

# Lower Key Stage 2 - Movement

## Knowledge

- To perform dances using a range of movements and patterns.
- To develop flexibility, strength, technique, control and balance.
- To compare their performances with previous ones and demonstrate improvement to achieve their personal best.

## Gymnastics

### Skills

- I can recap the basic movements and jumps learnt in previous years, concentrating on body tension and control and making movements look purposeful.
- I can make my own sequences using learnt movements.
- I will demonstrate more advanced rolls and will add them into sequences as well as a variety of shapes.

### Vocabulary

pencil roll, teddy bear roll, tucked roll, forward roll, snake, kangaroo, fox, rabbit, frog, crab, strength, control, balance, flexibility, safety

## Dance

### Skills

- I can copy basic movement patterns with differing speeds and timings.
- I can choreograph my own phases of movement to add on to the end of a copied phase of movement. Also complete moves in a canon or in unison to add effect to the performance.
- I can compare performances looking at body tension and control.

### Vocabulary

phase of movement, canon, unison, timing, rhythm, beat, collaboration

## Underlying Vocabulary

warm up, cool down, control, purpose, determination, success, teamwork, collaboration, games, compete, rules, well-being, fitness

# Lower Key Stage 2 - Invasion Games

## Knowledge

- To apply and develop a broader range of skills and how to use them in different ways.
- To communicate and collaborate with their peers to compete with and against.
- Understanding how to improve their physical activities and sports through evaluating and recognising success.

### Football

#### Skills

- I can show control whilst dribbling a ball by understanding and applying good dribbling techniques and control.
- I can draw on my knowledge of passing and moving into space from other team games.
- I understand and can apply attacking and defending skills such as how to stand.

#### Vocabulary

tackle, pass, running, tactics, positioning, shooting, defending, attacking

### Tag-Rugby

#### Skills

- I can hold, run with and pass a rugby ball correctly as well as beginning to understand the rules of throwing the ball backwards.
- I can follow the rules of tag rugby and show tactical play through competitive opportunities to play against each other.
- I understand and can apply basic attacking and defending skills such as how to stand.

#### Vocabulary

tackle, tag, backwards pass, forward pass, running, try, tactics

### Hockey

#### Skills

- I can dribble and keep control of a ball.
- I can use a hockey stick safely and in line with the rules of the games I play.
- I show good teamwork skills, determination to succeed and outwit my opponents.
- I can draw on my knowledge of passing and moving into space from other team games.

#### Vocabulary

small sided games, rules, dribbling, hitting, goals, movement, space

### Basketball

#### Skills

- I can identify and use different passes with skill development activities and in game play.
- I can use running techniques and pace to move around the area of play.
- I can show control whilst dribbling a ball by understanding and applying good dribbling techniques.

#### Vocabulary

double dribble, bounce, dribble, overhead, chest pass, bounce pass, basket

## Underlying Vocabulary

warm up, cool down, control, purpose, determination, success, teamwork, collaboration, games, compete, rules, well-being, fitness

# Lower Key Stage 2 - Athletic Activities

## Knowledge

- To take part in outdoor and adventurous activity challenges individually and in a group.
- To use running, jumping and throwing to compete in a variety of different activities and develop flexibility, strength, good techniques, control and balance in order to enable them to fully take part in athletics.

## Orienteering

### Skills

- I can identify maps of familiar areas.
- I can understand how to orientate a map showing the map being turned as I move to different points.
- I can recognise compass points on a map and use them for direction.
- I can demonstrate an awareness of distance through pacing activities.

### Vocabulary

pacing, time, north, east, south, west, compass, orientate, map

## Sports Hall Athletics and Outdoor Athletics

### Skills

- I can run with a specific technique and will apply this to my running for speed through investigation activities and evaluation.
- I can investigate combination jumping and sequence jumps together ultimately leading towards to triple jump.
- I can recognise the technique for distance jumping and throwing actions for a variety of purposes.

### Vocabulary

sprint, distance, fast, slow, jumping, combination, push throw, side arm throw, overarm throw, control

## Underlying Vocabulary

warm up, cool down, control, purpose, determination, success, teamwork, collaboration, games, compete, rules, well-being, fitness