
























Tennis & Fundamental Movement Skills

Autumn 1	Vocabulary	 Objectives 	 Quotes & Video Resources 
Phase 1	Hand Eye Coordination Underarm Overarm Technique Body Position Dribbling Control Racket Attacking Defending Travelling Accuracy	 <p>Practice basic striking, sending and receiving. Use hand eye coordination to catch a ball with consistency. Accurately throw under arm. Use the correct technique to throw over arm accurately. Vary the types of throw used for accuracy and distance (at a target). Investigate different ways of dribbling with a ball. Use throwing and catching skills in a game. Show a basic understanding of attacking and defending.</p> 	<p><i>“Start where you are, use what you have, do what you can.”</i> -Arthur Ashe</p> <p>Catching Highlights</p> <p>Throwing Coaching</p>
Phase 2	Accuracy Rally Underarm Serve Body Position Hand Eye Coordination Racket	 <p>Build a rally with a partner. Accurately serve underarm. Practice the correct technique for hitting a ball accurately. Demonstrate the correct body position when hitting a ball in different ways. Using hand eye coordination to strike a moving ball with a racket.</p> 	<p><i>“Champions keep playing until they get it right.”</i> -Billie Jean King</p> <p>Amazing Shots and Rallies</p>
Phase 3	Accuracy Rally Body Position Hand Eye Coordination Overarm Serve Strokes Forehand Backhand Smash Racket	 <p>Begin a rally using an accurate serve. Maintain a rally with a partner. Understand the different types of serve that can be used to begin a game. Demonstrate different strokes with accuracy. Think carefully about what shot is best to play in order to achieve the best outcome.</p> 	<p><i>“Champions keep playing until they get it right.”</i> -Billie Jean King</p> <p>Opponents Applauding Amazing Shots</p> <p>Emma Raducanu US Open Final</p>

Autumn 2	Vocabulary	 Objectives 	 Quotes & Video Resources 	
Dance	Phase 1	Link Level Unison Mirroring Stimulus	<p>Copy and explore basic movements and body shapes and begin to link their ideas. Begin to change the speed, level and size of their actions. Use simple choreographic devices such as unison and mirroring. Create movements in response to a stimulus. Choose movements to communicate a mood feeling or idea. Move in time with a piece of music. Begin to reflect on and discuss their own movements as well as their peers.</p>  	<p><i>"I may not be there yet, but I am closer than I was yesterday."</i> -Misty Copeland</p> <p>English Barn Dance</p> <p>Lion King Musical</p>
	Phase 2	Stimulus Sequence Improvise Rhythm Expression Confidence Dynamics Canon	<p>Improvise independently and with a partner to create a simple sequence. Investigate ways of moving in response to a stimulus to convey a clear idea. Perform with some rhythm, expression and spatial awareness. Perform learnt skills and techniques with control and confidence. Vary dynamics of their actions fluently within a sequence. Use simple dance vocabulary to compare and improve work. Build on learnt choreographic devices and include Canon.</p>    	<p><i>"I may not be there yet, but I am closer than I was yesterday."</i> -Misty Copeland</p> <p>Haka</p> <p>River Dance</p> <p>Bhangra</p> <p>Troika</p>
	Phase 3	Stimulus Rhythm Expression Transition Fluent Compose Dance Style	<p>Compose independent and collaborative dances that reflect the chosen dance style. Use transitions to link moves and actions together smoothly. Ensure all actions fit the rhythm of the music. Move appropriately and with required style in relation to a stimulus. Demonstrate strong controlled movements showing an awareness of their use of space. Perform confidently applying skills and techniques to create a fluent and controlled sequence. Use dramatic expression in dance movements and motifs. Use more complex dance vocabulary to compare and improve work.</p>  	<p><i>"I may not be there yet, but I am closer than I was yesterday."</i> -Misty Copeland</p> <p>The Evolution of Dance</p> <p>Diversity Performance</p> <p>Diversity BLM Performance</p> 

Spring 1

Vocabulary



Objectives

Participation



Quotes & Video Resources



Gymnastics

Phase 1



Sequence
Control
Contrasting
Direction

Copy, explore and remember actions and movements to create their own sequence.
Recognise and copy contrasting actions (small/tall, narrow/wide).
Travel in different ways, changing direction and speed.
Hold still shapes and simple balances.
Move on, around, under, over, and through different objects and equipment.
Hold a still shape whilst balancing on different points of the body.
Perform a variety of jumps and rolls with control.
Perform range of gymnastic moves on different pieces of equipment.
Move with increasing control and spatial awareness.
Climb onto and jump off the equipment safely.

"I'd rather regret the risks that didn't work out than the chances I didn't take at all."

– Simone Biles.

[Simone Biles Floor](#)

Phase 2



Sequence
Control
Level
Coordination
Vault
Transitions

Choose ideas to compose a movement sequence with transitions.
Use an increasing range of actions, directions, speed and levels in their sequences.
Develop the quality of their actions, shapes and balances.
Carry out balances (independently and with a partner).
Travel in different ways with coordination, control and care.
Perform a variety of jumps and rolls with confidence and control.
Vault safely onto equipment and jump off.
Climb onto and jump off the equipment safely.
Begin to understand the steps involved in performing a cartwheel.

"I'd rather regret the risks that didn't work out than the chances I didn't take at all."

– Simone Biles.

[Max Whitlock Floor 2016](#)

[Forward Roll Variety](#)

Phase 3



Sequence
Vault
Transitions
Centre of Gravity

Create their own complex and well executed sequences with transitions involving the full range of actions and movements (travelling, balancing, holding shapes, jumping, leaping, swinging, vaulting and stretching).
Demonstrate precise and controlled placement of body parts while performing jumps, shapes, rolls and balances.
Recognise the position of their centre of gravity and how this effects the balance.
Vault onto and over equipment in variety of ways (with use of a spring board).
Apply skills and techniques consistently, showing precision and control.
Climb onto and jump off the equipment safely. Perform a controlled cartwheel.

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– Simone Biles.

[Simone Biles Highlights](#)

Invasion Games & Fundamentals Movement Skills

Spring 2

Vocabulary



Objectives



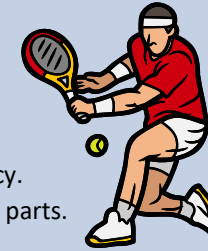
Quotes &
Video Resources



Phase 1

Striking
Hand Eye Coordination
Technique
Body Position
Control
Racket
Accuracy

Display control of a ball using a racket.
Use striking skills in a game.
Strike a moving and stationary ball with accuracy.
Kick a ball using the correct body position and body parts.
Strike a ball for distance.
Pass the ball to a partner in various ways (i.e. kicking, throwing, bouncing and rolling).



"Behind every kick of the ball there has to be a thought."

-Dennis Bergkamp

[Great Team Goals](#)

[Roger Federer Ball Control](#)

Phase 2

Control
Accuracy
Body Position
Spatial Awareness
Dribbling
Scanning
Possession

Demonstrate various ways of shooting (i.e. – with your feet, hands or a stick).
Move with the ball in a variety of ways with some control and fluency.
Pass the ball in accurately in various ways at an appropriate speed.
Demonstrate attacking and defending skills in a game.
Make the best use of the space to pass and receive the ball.
Keep and win back possession of the ball effectively.



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-Dennis Bergkamp

[Team GB Women's Hockey Gold](#)

[NBA Beautiful Pass Highlights](#)

Phase 3

Control
Accuracy
Body Position
Spatial Awareness
Scanning
Possession
Dribbling

Successfully move with the ball in a variety of ways.
Pass the ball with speed and accuracy using appropriate techniques.
Link a range of skills together e.g. passing and receiving the ball on the move.
Demonstrate good decision making in a game (i.e. – when to shoot, pass or move with the ball).
Communicate with teammates during a game. Use a range of attacking and defending techniques.
Demonstrate the importance of finding space to support teammates.



"Behind every kick of the ball there has to be a thought."

-Dennis Bergkamp

[Legendary Teamwork Goals](#)

[Women's Rugby World Cup Tries](#)

Summer 1

Vocabulary



Objectives

Participation



Quotes & Video Resources



Phase 1

Pace
Distance
Over Arm
Under Arm
Accuracy

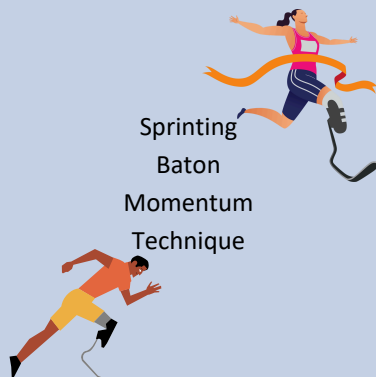
Vary the speed and direction of their running
Begin to select the most suitable pace and speed for distance.
Apply basic running techniques to a variety of situations i.e. Curved/ straight lines and obstacle course.
Perform different types of jumps: for example, two feet to two feet, two feet to one foot, one foot to same foot or one foot to opposite foot.
Investigate the best jumps and identify the most appropriate to cover different distances.
Throw over and under arm.
Throw different equipment accurately towards a target.
Investigate ways to alter their throwing technique to achieve greater distance.

"The sky has no limits, neither should you."

-Usain Bolt

[Olympic Games Highlights](#)

Athletics



Phase 2

Sprinting
Baton
Momentum
Technique

Begin to develop a sprinting technique using arms and legs.
Understand the importance of adjusting running pace to suit the distance.
Perform a relay focusing on the baton change over.
Develop an effective take off for standing long jump.
Combine a hop step and a jump to perform triple jump.
Investigate ways of increasing distance when performing various jumps.
Perform a push throw with control to increase distance.
Perform a pull throw with control to increase distance.
Show control and accuracy when performing an overarm throw.

"The sky has no limits, neither should you."

-Usain Bolt

[2016 Paralympics](#)

[2012 Paralympics](#)



Phase 3

Relay
Stride
Competitive
Personal Best

Refine the skills of an effective sprinting technique including a sprint start and a competitive finish.
Combine running with jumping fluently over hurdles using a consistent stride pattern.
Work as a team to competitively complete a relay.
Select the most appropriate pace for different distances.
Investigate ways of jumping effectively and competitively to improve their personal bests.
Develop techniques for the standing long jump landing safely with control.
Develop techniques for the 'Triple Jump' landing safely with control.
Continue to develop techniques to throw for increased distance improving their personal best. (Push throw and Pull throw)
Perform a fling throw with control to increase distance.

"The sky has no limits, neither should you."

-Usain Bolt

[Usain Bolt World Records](#)

Striking & Fielding/ Fundamental Movement Skills



GYMNASTICS
Skill Specific Progression



Spring 1	Rolls	Jumps	Balances
Phase 1	Log Roll Curled Side Roll (Egg Roll) Teddy Bear Roll	Straight Jump Tuck Jump Star Jump	Standing Balances Kneeling Balances Balances on Apparatus Balances with a Partner
Phase 2	Forward Roll Backward Roll	Straddle Jump Straight Jump Half Turn Split Leap Tiptoe, Step, Jump, Hop	1,2,3 and 4 Point Balances Balances on Apparatus Collaborative Balances
Phase 3	Standing Forward Roll Pike and Straddle Forward Roll Backward Roll	Pike Jump Straight Jump Full Turn Split Leap (Half Turn) Tiptoe, Step, Jump, Hop	1,2,3 and 4 Point Balances Balances on Apparatus Collaborative Balances Pike, Tuck, Star, Straight and Straddle Shapes