

Upper Key Stage Two

Hockey

Cycle A Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to develop dribbling to beat a defender.	I know how to select the appropriate skill, choosing when to pass and when to dribble.	I know how to use the appropriate defensive technique for the situation.
	I know how to send and receive the ball with control under pressure.	I know how to move into and create space to support a teammate.	I know how to apply rules, skills and principles to play in a tournament.

Fitness

Cycle A Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to understand how speed helps me in other activities and apply this.	I know how to understand how agility helps me in other activities and apply this.	I know how to understand how co-ordination helps me in other activities and apply this.
	I know how to understand how strength helps me in other activities and apply this	I know how to understand how balance helps me in other activities and apply this.	I know how to understand how stamina helps me in other activities and apply this.

Tag Rugby

Cycle A Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to select the appropriate skill, choosing when to run and when to pass.	I know how to use defending skills to gain possession.	I know how to use a variety of attacking skills to beat a defender.

	I know how to move into space to support a teammate abiding by the rules.	I know how to work as a defending unit to prevent attackers from scoring.	I know how to apply rules, skills and tactics learnt to play in a tag rugby tournament.
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Dance

Cycle A Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to create a dance using a random structure and perform the actions showing quality and control.	I know how to understand and use relationships and space to change how a performance looks.	I know how to work with a partner to copy and repeat actions in time with the music.
	I know how to understand how changing dynamics changes the appearance of the performance.	I know how to copy and repeat movements in the style of rock 'n' roll.	I know how to work collaboratively with a group to choreograph a dance in the style of Rock 'n' Roll.

Gymnastics

Cycle A Spring 1	SKILLS	APPLICATION	PERFORM
	To perform symmetrical and asymmetrical balances.	To develop the straight, forward, straddle and backward roll.	To explore different travelling actions using both canon and synchronisation.
	To perform interesting symmetrical and asymmetrical balances using apparatus.	To develop the straight, forward, straddle and backwards roll into a sequence.	To explore different methods of travelling, linking actions in both canon and synchronisation.

Dodgeball

Cycle A Spring 1	SKILLS	APPLICATION	PERFORM
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	To develop throwing skills and apply them appropriately to the situation.	To develop catching skills and apply them appropriately to the situation.	To understand the need for tactics and identify how to create and use them.
	To develop dodging skills and apply them appropriately to the situation.	To develop blocking skills and apply them appropriately to the situation.	To apply rules, skills and tactics when playing in a tournament.

OAA

Cycle A Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to develop communication and negotiation skills.	I know how to develop planning and problem solving skills.	I know how to develop navigation skills and map reading.
	I know how to develop strong communication and negotiation skills to solve challenges.	I know how to share ideas and work as a team to solve problems.	I know how to create and follow a key and route on a map.

Yoga

Cycle A Spring 2	SKILLS	APPLICATION	PERFORM
	To understand how breath can help me to hold and move from pose to pose.	To identify and use flexibility when exploring poses and creating a flow.	To create and refine a flow with a partner.
	To identify and use balance when exploring poses and creating a flow.	To identify and use strength when exploring poses and creating a flow.	To lead others through our flow.

Tennis

Cycle A Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to return the ball using a forehand groundstroke under pressure.	I know how to use a variety of shots to keep a continuous rally going.	I know how to develop the volley and understand when to use it.
	I know how to return the ball using a backhand groundstroke under pressure.	I know how to develop the underarm serve and understand the rules of serving.	I know how to apply rules, skills and principles to play against an opponent.

Rounders

Cycle A Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to develop throwing and catching skills and apply them relevantly to the situation.	I know how to develop batting skills, identify when I am successful and what I need to do to improve.	I know how to understand the need for tactics and identify when to use them.
	I know how to develop bowling accuracy and perform the skill within the rules of the game.	I know how to develop fielding techniques and begin to use these under pressure.	I know how to apply skills and knowledge to compete in a tournament. Using tactics identified

Athletics

Cycle A Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to understand pace and apply different speeds over varying distances.	I know how to develop technique in relay changeovers.	I know how to develop throwing with force for longer distances.

	I know how to develop fluency and co-ordination when running for speed.	I know how to build momentum and power in the triple jump.	I know how to develop throwing with greater control and technique.
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Cricket

Cycle A Summer 2	SKILLS	APPLICATION	PERFORM
	To develop throwing and catching skills and apply them relevantly to the situation.	To develop batting skills, identify when I am successful and what I need to do to improve	To understand the need for tactics and identify when to use them.
	To develop bowling accuracy and perform the skill within the rules of the game.	To develop fielding techniques and begin to use these under some pressure.	To apply skills and knowledge to compete in a tournament. Using tactics identified throughout the unit.

Football

Cycle B Autumn 1	SKILLS	APPLICATION	PERFORM
	I know how to maintain possession when dribbling.	I know how to select the appropriate skill, choosing when to pass and when to dribble.	I know how to use the appropriate defensive technique for the situation.
	I know how to dribble with control under pressure.	I know how to move into and create space to support a teammate.	I know how to apply rules, skills and principles to play in a tournament.

Dodgeball

Cycle B Autumn 1	SKILLS	APPLICATION	PERFORM
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	I know how to throw under pressure and apply this to a target game.	I know how to develop catching with increasing consistency under pressure.	I know how to understand and apply tactics in a game.
	I know how to select the appropriate dodging skill for the situation.	I know how to develop defensive techniques and select the appropriate action for the situation.	I know how to develop officiating skills and referee a game.

Netball

Cycle B Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to develop passing and moving to maintain possession.	I know how to move into and create space to support a teammate.	I know how to develop accuracy in the shooting action under pressure.
	I know how to use a variety of attacking skills to lose a defender.	I know how to use defending skills to gain possession.	I know how to use and apply skills, principles and tactics to a game situation.

Fitness

Cycle B Autumn 2	SKILLS	APPLICATION	PERFORM
	I know how to understand how speed helps me in other activities and apply this.	I know how to understand how agility helps me in other activities and apply this.	I know how to understand how co-ordination helps me in other activities and apply this.
	I know how to understand how strength helps me in other activities and apply this	I know how to understand how balance helps me in other activities and apply this.	I know how to understand how stamina helps me in other activities and apply this.

Gymnastics

Cycle B Spring 1	SKILLS	APPLICATION	PERFORM
	I know how to develop the straddle, forward and backward roll.	I know how to develop counter balance and counter tension.	I know how to develop jumps and explore the effect of height.
	I know how to develop rolling into sequence work and on apparatus.	I know how to develop counter balance and counter tension into sequence work with apparatus.	I know how to explore jump sequence work with consideration of performance tools.

Handball

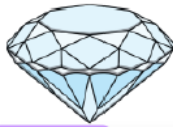
Cycle B Spring 1	SKILLS	APPLICATION	PERFORM
	I know how to use a variety of passes to maintain possession under pressure.	I know how to select and apply the appropriate skill to score goals.	I know how to use the appropriate defensive technique for the situation.
	I know how to select the appropriate skill to create space, move towards goal and away from defenders.	I know how to use defending skills to prevent an opponent from scoring.	I know how to apply rules, skills and principles to play in a tournament.

Basketball

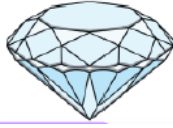
Cycle B Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to dribble with control under pressure.	I know how to choose when to pass and when to dribble.	I know how to develop shooting technique and make decisions about when to pass, dribble or shoot.

	I know how to move into and create space to support a teammate.	I know how to use the appropriate defensive technique for the situation.	I know how to apply principles, rules and tactics to a tournament.
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Dance

Cycle B Spring 2	SKILLS	APPLICATION	PERFORM
	I know how to copy and repeat a dance phrase showing confidence in movements.	I know how to use changes in dynamics in response to the stimulus.	I know how to perform a bhangra dance, showing an awareness of timing, formations and direction.
	I know how to work with others to explore and develop the dance idea.	I know how to demonstrate a sense of rhythm and energy when performing bhangra style motifs.	I know how to select, order, structure and perform movements in a bhangra style, showing various group formations.

Rounders

Cycle B Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to develop throwing and catching under pressure and apply these to a striking and fielding game.	I know how to strike a bowled ball with increasing consistency.	I know how to understand and apply tactics in a game.
	I know how to develop bowling under pressure whilst abiding by the rules of the game.	I know how to develop fielding techniques and select the appropriate action for the situation.	I know how to apply skills and knowledge to compete in a tournament.

Athletics

Cycle B Summer 1	SKILLS	APPLICATION	PERFORM
	I know how to develop my own and others sprinting technique.	I know how to develop power, control and technique for the triple jump.	I know how to develop throwing with force and accuracy for longer distances.
	I know how to identify a suitable pace for the event.	I know how to develop power, control and technique when throwing for distance.	I know how to work collaboratively in a team to develop the officiating skills of measuring, timing and recording.

Volleyball

Cycle B Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to use the fast catch volley to create space and place the ball.	I know how to develop the dig and understand when to use it.	I know how to develop the underarm serve and learn the rules of serving.
	I know how to develop the set shot and understand when to use it.	I know how to select and apply skills to keep a continuous rally going.	I know how to apply rules, skills and principles to play in a tournament.

Cricket

Cycle B Summer 2	SKILLS	APPLICATION	PERFORM
	I know how to develop throwing and catching under pressure and apply these to a striking and fielding game.	I know how to strike a bowled ball with increasing consistency.	I know how to understand and apply tactics in a game.

	I know how to develop bowling under pressure whilst abiding by the rules of the game.	I know how to develop fielding techniques and select the appropriate action for the situation.	I know how to apply skills and knowledge to compete in a tournament.
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