

Movement Curriculum - March 2019.

Class	Curriculum content.
3	<p>More formal movement education is introduced with the emphasis on “we”. As a group, tasks are introduced using strong verbal imaginations. These pictures make the challenge “real” whilst providing simple rules.</p> <p><u>Games</u> “Huddle practice” for instructions. Tag games such as Stuck in the Mud, Farmers and Crows, Rabbits and Carrots, Noah and Dragon tag (with teacher as catcher)</p> <p><u>Gym</u> Jungle Gym, climbing through a jungle, climbing a castle, etc. The children clamber over or under a set of obstacles. Climbing, jumping off, leaping across, rolling, crawling through confined spaces, balancing.</p>
4	<p>The shift is now from “we” to “I” polarities in the lesson, one individual against the group. An awakening is needed from a dreamy state.</p> <p><u>Games</u> Highwayman, Bandits, Dragon Mountain, shepherds and wolves tails.</p> <p><u>Gym</u> As above but more difficult challenges. Introduction of forward and backward rolls.</p>

<p>5</p>	<p>The heart of childhood, a time of challenges. Rhythm in movement is needed to help hold the middle. The perfect balance between levity and gravity.</p> <p><u>Games</u> The Ancient Greek Olympics set the tone for Class 5. Running, Jumping, throwing the discus and the Javelin and wrestling mirror the archetypal inner movement. Over the net games such as Prisoner, double trouble are introduced as are team games, e.g. Storm the Castle and Three Lands</p> <p><u>Gym</u> Work with the interplay between levity and gravity. Gym tends toward individual exercises such as the straddle vault, vaulting over the buck, the asymmetric bars, balancing, cartwheels, swinging and jumping.</p>
<p>6</p>	<p>The child will start to be aware of physical growth and due to puberty will individual differences in growth, which can lead to clumsiness. Work towards the St John's fire display using both circus skills and gymnastics.</p> <p><u>Games</u> Objectivity comes into play through measurement, keeping score and the teacher becoming the referee/umpire. Transition games to team sports. The introduction of sport specific conditioned games are introduced and adapted accordingly. Dodgeball and Prisoner are good examples of this.</p> <p><u>Gym</u> "The Triangles." Play element gives way to form and order and specific exercises. Formal stations building up the exercises. Front somersaults and vaulting exercises</p>

<p>7</p>	<p>The advent of strength and supple flexibility. They will have the ability to separate themselves from the group and are ready for team sports. The Elm Award, an in house pre-Duke of Edinburgh award includes sailing, household tasks, school awareness tasks and physical training.</p> <p><u>Games</u> The following activities are delivered: Basketball, Softball, Ultimate Frisbee, Volley ball, Cricket, Badminton and Health and Fitness.</p> <p><u>Gym</u> Extension of previous years' exercises, jumping higher and further and with additional challenge. The meeting of the mental challenge.</p>
<p>8</p>	<p>Pupils need to explore and experience the new combination of weight, strength and a new self-reliance.</p> <p><u>Games</u> A wide range of sports are delivered that include net/wall games, invasion games and striking and fielding games. All formal sports delivered throughout the year will ensure rules and regulation are followed and tactical knowledge developed.</p> <p><u>Gym</u> Again a continuation and extension of previous years' exercises with the addition of circuit training.</p>

9-11

Afternoon Modules

The pupils in the upper school have an afternoon module once a week where they can experience over the year: Bothmar gym, Table tennis, Gymnastics, Volleyball, Basketball, Archery, Ultimate Frisbee, Tag Rugby and Health and Fitness.