

| Autumn 1 | |
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| <p>Character Education:</p> <p>Social me: Cooperation</p> <ul style="list-style-type: none"> - Do as I am asked to do - Share my ideas and resources - Help others - Work towards a shared goal - Put the group's interests above my own by analysing what is happening in the game and making decisions on the team not myself | <p>Keyword:</p> <p>Agility:</p> <p>The ability to change direction quickly and accurately</p> |
| <p>Adaptive Question Starters:</p> <p>Identify the teaching points for ...</p> <p>Describe the ...</p> <p>Explain the importance of</p> <p>How does ... work in a competition/game</p> | <p>Assessment for Learning:</p> <p>Recap and link from previous lesson</p> <p>Mini Plenaries focusing on what the children know, understand and remember</p> <p>Question and Answer based on character education.</p> |

| Autumn 2 | |
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| <p>Character Education:</p> <p>Healthy me: Courage</p> <ul style="list-style-type: none"> - Encourage children to be brave and have a go even if they are unsure - Encourage them to set stretching targets - Group the children in different groups to usual - Praise them when they offer alternative suggestions to their friends - Praise critical analysis of others' ideas - Reward commitment - Explore how children managed their fears in plenaries | <p>Keyword:</p> <p>Speed:</p> <p>The ability to move your body or part of your body quickly</p> |
| <p>Adaptive Question Starters:</p> <p>Identify the teaching points for ...</p> <p>Describe the ...</p> <p>Explain the importance of</p> <p>How does ... work in a competition/game</p> | <p>Assessment for Learning:</p> <p>Recap and link from previous lesson</p> <p>Mini Plenaries focusing on what the children know, understand and remember</p> <p>Question and Answer based on character education.</p> |

| Spring 1 | |
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| <p>Character Education: Healthy me: Self-belief</p> <ul style="list-style-type: none"> - Encourage children to identify what they can and can't do yet - Allow opportunities for children to set goals by saying I can't yet or I will be able to and link in the techniques in order for them to achieve their goals - Celebrate positive behaviours, commitment to improve and accurate self-reflections | <p>Keyword: Balance:</p> <p>The ability to retain centre of mass (gravity) above the base of support whilst stationary (static) or moving (dynamic)</p> |
| <p>Adaptive Question Starters: Identify the teaching points for ... Describe the ... Explain the importance of How does ... work in a competition/game</p> | <p>Assessment for Learning: Recap and link from previous lesson Mini Plenaries focusing on what the children know, understand and remember Question and Answer based on character education.</p> |

| Spring 2 | |
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| <p>Character Education: Thinking Me = Concentration</p> <ul style="list-style-type: none"> - Demonstrate good listening and observation - Encourage children to use their senses - Praise children who are focused on tasks and providing attention to detail | <p>Keyword: Coordination:</p> <p>The ability to use a combination of body parts and senses at the same time to produce smooth and efficient movements</p> |
| <p>Adaptive Question Starters: Identify the teaching points for ... Describe the ... Explain the importance of How does ... work in a competition/game</p> | <p>Assessment for Learning: Recap and link from previous lesson Mini Plenaries focusing on what the children know, understand and remember Question and Answer based on character education.</p> |

| Summer 1 | |
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| <p>Character Education:</p> <p>Healthy Me: Honesty</p> <ul style="list-style-type: none"> - Understanding and agreeing to the rules and any penalties for breaking rules - Awarding fair play points (sharing, respect for equipment, keeping score and rules) - Praise when children own up to errors | <p>Keyword:</p> <p>Reaction Time:</p> <p>The time taken to react to a stimulus</p> |
| <p>Adaptive Question Starters:</p> <p>Identify the teaching points for ...</p> <p>Describe the ...</p> <p>Explain the importance of</p> <p>How does ... work in a competition/game</p> | <p>Assessment for Learning:</p> <p>Recap and link from previous lesson</p> <p>Mini Plenaries focusing on what the children know, understand and remember</p> <p>Question and Answer based on character education.</p> |

| Summer 2 | |
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| <p>Character Education:</p> <p>Social Me: Respect</p> <ul style="list-style-type: none"> - Treat others as I would like to be treated - Accept people's differences - Value what other people would say and do - Agree to disagree if necessary - Recognise when others are better at something than me | <p>Keyword:</p> <p>Power:</p> <p>The combination of strength and speed of movement</p> |
| <p>Adaptive Question Starters:</p> <p>Identify the teaching points for ...</p> <p>Describe the ...</p> <p>Explain the importance of</p> <p>How does ... work in a competition/game</p> | <p>Assessment for Learning:</p> <p>Recap and link from previous lesson</p> <p>Mini Plenaries focusing on what the children know, understand and remember</p> <p>Question and Answer based on character education.</p> |