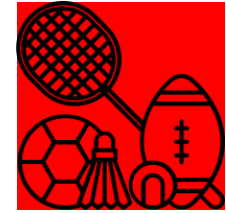




## Objectives and Sticky Knowledge

### Previous Knowledge Recap

- To understand there is more than one way to throw/kick a ball/object
- To select the best way to throw/kick a ball/object depending on the situation
- To understand what overarm and underarm means
- To work together as a team/partner to execute sensible throws



### Land Objectives and Sticky Knowledge:

Repeat actions and skills with control.	Describe how your body feels during different activities and how to exercise safely.	Describe how exercise affects your body and why it is important to be active?	Say how you could improve your skills
<ul style="list-style-type: none"> <li>Know how to stay controlled when performing actions in games.</li> <li>Know what control means in relation to sport</li> <li>Understand that control makes us successful with our actions and skills</li> </ul>	<ul style="list-style-type: none"> <li>Know how your body changes with exercise.</li> <li>Know how to exercise safely.</li> <li>Know how different exercise can affect your body differently.</li> <li>Understand that your heart will pump blood around your body faster to get more oxygen to your lungs.</li> </ul>	<ul style="list-style-type: none"> <li>Know that physical activity keeps our body healthy</li> <li>Understand the importance of being active.</li> <li>Know that being active means keeping yourself healthy and fit.</li> <li>Know what happens to your body when you are exercising.</li> </ul>	<ul style="list-style-type: none"> <li>Understand what the word improve means.</li> <li>Know how to improve a movement or skill.</li> <li>Understand how to show progression in your skill or movement by demonstrating this.</li> <li>Know that practise means that you improve.</li> </ul>

### Links with 'Communication' Golden Thread:

### Links with CST and CKA Values Crown:





### Key Vocabulary

Speed Bounce

Sprint

Race

Jump

Personal Best

Faster

Teammate

Encourage

Mini Coaches

### Key Skills

#### Physical Me

- **Running** - Shuttle runs/sprints
- **Leaping/hopping** - Over objects
- **Throwing/Pushing** - At a target
- **Skipping** - With a hoop
- **Jumping** - Speed bounce, long jump, for height
- **Co-ordination** - Jumping



#### Thinking Me

- To improve my performance

#### Value Me:

- Determination
- Teamwork

#### Social Me

- Listening to others
- Support others

### Key Knowledge

**Standing Long Jump**- Jumping two feet to two feet

**Personal Best**- To beat your own score

**Race** - A race is a competition to see who is the fastest, for example in running the 100 metres.

#### Sky Objectives:

Can describe the ABC's relating to movement.

Can join teams without any problems during an activity.

Can identify why our bodies sweat and how this effects our need for water.