

Year Five / Six

Autumn



Crucial Knowledge - Competitive games	Expanded Knowledge	Intent/Prove
<ul style="list-style-type: none"> All games have rules that must be followed teamwork is communicating with others giving and receiving information to reach a particular shared outcome technique is a way of carrying out a particular task tactics sportsmanship pulse heart rate competitive sports are games where the aim of the games is to win attack is to try to move past and score against the opposing team defend is to block the other team and stop them from scoring competing means to do your best against others 	<ul style="list-style-type: none"> combining techniques for effect adapting tactics where necessary muscles (biceps, triceps, quadriceps [quads], pectorals [pecs], hamstring) 	<ul style="list-style-type: none"> Can set measureable and realistic personal challenges. Can listen to feedback carefully and respond by making structured improvements in a positive manner. Become physically confident in a way which supports their health & fitness. Demonstrates a positive attitude on how to improve themselves and others. Can explain the effects of exercise on their body.

Spring

Crucial Knowledge - Gymnastics	Expanded Knowledge	Intent/Prove
<ul style="list-style-type: none"> Creativity is the use of imagination or original ideas to create something Posture is how you hold your body 	<ul style="list-style-type: none"> Knows how to compose creative and imaginative sequences of movement with a clear beginning, middle and end. 	<ul style="list-style-type: none"> Can set measureable and realistic personal challenges.

<ul style="list-style-type: none"> Co-ordination is the ability to move two or more body parts under control, smoothly and efficiently Heart rate is the number of heart beats per minute, which can be measured by checking your pulse. Movement is when changing position, posture or place. Technique is a way of carrying out a particular task. Flexibility is the range of movement through body joints. A pattern is when a movement or action is repeated. Jump is to lift off the ground from one foot onto two feet. During the flight of the jump, you should bend your legs slightly and land on two feet, with bent legs and without losing their balance. Agility is how quickly you can change direction whilst maintaining speed, balance and power. 	<ul style="list-style-type: none"> Understand their contribution to paired or group performance. Muscles (biceps, triceps, quadriceps [quads], pectorals [pecs], hamstring) Knows which muscles are involved in different movements. 	<ul style="list-style-type: none"> Can listen to feedback carefully and respond by making structured improvements in a positive manner. Become physically confident in a way which supports their health & fitness. Demonstrates a positive attitude on how to improve themselves and others. Can explain the effects of exercise on their body.
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Summer

Crucial Knowledge – Athletics	Expanded Knowledge	Intent/Prove
<ul style="list-style-type: none"> strength balance control stamina technique pulse heart rate 	<ul style="list-style-type: none"> muscles (biceps, triceps, quadriceps [quads], pectorals [pecs], hamstring) suggest ways of improving own performance 	<ul style="list-style-type: none"> Can set measureable and realistic personal challenges. Can listen to feedback carefully and respond by making structured improvements in a positive manner. Become physically confident in a way which supports their health & fitness. Demonstrates a positive attitude on how to improve themselves and others. Can explain the effects of exercise on their body.