Physical Education

PE

Motor Competence; Rules, Strategies and Tactics; and Healthy Participation



EYFS	Year I	Year 2	Year 3	Year 4	Year 5	Year 6
			Autumn			
Introduction to PE 2	Fundamentals	Fundamentals	Fundamentals	Football	Netball	Tag Rugby
To move around						
safely in space.	Week I	Week I	Week I	Week I	Week I	Week I
To follow	To explore balance,	To develop balance,	To develop balancing	To develop controlling	To develop passing and	To develop attacking
instructions and	stability and landing safely.	stability and landing	and understand the	the ball and dribbling	moving.	principles,
stop safely. To stop safely and	Week 2	safely.	importance of this skill.	under pressure.	Week 2	understanding when t
To stop safely and develop control	To explore how the body	Week 2	Week 2	Week 2	To be able to use the	run and when to pass
when using	moves differently when	To explore how the	To understand how to	To develop pas	attacking principle of	Week 2
equipment.	running at different	body moves differently	change speed and be	sing to a teammate.	creating and using space.	To be able to use the
To follow	speeds.	when running at	able to demonstrate	Week 3	Week 3	'forward pass' and
instructions and	Week 3	different speeds.	good technique when	To be able to control	To be able to change	'offside' rules.
play safely as a	To explore changing	Week 3	running at different	the ball with different	direction and lose a	Week 3
group. To follow a path	direction and dodging.	To develop changing	•	parts of the body.	difection and lose a defender.	To be able to play
and take turns.	Week 4	direction and dodging.	speeds. Week 3	Week 4	Week 4	
To work	To explore jumping,	Week 4	To demonstrate a		To be able to defend ball	games using tagging
cooperatively with	hopping, and skipping	To develop and explore		To develop changing		rules.
a partner.	actions. Week 5		change of speed and	direction with the ball	side and know when to	Week 4
Fundamentals	To explore coordination	jumping, hopping and	direction to outwit	using an inside and	go for interceptions.	To develop dodging
Unit 2	and combining jumps.	skipping actions	others.	outside hook.	Week 4	skills to lose a defende
To develop	Week 6	Week 5	Week 4	Week 5	To develop the shooting	Week 5
balancing. To develop running	To explore combination	To develop co-	To develop technique	To jockey / track an	action.	To develop drawing
and stopping.	jumping and skipping in an	ordination and	and control when	opponent	Week 6	defence and
To develop	individual rope.	combining jumps.	jumping, hopping and	Week 6	To use and apply skills	understanding when t
changing direction.		Week 6	landing.	To be able to apply the	and tactics to small-sided	pass.
To develop	Ball Skills	To develop	Week 5	rules and tactics you	games.	Week 6
jumping. Ta davalar	Dali Skilis	combination jumping	To develop skipping in a	have learnt to play in a		To be able to apply th
To develop hopping.		and skipping in an	rope.	football tournament.	Swimming	rules and tactics you
To explore	Week I	individual rope.	Week 6		• · · · · · · · · · · · · · · · · · · ·	have learnt to play in
different ways to	To develop control and		To apply fundamental	Fitness		tag rugby tournament
travel using	co-ordination when	Ball Skills	skills to a variety of	1111233		
equipment.	dribbling a ball with your		challenges.		To develop gliding, front	Golf
	hands			Week I	crawl and backstroke.	JUII
	Week 2.		Swimming	To develop an	Week 2	
	To explore accuracy when	To be able to roll a ball	3 withing	awareness of what your	To develop rotation,	Week I
	rolling a ball. Week 3	to hit a target.		body is capable of.	sculling and treading	To develop putting
	week 3	Week 2	Week I	Week 2	water.	technique and accurac

	To develop co-	To develop an	To develop speed and	Week 3	Week 2
To explore throwing with	ordination and be able	understanding of	strength.	To develop the front	To develop the
accuracy towards a target.	to stop a rolling ball.	buoyancy and balance in	Week 3	crawl stroke and	technique for chipping.
Week 4	Week 3	the water.	To complete actions to	breathing technique.	Week 3
To explore catching with	To develop technique	Week 2	develop co-ordination.	Week 4	To develop technique
two hands	and control when	To develop	Week 4	To develop the	for a short game.
Week 5. To explore control and	dribbling a ball with	independent movement	To complete actions to	technique for backstroke	Week 4
co-ordination when	your feet.	and submersion.	develop agility.	arms and legs.	To develop the
dribbling a ball with your	Week 4	Week 3	Week 5	Week 5	technique for a long
feet.	To develop control and	To develop gliding and	To complete actions to	To develop breaststroke	game.
Week 6	technique when kicking	crawl legs.	develop balance.	technique.	Week 5
To explore tracking a ball	a ball.	Week 4	Week 6	Week 6	To select the
that is coming towards	Week 5	To develop front crawl	To complete actions to	To develop breaststroke	appropriate shot for the
me.	To develop co-	breathing.	develop stamina.	technique.	situation.
	ordination and	Week 6		Week 7	Week 6
Sending and	technique when	To develop gliding and	Basketball	To develop breaststroke	To design a course and
•	throwing and catching.	backstroke. #		and breathing technique.	select the appropriate
Receiving		Week 6	Week 7	Week 8	shot for the situation.
	Sending and	To develop rotation,	To develop the	To develop basic skills of	
Week 7		sculling and treading	attacking skill of	water safety and floating.	Basketball
To develop rolling and	Receiving	water.	dribbling.	Week 9	
throwing a ball towards a	•	submersion and	Week 8	To develop the dolphin	Week 7
target Week 8	Week 7	handstands.	To use protective	kick. Week 10	To develop protective
To develop receiving a	To roll a ball towards a	Week 7	dribbling against an	To learn techniques for	dribbling against an
rolling ball and tracking	target.	To develop surface	opponent.	personal survival.	opponent.
skills	Week 8	dives, submersion and	Week 9	Week II	Week 8
Week 9	To be able to track and	handstands.	To develop the bounce	To develop water safety	To be able to move into
To be able to send and	receive a rolling ball.	Week 8	and chest pass and	skills and an	space to support a
receive a ball with your	Week 9	To develop head above	begin to recognise	understanding of	teammate.
feet.	To be able to stop,	water breaststroke	when to use them.	personal survival.	Week 9
Week 10	send and receive a ball	technique.	Week I0	Week 12	To choose when to
To develop throwing and catching skills over a short	with your feet.	Week 9	To develop tracking and	To increase endurance in	pass and when to
distance.	Week 10	To develop head above	defending an opponent.	swim challenges.	dribble.
Week II	To develop throwing	water breaststroke	Week I I	To identify fastest	Week I0
To develop throwing and	and catching skills.	technique.	To develop the	strokes and personal	To be able to track an
catching skills over a	Week II	Week 10	technique for the set	bests.	opponent and use
longer	To develop throwing	To develop basic skills	shot.		defensive techniques to
distance.	and catching skills. Week 12	in water safety and	Week 12	Dance	win the ball.
Week 12	To send and receive a	floating. Week I I	To be able to apply the		Week II
To apply sending and	ball using a racket.		skills, rules and tactics		To be able to perform a
receiving skills to small	Dall Using a lacket.	To learn techniques for	you have learnt to a	Week 7	set shot and a jump
games.		personal survival.	mini tournament.	To create a dance using a	shot.
		Week 12		random structure and	Week 12
				perform the actions	

		To develop water estatu		aboving quality and	To be able to easily the
Dance	Dance	To develop water safety	Dance	showing quality and	To be able to apply the
		skills and an		control. Week 8	rules and tactics you
Week 7	Week 7	understanding of	Week 7		have learnt to play in a
To explore travelling	To explore travelling	personal survival.	To copy and create	To understand how	basketball tournament.
actions and use counts of	actions and use counts	_	actions in response to	changing the dynamics of	
8 to move in time with	of 8 to move in time	Dance	an idea and be able to	an action changes the	Dance
the music.	with the music.		adapt this using changes	appearance of the	
Week 8	Week 8	Week 7	of space.	performance. Week 9	Week 7
To remember and repeat	To remember and	To create actions in	Week 8	To understand and use	To copy and repeat a
actions and respond	repeat actions and	response to a stimulus	To choose actions		set dance phrase
imaginatively to a stimulus Week 9 .	respond imaginatively to	and move in unison	which relate to the	relationships and space	showing confidence in
To copy, remember and	a stimulus.	with a partner.	theme.	to change how a	movements.
repeat actions that	Week 9	Week 8	Week 9	performance looks. Week 10	Week 8
represent the theme.	To copy, remember and	To create actions to	To understand how	To work with a group to	To work collaboratively
Week I0	repeat actions that	move in contact with a	dynamics, space and	create poses and link	with a partner to
To copy, repeat, create	represent the theme.	partner or interact with	relationships can be	them together using	explore and develop the
and perform actions that	Week 10	a partner.	used to represent a	transitions.	dance idea.
represent the theme.	To use expression and	Week 9	dance idea.	Week II	Week 9
Week II	create actions that	To understand how	Week I0	To use choreographing	To use changes in level
To use expression and	relate to the story.	dynamics affect the	To use actions,	devices when working as	and speed when
create actions that relate to the story.	Week II	actions performed.	dynamics, space and	a group.	choreographing.
To use a pathway when	To use a pathway when	Week 10	relationships to	Week 12	Week 10
travelling.	travelling.	To be able to select and	represent a dance idea.	To copy and repeat	To copy and create
Week 12	Week 12	use actions to represent	Week I I	movements in the style	actions using a prop as a
To copy, repeat and	To copy, repeat and	an idea.	To remember and	of Rock 'n' Roll.	dance stimulus.
choose actions that	choose actions that	Week I I	repeat actions and	Week 13	Week 12
represent the theme.	represent the theme.	To work with a partner	create dance ideas in	To work with a partner	To use choreographing
To show changes in	Week 13	to choose actions that	response to a stimulus.	to copy and repeat	devices to improve how
expression, level and	To show changes in	relate to an idea.	Week 12	actions keeping in time	the performance looks.
shape.	expression, level and	Week 12	To use action and	with the music.	To select actions and
	shape.	To remember and	reaction when creating	To work collaboratively	dynamics to convey
		repeat actions, using	ideas with a p13rtner.	, with a group to create a	different characters.
		dynamics to clearly	Week 13	dance in the style of	Week 13
		show different phrases.	To remember, repeat	Rock 'n' Roll.	To choreograph a
		To choose actions	and create actions to		dance that shows
		which relate to the idea,	represent an idea.		contrasting characters.
		using space and timing	To use choreographing		To communicate a
		to make my work look	ideas to change how		story through dance.
		interesting.	actions are performed.		
		Week 13			
		To understand and use			
		formations, choosing			
		poses which relate to			
		the stimulus.			

			To use transitions and changes of timing to move into and out of shapes.						
	Spring								
EYFS	Year I	Year 2	Year 3	Year 4	Year 5	Year 6			
Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics	Gymnastics			
Week I To copy and create shapes with your body. Week 2 To be able to create shapes whilst on apparatus. Week 3 To develop balancing and taking weight on different body parts. Week 4 To develop jumping and landing safely. Week 5 To develop rocking and rolling. Week 6 To copy and create short sequences linking actions together.	Week I To explore travelling movements using the space around you. Week 2 To develop quality when performing gymnastic shapes. Week 3 To develop stability and control when performing balances. Week 4 To develop technique and control when performing shape jumps. Week 5 To develop technique in the barrel, straight and forward roll. Week 6 To link gymnastic actions to create a sequence.	Week I To perform gymnastic shapes and link them together. Week 2 To be able to use shapes to create balances. Week 3 To be able to link travelling actions and balances using apparatus. Week 4 To demonstrate different shapes, take off and landings when performing jumps. Week 5 To develop rolling and sequence building. Week 6 To develop sequence work on apparatus. To develop sequence work on apparatus. To develop an understanding of target games and consider how much power to apply	Week I To perform gymnastic shapes and link them together. Week 2 To be able to use shapes to create balances. Week 3 To be able to link travelling actions and balances using apparatus. Week 4 To demonstrate different shapes, take off and landings when performing jumps. Week 5 To develop rolling and sequence building. Week 6 To develop sequence work on apparatus. Netball Week I To develop passing and moving and play within the footwork rule. Week 2	Week I To develop individual and partner balances. Week 2 To develop control in performing and landing rotation jumps. Week 3 To develop the straight, barrel, forward and straddle roll. Week 4 To develop the straight, barrel, forward and straddle roll. Week 5 To develop strength in inverted movements. Week 6 To be able to create a partner sequence to include apparatus. Week I	Week I To be able to perform symmetrical and asymmetrical balances. Week 2 To develop the straight, forward, straddle and backward roll. Week 3 To be able to explore different methods of travelling, linking actions in both canon and synchronisation. Week 4 To be able to perform progressions of inverted movements. Week 5 To explore matching and mirroring using actions both on the floor and on apparatus. Week 6 To be able to create a partner sequence using apparatus.	Week I To be able to develop the straddle, forward and backward roll Week 2 To develop counter balance and counter tension. Week 3 To be able to perform inverted movements with control. Week 4 To be able to perform the progressions of a headstand and a cartwheel. Week 5 To be able to use flight from hands to travel over apparatus. Week 6 To be able to create a group sequence using formations and apparatus. Basketball Week I			
	Target	when aiming at a target.	To develop passing and moving towards a goal.	To develop hitting		To dribble with control under pressure.			
Week I	Games		Week 3	the ball using a forehand.					

To use counts		Week 2	To develop movement		Dodgoball	Week 2
of 8 to know	Week I	To understand how to	skills to lose a defender.	Week 2	Dodgeball	To move into and create
when to change	To develop	score in different target	Week 4	To develop returning		space to support a
action.	underarm throwing	games using overarm	To be able to defend an	the ball using a	Week I	teammate.
Week 2	towards a target.	throwing.	opponent and try to win	forehand.	To recap on the rules of	
To explore	Week 2	Week 3	the ball.		dodgeball and apply them to	Week 3
different body	To develop	To develop	Week 5	Week 3	a game.	To choose when to pass
parts and how	throwing for	understanding of	To develop the shooting	To develop the		and when to dribble.
they move.	accuracy.	different target games	action.	backhand and	Week 2	
Week 3	Week 3	using the skill kicking.	Week 6	understand when to	To develop throwing at a	Week 4
To explore	To develop	Week 4	To develop playing using	use it.	moving target.	To use the appropriate
different body	underarm and	To develop striking to a	netball rules.			defensive technique for
parts and how	overarm throwing	target.		Week 4	Week 3	the situation.
they move and	for accuracy.	Week 5	Ball Skills	To work co-	To use jumps, dodges and	
remember and	Week 4	To develop hitting a		operatively with a	ducks to avoid being hit.	Week 5
repeat actions.	To develop	moving target.		partner to keep a		To develop shooting
Week 4	throwing for	Week 6	Week 7	continuous rally	Week 4	technique and make
To express and	accuracy and	To select an appropriate	To develop confidence	going.	To develop catching to get	decisions about when to
communicate	distance using	skill to play a game.	and accuracy when		an opponent out.	pass, dribble or shoot.
ideas through	underarm and		tracking a ball.	Week 5		
movement	overarm.	Invasion	Week 8	To use simple tactics	Week 5	Week 6
exploring	Week 5		To develop confidence	in a game to outwit	To select and apply tactics	To apply principles, rules
directions and	To select the		and accuracy when	an opponent.	in the game.	and tactics to a
levels.	correct technique for the situation.	Week 7	tracking a ball.			tournament.
Week 5	Week 6	To understand what	Week 9	Week 6	Week 6	
To copy and	To select the	being in possession	To explore and develop	To demonstrate	To develop officiating skills	
repeat actions	correct technique	means and support a	a variety of throwing	honesty and fair play	and referee a dodgeball	Volley ball
showing	for the situation.	teammate to do this.	techniques.	when competing	game.	voney ban
confidence and	To develop	Week 8	Week 10	against others.		Week 7
imagination. Week 6	throwing for	To use a variety of skills	To develop catching skills using one and two			To develop the fast catch
To move with	accuracy and	to score goals. Week 9	hands.	Tag Rugby	Hockey	volley.
control and	distance.	To develop stopping	Week II		_	voney.
coordination,		goals.	To develop dribbling a	Week 7	Week 7	Week 8
linking, copying	Invasion	Week 10	ball with hands.	To develop throwing,	To develop dribbling to	To be able to volley the
and repeating	Invasion	To learn how to gain	Week 12	catching and running	beat a defender.	ball using a set shot.
actions.		possession of the ball.	To use tracking, sending	with the ball.		To develop the dig and
ucciono.	Week 7	Week I I	and dribbling skills with	with the ball.	Week 8	understand when to use
	To develop	To develop an	feet.	Week 8	To develop sending the ball	it.
	dribbling towards a	understanding of		To develop an	using a push pass.	
	goal and understand	marking an opponent.	Hockey	understanding of		Week 9
	what being 'in	Week 12	Hockey	tagging rules.	Week 9	To keep a continuous
	possession' means.	To learn to apply simple		6400 N N N N N N N N N N N N N N N N N N	To develop receiving the	rally going over the net.
	Week 8	tactics for attacking and	Week 7	Week 9	ball with control.	
		defending.				

To understand who		To develop sending the	To begin to use the	Week I0	Week I0
to pass to and why	Yoga	ball with a push pass.	'forward pass' and 'off	To be able to move into	To develop the underarm
when playing against	1084	Week 8	side' rule.	space to support a	serve and learn the rules
a defender.	Week 7	To develop receiving the		teammate.	of serving.
Week 9	To copy and repeat yoga	ball.	Week 10		
To move towards a	poses.	Week 9	To dodge a defender	Week I I	Week I I
goal with the ball	Week 8	To develop dribbling	and move into space	To develop using an open	To apply the rules, skills
Week 10.	To develop an	using the reverse stick	when running	stick (block) tackle and jab	and tactics learnt to play
To support a	awareness of strength	(Indian dribble).	towards the goal.	tackle to gain possession of	in a volleyball
teammate when in	when completing yoga	Week 10		the ball.	tournament.
possession.	poses.	To develop moving into	Week I I		
Week II	Week 9	space after passing the	To develop defending	Week 12	
To move into space	To develop an	ball. Week I I	skills and use them in	To apply the rules and skills	
showing an	awareness of flexibility	To use an open stick	a game situation.	you have learnt to play in a	Fitness
awareness of	when completing yoga	tackle to gain		hockey tournament.	I Tenegg
defenders. Week 12	poses.	possession.	Week 12		
To be able to stay	Week 10	Week 12	To apply the rules	Vara	Week I
with a player when	To copy and remember	To apply to defend and	and skills you have	Yoga	To develop an awareness
defending.	actions linking them into	attack principles and	learnt and play in a		of what your body is able
derending.	a flow.	skills in a hockey	tag rugby	Week 7	to do.
Vara	Week II	tournament.	tournament.	To understand how breath	Mark 2
Yoga	To create a flow and			can help me to hold and	Week 2
	teach it to a partner.		ΟΑΑ	move from pose to pose.	To develop speed and
Week 7	Week 12				stamina.
To explore yoga	To explore poses and create a yoga flow.		Week 7	Week 8	Week 3
and mindfulness.	cieate a yoga now.		To develop co-	To identify and use balance	To develop strength using
Week 8			operation and	when exploring poses and	my own body weight.
To be able to copy and remember			teamwork skills.	creating a flow.	iny own body weight.
					Week 4
poses. Week 9			Week 8	Week 9	To develop co-ordination.
To develop			To develop trust and	To identify and use	
flexibility when			team work.	flexibility when exploring	Week 5
holding poses.				poses and creating a flow.	To develop agility.
Week 10			Week 9	Week 10	
To develop balance			To involve all team	To identify and use strength	Week 6
whilst holding			members in an	when exploring poses and	To develop balancing with
poses.			activity and work	creating a flow.	control.
Week II			towards a collective		
To create yoga			goal.	Week I I	
poses using a hoop.				To create and refine a flow	
Week 12			Week 10	with a partner.	
To create a yoga			To develop trust		
flow with a partner.			whilst listening to	Week I2	

				others and following instructions. Week II To be able to identify objects on a map, draw and follow a simple map. Week I2 To draw a route using directions. Week I3 To be able to orientate a map and navigate around a grid.	To lead others through our flow.			
	Summer							
EYFS	Year I	Year 2	Year 3	Year 4	Year 5	Year 6		
Games	Athletics	Athletics	Athletics	Athletics	Athletics	Athletics		
Week I	Week I	Week I	Week I	Week I	Week I	Week I		
To work safely	To learn to move at	To develop the sprinting	To develop the sprinting	To develop stamina	To be able to apply different	To work collaboratively		
and develop	different speeds for	action.	technique and improve	and an understanding	speeds over varying	with a partner to set a		
running and	varying distances.		on your personal best.	of speed and pace in	distances.	steady pace.		
stopping.				relation to distance.				
		Week 2		relation to distance.				
Most 2	Week 2	To develop jumping for	Week 2		Week 2	Week 2		
Week 2	To develop a		To develop changeover	Week 2	To develop fluency and co-	To develop your own and		
To develop	To develop a foundation for	To develop jumping for distance.		Week 2 To develop power	To develop fluency and co- ordination when running for	To develop your own and others sprinting		
To develop throwing and	To develop a	To develop jumping for distance. Week 3	To develop changeover in relay events.	Week 2 To develop power and speed in the	To develop fluency and co-	To develop your own and		
To develop	To develop a foundation for	To develop jumping for distance.	To develop changeover in relay events. Week 3	Week 2 To develop power	To develop fluency and co- ordination when running for	To develop your own and others sprinting		
To develop throwing and learn how to	To develop a foundation for balance and stability.	To develop jumping for distance. Week 3 To develop technique	To develop changeover in relay events. Week 3 To develop jumping technique in a range of	Week 2 To develop power and speed in the	To develop fluency and co- ordination when running for	To develop your own and others sprinting		
To develop throwing and learn how to keep score. Week 3	To develop a foundation for balance and stability. Week 3	To develop jumping for distance. Week 3 To develop technique when jumping for height. Week 4	To develop changeover in relay events. Week 3 To develop jumping technique in a range of approaches and take off	Week 2 To develop power and speed in the sprinting technique. Week 3	To develop fluency and co- ordination when running for speed. Week 3	To develop your own and others sprinting technique.		
To develop throwing and learn how to keep score. Week 3 To be able to	To develop a foundation for balance and stability. Week 3 To develop agility and coordination.	To develop jumping for distance. Week 3 To develop technique when jumping for height. Week 4 To develop throwing for	To develop changeover in relay events. Week 3 To develop jumping technique in a range of	Week 2 To develop power and speed in the sprinting technique. Week 3 To develop technique	To develop fluency and co- ordination when running for speed. Week 3 To develop technique in	To develop your own and others sprinting technique. Week 3 To develop power,		
To develop throwing and learn how to keep score. Week 3 To be able to play games	To develop a foundation for balance and stability. Week 3 To develop agility and coordination. Week 4	To develop jumping for distance. Week 3 To develop technique when jumping for height. Week 4	To develop changeover in relay events. Week 3 To develop jumping technique in a range of approaches and take off positions.	Week 2 To develop power and speed in the sprinting technique. Week 3 To develop technique when jumping for	To develop fluency and co- ordination when running for speed. Week 3	To develop your own and others sprinting technique. Week 3 To develop power, control and technique for		
To develop throwing and learn how to keep score. Week 3 To be able to play games showing an	To develop a foundation for balance and stability. Week 3 To develop agility and coordination. Week 4 To explore hopping,	To develop jumping for distance. Week 3 To develop technique when jumping for height. Week 4 To develop throwing for distance.	To develop changeover in relay events. Week 3 To develop jumping technique in a range of approaches and take off positions. Week 4	Week 2 To develop power and speed in the sprinting technique. Week 3 To develop technique	To develop fluency and co- ordination when running for speed. Week 3 To develop technique in relay changeovers.	To develop your own and others sprinting technique. Week 3 To develop power,		
To develop throwing and learn how to keep score. Week 3 To be able to play games	To develop a foundation for balance and stability. Week 3 To develop agility and coordination. Week 4	To develop jumping for distance. Week 3 To develop technique when jumping for height. Week 4 To develop throwing for	To develop changeover in relay events. Week 3 To develop jumping technique in a range of approaches and take off positions.	Week 2 To develop power and speed in the sprinting technique. Week 3 To develop technique when jumping for	To develop fluency and co- ordination when running for speed. Week 3 To develop technique in	To develop your own and others sprinting technique. Week 3 To develop power, control and technique for		

Week 5Week 5To develop powerTo develop technique and and technique whenWeek 4To developWeek 6To develop throwing for distance in a pull throw.and technique when throwing for distance.To develop technique jump.	control and technique when throwing for distance.
	J
instructions and distance. when taking part in an	distance.
move safely athletics carousel. Week 6 Week 5 Week 5	
when playingWeek 6To develop officiatingTo develop a pullTo develop throwing with	Week 5
tagging games. To develop Net and and performing skills. throw for distance force for longer distances.	To develop throwing with
throwing for and accuracy. To develop throwing with	force and accuracy for
Week 5 accuracy. Wall Tennis greater control and	longer distances.
To work co-	
operatively and learn to take Net and Week I To develop officiating and performing skills.	Week 6 To work collaboratively
Wall To develop racket and	in a team to develop the
position to defend space ball control.	officiating skills of
Week 6 Week I On court.	measuring, timing and
To work with To defend space. Week 2 Week 2 Week 1	recording.
others to play using the ready To develop returning To develop footwork and	
team games. position. holl with handa	
groundstroke. To develop facket grip.	Tennis
Week 2 Week 3 racket and ball	I CIIIIS
Pall Skilla To play against an T I Week 3 Control. Week 2	
opponent and keep	Week I
Week I partner. a forehand. Week 2 serve over a net.	To develop the forehand
To develop Week 4 New L 4 the ball using a	groundstroke.
rolling a ball to Veek 3 To develop racket skills To Levelop racket skills	Week 2
a target 10 develop control and use them to return a sub-sub-sub-sub-sub-sub-sub-sub-sub-sub-	To be able to return the
when handling a ball.	ball using a backhand
Week 2 racket. Week 5 Week 4	groundstroke.
To develop Week 5 To learn how to score. Week 3 To develop the forehand	8
stopping a To develop racket To develop returning a To develop playing To develop the serve over a net.	Week 3
rolling ball. and ball skills ball using a racket. against an opponent. backhand and	To develop the volley and
understand when to Week 5	understand when to use
Week 3Week 6Week 6use it.To learn how to score	it.
To develop To develop sending opponent using a racet To work collaboratively points and play in	
accuracy when a ball using a racket. with a partner and competitive games.	Week 4
throwing to a compete against others. To keep a continuous	To develop the volley and
target. Week 6 Striking and increased technique	use it in a game situation.
Week 4 To develop hitting Striking and Cricket increased technique.	
Over a net. Eiolding	Week 5
bouncing and Week 7 To use and apply clear and apply this to grame	To develop accuracy of the underarm serve.
catching a ball. Striking and Week 7 To develop overarm rules and simple situations.	the under all it serve.
Fielding throwing and catching. tactics.	Week 6
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Week 5		To be able to track a	Week 8		Week 7	To learn to use the
To develop	Week 7	rolling ball and collect it.	To develop underarm	Week 6	To show respect, honesty	official scoring system.
fribbling a ball	To develop		bowling.	To understand and	and fair play when	
vith your feet.	underarm throwing	Week 8		use rules to manage a	competing against an	Week 7
	and catching and	To develop accuracy in	Week 9	game.	opponent.	To work co-operatively
Week 6	put this into small	underarm throwing and	To learn how to grip the			with a partner and
To develop	sided games.	consistency in catching	bat and develop batting		Cricket	employ tactics to outwit
kicking a ball.		when fielding a ball.	technique.	Rounders		an opponent.
	Week 8			nounders	Mark 7	
	To develop	Week 9	Week I0	Maak 7	Week 7	
	overarm throwing.	To develop accuracy	To be able to field a ball	Week 7	To develop throwing	Rounders
		with overarm throwing	using a two handed pick	To play different	accuracy and catching skills.	iteanaers
	Week 9	to send a ball over a	up and a short barrier.	roles in a game and	Week 8	Maak 7
	To develop striking	greater distance and		begin to think		Week 7
	a ball with my hand	limit a batter's score.	Week II	tactically about each	To develop batting accuracy	To develop the bowling
	and equipment.		To develop overarm	role.	and directional batting.	action and understand the role of the bowler.
		Week 10	bowling technique.	Week 8	Week 9	role of the bowler.
	Week 10	To develop striking for			To develop catching skills	Week 8
	To retrieve a ball	distance and accuracy.	Week 12	To develop the	(close/deep catching and	
	when fielding.		To play apply skills learnt	bowling action and learn the rules of	· · · ·	To develop the bowling action and understand the
		Week I I	to mini cricket.	bowling.	wicket keeping).	role of the bowler.
	Week I I	To develop decision		DOwning.	Week I0	Tole of the bowler.
	To understand how	making to get a batter	OAA	Week 9	To develop overarm	Week 9
	to get a batter out.	out.		To run around the	bowling technique and	To make decisions about
			Week 7	outside of the bases	accuracy.	where and when to send
	Week 12	Week 12	To develop co-operation	and make decisions	accuracy.	the ball to stump a batter
	To develop decision	To develop decision	and teamwork skills.	about when to stop	Week II	out.
	making and	making when under		and when to run.	To develop a variety of	out.
	understand how to	pressure.	Week 8		fielding techniques and to	Week 10
	score points.		To develop trust and	Week 10	use them within a game.	To develop a variety of
		Team	team work.	To field a ball using a		fielding techniques and
	Team	Duilding		two handed pick up	Week I2	when to use them in a
	Duilding	Building	Week 9	and a short barrier.	To develop long and short	game.
	Building		To involve all team		barriers and apply them to a	0
		Week I	members in an activity	Week I I	game situation.	Week I I
	Week 7	To follow instructions	and work towards a	To develop batting		To develop long and
	To co-operate and	and work with others.	collective goal.	technique and an	ΟΑΑ	short barriers in fielding
	communicate with a		5	understanding of	UAA	and understand when to
	partner to solve	Week 2	Week I0	where to hit the ball.		use them.
	challenges.	To co-operate and	To develop trust whilst		Week 7	
		communicate in a small	listening to others and	Week 12	To build communication	Week 12
	Week 8	group to solve	following instructions.		and trust whilst showing an	To apply the rules and
		challenges.	Ŭ		awareness of safety.	skills you have learnt to

To explore and	Week 3	Week I I	To apply skills and	Week 8	play in a rounders
develop teamwork	To create a plan with a	To be able to identify	rules learnt to play	To work as a team to solve	tournament.
skills.	group to solve the	objects on a map, draw	rounders.	problems, sharing ideas and	
	challenges.	and follow a simple map.		collaborating with one	
Week 9			OAA	another.	
To develop	Week 4	Week 12			
communication	To communicate	To draw a route using	Week I	Week 9	ΟΑΑ
skills.	effectively and develop	directions.	To develop co-	To develop tactical planning	
Week 10	trust.	Week 13	operation and	and problem solving.	Week I
To use	Week 5	To be able to orientate a	teamwork skills.	Week 10	To build communication
communication	To use teamwork skills	map and navigate around		To share ideas and work as	and trust whilst showing
skills to lead a	to work as a group to	a grid.	Week 2	a team to solve problems.	an awareness of safety.
partner.	solve problems.	0.11	To orientate a map	F	,
I			and navigate around a	Week I I	Week 2
Week II	Week 6		grid.	To develop navigational	To collaborate as a team
To plan with a	To work with a group to		Maak 2	skills and map reading.	to solve problems.
partner and small	copy and create a basic		Week 3 To develop		
group to solve	map.		observational skills,	Week 12	Week 3
problems.			listening to others	To use a key to identify	To develop tactical
M(and following	objects and locations.	planning and problem
Week 12 To communicate			instructions.		solving.
with a group to					Week 4
solve challenges.			Week 4		To work as a team and
solve chancinges.			To develop trust		use critical thinking to
			whilst listening to		determine the best
			others and following		approach.
			instructions.		
					Week 5
			Week 5		To develop navigational
			To be able to identify, draw and follow a		skills and map reading.
			simple map.		
			simple map.		Week 6
			Week 6		To use a key to identify objects and locations.
			To be able to		objects and locations.
			orientate and		
			navigate around a		
			map and draw a		
			route using		
			directions.		