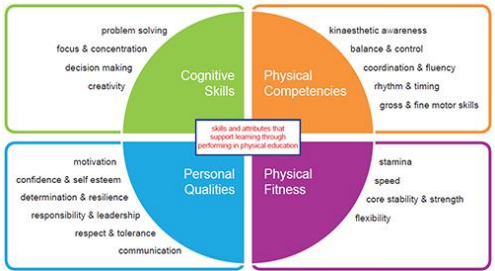




School:

Classes:

Dates: *see content*

Experiences & Outcomes			
Movement skills, competencies and concepts		Cooperation and competition	Evaluating and appreciating
<p>As I encounter new challenges and contexts for learning, I am encouraged and supported to demonstrate my ability to select, adapt and apply movement skills and strategies, creatively, accurately and with control. HWB 2-21a / HWB 3-21a</p>		<p>I practise, consolidate and refine my skills to improve my performance. I am developing and sustaining my levels of fitness. HWB 2-22a / HWB 3-22a</p>	<p>While working and learning with others, I improve my range of skills, demonstrate tactics and achieve identified goals. HWB 2-23a</p>
<p>By reflecting on my own and others' work and evaluating it against shared criteria, I can recognise improvement and achievement and use this to progress further. HWB 2-24a</p>			
<p>Significant Aspects of Learning</p>  <p>Cognitive Skills Problem Solving Focus & Concentration Decision Making Creativity</p> <p>Personal Qualities Motivation Confidence & Self-esteem Determination & Resilience Responsibility & Leadership</p>		<p>Benchmark statements</p> <p>Cognitive Skills - Decision Making: *Makes decisions when presented with a greater variety of options and can explain why.</p> <p>Personal Qualities – Motivation: *Is self-motivated in movement challenges and demonstrates positive effort. *Sets and acts upon personal goals based on knowledge and understanding of what it means to perform well. *Explains factors that affect and influence participation in physical activity e.g. attitude, access, personal and/or family preference. Shows an understanding that we play a role in encouraging others.</p> <p>Personal Qualities - Confidence and Self- esteem: *Demonstrates self-reliance when faced with movement challenges in familiar and unfamiliar practice and performance environments. *Initiates and works co-operatively with others providing support and encouragement. *Self-assesses and acts as a peer assessor to provide</p>	
		<p>Content (open to change)</p> <p>Block 1 Tuesday 27th Aug– Games; Passing & Receiving 2 Tuesday 3rd Sep – P5 Games; Games Making 2 P6 Games; Passing & Receiving 2 & 3 P7 Games; Marking & Dodging 2 Tuesday 10th Sep – P5 Warm Up Games P6 Games; Marking & Dodging 2 P7 Games; Mini-Basketball games Block 2 (dates TBC)</p>	<p>IDL link (where appropriate)</p> <p>When I engage with others, I can respond in ways appropriate to my role, show that I value others' contributions and use these to build on thinking. LIT 2-02a</p> <p>I make full use of and value the opportunities I am given to improve and manage my learning and, in turn, I can help to encourage learning and confidence in others. HWB 0-11a / HWB 1-11a / HWB 2-11a / HWB 3-11a / HWB 4-11a</p>



<p>Respect & Tolerance Communication</p> <p>Physical Competencies Kinaesthetic Awareness Balance & Control Coordination & Fluency Rhythm & Timing Gross & Fine Motor Skills</p> <p>Physical Fitness Stamina Speed Core Stability & Strength Flexibility</p>	<p>constructive feedback to improve performance. *Celebrates, values and uses achievements as part of development and progress.</p> <p>Personal Qualities - Determination and Resilience: *Identifies strategies around competition to cope appropriately with the outcomes. *Understands and demonstrates the positive link between effort, perseverance, and personal achievement. *Recognises the variety of emotions that are associated with performing and the impact they have on behaviour and performance. *Develops the ability to manage emotions to enhance performance.</p> <p>Physical Competencies - Balance and Control: *Differentiates between movements of different parts of the body, with a focus on quality; e.g. rolling segmentally, leading first with the head, followed by the shoulders and then the pelvis. *Combines and applies static and dynamic balance with and without equipment at different speeds, directions and levels e.g. dodging and feinting. *Manipulates objects whilst maintaining balance to result in desired outcomes. e.g. baton changeover in relay race.</p>		
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