

- ✓ To identify and practise body shapes and balances.
- ✓ To identify and practise symmetrical and asymmetrical body shapes.
- ✓ To construct sequences using balancing and linking movements.
- ✓ To use counterbalances and incorporate them into a sequence of movements.
- ✓ To perform movements in canon and in unison.
- ✓ To perform and evaluate own and others performance.

# Gymnastics





# Netball

- ✓ To demonstrate basic passing and receiving skills using a netball.
- ✓ To develop an understanding and knowledge of the basic footwork and rules of netball.
- ✓ To use good hand/eye coordination to pass and receive a ball successfully.
- ✓ To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel.
- ✓ To understand the importance of getting free in order to receive a pass.
- ✓ To understand how to make space by moving away and coming back and by dodging.
- ✓ To demonstrate a range of defending skills and know how to mark an opponent.
- ✓ To understand how to intercept a pass.
- ✓ To learn how to shoot

# Dance

- ✓ To identify and practise the patterns and actions in a street dance style.
- ✓ To demonstrate an awareness of music's rhythm and phrasing when improvising.
- ✓ To create a dance that represents a street dance style.
- ✓ To create a dance as a group using any street dance moves.
- ✓ To perform and analyse own and others performance.

## Striking and fielding—cricket

- ✓ To throw and catch under pressure.
- ✓ To use fielding skills to stop the ball effectively.
- ✓ To learn batting control.
- ✓ To learn the role of backstop.
- ✓ To play in a tournament and work as a team, using tactics in order to beat another team.

# Tennis

- ✓ To demonstrate and use the correct grip of a racket and understand how to get into a ready position.
- ✓ To use good hand/eye co-ordination to be able to contact the ball with the racket.
- ✓ To learn and use a basic serve.
- ✓ To develop a range of shots to be able to beat an opponent.
- ✓ To score in a game.

- ✓ To investigate running styles and change of speed.
- ✓ To practise throwing with power and accuracy.
- ✓ To throw safely and with understanding.
- ✓ To demonstrate good running techniques in competitive situations.
- ✓ To explore different footwork patterns.
- ✓ To understand which technique is most effective when jumping for distance.
- ✓ To utilise all the skills learned in this unit in competitive situations.