
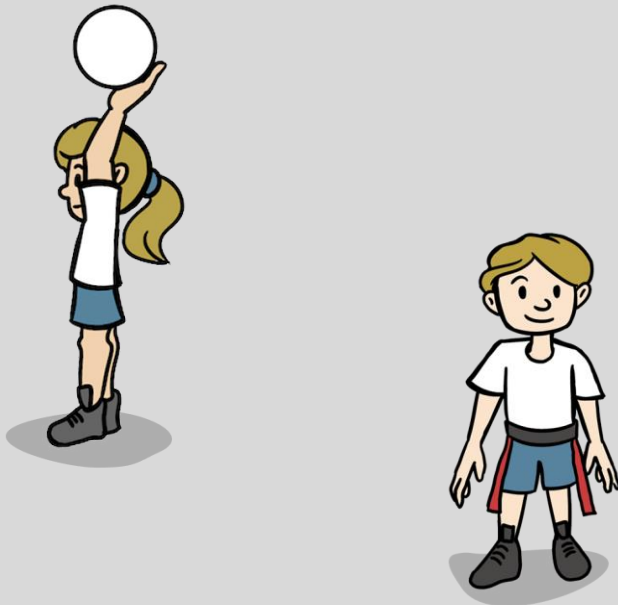


ALDER COPPICE PRIMARY SCHOOL UNIT INFORMATION

SUBJECT: PE		YEAR 5	SPRING TERM Spring 1: Dance (4A), Adventurous Activities (AA) (4C) Spring 2: Netball/Tag Rugby
Knowledge Focus	Dance/Adventurous Activities		Netball / Tag Rugby
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	Key Knowledge & Skills: Dance <ul style="list-style-type: none"> To know what a random structure is and choreograph a dance with varying dynamics, speed and movements. To know what a pose is and link them with transitions. To know how to apply simple choreographic devices when working as part of a group. To know how different styles can be represented in different ways through varying movements. To know what the 'rock n' roll' style looks like. 	Key Knowledge & Skills: Adventurous Activities <ul style="list-style-type: none"> To know how to communicate and overcome tasks while staying safe. To know how to overcome problems as part of a team. To know how to trust a teammate and develop tactical planning. To know how to read basic maps using simple compass points. To understand what a key is and use it effectively to navigate. 	

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Year 5 Spring 2			Netball Key Knowledge & Skills: <ul style="list-style-type: none"> • To know how to pass and move <i>towards goal</i>; • To know how to create space in attack; • To know how to change direction to lose an opponent; • To know how to intercept by defending ball side; • To know how to shoot; • To know how to lose a defender to receive the ball; • To know the rules and officiate and play in games. 	Tag Rugby Key Knowledge & Skills <ul style="list-style-type: none"> • To know and implement basic attacking principles; • To know the basic passing technique; • To know the offside rule; • To know how to draw a defence and when to pass; • To know how to defend as a unit.