



We are St John's Athletes because...

We walk, swinging our arms with opposite arm and leg action.

We can understand space

We can change direction

We jump with the correct technique .

We can understand height and distance

We can change our speed, pace and technique when running .

We can link jumps and movements together.

We jump and skip with a step hop action, swinging our arms

We can land correctly

We can change speed, and be accurate

We run pumping our arms, using the balls of our feet and looking ahead.

We can collaborate and work as part of a team.

We can use speed, pace and power

We can use our bodies to jump as far as possible, using a combination of jumps.

Why we have to accelerate at the start of a race.

We can achieve a personal best

We increase our stride pattern to enable us to maintain our speed during the middle third of a race.

We can evaluate

We keep our head up with a low body position, bending our knees, planting one foot on the floor, leaning our body to one side and then moving the other way quickly.

We can compete

We throw for distance and using the correct technique is essential to send the object further. We throw an object sideways on, with our arm up and elbow bent above our shoulder. We release the object when it is just past our head.

Why we need to maintain our speed until we cross the finish line.





We are St John's Dancers because...

We move our bodies in different ways linked to a theme.

We can move, freeze and have control

We can create sequences .

We can use expression

We can move our bodies in relation to the music.

We can create a character in order to tell a story through movements.

We can create a variety of freeze positions.

We can create body movements to a theme

We can develop characterisations and explore characters that are opposite.

We can create a variety of big and small movements linked to a theme.

We can have flow and fluidity

We can have motif

We can express a story through movements

We can choreograph sequences in pairs applying flow and challenge.

We can create a motif to a theme.

We can self assess and peer assess

We can collaborate with others

We can change speed and dynamics in movements.

We can perform at an excellent standard with accuracy and fluidity.

We can show emotion

We can choreograph a dance

We can perform accurate and convincing routines with bold actions.





We are St John's Gymnasts because...

We move our bodies in high and low ways.

We can move, balance and use apparatus.

We can use a variety of apparatus.

We can transition

We can use wide, narrow and curled movements

We can link and flow movements

We can use a bridge with a partner..

We can create shapes with our Bodies.

We can use wide, narrow and curled movements.

We can use symmetry and asymmetry

We can reflect and evaluate.

We can peer and self assess.

We can apply flow.

We can sequence movements

We can match and mirror our partners movements at the same time.

We can use a bridge.

We can link movements and balances.

We can use counter balance and use counter tension.

We can match movements.

We can create sequences bringing together a combination of both matching and mirroring movements.

We can create sequences

We can mirror.

We can execute sequences with accuracy and fluidity using a range of apparatus.





We are St John's Batters because...

To vary the power when sending (hitting) the ball into space to score a point against our opponent.

We can balance a push a ball

We can be accurate and have control

We can hit
We can have power and space

we execute a basic forehand shot/shot with our stronger hand in a mini game. A forehand/shot with our dominate hand, is a shot in which the palm of our hand faces the direction in which we are hitting the ball. We swing the racket/our hand low to high.

To send (hit) the ball during a game to score a point against our opponent.

To aim at a target accurately.

We can be ready, recover and rally

We can outwit

To apply either a forehand or backhand shot/shots with our dominate and weaker hand in a game situation.

To have control

We can use forehand and backhand

We can use my dominant and weaker hand

When, where and why we are selecting to play a specific shot to win a point.

To balance a ball on a racket.

We can volley and serve

We can collaborate

To apply our prior learning of how we can win a point whilst playing with a partner (doubles)

To hit a ball with control

We can Use tactics

When, where and why we are selecting to play a specific shot to win a point.





We are St John's ball controllers because...

When we are attacking, our team are in possession of the ball. The aim of the game for the attackers keep possession and score.

We can control

We can aim

We can find space

We can pass and dribble

We know how to apply the basic rules of the game when officiating.

When we are defending, we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring

We know take responsibility for our teams and know how to manage our own games.

We know that Control means that we keep the ball close to our hands/feet, preventing the defenders from gaining possession.

We can use accuracy

We can intercept and receive

We know different attacking tactics can be applied during a game to create shooting opportunities.

We can attack and defend

We can have possession

We know how and when different defensive tactics can be applied during a game to prevent attacking opportunities.

We can understand what the consequences are if we do not pass the ball accurately.

We can dribble and shoot

We can officiate

We know how to move the ball quickly to create an attack that results in a successful shooting opportunity

We can use our hands to catch a ball and feet to stop a ball.

We can mark

We can move and send a ball with control.

We know why we need communicate when passing

We know why we need to look at our partner/ team member when passing.

