

Becoming a Sportsperson at Rimrose Hope

"Physical fitness is not only one of the most important keys to a healthy body,
it is the basis of dynamic and creative intellectual activity."

John. F. Kennedy

<p>A Year 1 Rimrose Hope Sportsperson will:</p>	<p>A Year 2 Rimrose Hope Sportsperson will:</p>
<ul style="list-style-type: none"> • Master basic movements such as running, jumping, throwing and catching. • Develop balance, agility and co-ordination. • Apply basic movements, balance, agility and co-ordination in a range of activities • Participate in team games. • Develop simple tactics for attacking and defending. • Perform dances using simple movement patterns 	<ul style="list-style-type: none"> • Master basic movements such as running, jumping, throwing and catching. • Develop balance, agility and co-ordination. • Apply basic movements, balance, agility and co-ordination in a range of activities • Participate in team games. • Develop simple tactics for attacking and defending. • Perform dances using simple movement patterns
<p>A Year 1 Rimrose Hope Athlete can:</p>	<p>A Year 2 Rimrose Hope Athlete can:</p>
<ul style="list-style-type: none"> • develop the skill of running fast • develop the skill of changing direction when moving • develop the skill of hopping • develop the skill of underarm throwing • develop the skill of rolling a ball 	<ul style="list-style-type: none"> • develop the fundamental movement skill of jumping • develop the fundamental movement skill of skipping • develop the skill of overarm throwing • develop the skill of bouncing a ball • develop the skill of catching a ball
<p>A Year 1 Rimrose Hope Dancer can:</p>	<p>A Year 2 Rimrose Hope Dancer can:</p>
<ul style="list-style-type: none"> • explore different ways of travelling and using space • create patterns using a stimulus • recreate ideas and use expression • develop and improve our work • perform in a whole class performance 	<ul style="list-style-type: none"> • explore, remember, repeat and link a range of actions with co-ordination and control • explore and link contrasting actions with control • To recognise and describe how dance makes them feel • To link travelling actions with stillness to convey events within a story • To travel from one space to another using different pathways and levels • compose a short dance independently linking sequences together to retell the story
<p>A Year 1 Gymnast at Rimrose Hope can:</p>	<p>A Year 2 Gymnast at Rimrose Hope can:</p>
<ul style="list-style-type: none"> • develop the basic skills of travelling, rolling, jumping, balancing and creating shapes 	<ul style="list-style-type: none"> • perform travelling actions using hands and feet • balance on large body parts with stillness

<ul style="list-style-type: none"> • develop the skill of balancing on different body parts. • link travelling, jumping, balancing and rolling movements together into a sequence • develop the basic skills of travelling on hands and feet. 	<ul style="list-style-type: none"> • link actions of movement together to create a simple sequence. • create a sequence using travelling, balancing, rolling and jumping on apparatus
<p>A Year 1 Game Player at Rimrose Hope can:</p>	<p>A Year 2 Game Player at Rimrose Hope can:</p>
<ul style="list-style-type: none"> • catch a ball with two hands • bounce a ball with control • hop rhythmically on one leg • develop travelling skills • bounce a ball with control when travelling • apply a simple tactic in a game • explore throwing equipment underarm in different ways • develop the skill of side gallop and perform it with rhythm • throw an object underarm with accuracy • develop the skill of running and dodging • apply a simple tactic in a team game • explore running techniques • explore rolling different equipment with accuracy and in different ways • explore running and jumping techniques • work in a small group with others • apply simple tactics in a team game • develop an overarm throw • develop a fast running technique • throw an object overarm with accuracy <ul style="list-style-type: none"> ○ To understand a simple tactic in a game • strike a ball off a tee • develop striking a ball with a bat • work in a small group cooperatively • explore different ways of kicking objects • explore different ways of kicking objects with increasing accuracy and control • understand that being active is good for them 	<ul style="list-style-type: none"> throw a ball underarm with accuracy to a partner get into the ready position when catching a ball hold a bat strike a ball to a partner catch a ball from the ready position develop simple tactics in a net type game apply a simple tactic in a net type game to outwit an opponent perform a side gallop throw a ball overarm for distance play a simple striking and fielding game strike a ball for distance strike a ball with accuracy for distance play a simple striking and fielding game and use a simple tactic throw a ball with accuracy then move into a space dodge with some agility catch a ball with control use simple tactics in a game

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| <ul style="list-style-type: none">• receive a kick with control• kick objects with increased accuracy• intercept a ball• choose skills effectively for a game• show good awareness of space and movement | |
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Becoming a Sportsperson at Rimrose Hope

"To keep the body in good health is a duty...otherwise we shall not be able to keep our mind strong and clear"

Buddha

A Year 3 Rimrose Hope Sportsperson will:

- Use running, jumping, catching and throwing in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones to achieve their personal best.

A Year 3 Rimrose Hope Athlete can:

- Select the appropriate equipment and technique when throwing
- Evaluate their own success
- Develop throwing skills in an athletic type activity
- Develop running skills in isolation
- Develop jumping skills in isolation

A Year 3 Rimrose Hope Dancer can:

- Select travelling actions to convey different characters along different pathways
- Explore movement of different creatures
- Explore travelling actions linked to three different settings
- Create a sequence, using travel, turn and gesture
- Create a sequence, using control of body actions and shapes

A Year 3 Rimrose Hope Gymnast can:

- Develop balance on small body parts
- Create a sequence of gymnastic actions and apparatus
- Develop ways of rolling
- Develop the skill of jumping and landing
- Evaluate and recognise their own success

A Year 3 Rimrose Hope Game Player can:

- Send and receive a ball
- Send a ball and move into space to receive a pass

- Pass a ball using a chest and bounce pass
- Send and receive a ball in a simple game
- Use simple tactics in a game
- Outwit a defender using a simple tactic
- Send and receive a ball in an invasion game
- Evaluate their own and others success

A Year 3 Rimrose Hope Swimmer can:

- Improve and improve the control and co-ordination of their bodies in water
- Choose and use skills for different swimming tasks
- Watch, copy and describe what they and others have done and use this information to improve their work
- Explore and use skills, actions and ideas individually and in combination

Becoming a Sportsperson at Rimrose Hope

"Many activities and team play participation will give you a training that will prove invaluable later on in life"

Walter Annenberg

A Year 4 Rimrose Hope Sportsperson will:

- Use running, jumping, catching and throwing in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones to achieve their personal best.
- Begin to use a range of strokes effectively such as front crawl and backstroke

A Year 4 Rimrose Hope Athlete can:

- Develop sprinting start skills in isolation
- Develop the change over skill in a relay
- Combine different jumping actions
- Compare my performance to previous ones to improve my personal best

A Year 4 Rimrose Hope Dancer can:

- Explore movement communicating character
- Work as a group to combine movements to create a sequence
- Combine sequences to create a final performance.
- Describe what you have to do to warm up, cool down for dance
- Describe, interpret and evaluate their own and others dance

A Year 4 Rimrose Hope Gymnast can:

- Develop a range of jumping actions
- Perform rolling actions and link these with other actions to perform a sequence
- Plan and perform a simple sequence

- Make simple judgements about the quality of performance and suggest ways to improve
- Perform different partner balances, with and without apparatus
- Perform a sequence with a partner using balances, gymnastic actions and apparatus

A Year 4 Rimrose Hope Games Player can:

- Perform a chest and bounce pass accurately
- Travel with a ball
- Dribble a basketball with some control
- Find space to receive a chest or bounce pass
- Apply basic principles for attacking
- Use tactics to outwit an opponent
- Evaluate what worked well in a game
- Use a swing pass accurately
- Run with a rugby ball
- Find space to receive a swing pass

A Year 4 Rimrose Hope Swimmer can:

- Begin to use a range of strokes effectively such as front crawl and backstroke
- Choose, use and vary strokes and skills according to the task and the challenge
- Describe and evaluate the quality of swimming and recognize what needs improving

Becoming a Sportsperson at Rimrose Hope

"Movement is a medicine for creating change in a person's physical, emotional and mental states"

Carol Welch

A Year 5 Rimrose Hope Sportsperson will:

- Use running, jumping, catching and throwing in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones to achieve their personal best.
- Swim competently, confidently and proficiently over a distance of at least 20m
Use a range of strokes effectively such as front crawl and backstroke

A Year 5 Rimrose Hope Athlete can:

- Develop running techniques
- Explore ways of combining jumping actions
- Develop throwing techniques

A Year 5 Rimrose Hope Dancer can:

- Use dance to convey the emotion, mood and feelings of characters
- Explore a range of controlled movements to convey mood using actions dynamics and space
- Combine travel, turn, gesture and stillness to convey events and emotions.
- Use their own ideas to create a story sequence
- Link all sequences to produce a complete story dance

A Year 5 Rimrose Hope Gymnast can:

- Perform partner balances with control
- Create a gymnastic sequence with counter balances/ tension with a partner in unison
- Create a sequence with a partner in unison using apparatus

- Create a gymnastic sequence with counter balances/ tension with a partner using canon
- Create a sequence with a partner in canon and unison using apparatus
- Evaluate and recognise their own success

A Year 5 Rimrose Hope Game Player can:

Develop travelling with a ball
 Develop sending skills
 Dribble a ball using a hockey stick
 Pass a ball to a team mate using a hockey stick
 Shoot a ball at goal
 Select attacking tactics when playing a game
 Evaluate success in a game
 Develop the skill of passing and catching a netball
 Understand the need to prepare properly for games
 Pass a netball with control and accuracy
 Catch a netball with confidence
 Develop the skills of passing using a shoulder pass
 Develop the skills of shooting in netball
 Select appropriate strategies for attack
 Evaluate their own and the work of others and suggest ways to improve it
 Apply simple tactics when playing a netball type game

A Year 5 Rimrose Hope Swimmer can:

- Choose, use and vary strokes and skills according to the task and the challenge
- Swim competently, confidently and proficiently over a distance of at least 20m
- Use a range of strokes effectively such as front crawl and backstroke
- Describe the short term effects of exercise on the body, and how it reacts to different types of activity

Becoming a Sportsperson at Rimrose Hope

"Physical activity is an excellent stress-buster and provides other health benefits as well. It can improve your mood and self image"

Jon Wickham

A Year 6 Rimrose Hope Sportsperson will:

- Use running, jumping, catching and throwing in isolation and in combination
- Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.
- Develop flexibility, strength, technique, control and balance, for example through gymnastics and athletics
- Perform dances using a range of movement patterns
- Take part in outdoor and adventurous activity challenges both individually and within a team
- Compare their performances with previous ones to achieve their personal best.
- Swim competently, confidently and proficiently over a distance of at least 25m
- Use a range of strokes effectively such as front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water based situations

A Year 6 Rimrose Hope Athlete can:

- Develop running skills in an athletic type activity
- Develop jumping actions in combination in an athletic type activity
- Develop throwing skills in an athletic type activity
- Record times & distances and compare their performances against previous performances

A Year 6 Rimrose Hope Dancer can:

- Learn a piece of group choreography and be able to recall it
- Create a solo sequence using a stimulus
- Participate in a whole class performance with accuracy control and timing
- Develop and improve their work by identifying strengths & areas for improvement

A Year 6 Rimrose Hope Gymnast can:

- Perform group balances
- Perform group balances using equipment
- Evaluate success of group and paired balances
- Perform a weight bearing balance
- Create a linked sequence of movements using apparatus
- Evaluate and recognise their own success

A Year 6 Rimrose Hope Game Player can:

- Develop the skill of running with a rugby ball in two hands
- Develop the technique of throwing and catching a rugby ball
- Pass a rugby ball with accuracy
- Catch a rugby ball with confidence
- Develop the technique of throwing and catching a rugby ball in a game situation
- Make decisions on when to pass the ball
- Apply simple tactics when playing a rugby typed game
- Develop the technique of passing the rugby ball backwards
- Pass a ball backwards with accuracy to a team mate
- Develop the technique of kicking a rugby ball and kick it with some accuracy
- Evaluate their own work and the work of others and suggest ways to improve it
- Revise travelling with an object
- Dribble a ball using basketball and hockey sticks
- Undertake leadership/officiating role
- Select and apply appropriate tactics when playing different invasion games
- Create an invasion game
- Explore adapting an invasion game to explore positions and attacking/defending options
- Choose and apply skills and tactics consistently in an invasion type competitive game

A Year 6 Rimrose Hope Swimmer can:

- Choose, use and vary strokes and skills, according to the task and the challenge
- Swim competently, confidently and proficiently over a distance of at least 25m
- Use a range of strokes effectively such as front crawl, backstroke and breaststroke
- Perform safe self-rescue in different water based situations
- Consolidate and develop the quality of their skills