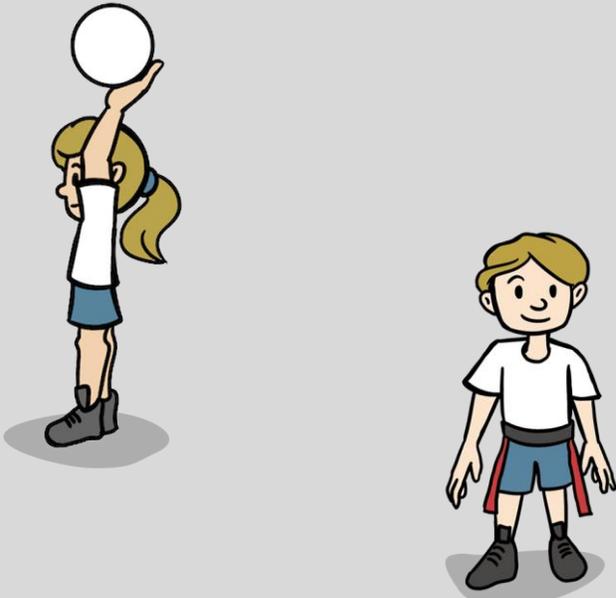


# ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 5		SPRING TERM			
				<b>Spring 1: Dance (4A), Adventurous Activities (AA) (4C)</b> <b>Spring 2: Netball/Tag Rugby</b>			
Knowledge Focus	<b>Dance/Adventurous Activities</b>			<b>Netball / Tag Rugby</b>			
National Curriculum Knowledge	<p><i>Dance: To perform dances using a range of movement patterns.</i></p> <p><i>AA: To take part in outdoor and adventurous activity challenges both individually and within a team.</i></p>			<p><i>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p>			
Year 5 Spring 1	<p><b>Key Knowledge &amp; Skills:</b></p> <p style="text-align: center;"><b>Dance</b></p> <ul style="list-style-type: none"> <li>• To know what a random structure is and choreograph a dance with varying dynamics, speed and movements.</li> <li>• To know what a pose is and link them with transitions.</li> <li>• To know how to apply simple choreographic devices when working as part of a group.</li> <li>• To know how different styles can be represented in different ways through varying movements.</li> <li>• To know what the 'rock n' roll' style looks like.</li> </ul>			<p><b>Key Knowledge &amp; Skills:</b></p> <p style="text-align: center;"><b>Adventurous Activities</b></p> <ul style="list-style-type: none"> <li>• To know how to communicate and overcome tasks while staying safe.</li> <li>• To know how to overcome problems as part of a team.</li> <li>• To know how to trust a teammate and develop tactical planning.</li> <li>• To know how to read basic maps using simple compass points.</li> <li>• To understand what a key is and use it effectively to navigate.</li> </ul>			

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<b>Knowledge Focus</b>	<b>Dance/Adventurous Activities</b>		<b>Netball / Tag Rugby</b>		
<b>National Curriculum Knowledge</b>	<p><i>Dance: To perform dances using a range of movement patterns.</i></p> <p><i>AA: To take part in outdoor and adventurous activity challenges both individually and within a team.</i></p>		<p><i>Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending</i></p>		
<b>Year 5 Spring 2</b>			<p><b>Netball Key Knowledge &amp; Skills:</b></p> <ul style="list-style-type: none"> <li>• To know how to pass and move <i>towards goal</i>;</li> <li>• To know how to create space in attack;</li> <li>• To know how to change direction to lose an opponent;</li> <li>• To know how to intercept by defending ball side;</li> <li>• To know how to shoot;</li> <li>• To know how to lose a defender to receive the ball;</li> <li>• To know the rules and officiate and play in games.</li> </ul>	<p><b>Tag Rugby Key Knowledge &amp; Skills</b></p> <ul style="list-style-type: none"> <li>• To know and implement basic attacking principles;</li> <li>• To know the basic passing technique;</li> <li>• To know the offside rule;</li> <li>• To know how to draw a defence and when to pass;</li> <li>• To know how to defend as a unit.</li> </ul>	