


# Games (Ga)

# Gymnastics (Gy)


# Dance (D)

	<u>P1</u>	<u>P2</u>	<u>P3</u>	<u>Year 7</u>	<u>Year 8/9</u>
 <p><b>Autumn 1</b></p>	<p>(Ga) *Fitness/Activity Circuits *Target Throwing *Basketball</p> <p>(GY) (D) *Movement *Control *Create</p>	<p>(Ga) *Fitness/Activity Circuits *Target Throwing *Basketball</p> <p>(Gy) *Replicate shapes in balances using body tension / extension</p> <p>(D) *Create *Control *Movement in shape / size / direction</p>	<p>(Ga) *Fitness/Activity Circuits *Target Throwing *Basketball</p> <p>(Gy) *Movement with ease / control *Replicate shapes in balances using body tension / extension *Balances on low apparatus / floor</p> <p>(D) *Create *Control *Movement in shape / size / direction / speed</p>	<p>(Ga) *Fitness/Activity Circuits *Target Throwing *Basketball</p> <p>(Gy) *Movement with ease / control *Replicate shapes in balances using body tension / extension *Balances on low apparatus / floor</p> <p>(D) *Create *Control *Movement in shape / size / direction / speed / level</p>	<p>(Ga) *Fitness/Activity Circuits *Target Throwing *Basketball</p> <p>(Gy) *Movement with ease / control *Replicate shapes in balances using body tension / extension *Balances on low apparatus / floor</p> <p>(D) *Create *Control *Movement in shape / size / direction / speed / level / tension</p>

## Games (Ga)

## Gymnastics (Gy)


## Dance (D)

	<u>P1</u>	<u>P2</u>	<u>P3</u>	<u>Year 7</u>	<u>Year 8/9</u>
 <p><b>RIVERSIDES</b> EVERY STUDENT MATTERS</p>	<p>(Ga) *Team activities – class v staff *Street Hockey *Lacrosse</p> <p>(Gy) *Rotation *Control</p> <p>(D) *Balance *Repetition *Rhythm patterns</p>	<p>(Ga) *Team activities – class v staff *Street Hockey *Lacrosse</p> <p>(Gy) *Explore *Rotation *Control</p> <p>(D) *Balance *Repetition *Rhythm patterns *Routine in movement</p>	<p>(Ga) *Team activities – class v staff *Lacrosse *Netball *Football</p> <p>(Gy) *Rotation *Composure *Sequence of rolls / balances *Transition fluency / control</p> <p>(D) *Balance *Repetition *Unison *Rhythm *Routine *Sequencing of movement</p>	<p>(Ga) *Team activities – class v staff *Lacrosse *Netball *Football</p> <p>(Gy) *Rotation *Composure *Sequence of rolls / balances *Transition fluency / control</p> <p>(D) *Balance *Repetition *Unison *Rhythm *Routine *Sequence *Moods *Gestures *Expression of movement patterns</p>	<p>(Ga) *Team activities – class v staff *Lacrosse *Netball *Football</p> <p>(Gy) *Rotation *Composure *Sequence of rolls / balances *Transition fluency / control</p> <p>(D) *Balance *Repetition *Unison *Rhythm *Routine *Sequence *Moods *Gestures *Expression of movement patterns</p>
<p><b>Autumn 2</b></p>					

## Games (Ga)

## Gymnastics (Gy)


## Dance (D)

	<u>P1</u>	<u>P2</u>	<u>P3</u>	<u>Year 7</u>	<u>Year 8/9</u>
 <p><b>RIVERSIDES</b> EVERY STUDENT MATTERS</p> <p><b>Spring 1</b></p>	<p>(Ga) *Game development *Tag Rugby *Dodgeball *Table Tennis</p> <p>(Gy) *Sequences of movement *Jumps</p> <p>(D) *Yoga *Move with ease and control</p>	<p>(Ga) *Game development *Tag Rugby *Dodgeball *Table Tennis</p> <p>(Gy) *Create / perform basic balances / rotational skills / jumps *Do / Be positively Critical / Adapt</p> <p>(D) *Yoga *Move with ease and control</p>	<p>(Ga) *Game development *Tag Rugby *Dodgeball *Table Tennis</p> <p>(Gy) *Develop sequences using jumps *Create / perform basic balances / rotational skills *Do / Be positively Critical / Adapt *Compare / contrast creative sequences</p> <p>(D) *Yoga *Move with ease and control</p>	<p>(Ga) *Game development *Tag Rugby *Dodgeball *Table Tennis</p> <p>(Gy) *Develop sequences using jumps / rolls *Create / perform basic balances / rotational skills *Do / Be positively Critical / Adapt *Compare / contrast creative sequences</p> <p>(D) *Stretches *Move with a range of ease / control</p>	<p>(Ga) *Game development *Tag Rugby *Dodgeball *Table Tennis</p> <p>(Gy) *Develop sequences using jumps / rolls *Create / perform basic balances / rotational skills *Do / Be positively Critical / Adapt *Compare / contrast creative sequences</p> <p>D) *Stretches *Move with a range of ease / control</p>

## Games (Ga)

## Gymnastics (Gy)


## Dance (D)

	<u>P1</u>	<u>P2</u>	<u>P3</u>	<u>Year 7</u>	<u>Year 8/9</u>
 <p><b>RIVERSIDES</b> EVERY STUDENT MATTERS</p> <p>Spring 2</p>	<p>(Ga) *Team work challenges *Handball *Netball</p> <p>(Gy) *Balance *Sequencing of movement</p> <p>(D) *Make up a routine.</p>	<p>(Ga) *Team work challenges *Handball *Netball</p> <p>(Gy) *Travel *Balance effectively</p> <p>(D) *Evaluate / assess movements *Routine with class or small group</p>	<p>(Ga) *Team work challenges *Handball *Badminton</p> <p>(Gy) *Travel and balance effectively *Replicate balances / rotational skills in a group sequence</p> <p>(D) *Routine with small group or partner *Implement ideas / strategies to display improvement</p>	<p>(Ga) *Team work challenges *Handball *Tag Rugby</p> <p>(Gy) *Travel and balance effectively *Replicate balances / rotational skills in a group sequence Create sequencing showing a clear beginning, middle and end to a routine</p> <p>(D) *Routine with small group or partner *Implement ideas / strategies to display improvement / generate problem solving</p>	<p>(Ga) *Team work challenges *Handball *Tag Rugby</p> <p>(Gy) *Travel and balance effectively *Replicate balances / rotational skills in a group sequence Create sequencing showing a clear beginning, middle and end to a routine</p> <p>(D) *Routine with small group or partner *Implement ideas / strategies to display improvement / generate problem solving</p>

# Games (Ga)

# Gymnastics (Gy)


# Dance (D)

	<u>P1</u>	<u>P2</u>	<u>P3</u>	<u>Year 7</u>	<u>Year 8/9</u>
 <p><b>Summer 1</b></p>	<p>(Ga) *Warm ups / cool downs and stretches *Athletics events - track / field events *Badminton</p> <p>(Gy) *Travelling</p> <p>(D) *Communication / cooperation *Express of feelings, moods and ideas</p>	<p>(Ga) *Warm ups / cool downs and stretches *Athletics events - track / field events *Badminton</p> <p>(Gy) *Combine / replicate moves linked together including travelling techniques</p> <p>(D) *Communication / cooperation *Express of feelings, moods and ideas</p>	<p>(Ga) *Warm ups / cool downs and stretches *Athletics events - track / field events *Baseball *Short Tennis</p> <p>(Gy) *Combine / replicate moves linked together including travelling techniques *Develop a sequence showing a variety of movement, control and smooth links between skills</p> <p>(D) *Communication / cooperation *Express of feelings, moods and ideas</p>	<p>(Ga) *Warm ups / cool downs and stretches *Athletics events - track / field events *Baseball *Short Tennis</p> <p>(Gy) *Combine / replicate moves linked together including travelling techniques *Develop a sequence showing a variety of movement, control and smooth links between skills</p> <p>(D) *Communication / cooperation *Express of feelings, moods and ideas *Use music as a stimuli *Create characters / narratives</p>	<p>(Ga) *Warm ups / cool downs and stretches *Athletics events - track / field events *Baseball *Short Tennis</p> <p>(Gy) *Combine / replicate moves linked together including travelling techniques *Develop a sequence showing a variety of movement, control and smooth links between skills</p> <p>(D) *Communication / cooperation *Express of feelings, moods and ideas *Use music as a stimuli *Create characters / narratives</p>

## Games (Ga)

## Gymnastics (Gy)

## Dance (D)

	<u>P1</u>	<u>P2</u>	<u>P3</u>	<u>Year 7</u>	<u>Year 8/9</u>
 <p><b>RIVERSIDES</b> EVERY STUDENT MATTERS</p> <p><b>Summer 2</b></p>	<p>(Ga) *Athletics *Rounders *Short Tennis *Kwik Cricket</p> <p>(Gy) *Refinement / assessment in gymnastic / athletic movements</p> <p>(D) *Routine display</p>	<p>(Ga) *Athletics *Rounders *Short Tennis *Kwik Cricket</p> <p>(Gy) *Develop simple routines for individual sequencing work</p> <p>(D) *Routine display</p>	<p>(Ga) *Athletics – track and field *Tennis *Cricket</p> <p>(Gy) *Sequence refinement and assessment *Develop simple routines for individual sequencing work *Link skills – create routines for assessment</p> <p>(D) *Routine display</p>	<p>(Ga) *Athletics – track and field *Tennis *Cricket</p> <p>(Gy) *Sequence refinement and assessment *Develop simple routines for individual sequencing work *Link skills – create routines for assessment *Peer assess to improve pupils performance</p> <p>(D) *Create / choreograph a dance music video</p>	<p>(Ga) *Athletics – track and field *Tennis *Cricket</p> <p>(Gy) *Sequence refinement and assessment *Develop simple routines for individual sequencing work *Link skills – create routines for assessment *Peer assess to improve pupils performance *Understand these terms: inverted / contrasting / flow / combinations / half-turn / sustained / extended / explosive</p> <p>(D) *Create a 'tictoc' type video</p>

**Games (Ga)**

**Gymnastics (Gy)**

**Dance (D)**