Students will learn how to...

**Rounders**

- perform the basic Rounders skills of receiving and catching the ball, Intercepting, Throwing, Hitting, Running between posts, postwork, tactics, team work and Bowling to incorporate these into small sided and full sided games of Rounders.
- understand and know how to perform these skills and where these are used in Rounders.
- understand and know the laws used in the game of Rounders (no ball, balls) and how players score runs and umpire.
- develop their knowledge and understanding of the different situations, tactics and strategies found in a game of Rounders and moving body position in stance.

**Gymnastics 'Balances, Rolls and Travel actions'**

- perform single and linked actions accurately
- perform a wider range of skills, actions and agilities including rolls, balances & travel.
- consistently show control, tension and extension use transference of weight effectively
- identify where the strength and suppleness is needed in their own and others' work
- select exercises that help their strength and suppleness
- devise and implement an effective and safe warm-up and cool-down routine with a partner
- analyse performance against specific criteria and give accurate feedback on what they see
- identify specific aspects that need improvement in their own and others' work
- suggest the options that will lead to improvement

**Net/Wall: Badminton**

- hit with reasonable consistency and accuracy in cooperative and competitive rallies
- play a range of different shots with sound basic technique in preparation, contact and follow-through
- select and implement simple shot combinations which move their opponent out of position
- describe how to vary the strength, height and direction of their shots during a game
- identify which shots are used most for defending and which for attacking
- explain what they need to do to improve their own fitness level
- identify areas of fitness most needed in the games, and explain how involvement in these games contributes to their fitness, health and wellbeing
- carry out warm-up and cool-down routines safely
- select and incorporate stretching exercises which are suitable for the game and their own needs
- use simple game analysis techniques to evaluate their own and others' consistency and accuracy
- understand and identify the basic principles of good technique including backswing, contact and follow-through
- choose and implement appropriate practices to improve their own play
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Students will learn how to...

**Rounders**
- to perform and incorporate the skills of Receiving, One handed intercepting, Long Barrier Stops, Throwing, Batting, Running, Back stop and Bowling in Rounders.
- refine and adapt these skills and other skills with performing them with precision, accuracy, fluency and clarity in any situation.
- understand the laws of the game, and recognise the importance of responding to changing situations within a game.

**Net/Wall: Volleyball**
- Hit the ball with reasonable consistency and accuracy in cooperative and competitive rallies
- Play a range of different shots on both sides of the body with sound basic technique in backswing, contact and follow-through
- Select and implement simple shot combinations which move their opponent out of position
- Describe how to vary the strength, height and direction of their shots during a game
- Identify which shots are used most for defending and which for attacking
- Explain what they need to do to improve their own fitness level
- Identify areas of fitness most needed in the games, and explain how involvement in these games contributes to their fitness, health and wellbeing
- Carry out warm-up and cool-down routines safely
- Select and incorporate stretching exercises which are suitable for the game and their own needs
- Use simple game analysis techniques to evaluate their own and others’ consistency and accuracy
- Understand and identify the basic principles of good technique including backswing, contact and follow-through
- Choose and implement appropriate practices to improve their own play

**Gymnastics ‘Sports Acrobatics, partner supports and balances’**
- Perform single and linked actions accurately
- Perform a wider range of skills, actions and agilities focusing on Sport Acrobatics and partner supports and balances
- Consistently show control, tension and extension
- Use transference of weight effectively
- Design and perform aesthetically pleasing and imaginative sequences
- Demonstrate a good memory for sequences and repeat their sequences accurately
- Perform with confidence and fluency
- Identify where the strength and suppleness is needed in their own and others’ work
- Select exercises that help their strength and suppleness
- Devise and implement an effective and safe warm-up and cool-down routine with a partner
- Analyse performance against specific criteria and give accurate feedback on what they see
- Identify specific aspects that need improvement in their own and others’ work
- Suggest the options that will lead to improvement
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Students will learn how to...

**Rounders**

- perform and incorporate the skills of Receiving, One handed intercepting, Long Barrier Stops, Throwing, Batting, Running, Back stop and Bowling in Rounders.
- refine and adapt these skills and other skills with performing them with precision, accuracy, fluency and clarity in any situation.
- understand the laws of the game, and recognise the importance of responding to changing situations within a game.
- perform and incorporate the skills of throwing, catching and retrieving on the move, varied Bowling, and back stopping.
- develop knowledge and understanding of tactical and positional play within the game of Rounders, which will enable them to start to plan when playing competitive games.
- recognise the importance of responding to changing situations within the game when batting and fielding.
- understand the laws of the game and be able to start to officiate matches fairly and correctly performing the correct signals.
- understand and know the stretches for all major muscles and those specific to Batting, Bowling and Fielding.

**Athletics**

- to show precision, control and fluency in a range of chosen events
- to use principles of performance in planning tactics and strategies for the tasks and challenges
- to adapt strategies, taking account of their own strengths and weaknesses and changing conditions and situations
- to know how to continue to improve their own personal fitness
- to understand why regular exercise has a positive effect on their own health, fitness and social wellbeing
- to know where and how to get involved in health-enhancing activity
- to use information gained from analysis of a performance to influence and improve their own work and the work of others

**Gymnastics ‘Flight’**

- to apply techniques for the style of gymnastics with control and precision
- to use compositional principles in designing and creating sequences
- to adapt sequences and their designs, taking account of their own strengths and weaknesses (and those of their partners/other group members when relevant)
- to improve their personal fitness for gymnastics and through gymnastics
- to recognise and describe how regular involvement in gymnastic activity affects their fitness, health and social wellbeing
- to identify where and how they can get involved in gymnastic activity
- to analyse performance and use information to influence and improve their own work
- to take responsibility to make decisions about how to develop and improve their own and others’ work