

Fairisle Junior School Overview of PE 2020-2021

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
Year 3 Project:	<i>Plastic Sucks!</i>	<i>Misunderstood Monsters</i>	<i>Going, Going, Scone!</i>	<i>Rocking Through Time</i>	<i>Groovy Greeks</i>	
Skills:	<p>Dance & Invasion Games (Hockey)</p> <p>As athletes we will learn to:</p> <p><i>Develop the ability to copy and learn simple dance.</i></p> <p><i>Understand that a dance can have a beginning, middle and end.</i></p> <p><i>Show control and demonstrate safety when using equipment.</i></p> <p><i>Explore travelling with an object.</i></p> <p>I can use simple movement patterns to structure a dance phrase.</p> <p>I can use space effectively and safely when performing a dance.</p> <p>I can combine a variety of steps together with good co-ordination. (Dance)</p> <p>I can hold a hockey stick using the correct technique.</p> <p>I can use both parts of the stick when travelling.</p> <p>I can keep the ball close to me when travelling.</p> <p>I can use changes in direction and speed to avoid an opponent. (Hockey)</p>	<p>Dance & Invasion Games (Football Skills & Games)</p> <p>As athletes we will learn to:</p> <p><i>Improve core throwing and catching skills using small and large objects.</i></p> <p><i>Develop our knowledge of shapes including the difference between symmetrical / asymmetrical shapes and balances.</i></p> <p>I can make symmetrical and asymmetrical shapes and balances using my body.</p> <p>I can use travelling movements to link my shapes together to form a short sequence. (Gymnastics)</p> <p>I can improve my core throwing and catching skills using small and large objects.</p> <p>I can use an underarm and overarm throw to send an object to a partner. (Multiskills)</p>	<p>Gymnastics & OAA</p> <p>As athletes we will learn to:</p> <p><i>Practice and remember the keys steps (level 2 body management routine) and begin to explore apparatus.</i></p> <p><i>Learn to work both individually and as a team to solve problems and build relationships.</i></p> <p>I can move apparatus safely.</p> <p>I can use pre-learnt steps to when performing on apparatus.</p> <p>I can link steps together fluently.</p> <p>I can perform a sequence in front of an audience. (Gymnastics)</p> <p>I can solve simple problems that are given to me.</p> <p>I can work with a partner or small group to complete a series of challenges.</p> <p>I can read a simple sketch map and navigate my way to a control point. (OAA)</p>	<p>Dance & Invasion Games (Tag Rugby)</p> <p>As athletes we will learn to:</p> <p><i>Explore travelling movements in time to music and learn basic techniques of dance e.g. pointing toes. We will also learn to send a ball to an opponent whilst moving.</i></p> <p>I can develop a variety of steps to a beat.</p> <p>I can point my toes and show good posture when performing dance steps.</p> <p>I can memorise a dance that has been taught to me. (Dance)</p> <p>I am able to pass sideways.</p> <p>I am able to pass backwards, using the correct technique in rugby.</p> <p>I am to pass a rugby ball whilst travelling.</p> <p>I am able to recognise when to pass a rugby, in order for my team to gain an advantage. (Tag Rugby)</p>	<p>Athletics</p> <p>As athletes we will learn to:</p> <p><i>Run, jump and throw in isolation and in combination.</i></p> <p>I can use the hip to lip technique when sprinting.</p> <p>I can change my technique between throwing a ball and throwing a javelin.</p> <p>I can use my arms when I jump. (Athletics)</p>	<p>Tennis & Fielding Skills</p> <p>As athletes we will learn to:</p> <p><i>Perform rallies with a partner maintaining control of the ball.</i></p> <p><i>Use fielding skills such as throwing, catching and retrieving.</i></p> <p>I can get in the ready position.</p> <p>I can show the correct racket grip.</p> <p>I can rally with a partner on the floor.</p> <p>I can complete at least five rallies with the ball in flight. (Tennis)</p> <p>I can catch a small ball.</p> <p>I can run towards / back to catch a moving ball.</p> <p>I can position myself in a game situation to help my team.</p> <p>I can use an underarm or overarm throw correctly.</p> <p>I can throw with accuracy over a short distance, when under pressure. (Fielding)</p>

Year 4 Project:	<i>Journey to the Jungle</i>	<i>You're Gonna Hear Me Roar</i>	<i>I Came, I Saw, I Conquered</i>	<i>Mummy Mayhem</i>	<i>A Taste of Paradise</i>	<i>Bright Sparks</i>
Skills:	<p>Dance & Invasion Games (Hockey)</p> <p>As athletes we will learn to:</p> <p><i>Use travelling, passing and shooting skills and use them in combination in invasion games. Respond imaginatively to a range of stimuli related to character as well as learn how to dance in unison and canon.</i></p> <p>I can perform a dance clearly and fluently. I can work with resources to choreograph my own movements. I can dance in unison and canon. I can use simple movement patterns to structure a dance phrase in a group. (Dance)</p> <p>I can use different parts of my stick to pass a ball. I can pass a ball, with accuracy, using a stick whilst travelling. I can adjust the power of my pass, depending on the distance of the target. I can control a ball away from an opponent. (Hockey)</p>	<p>Gymnastics & Invasion Games (Football Skills & Games)</p> <p>As athletes we will learn to:</p> <p><i>Improve passing skills by developing a range of short, medium and long passes. Learn and play to the rules of football (excluding offside) and have the ability to play in a variety of positions effectively. Develop balancing on points (small parts of the body) and patches (large parts of the body) focusing on presentation of a balance.</i></p> <p>I can explore points and patches ensuring that fingers and toes are pointed, legs and arms are straight as well as tensing my muscles. I can explore a range of rolls including forward, teddy bear and log roll. I can use rolls and balances to create a short sequence with a partner. (Gymnastics)</p> <p>I can use a variety of passes over short, medium and long distances and play them with accurately. I can move into a space in order to receive a ball. I can receive a ball on the half turn. I can pass at different speeds depending on the distance of my team mate. I understand what is meant by possession and can use previously learnt skills to keep possession for 3 passes or more whilst opposed. (Football)</p>	<p>Gymnastics & OAA</p> <p>As athletes we will learn to:</p> <p><i>Explore travel and balance using apparatus. Read basic sketch maps and understand features and symbols.</i></p> <p>I can use different entry and exit points when travelling on apparatus. I can confidently add leaps and jumps into a sequence when on apparatus. I can start to perform a backwards roll with the support of an adult. I can use point / patch balances and perform them on equipment. We can create and perform a sequence on apparatus.</p> <p>I can mark control points in the correct position on a map. I can use the features of a map to help me complete an orienteering challenge. We can listen to each other's ideas when planning how to approach / take on an orienteering challenge. We can plan a strategy before starting an orienteering challenge. We can select appropriate equipment / route to solve a problem successfully. (OAA)</p>	<p>Dance & Invasion Games (Basketball)</p> <p>As athletes we will learn to:</p> <p><i>Improve technique by developing and exploring a range of dance steps. Learn a dance routine. Use previously learnt travelling skills and combine them with shooting skills</i></p> <p>I am able to travel at different speeds, whilst continuously dribbling the ball. I can shoot a ball with accuracy, when under pressure. I can use my previously learned skills in a small sided game. (Basketball)</p> <p>I can travel safely around the space using kicks and turns. I can use a range of dance movements to match the dynamics of the music. I can combine different dance movements together. I can use canon and unison when performing dance movements. I can create a story and stay in character throughout my dance. I can provide effective feedback on others' performances. (Dance)</p>	<p>Athletics</p> <p>As athletes we will learn to:</p> <p><i>Explore a variety of jumps, including high jump and long jump. We will also learn to run over a medium distance in adequate time.</i></p> <p>I can use the scissors technique when performing a high jump. I can run and jump in combination safely. I can pace myself when running more than 200m. I can measure or time my own and my peer's event. I can improve on my scores from Year 3. (Athletics)</p>	<p>Net & Wall Games, Striking & Fielding (Rounders)</p> <p>As athletes we will learn to:</p> <p><i>Develop batting skills, striking at different angles and distances. Use a range of shots to play</i></p> <p>I can use the correct standing position when striking a ball with a bat. I can keep my eye on travelling ball so that I can make contact. I can choose an area to strike a ball into. I can increase the power of my strike to improve the distance the ball travels. (Striking skills)</p> <p>I can strike a shuttle that is thrown to me, using an overhead shot. I can play a variety of shots when the shuttle is travelling towards me. I can select the most effective shot based on where the shuttle is in relation to my body. (Badminton)</p>

Year 5 Project:	<i>To Infinity & Beyond</i>	<i>Back to Nature</i>	<i>Crime & Punishment</i>	<i>Row, Row, Row Your Boat</i>	<i>Down by the River</i>	
Skills:	<p>Dance & Invasion Games (Hockey)</p> <p><i>As athletes we will learn to:</i></p> <p><i>Work with stimulus to create dances and movement ideas, choreographing a sequence and adding it to a pre-learnt routine.</i></p> <p><i>Be aware of space that is around us and manipulate the ball into it.</i></p> <p>I can dance at the same time as the rest of my group. I can devise creative dance steps. I can piece together a variety of dance steps and insert them into my dance. I can adapt a pre learnt routine to make it my own. I can begin to add character and expression to my dance. (Dance)</p> <p>I can lead a warm up to a small group. I can demonstrate changes of speed and direction in order to get away from an opponent. I can initially move away from the ball in order to create space to go and receive it. I can take my first touch into a space away from an opponent. I can make a run to take a defender away for my team mate. I can show good spatial awareness in a small sided game. (Invasion Games)</p>	<p>Gymnastics & Fitness</p> <p>As athletes we will learn to:</p> <p><i>Develop mirroring and matching with a partner and use a variety of steps to create a sequence.</i></p> <p><i>Understand the 9 components of fitness and how each one can improve performance.</i></p> <p>I understand how exercise affects and changes my body. I understand the importance of regular exercise on my physical and mental wellbeing. I know the nine components of fitness and know which exercise improves each of them. I know my strengths and weaknesses and suggest ways to improve them. I can suggest an activity that will improve a component of fitness.</p> <p>I can transform previously learnt balances into twisted balances. I can perform and discuss the characteristics of a good balance. I can combine travel, balance and shape to put together a sequence in unison with a partner. (Gymnastics)</p>	<p>Gymnastics & OAA</p> <p>As athletes we will learn to:</p> <p><i>Practice and remember the key steps, level 3 body management routine, as well as developing more challenging methods of travelling e.g. backwards roll. We will also learn to compete in a variety of orienteering courses and consolidate map reading skills. For fitness, we will learn to maintain exercise for a sustained period of time and learn about various methods of training.</i></p> <p>I can perform a complex sequence to an audience. I can create and develop my own steps to develop longer sequences. I can perform a backward roll. (Gymnastics)</p> <p>I can use the eight compass points to orientate myself. We can choose effective strategies and change them if our ideas are not working. We can plan and share roles within the group, based on each other's strengths. We can complete an orienteering course within a set time frame and compete against others. (OAA)</p>	<p>Dance & Invasion Games (Netball)</p> <p>As athletes we learn to:</p> <p><i>Dance with a partner in time when performing to music from a different era. We will also learn to throw, catch and move at high intensity in order to create space.</i></p> <p>I can follow a dance with an increased pace with a partner. I can use development techniques to choreograph my own steps e.g. repetition, change of level and mirroring. I can perform with confidence in front of an audience. (Dance)</p> <p>I can find space so that I can receive a ball. I can change direction quickly in order to evade an opponent. I can create space and consider my positioning to help my team maintain possession of the ball. We can consider different strategies and tactics in order to maintain possession and score. (Invasion Games)</p>	<p>Athletics</p> <p>As athletes we will learn to:</p> <p><i>Run over an increased distance effectively and learn to combine jumps to improve distance and combine running and throwing to improve power of a throw.</i></p> <p>I can pace myself during a medium distance race. I can increase my speed towards the end of the race. I can hop, step, jump in combination (triple jump). I can compete against a small group in a variety of athletics events. (Athletics)</p>	<p>Striking & Fielding, Net & Wall Games</p> <p>As athletes we will learn to:</p> <p><i>Rally with a partner for a prolonged period and play a variety of shots, including forehand, backhand and serve during a range of net and wall games. We will also learn adapt my fielding position and improve fielding skills and understand and play to rules of Rounders.</i></p> <p>I can return a shot that is sent to me in a game situation. I can increase the power of my shot to provide a challenge for my opponent. I can use tactics to disguise the shot that I am going to make, in order to gain an advantage. (Table Tennis)</p> <p>I can use a range of shots to direct the ball away from an opponent. I can throw a ball accurately at speed. I can choose when to stop at a base based on the position of the ball. I can tactically change my running speed to suit the game. (Rounders)</p>

Year 6 Project:	What a Wonderful World!		Keep Calm and Carry On		Double Double, Toil and Trouble	
	<p>Dance & Invasion Games (Hockey)</p> <p>As athletes we will learn to:</p> <p><i>Choreograph complex and creative dance steps whilst dancing at speed and staying in character.</i></p> <p><i>Use defending and attaching skills to develop our understanding of rules and tactical knowledge in a variety of invasion games.</i></p> <p>I can perform a dance at a variety of speeds – changing them throughout the dance fluently.</p> <p>I am able to show excellent knowledge of timing.</p> <p>I am able to demonstrate knowledge of level, canon, unison, repetition and dynamic changes in direction.</p> <p>I can show strong technique in all steps. (Dance)</p> <p>I can approach an opponent with good body shape in order to defend effectively.</p> <p>I know how to delay an opponent when defending.</p> <p>I can use defending tactics e.g. lining up together as a team to prevent an opponent from scoring a try.</p> <p>I can use changes of speed and direction to help get past an opponent.</p> <p>We can experiment with different formations and decide which is the most effective for our team. (Invasion Games)</p>	<p>Gymnastics & Fitness</p> <p>As athletes we will learn to:</p> <p><i>Develop balancing with a partner or small group and use them in a group sequence.</i></p> <p><i>Understand how different methods of training can enhance performance and develop personal programs.</i></p> <p>I can develop my balancing skills to explore balances in groups of 3 and/or 4.</p> <p>I understand how to support my group safely when exploring more challenging balances.</p> <p>I can explore jumping and landing including inserting shapes into my jumps (flight).</p> <p>I can use my learnt balances to put together a short sequence both with and without apparatus. (Gymnastics)</p> <p>I understand how exercise affects and changes my body.</p> <p>I understand the importance of regular exercise on my physical and mental wellbeing.</p> <p>I know my strengths and weaknesses in the different nine components of fitness.</p> <p>I know the difference between the four types of training (fartlek, continuous, interval and circuit).</p> <p>I understand which types of training are needed to improve. (Fitness)</p>	<p>Gymnastics & OAA</p> <p>As athletes we will learn to:</p> <p><i>Remember the level 3 floor exercise routine, as well as choreograph a short sequence in a small group, using floor and apparatus. We will also learn to solve a range of problems as an individual and as a team and read sketch plans accurately.</i></p> <p>I can combine balance, travel, shape and flight when constructing a routine.</p> <p>I can perform in unison with a group.</p> <p>I can show excellent presentation when performing steps.</p> <p>I can show changes in direction, level and speed when performing.</p> <p>I can explore complex gymnastics steps e.g. round-off. (Gymnastics)</p> <p>I can resolve challenges quickly and accurately.</p> <p>I can record information accurately on a map.</p> <p>I can use a compass independently when navigating. (OAA)</p>	<p>Dance & Invasion Games</p> <p>As athletes we will learn to:</p> <p><i>Perform a complex dance routine at high intensity.</i></p> <p><i>We will also learn to use marking, intercepting and positioning to defend against an opponent effectively.</i></p> <p>I can show competent technique in all movements.</p> <p>I can show thorough understanding of rhythm and dynamics in dance.</p> <p>I can display work in a solo, duet or group.</p> <p>I can perform a dance phrase, in unison, with confidence and charisma. (Dance)</p> <p>I can stay close to an opponent and apply pressure.</p> <p>I can adjust my body position in order to block the ball.</p> <p>I can intercept a ball that is in flight.</p> <p>We can create a team strategy in order to defend and maintain possession. (Netball)</p>	<p>Athletics</p> <p>As athletes we will learn to:</p> <p><i>Take part in a wide range of athletic events, competing against myself and my peers.</i></p> <p>I can use fosbury flop technique when performing the high jump.</p> <p>I can insert a spin when throwing a hammer, discus or shotput.</p> <p>I can show good understanding of different running styles over various distances.</p> <p>I can apply good timing when receiving a relay baton.</p> <p>I can show determination and sportsmanship when competing. (Athletics)</p>	<p>Net & Wall Games & Striking & Fielding</p> <p>As athletes we will learn to:</p> <p><i>Understand and play to the rules of volleyball including rotation rules.</i></p> <p><i>Take part in a variety of cricket games including diamond cricket, kwik cricket and pairs cricket.</i></p> <p>I can play a dig, spike and lay up shot effectively in practice and a game.</p> <p>I can play a small sided game of volleyball independently.</p> <p>I can serve from the back of the court. (Volleyball)</p> <p>I can use communication and social skills to take part in a cricket game in a small team.</p> <p>I can use previously learnt shots to score points for my team.</p> <p>I can play in a variety of positions e.g. wicketkeeper.</p> <p>I can bowl with increasing speed and accuracy. (Cricket)</p>