stance and body position when batting?What is the purpose/ format/ objective of this game?What skills, strategies and techniques could you use to strike the ball accurately and consistently?What skills, strategies and techniques could you use when you are a fielder/ bowler/ backstop etc?What does an effective underarm and over arm bowl look like?How can you work as a team to improve performance? | Can you enter and leave the pool safely?What are the features of an effective leg kick in front craw/ backstroke/ breaststroke?What are the features of an effective arm movement in front craw/ backstroke/ breaststroke?Can you describe the breathing technique that maintains a fluent and consistent swimming style?What does a safe submerge/ float/ retrieval look like?How does butterfly differ from the other strokes?How would you ensure your personal survival if you were caught in water? |
| **OUTDOOR ADVENTURE** (Spring 2) | **ATHLETICS** (Summer 2) | **GYMNASTICS** (Autumn 1, Spring 2) | **DANCE** (Spring 1, Summer 2) |
| What do you need to remember when reading a map?What are the rules of this task and how will you make sure you follow them?What will help you to navigate the map?What are the 8 compass points and can you point them out on a map?How will you adapt your strategy if you come across a problem or new information?How will you ensure your own and others safety whilst on your route? | What is the best speed to run at cover short/ middle/ long distance?What does a controlled take off look like from one foot and two feet?What does a controlled landing look like after you have jumped as far or as high as you can?How does the combination of running and jumping help you to jump as far/ high as you can?Which technique should you use to throw the \_\_\_\_\_ as far as you can?How do you make sure your throwing is accurate?Which body position allows for the smoothest flight through the air? | Can you combine action, balance and shape to create a sequence?What movements could you combine to make your sequence longer and have more complexity?What is important to remember if your movements are to be accurate, clear and consistent?How could you adapt your routine for a different audience?What physical attributes help when performing a balance/ roll/ jump/ travel etc?Which skills from other sports can be used in gymnastics? | What movements and phrases will you combine to make your dance imaginative and creative?How should this music be responded to with dance and why?What techniques and skills could you use to perform controlled movements?What is meant by clarity, fluency, accuracy and consistency in dance?Which movements will link together for you and others to perform?Can you demonstrate a (range of dance styles)?What is meant by form and structure in dance? How can form a structure be used in your own compositions? |
| **Autumn 1**Can you demonstrate some ways to warm up/ cool down and explain what is happening to your body?Where are (main muscle groups and bones)?Do you think this performance/ game needs to be adapted? Why?How could you adapt it to meet your new criteria?What are the rules of PE?How do we make sure we are all safe in PE? | **Autumn 2**How does exercise affect your mental health and well-being?What type of exercise is best to improve strength/ stamina/ speed/ flexibility etc?Why is close observation important when evaluating performance?How do we use equipment safely?How do we move equipment safely? | **Spring 1**How does exercise affect your physical health?What combination of exercises would develop overall health and fitness?What skills, techniques and ideas are being used here?How do warm ups and cool downs keep us safe?What parts of our body are kept safe? | **Spring 2**Can you explain why keeping fit is good for your health?What happens to your heart, lungs, muscles, mental well-being if you exercise regularly?Which elements have you noticed need improving? Can you explain what you have observed to others?How do we look after each part of our body when exercising? | **Summer 1**What other things apart from exercise contribute to a healthy lifestyle?How does exercise affect your blood?What observations could you make to help you to improve your performance and that of others?What equipment might we use when exercising or taking part in sport to keep ourselves and others safe and well? | **Summer 2**How will you make sure you stay fit and healthy even when you aren’t in school?What warm up/ cool down regime would you use for (different exercises)?How could your observation of skills, techniques and ideas help to adapt improve the performance?Can you explain some safety principles when preparing for exercise? |

**YEAR 6**

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| **GAMES INVASION** (Autumn 2, Spring 1, Spring 2) | **GAMES NET/ WALL/ COURT** (Autumn 2) | **GAMES STRIKING AND FIELDING** (Summer 1) | **SWIMMING** (Autumn 1) |
| Can you compare and contrast the invasion games you play?How would you adapt your skills to play netball/ hockey/ rugby/ football etc?Can you explain the features of each playing position and the skills needed to perform well?Can you demonstrate different and controlled passing, receiving, dribbling and shooting in each of the games you play?What tactics would you employ when attacking/ defending in each game and how would you know they were effective?How will you modify your technique/ strategy/ tactics to improve your/ your team performance?What qualities does a good leader have when playing different invasion games? | Can you compare and contrast the net/ wall/ court games you play?How would you adapt your skills and technique to play each game type?What is the format/ purpose/ objective of each game?What grip would you use when playing\_\_\_\_\_\_\_?How do you modify your grip to perform a (type of shot)?How do you ensure each different type of shot is performed accurately and with intentWhere should each player position themselves at different points of a game?Can you explain why you directed your shot at that speed/ direction/ angle/ height? | Can you compare and contrast the striking and fielding games you play?How would you adapt your skills and technique to play each game type?What technique will ensure you can direct the ball at a given height, speed or angle and why?How will you modify your stance/ grip/ power etc to direct the ball accurately and precisely when playing each position in a game?What skills and techniques does each player need to employ to play well for the team?What tactics should a team employ when fielding against a team who (bat well, run well etc)What tactics should a team employ when batting against a team who field well? | Can you enter and leave the pool safely?What are the features of an effective leg kick in front craw/ backstroke/ breaststroke?What are the features of an effective arm movement in front craw/ backstroke/ breaststroke?Can you describe the breathing technique that maintains a fluent and consistent swimming style?What does a safe submerge/ float/ retrieval look like?How does butterfly differ from the other strokes?How would you ensure your personal survival if you were caught in water? |
| **ATHLETICS** (Summer 2) | **OUTDOOR ADVENTURE** (Autumn 2) | **GYMNASTICS** (Autumn 1, Spring 2) | **DANCE** (Spring 1, Summer 2) |
| What skills and techniques will enable you to accelerate quickly?What strategies will help you to maintain a constant speed over a given time/ distance?How can you modify technique to jump fluently, efficiently and at an appropriate speed over a series of obstacles?What is the difference between strength and power?How do you ensure you throw with strength and power?How do you effectively link approach, take-off, flight and landing when jumping high/ far?What does stamina look like and how can it be developed? | (to include residential instructor planning)How will you adapt your skills to suit each situation?What do you need to take into account when planning a route and clues for someone else?How will you make sure you and your team stay safe in this environment?Can you describe your route using the correct terminology?How will you modify your route if you come across a problem? | Can you travel across, over, along this apparatus in different ways?How can you combine your performance with someone else’s?How will you develop and modify your sequence so it meets a criteria?What does an effective jump/ roll look like on and off apparatus?Can you describe safe practice when using all of the equipment?Can you explain how to perform consistently accurate and precise rolls/ jumps/ movements etc? | How will you adapt your dance skills to suit a specific style?Why have you chosen this music, style, type of dance?How will you communicate the artistic intention of this dance with clarity, fluency, musicality and flair?What are the characteristic elements of this dance?How can you help your partner/ group to refine and improve their movements?Can you develop a dance and describe each element using correct dance terminology? |
| **Autumn 1**Can you demonstrate some ways to warm up/ cool down and explain what is happening to your body with reference to heart rate, pulse, blood- flow, oxygen, carbon dioxide??How do (named muscles and bones) work together during exercise? What activity would help to improve your performance?What are the rules of PE?How do we make sure we are all safe in PE? | **Autumn 2**What type of exercise is best to improve strength/ stamina/ speed/ flexibility etc?Why is thorough analysis important when evaluating an individual or team performance?How do we use equipment safely?How do we move equipment safely? | **Spring 1**How do different types of exercise affect your mind and body?What combination of exercises would develop overall health and fitness over time?What skills, techniques and ideas are being used in your/ their performance?What type of warm-up/ cool down will keep us safe when (type of exercise)? | **Spring 2**Can you explain why we need regular, safe exercise?What would be an appropriate warm up/ cool down for \_\_\_\_?Which skills and techniques require modifying and why?How do we look after each part of our body when exercising? | **Summer 1**What other things apart from exercise contribute to a healthy lifestyle?How will your modifications improve your/ their performance?What equipment might we use when exercising or taking part in sport to keep ourselves and others safe and well? | **Summer 2**How will you make sure you stay fit and healthy even when you aren’t in school? How might the type of exercise you do change depending on age or lifestyle?What criteria do you/ they have to meet for the performance to be successful?How might you need to adapt your exercise after an injury? |