

DMS Curriculum Plan

SUBJECT: Physical Education

At Dorchester Middle School, as part of our planning in Physical Education we ensure that pupils can remember more and learn more by weaving knowledge and skills throughout units of learning so that children have time to practice, discuss, reflect and revisit what they have been taught. We carefully follow the National Curriculum and ensure learning is progressive and sequential, giving pupils the opportunity to build on and apply previous knowledge in all units before developing further skills in this subject.

Key Skills in this subject are:

KEY SKILL	EXPLANATION
Fundamental Movement	These skills include locomotion, balance, and ball skills. They are regarded as the critical skills required to show physical and motor competence.
Interpersonal	The ability to communicate or interact well with other people.
Sports Specific skills	Is the application of fundamental movement skills within certain sporting situations, for example: jumping for a basketball rebound.
Health and Fitness	Having knowledge and understanding of how the body works and why we do physical activity.

- ✓ Knowledge pupils will have learnt by the end of each half term.
- ✓ Summative assessment completed by pupils to check their learning each term.
- ✓ In Physical Education we categorize our sports into:
 - Invasion Games: Football, Rugby, Netball etc.
 - Creative Movement: Gymnastics and Dance
 - Net Games: Tennis and Volleyball
 - Athletics and Fundamental Movement Skills (FMS)
 - Outdoor Adventurous Activities (Formally OE)
 - Striking and Fielding: Cricket and Rounders
 - Health and Fitness (Healthy Participation)

Long Term Plan – Year Overview

Due to factors including: five-form year groups, timetable, space or equipment availability, we do not necessarily deliver the same sports or activities at the same time as each group. However, we do try and keep the sequence of sports or activities as similar as possible.

	Autumn 1 (T1)	Autumn 2 (T2)	Spring 1 (T3)	Spring 2 (T4)	Summer 1 (T5)	Summer 2 (T6)
Year 5	Tag/Touch Rugby, Netball, Hockey, Football, Gymnastics, Basketball, Dance, OAA				Athletics, Cricket, Rounders, Tennis	
Year 6	Tag/Touch Rugby, Netball, Hockey, Football, Gymnastics, Basketball, Dance, OAA				Athletics, Cricket, Rounders, Tennis	
Year 7	Rugby, Netball, Football, Basketball, Gymnastics, Dance, Volleyball				Athletics, Cricket, Rounders, Tennis	
Year 8	Rugby, Netball, Football, Basketball, Dance, Volleyball, OAA				Athletics, Cricket, Rounders, Tennis	

In addition:

- **DMS will also offer Swimming to Year 5 and 6 pupils**
- **Year 6: September – May**
- **Year 5: May – July**
- **All year groups will be offered Level 1 and 2 Bikeability in the Autumn and Spring terms**
- **Depending on “take up” Level 3 Bikeability to be confirmed.**

MODULE	Year 5	Year 6	Year 7	Year 8

<p>Invasion Games</p> <p>KNOWLEDGE</p>	<p>Introduction to the foundation/ basic rules of a range of sports;</p> <p>Introduction to basic skills, what they are and why we use them, e.g. a bounce pass in Basketball;</p> <p>Know the basic positions in a range of sports;</p> <p>Know what is meant by tactics/ strategy and why we use them.</p>	<p>Consolidate and embed the foundation/ basic rules of a range of sports;</p> <p>Consolidate and embed what the basic skills are. Focus on decision making, e.g. would a bounce pass be the better than an overhead pass;</p> <p>Consolidate and embed knowledge of positions;</p> <p>Know a range of basic tactics and strategies for a range of sports, e.g. Pass and move or man to man marking.</p>	<p>Introduction to new rules, e.g. Tag Rugby to Rugby Union;</p> <p>Introduction to more specialist skills, e.g. closing down opponents/ creating pressure (what they are, when do we use them and why we use them);</p> <p>Develop the understanding of positions and positional play in sport;</p> <p>Develop knowledge of strategies and tactics and how they fit in line with the “Principles of attack and defense”.</p>	<p>Application of rules in officiating opportunities, such as: Sports Leaders;</p> <p>Consolidate and embed specialist skills, develop understanding of use;</p> <p>Pupils will know positions in a range of sports and develop their understanding of formations and how positions are used;</p> <p>Pupils will consolidate their understanding of strategies and tactics. They will begin to know when/ how to implement them in</p>
--	--	--	---	--

				sport specific situations.
Invasion Games SKILLS	<p>Pupils will learn a range of foundation sport specific skills:</p> <ul style="list-style-type: none"> - ball control (dribbling, turning trapping, catching, running with the ball, etc.); - passing; - shooting; - safe tackling; - fundamental movement. <p>Pupils will develop interpersonal skills and begin to take on roles within teams:</p> <ul style="list-style-type: none"> - Pupils will be encouraged to 	<p>Pupils will consolidate and embed a range of foundation sport specific skills as well as be introduced to new ones. Pupils will explore decision making in their own practice (when, how and why to use them?):</p> <ul style="list-style-type: none"> - ball control (dribbling, turning, trapping, catching, running with the ball, etc.); - passing; - shooting; - safe tackling; - fundamental movement; 	<p>Pupils will continue to use a range of foundation sport specific skills, however there will be more onus on decision making (when, how and why to use them?) More specialist skills will be introduced:</p> <ul style="list-style-type: none"> - ball control (dribbling, trapping, catching, running with the ball, etc.); - passing; - shooting; - safe tackling; - fundamental movement; 	<p>Pupils will demonstrate a secure use of foundation and specialist sport specific skills:</p> <ul style="list-style-type: none"> - ball control (dribbling, trapping, catching, running with the ball, etc.); - passing; - shooting; - safe tackling; - fundamental movement; - crossing; - intercepting; - marking

	<p>use peer on peer feedback.</p>	<ul style="list-style-type: none"> - crossing; - intercepting; - marking - off the ball movement. <p>Pupils will further develop communication skills and interpersonal skills:</p> <ul style="list-style-type: none"> - Pupils will learn sports specific terminology like “player on” and will be encouraged to use language in small sided games; - Pupils will be encouraged to use peer on peer feedback. 	<ul style="list-style-type: none"> - crossing; - intercepting; - marking - off the ball movement; - closing down/ creating pressure; - sport specific movements, e.g. catching in the air in Netball. <p>Pupils will continue to develop communication and interpersonal skills:</p> <ul style="list-style-type: none"> - Pupils will have a wider range of sport specific terminology and will be encouraged to 	<ul style="list-style-type: none"> - off the ball movement; - closing down/ creating pressure; - sport specific movements, e.g. jockeying/ tracking opponents in Football. <p>Pupils will continue to develop communication and interpersonal skills:</p> <ul style="list-style-type: none"> - Pupils will have a wider range of sport specific terminology and will be encouraged to use in small sided games;
--	-----------------------------------	--	---	---

			<p>use in small sided games;</p> <ul style="list-style-type: none"> - Pupils will be encouraged to use peer on peer feedback and begin to reflect and support each other in skill learning. 	<ul style="list-style-type: none"> - Pupils will be encouraged to use peer on peer feedback and begin to reflect and support each other in skill learning; - Pupils will be given Sports Leadership opportunities to develop their leadership and communication skills.
<p>Creative Movement KNOWLEDGE</p>	<p>Pupils will know what basic dance techniques are and when they might use them:</p> <ul style="list-style-type: none"> - unison/cannon; - levels; - positioning; 	<p>Pupils will be introduced to more techniques and will consolidate/ embed existing knowledge:</p> <ul style="list-style-type: none"> - unison/cannon; - levels; - staging; 	<p>Pupils will consolidate and embed dance techniques:</p> <ul style="list-style-type: none"> - unison/cannon; - levels; - staging; - positioning; 	<p>Pupils will develop their understanding of dance techniques and how to select and implement them into a sequence:</p> <ul style="list-style-type: none"> - unison/cannon; - levels; - staging;

	<ul style="list-style-type: none"> - mirroring/ shadow; - timing and pace. <p>Pupils will know what choreography means.</p> <p>Pupils will know what a Dance Narrative is.</p> <p>Pupils will know what a sequence is.</p> <p>Pupils will know what the fundamental movements/ transitions of Gymnastics are:</p> <ul style="list-style-type: none"> - rolls; - balance; - rotation 	<ul style="list-style-type: none"> - positioning; - mirroring/ shadow; - timing and pace; - transitions - asymmetric techniques; <p>Pupils will know what choreography means and begin to understand how to design a sequence.</p> <p>Pupils will develop their understanding of transitioning in Dance.</p> <p>Pupils will know what a sequence is.</p>	<ul style="list-style-type: none"> - mirroring/ shadow; - timing and pace; - transitions - asymmetric techniques; - Staged combat; - Exaggerated movements; - Freeze frame. <p>Pupils will know what choreography means and will design a sequence to match the narrative.</p> <p>Pupils will revisit what Dance Narrative is and know how to pick appropriate techniques to tell a story.</p>	<ul style="list-style-type: none"> - positioning; - mirroring/ shadow; - timing and pace; - transitions - asymmetric techniques; - Exaggerated movements; - Freeze frame. <p>Pupils will know what choreography means and will design a sequence to match the theme.</p> <p>Pupils will know the background to Street Dance.</p>
--	--	---	---	---

	<ul style="list-style-type: none"> - jumps <p>Pupils will know the basic forms/shapes of Gymnastics:</p> <ul style="list-style-type: none"> - Straight; - Tuck; - Star; - Straddle; - Pike; - Table/Dish <p>Pupils will understand dance and gymnastic core technical concepts:</p> <ul style="list-style-type: none"> - Control; - Extension; - Precision; 	<p>Pupils will consolidate and embed what the fundamental movements/ transitions of Gymnastics are:</p> <ul style="list-style-type: none"> - rolls; - balance; - rotation - jumps <p>Pupils will consolidate and embed the basic forms/shapes of Gymnastics.</p> <p>Pupils will know a range of:</p> <ul style="list-style-type: none"> - Independent/ Solo balances; - Pair balances; - Group balances; 	<p>Pupils will consolidate and embed what the fundamental movements/ transitions of Gymnastics are:</p> <ul style="list-style-type: none"> - rolls; - balance; - rotation - jumps; <p>Pupils will consolidate and embed the basic forms/shapes of Gymnastics.</p> <p>Pupils will know a range of:</p> <ul style="list-style-type: none"> - Independent/ Solo balances; - Pair balances; 	<p>Pupils will be introduced to a wide range of different Street Dance moves, e.g. Hype, Accumulation, Pop, Lock, etc.</p> <p>Pupils will understand dance and gymnastic core technical concepts:</p> <ul style="list-style-type: none"> - Control; - Extension; - Precision;
--	---	---	---	--

		<p>Pupils will understand dance and gymnastic core technical concepts:</p> <ul style="list-style-type: none"> - Control; - Extension; - Precision; 	<ul style="list-style-type: none"> - Group balances; <p>Pupils will know what Gymnastic “Flight” means and how to take off and land safely..</p> <p>Pupils will know what pathways are in terms of movement in Gymnastics.</p> <p>Pupils will understand dance and gymnastic core technical concepts:</p> <ul style="list-style-type: none"> - Control; - Extension; - Precision; 	
Creative Movement SKILLS	Pupils will learn some dance specific movements (to music):	Pupils will consolidate previously learnt dance	Pupils will consolidate previously learnt dance	Pupils will consolidate previously learnt dance

	<ul style="list-style-type: none"> - bending; - stretching; - gliding; - rising; - jumping; - turning; - darting; <p>Pupils will also use:</p> <ul style="list-style-type: none"> - balance skills; - listening skills; - decision making skills; - creative skills (creating sequences); <p>Pupils will learn gymnastic specific movements and forms:</p>	<p>specific movements (to music):</p> <ul style="list-style-type: none"> - bending; - stretching; - gliding; - rising; - jumping; - turning; - darting; <p>Pupils will also use:</p> <ul style="list-style-type: none"> - balance skills; - listening skills; - decision making skills; - creative skills (creating sequences); 	<p>specific movements (to music):</p> <ul style="list-style-type: none"> - bending; - stretching; - gliding; - rising; - jumping; - turning; - darting; <p>Pupils will also use:</p> <ul style="list-style-type: none"> - balance skills; - listening skills; - decision making skills; - creative skills (creating sequences); 	<p>specific movements (to music):</p> <ul style="list-style-type: none"> - bending; - stretching; - gliding; - rising; - jumping; - turning; - darting; <p>Pupils will also use:</p> <ul style="list-style-type: none"> - balance skills; - listening skills; - decision making skills; - creative skills (creating sequences);
--	---	--	--	--

	<ul style="list-style-type: none"> - shapes (table, dish, straight, tuck, star, straddle and pike); - rolls (forward, backward, straddle, straight); - rotations (cartwheels, 90, 180 degrees); - spins; - solo balances (arabesque); <p>Team work skills: -working together to create sequences</p>	<p>Pupils will use knowledge and learning to apply transitions to dance sequences;</p> <p>Pupils will consolidate gymnastic specific movements and forms and focus on more complex skills:</p> <ul style="list-style-type: none"> - shapes (table, dish, straight, tuck, star, straddle and pike); - rolls (forward, backward, straddle, straight); - rotations (cartwheels, 90, 180 degrees); - spins; 	<p>Pupils will take in to consideration</p> <p>Technical skills:</p> <ul style="list-style-type: none"> - body awareness and control; - body alignment and posture; - weight and balance control; - dance coordination; - flexibility; - maintaining strength and endurance; - musicality and rhythm; - precision; <p>Pupils will use knowledge and learning</p>	<p>Pupils will incorporate Technical skills in to their dance sequence:</p> <ul style="list-style-type: none"> - body awareness and control; - body alignment and posture; - weight and balance control; - dance coordination; - flexibility; - maintaining strength and endurance; - musicality and rhythm; - precision; <p>Pupils will use knowledge and learning</p>
--	---	---	--	---

		<ul style="list-style-type: none"> - solo balances (arabesque); - pair balances; - Team balances; - transitioning between balances; <p>Team work skills: -working together to create sequences</p>	<p>to apply transitions to dance sequences;</p> <p>Pupils will consolidate gymnastic specific movements and forms and focus on more complex skills:</p> <ul style="list-style-type: none"> - shapes (table, dish, straight, tuck, star, straddle and pike); - rolls (forward, backward, straddle, straight); - rotations (cartwheels, 90, 180 degrees); - spins; - solo balances (arabesque); 	<p>to apply transitions to dance sequences;</p> <p>Pupils will learn specific Street Dance movements and concepts.</p>
--	--	--	--	--

			<ul style="list-style-type: none"> - pair balances; - Team balances; - transitioning between balances; <p>Team work skills:</p> <p>-working together to create sequences</p>	
<p>SUMMATIVE ASSESSMENT 1 - To be carried out after the second module.</p>	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart assessment model. 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart assessment model. 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart assessment model. 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart assessment model.
<p>Net Games KNOWLEDGE</p>	<p>Introduction to the foundation/ basic rules of tennis;</p> <p>Introduction to basic skills, what they are and</p>	<p>Consolidation of foundation/ basic rules of tennis;</p> <p>Consolidate knowledge and understanding of</p>	<p>Consolidation of foundation/ basic rules of tennis;</p> <p>Consolidate knowledge and understanding of</p>	<p>Consolidation of foundation/ basic rules of a range of sports;</p> <p>Consolidate knowledge and understanding of</p>

	<p>why we use them, e.g. a forehand shot in tennis;</p> <ul style="list-style-type: none"> - Know what is meant by tactics/ strategy and why we use them? - What movements are needed in a sport like tennis? 	<p>basic skills, what they are and why we use them, e.g. a forehand shot in tennis;</p> <ul style="list-style-type: none"> - Know what is meant by tactics/ strategy and why we use them? 	<p>basic skills and begin to develop skills/ technique further;</p> <p>Not only will pupils know what basic skills and techniques there are, they will know a range of more developed skills;</p> <ul style="list-style-type: none"> - e.g. know what a slice or volley shot is; - Know what is meant by tactics/ strategy and why we use them? <p>Introduction to Volleyball and what are the basic techniques and rules;</p>	<p>basic skills and begin to develop skills/ technique further;</p> <p>Not only will pupils know what basic skills and techniques there are, they will know a range of more developed skills;</p> <ul style="list-style-type: none"> - e.g. know what a slice or volley shot is in tennis; - Know what is meant by tactics/ strategy and why we use them? <p>Consolidate what are the basic techniques and rules are in volleyball;</p>
--	---	--	--	---

			<ul style="list-style-type: none"> - What movements are needed in volleyball? - What shots can be used in volleyball; - When would a dig, volley or spike be used in volleyball; 	<ul style="list-style-type: none"> - What movements are needed in volleyball? - What shots can be used in volleyball; - When would a dig, volley or spike be used in volleyball; - How to officiate the rules of volleyball; - What basic strategies are there in volleyball.
Net Games SKILLS	Pupils will know a range of tennis skills: <ul style="list-style-type: none"> - forehand shot; - backhand shot; 	Pupils will know/ consolidate a range of tennis skills: <ul style="list-style-type: none"> - forehand shot; 	Pupils will know/ consolidate a range of tennis skills: <ul style="list-style-type: none"> - forehand shot; 	Pupils will know/ consolidate a range of tennis skills: <ul style="list-style-type: none"> - forehand shot;

	<ul style="list-style-type: none"> - underarm serve; - overarm serve; <p>Pupils will know a range of tennis movement skills:</p> <ul style="list-style-type: none"> - ready position; - forehand front foot/ back foot step; - backhand front foot/ back foot step; 	<ul style="list-style-type: none"> - backhand shot; - underarm serve; - overarm serve; - volley; <p>Pupils will know/ consolidate a range of tennis movement skills:</p> <ul style="list-style-type: none"> - ready position; - forehand front foot/ back foot step; - backhand front foot/ back foot step; - Split step 	<ul style="list-style-type: none"> - backhand shot; - underarm serve; - overarm serve; - volley; - forehand/ backhand groundstroke <p>Pupils will know/ consolidate a range of tennis movement skills:</p> <ul style="list-style-type: none"> - ready position; - forehand front foot/ back foot step; - backhand front foot/ back foot step; - Split step 	<ul style="list-style-type: none"> - backhand shot; - underarm serve; - overarm serve; - volley; - forehand/ backhand groundstroke <p>Pupils will know/ consolidate a range of tennis movement skills:</p> <ul style="list-style-type: none"> - ready position; - forehand front foot/ back foot step; - backhand front foot/ back foot step; - Split step
--	--	--	---	---

			<p>Pupils will be introduced to a range of basic volleyball skills:</p> <ul style="list-style-type: none"> - Dig; - Volley; - Spike; - Underarm serve; - Blocking; - Receiving and passing skills. 	<p>Pupils will consolidate previous volleyball skills learning and be introduced to more developed concepts:</p> <ul style="list-style-type: none"> - Dig; - Volley; - Spike; - Roll shot; - Cut shot; - Underarm serve; - Overarm serve; - Blocking; - Receiving and passing skills.
Athletics and FMS KNOWLEDGE	Pupils will know what Fundamental Movement Skills are;	<p>Consolidate what Fundamental Movement Skills are;</p> <p>Consolidate why Fundamental</p>	<p>Consolidate what disciplines and events are in Athletics;</p> <p>Consolidate knowledge of what rules there are</p>	<p>Consolidate what disciplines and events are in Athletics;</p> <p>Consolidate knowledge of what rules there are</p>

	<p>Why are Fundamental Movement Skills important?</p> <p>Pupils will know how a range of Fundamental Movement Skills are used in a range of different sports throughout curriculum:</p> <ul style="list-style-type: none"> - e.g. jumping for a Netball; <p>What movement skills are used in Athletics?</p> <p>What disciplines and events are there in Athletics;</p>	<p>Movement Skills are important?</p> <p>Pupils will know how a range of Fundamental Movement Skills are used in a range of different sports throughout curriculum:</p> <ul style="list-style-type: none"> - e.g. jumping for a Netball; <p>Consolidate what movement skills are used in Athletics?</p> <p>Consolidate what disciplines and events are in Athletics;</p> <p>Consolidate knowledge of what rules there are</p>	<p>to Athletic competitions and events?</p> <p>Pupils will know how a range of Fundamental Movement Skills are used in a range of different sports throughout curriculum:</p> <ul style="list-style-type: none"> - e.g. jumping for a Netball; <p>Consolidate and develop knowledge of what the basic techniques for:</p> <ul style="list-style-type: none"> - Sprinting/ Sprint start; - Long Jump; - High Jump (Frosby Flop); 	<p>to Athletic competitions and events?</p> <p>Pupils will know how a range of Fundamental Movement Skills are used in a range of different sports throughout curriculum:</p> <ul style="list-style-type: none"> - e.g. jumping for a Netball; <p>Consolidate and develop knowledge of what the basic techniques for:</p> <ul style="list-style-type: none"> - Sprinting/ Sprint start; - Long Jump; - High Jump (Frosby Flop);
--	---	--	---	---

	<p>What are the rules to Athletic competitions and events?;</p> <p>What are the basic techniques for:</p> <ul style="list-style-type: none"> - Sprinting/ Sprint start; - Long Jump; - High Jump (Scissor); - Long distance running; - Throwing. <p>Pupils will know safe practice in Athletics at DMS.</p>	<p>to Athletic competitions and events?;</p> <p>Consolidate what the basic techniques for:</p> <ul style="list-style-type: none"> - Sprinting/ Sprint start; - Long Jump; - High Jump; - Long distance running - Throwing. <p>Pupils will know safe practice in Athletics at DMS.</p>	<ul style="list-style-type: none"> - Long distance running; - Throwing (Shot Put/ Javelin); <p>Pupils will know safe practice in Athletics at DMS.</p>	<ul style="list-style-type: none"> - Long distance running; - Throwing (Shot Put/ Javelin); <p>Pupils will know safe practice in Athletics at DMS.</p>
Athletics and FMS SKILLS	Pupils will learn and practice a range of Fundamental	Pupils will consolidate previous learning and practice a range of	Pupils will consolidate and or develop previous learning and practice /	Pupils will continue to consolidate and or develop previous

	<p>Movement Skills, such as balances, hopping, running, etc;</p> <p>Pupils will begin to develop the skill of applying the correct movements to the specific sporting situation;</p> <p>Pupils will learn specific Athletic's movements/ skills:</p> <ul style="list-style-type: none"> - running technique; - jumping technique; - carrying/ passing/ receiving a relay baton; 	<p>Fundamental Movement Skills, such as balances, hopping, running, etc;</p> <p>Pupils will refine and develop sport specific movements and their ability to apply them to the correct sports specific situations;</p> <p>Pupils will consolidate and refine specific Athletic's movements/ skills:</p> <ul style="list-style-type: none"> - running technique; - jumping technique; - carrying/ passing/ 	<p>develop a range of Fundamental Movement Skills, such as balances, hopping, running, etc;</p> <p>Pupils will refine and develop sport specific movements and their ability to apply them to the correct sports specific situations;</p> <ul style="list-style-type: none"> - Some pupils will show competence in basic techniques and will be challenged with more advanced skills. E.g. Reverse sweep (Hockey); 	<p>learning and practice / develop a range of Fundamental Movement Skills, such as balances, hopping, running, etc;</p> <p>Pupils will continue to refine and develop sport specific movements and their ability to apply them to the correct sports specific situations;</p> <ul style="list-style-type: none"> - Some pupils will show competence in basic techniques and will be challenged with more advanced skills. E.g. Reverse sweep (Hockey);
--	--	--	---	---

	<ul style="list-style-type: none"> - Tug of war techniques; - overarm throwing technique; - long distance running technique; - sprint start technique; - long distance start technique; <p>Pupils will be able to apply competition rules to the disciplines they learn.</p>	<ul style="list-style-type: none"> receiving a relay baton; - Tug of war techniques; - overarm throwing technique; - long distance running technique; - sprint start technique; - long distance start technique; <p>Pupils will be able to apply competition rules to the disciplines they learn.</p>	<p>Pupils will consolidate and refine specific Athletic's movements/ skills:</p> <ul style="list-style-type: none"> - running technique; - jumping technique; - carrying/ passing/ receiving a relay baton; - Tug of war techniques; - javelin throwing technique; - shot putt throwing technique - long distance running technique; 	<p>Pupils will consolidate and refine specific Athletic's movements/ skills:</p> <ul style="list-style-type: none"> - running technique; - jumping technique; - carrying/ passing/ receiving a relay baton; - Tug of war techniques; - javelin throwing technique; - shot putt throwing technique - long distance running technique;
--	---	---	---	---

			<ul style="list-style-type: none">- sprint start technique;- long distance start technique; <p>Pupils will begin to understand strategy and tactics for racing events;</p> <p>Pupils will be able to apply competition rules to the disciplines they learn.</p>	<ul style="list-style-type: none">- sprint start technique;- long distance start technique; <p>Pupils will either begin to understand strategy and tactics for racing events or will consolidate and develop previous learning;</p> <p>Pupils will be able to apply competition rules to the disciplines they learn.</p>
--	--	--	--	---

<p>SUMMATIVE ASSESSMENT 2 - To be carried out after the fifth module.</p>	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart assessment model. 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart assessment model. 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart assessment model. 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart assessment model.
<p>OAA, Health and Fitness, and Sports Leadership KNOWLEDGE</p>	<p>Pupils will know what Outdoor Adventurous Activities are;</p> <p>Pupils will know a range of different types of outdoor activity;</p> <p>Pupils will begin to know and understand the significance of teamwork in OAA (and other sports);</p> <p>Pupils begin to develop their understanding of</p>	<p>Pupils will know what is meant by Health and Fitness;</p> <p>Pupils will know what heart rate (HR) is;</p> <p>Pupils will know how to find their pulse;</p> <p>Pupils will know some basic anatomical terms and body parts;</p>	<p>Pupils will consolidate knowledge of what Outdoor Adventurous Activities are;</p> <p>Pupils will consolidate knowledge of a range of different types of outdoor activity;</p> <p>Pupils will consolidate and develop what they know and understand about the significance of teamwork in OAA (and other sports);</p>	<p>Pupils will continue to consolidate knowledge of what Outdoor Adventurous Activities are;</p> <p>Pupils will consolidate knowledge of a range of different types of outdoor activity;</p> <p>Pupils will consolidate and develop what they know and understand about the significance</p>

	<p>communications skills and what they are;</p> <p>Pupils will learn about orienteering and orienteering strategy;</p> <p>Pupils will know and understand the importance of problem solving and what problem solving is.</p>	<p>Pupils will know how beats per minute (BPM) affect health and fitness;</p> <p>Pupils will begin to understand the importance of intensity in exercise;</p> <p>Pupils will begin to learn and understand training methods.</p>	<p>Pupils will consolidate and develop their understanding of communications skills and what they are;</p> <p>Pupils will consolidate their learning about orienteering and orienteering strategy;</p> <p>Pupils will know and understand the importance of problem solving and what problem solving is. They will continue exploring Problem Solving themes.</p>	<p>of teamwork in OAA (and other sports);</p> <p>Pupils will consolidate and develop their understanding of communications skills and what they are;</p> <p>Pupils will consolidate their learning about orienteering and orienteering strategy;</p> <p>Pupils will experience different types of orienteering and will learn about basic map skills;</p> <p>Pupils will know and understand the importance of problem</p>
--	--	--	---	--

			<p>Pupils will know and develop what is meant by Health and Fitness;</p> <p>Pupils will consolidate knowledge of what heart rate (HR) is;</p> <p>Pupils will be reminded how to find their pulse;</p> <p>Pupils will consolidate what they know about basic anatomical terms and body parts;</p> <p>Pupils will know how beats per minute (BPM) affect health and fitness;</p>	<p>solving and what problem solving is.</p> <p>Pupils will know what a Sports Leader is;</p> <p>Pupils will learn about what makes a good/ poor sports leader;</p> <p>Pupils will consolidate learning about fitness components;</p> <p>Pupils will begin to understand what risk assessment is and why it is important in sports coaching;</p>
--	--	--	--	---

			<p>Pupils will develop their understanding of intensity in exercise and how to make exercise more purposeful;</p> <p>Pupils will know what fitness components are;</p> <p>Pupils will develop their understanding of training methods;</p>	<p>Pupils will learn about planning strategies and considerations;</p> <p>Pupils will learn about creating and adapting simple activities;</p> <p>Pupils will learn about questioning and giving feedback;</p> <p>Pupils will learn about motivation and encouragement.</p>
<p>OAA and Health and Fitness</p> <p>SKILLS</p>	<p>Pupils will learn:</p> <ul style="list-style-type: none"> - Team work skills; - Communication skills; - skill in resolving conflict; 	<p>Pupils will demonstrate exercise technique for specific movements like press ups or sit ups;</p> <p>Pupils will know how to successful record and</p>	<p>Pupils will develop their understanding of:</p> <ul style="list-style-type: none"> - Team work skills; - Communication skills; 	<p>Pupils will further develop their understanding of:</p> <ul style="list-style-type: none"> - Team work skills; - Communication skills;

	<ul style="list-style-type: none"> - how to self regulate whilst problem solving in a team; <p>Pupils will learn outdoor adventurous specific skills, such as:</p> <ul style="list-style-type: none"> - how to orientate an image/ map/ piece of information; - how to find a role within a team; - how to orienteer using photographs; <p>Pupils will develop tactical thinking skills:</p> <ul style="list-style-type: none"> - strategy and tactics. 	<p>monitor their heart rate (HR);</p> <p>Pupils will be able to recall anatomical names for body parts;</p> <p>Pupils will adapt their exercise in order to elevate beats per minute (BPM);</p> <p>Pupils will begin to recognise if they need to increase intensity during exercise;</p> <p>Pupils will begin to create their own sequence of exercises - circuit training.</p>	<ul style="list-style-type: none"> - skill in resolving conflict; - how to self regulate whilst problem solving in a team; <p>Pupils will consolidate and develop outdoor adventurous specific skills, such as:</p> <ul style="list-style-type: none"> - how to orientate an image/ map/ piece of information; - how to find a role within a team; - how to orienteer using photographs; 	<ul style="list-style-type: none"> - skill in resolving conflict; - how to self regulate whilst problem solving in a team; <p>Pupils will consolidate and develop outdoor adventurous specific skills, such as:</p> <ul style="list-style-type: none"> - how to orientate an image/ map/ piece of information; - how to find a role within a team; - how to orienteer using photographs; - Pupils will learn about map reading skills;
--	--	--	---	--

			<p>Pupils will continue to develop tactical thinking skills:</p> <ul style="list-style-type: none"> - strategy and tactics. <p>Pupils will develop exercise technique for specific movements like press ups or sit ups;</p> <p>Pupils consolidate how to record and monitor heart rate (HR) for exercise;</p> <p>Pupils will be able to recall anatomical names for body parts;</p> <p>Pupils will consolidate the ability to adapt their</p>	<p>Pupils will continue to develop tactical thinking skills:</p> <ul style="list-style-type: none"> - strategy and tactics. <p>Pupils will learn skills associated with Sports Leading:</p> <ul style="list-style-type: none"> - Communication; - Public speaking; - Planning; - Man-management; - Risk assessing; - adaptability; - creativity; - questioning skills.
--	--	--	--	---

			<p>exercise in order to meet certain exercise needs;</p> <p>Pupils will develop their ability to recognise if they need to increase intensity during exercise;</p> <p>Pupils consolidate the skill to create their own sequence of exercises - circuit training.</p>	
Striking and Fielding KNOWLEDGE	<p>Pupils will know what basic skills involved in Striking and Fielding are:</p> <ul style="list-style-type: none"> - batting; - bowling; - catching; 	<p>Pupils will develop skills involved in Striking and Fielding:</p> <ul style="list-style-type: none"> - batting; - bowling; - catching; - throwing; 	<p>Pupils will continue to develop skills involved in Striking and Fielding and be introduced to more complex batting/bowling techniques:</p> <ul style="list-style-type: none"> - batting; - bowling; 	<p>Pupils will continue to develop skills involved in Striking and Fielding and be introduced to more complex batting/bowling techniques:</p> <ul style="list-style-type: none"> - batting; - bowling;

	<ul style="list-style-type: none"> - throwing; - long/short barrier; - running; <p>Pupils will know a range of rules to: cricket and rounders;</p> <p>Pupils will learn about basic tactics and strategy in cricket and rounders;</p> <p>Pupils will know terminology specific to striking and fielding.</p>	<ul style="list-style-type: none"> - long/short barrier; - running; <p>Pupils will consolidate knowledge of rules to: cricket and rounders and be introduced to more complex rules;</p> <p>Pupils will develop understanding of basic tactics and strategy in cricket and rounders;</p> <p>Pupils will consolidate specific terminology for striking and fielding.</p>	<ul style="list-style-type: none"> - catching; - throwing; - long/short barrier; - split step - running; <p>Pupils will continue to consolidate knowledge of rules to: cricket and rounders and be introduced to more complex rules;</p> <p>Pupils will develop understanding of basic tactics and strategy in cricket and rounders;</p> <p>Pupils will consolidate specific terminology for striking and fielding.</p>	<ul style="list-style-type: none"> - catching; - throwing; - long/short barrier; - split step - running; <p>Pupils will continue to consolidate knowledge of rules to: cricket and rounders and be introduced to more complex rules;</p> <p>Pupils will develop understanding of basic tactics and strategy in cricket and rounders;</p> <p>Pupils will consolidate specific terminology for striking and fielding.</p>
--	---	--	--	--

<p>Striking and Fielding SKILLS</p>	<p>Pupils will learn technique to basic skills involved in Striking and Fielding:</p> <ul style="list-style-type: none"> - batting; - bowling; - catching; - throwing; - long/short barrier; - running; <p>Pupils will begin to apply a range of rules to: cricket and rounders;</p> <p>Pupils will begin to apply basic tactics and strategy in cricket and rounders - will demonstrate tactical thinking skills;</p>	<p>Pupils will continue to learn technique to basic skills involved in Striking and Fielding and consolidate previous learning :</p> <ul style="list-style-type: none"> - batting; - bowling; - catching; - throwing; - long/short barrier; - running; <p>Pupils will consolidate knowledge of rules to: cricket and rounders and their ability to apply rules in competition;</p> <p>Pupils will consolidate tactical thinking skills</p>	<p>Pupils will continue to learn technique to basic skills involved in Striking and Fielding and consolidate previous learning:</p> <ul style="list-style-type: none"> - batting; - bowling; - catching; - throwing; - long/short barrier; - split step - running; <p>Some pupils will learn about more complex skills, e.g. Front step-drive, reverse sweep or hook shot batting technique;</p>	<p>Pupils will continue to learn technique to basic skills involved in Striking and Fielding and consolidate previous learning:</p> <ul style="list-style-type: none"> - batting; - bowling; - catching; - throwing; - long/short barrier; - split step - running; <p>Some pupils will learn about more complex skills, e.g. Front step-drive, reverse sweep or hook shot batting technique;</p>
-------------------------------------	--	--	---	---

	<p>Pupils will begin to apply terminology specific to striking and fielding.</p>	<p>and be able to apply basic tactics and strategy in cricket and rounders;</p> <p>Pupils will continue to apply terminology specific to striking and fielding.</p>	<p>Pupils will consolidate knowledge of rules to: cricket and rounders and their ability to apply rules in competition;</p> <p>Pupils will consolidate tactical thinking skills and be able to apply basic tactics and strategy in cricket and rounders;</p> <p>Pupils will continue to apply terminology specific to striking and fielding.</p>	<p>Pupils will consolidate knowledge of rules to: cricket and rounders and their ability to apply rules in competition;</p> <p>Pupils will consolidate tactical thinking skills and be able to apply basic tactics and strategy in cricket and rounders;</p> <p>Pupils will continue to apply terminology specific to striking and fielding.</p>
<p>SUMMATIVE ASSESSMENT 3 - To be carried out after the seventh module.</p>	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart 	<p>Based on two sports:</p> <ul style="list-style-type: none"> - Teacher assessment; - Head, Hands and Heart

	assessment model.	assessment model.	assessment model.	assessment model.
--	-------------------	-------------------	-------------------	-------------------

Curriculum Enrichment	<p>Annual Year 6 opportunities to visit the Weymouth Outdoor Education Centre.</p> <p>Year 5, 6, 7 and 8 Residential trips include OAA opportunities</p> <p>Pupils will experience a range of Outdoor Adventurous Activities including Kayaking, Climbing, Caving, Problem Solving, Archery, etc...</p> <p>DMS Sports Ambassadors will be given sports leadership opportunities through Inter-house competition.</p> <p>Alternative sports like: Handball, Table tennis, La Crosse, Ultimate Frisbee, Dodgeball, Danish Longball, Boccia, Seated Volleyball are often used in wet weather lessons or when teaching Outwitting Opponents concepts.</p> <p>DMS Extra curricular club include:</p> <p>Year 5 - 8 Football clubs</p> <p>Year 5/6 Girls Football club</p> <p>Year 7/8 Girls Football club</p> <p>Year 5/6 Tag Rugby</p> <p>Year 7/8 Rugby club</p> <p>Year 5/6 Netball club</p> <p>Year 7/8 Netball club</p> <p>Year 5/6 Basketball club</p> <p>Year 7/8 Basketball club</p> <p>Year 5 - 8 Morning Run</p> <p>Year 5/6 Cheerleading club</p> <p>Year 5/6 Cricket club</p> <p>Year 7/8 Cricket club</p> <p>Year 5/6 Athletics club</p>
-----------------------	--

	<p>Year 7/8 Athletics club Year 5 - 8 Tennis club Lunchtime club opportunities</p>
--	---