



Physical Education

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



EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Autumn						
<p>Introduction to PE 2</p> <p>To move around safely in space. To follow instructions and stop safely. To stop safely and develop control when using equipment. To follow instructions and play safely as a group. To follow a path and take turns. To work cooperatively with a partner.</p> <p>Fundamentals Unit 2</p> <p>To develop balancing. To develop running and stopping. To develop changing direction. To develop jumping. To develop hopping. To explore different ways to travel using equipment.</p>	<p>Fundamentals</p> <p>Week 1 To explore balance, stability and landing safely.</p> <p>Week 2 To explore how the body moves differently when running at different speeds.</p> <p>Week 3 To explore changing direction and dodging.</p> <p>Week 4 To explore jumping, hopping, and skipping actions.</p> <p>Week 5 To explore coordination and combining jumps.</p> <p>Week 6 To explore combination jumping and skipping in an individual rope.</p> <p>Ball Skills</p> <p>Week 1 To develop control and co-ordination when dribbling a ball with your hands</p> <p>Week 2. To explore accuracy when rolling a ball.</p> <p>Week 3</p>	<p>Fundamentals</p> <p>Week 1 To develop balance, stability and landing safely.</p> <p>Week 2 To explore how the body moves differently when running at different speeds.</p> <p>Week 3 To develop changing direction and dodging.</p> <p>Week 4 To develop and explore jumping, hopping and skipping actions</p> <p>Week 5 To develop co-ordination and combining jumps.</p> <p>Week 6 To develop combination jumping and skipping in an individual rope.</p> <p>Ball Skills</p> <p>Week 1 To be able to roll a ball to hit a target.</p> <p>Week 2</p>	<p>Fundamentals</p> <p>Week 1 To develop balancing and understand the importance of this skill.</p> <p>Week 2 To understand how to change speed and be able to demonstrate good technique when running at different speeds.</p> <p>Week 3 To demonstrate a change of speed and direction to outwit others.</p> <p>Week 4 To develop technique and control when jumping, hopping and landing.</p> <p>Week 5 To develop skipping in a rope.</p> <p>Week 6 To apply fundamental skills to a variety of challenges.</p> <p>Swimming</p> <p>Week 1</p>	<p>Football</p> <p>Week 1 To develop controlling the ball and dribbling under pressure.</p> <p>Week 2 To develop passing to a teammate.</p> <p>Week 3 To be able to control the ball with different parts of the body.</p> <p>Week 4 To develop changing direction with the ball using an inside and outside hook.</p> <p>Week 5 To jockey / track an opponent</p> <p>Week 6 To be able to apply the rules and tactics you have learnt to play in a football tournament.</p> <p>Fitness</p> <p>Week 1 To develop an awareness of what your body is capable of.</p> <p>Week 2</p>	<p>Netball</p> <p>Week 1 To develop passing and moving.</p> <p>Week 2 To be able to use the attacking principle of creating and using space.</p> <p>Week 3 To be able to change direction and lose a defender.</p> <p>Week 4 To be able to defend ball side and know when to go for interceptions.</p> <p>Week 4 To develop the shooting action.</p> <p>Week 6 To use and apply skills and tactics to small-sided games.</p> <p>Swimming</p> <p>Week 1 To develop gliding, front crawl and backstroke.</p> <p>Week 2 To develop rotation, sculling and treading water.</p>	<p>Tag Rugby</p> <p>Week 1 To develop attacking principles, understanding when to run and when to pass.</p> <p>Week 2 To be able to use the 'forward pass' and 'offside' rules.</p> <p>Week 3 To be able to play games using tagging rules.</p> <p>Week 4 To develop dodging skills to lose a defender.</p> <p>Week 5 To develop drawing defence and understanding when to pass.</p> <p>Week 6 To be able to apply the rules and tactics you have learnt to play in a tag rugby tournament.</p> <p>Golf</p> <p>Week 1 To develop putting technique and accuracy.</p>

To explore throwing with accuracy towards a target.

Week 4

To explore catching with two hands

Week 5.

To explore control and co-ordination when dribbling a ball with your feet.

Week 6

To explore tracking a ball that is coming towards me.

Sending and Receiving

Week 7

To develop rolling and throwing a ball towards a target

Week 8

To develop receiving a rolling ball and tracking skills

Week 9

To be able to send and receive a ball with your feet.

Week 10

To develop throwing and catching skills over a short distance.

Week 11

To develop throwing and catching skills over a longer distance.

Week 12

To apply sending and receiving skills to small games.

To develop co-ordination and be able to stop a rolling ball.

Week 3

To develop technique and control when dribbling a ball with your feet.

Week 4

To develop control and technique when kicking a ball.

Week 5

To develop co-ordination and technique when throwing and catching.

Sending and Receiving

Week 7

To roll a ball towards a target.

Week 8

To be able to track and receive a rolling ball.

Week 9

To be able to stop, send and receive a ball with your feet.

Week 10

To develop throwing and catching skills.

Week 11

To develop throwing and catching skills.

Week 12

To send and receive a ball using a racket.

To develop an understanding of buoyancy and balance in the water.

Week 2

To develop independent movement and submersion.

Week 3

To develop gliding and crawl legs.

Week 4

To develop front crawl breathing.

Week 6

To develop gliding and backstroke. #

Week 6

To develop rotation, sculling and treading water.

submersion and handstands.

Week 7

To develop surface dives, submersion and handstands.

Week 8

To develop head above water breaststroke technique.

Week 9

To develop head above water breaststroke technique.

Week 10

To develop basic skills in water safety and floating.

Week 11

To learn techniques for personal survival.

Week 12

To develop speed and strength.

Week 3

To complete actions to develop co-ordination.

Week 4

To complete actions to develop agility.

Week 5

To complete actions to develop balance.

Week 6

To complete actions to develop stamina.

Basketball

Week 7

To develop the attacking skill of dribbling.

Week 8

To use protective dribbling against an opponent.

Week 9

To develop the bounce and chest pass and begin to recognise when to use them.

Week 10

To develop tracking and defending an opponent.

Week 11

To develop the technique for the set shot.

Week 12

To be able to apply the skills, rules and tactics you have learnt to a mini tournament.

To develop the front crawl stroke and breathing technique.

Week 4

To develop the technique for backstroke arms and legs.

Week 5

To develop breaststroke technique.

Week 6

To develop breaststroke technique.

Week 7

To develop breaststroke and breathing technique.

Week 8

To develop basic skills of water safety and floating.

Week 9

To develop the dolphin kick.

Week 10

To learn techniques for personal survival.

Week 11

To develop water safety skills and an understanding of personal survival.

Week 12

To increase endurance in swim challenges.

To identify fastest strokes and personal bests.

Dance

Week 7

To create a dance using a random structure and perform the actions

Week 2

To develop the technique for chipping.

Week 3

To develop technique for a short game.

Week 4

To develop the technique for a long game.

Week 5

To select the appropriate shot for the situation.

Week 6

To design a course and select the appropriate shot for the situation.

Basketball

Week 7

To develop protective dribbling against an opponent.

Week 8

To be able to move into space to support a teammate.

Week 9

To choose when to pass and when to dribble.

Week 10

To be able to track an opponent and use defensive techniques to win the ball.

Week 11

To be able to perform a set shot and a jump shot.

Week 12

Dance

Week 7

To explore travelling actions and use counts of 8 to move in time with the music.

Week 8

To remember and repeat actions and respond imaginatively to a stimulus

Week 9

To copy, remember and repeat actions that represent the theme.

Week 10

To copy, repeat, create and perform actions that represent the theme.

Week 11

To use expression and create actions that relate to the story.

To use a pathway when travelling.

Week 12

To copy, repeat and choose actions that represent the theme.

To show changes in expression, level and shape.

Dance

Week 7

To explore travelling actions and use counts of 8 to move in time with the music.

Week 8

To remember and repeat actions and respond imaginatively to a stimulus.

Week 9

To copy, remember and repeat actions that represent the theme.

Week 10

To use expression and create actions that relate to the story.

Week 11

To use a pathway when travelling.

Week 12

To copy, repeat and choose actions that represent the theme.

Week 13

To show changes in expression, level and shape.

To develop water safety skills and an understanding of personal survival.

Dance

Week 7

To create actions in response to a stimulus and move in unison with a partner.

Week 8

To create actions to move in contact with a partner or interact with a partner.

Week 9

To understand how dynamics affect the actions performed.

Week 10

To be able to select and use actions to represent an idea.

Week 11

To work with a partner to choose actions that relate to an idea.

Week 12

To remember and repeat actions, using dynamics to clearly show different phrases.

To choose actions which relate to the idea, using space and timing to make my work look interesting.

Week 13

To understand and use formations, choosing poses which relate to the stimulus.

Dance

Week 7

To copy and create actions in response to an idea and be able to adapt this using changes of space.

Week 8

To choose actions which relate to the theme.

Week 9

To understand how dynamics, space and relationships can be used to represent a dance idea.

Week 10

To use actions, dynamics, space and relationships to represent a dance idea.

Week 11

To remember and repeat actions and create dance ideas in response to a stimulus.

Week 12

To use action and reaction when creating ideas with a partner.

Week 13

To remember, repeat and create actions to represent an idea. To use choreographing ideas to change how actions are performed.

showing quality and control.

Week 8

To understand how changing the dynamics of an action changes the appearance of the performance.

Week 9

To understand and use relationships and space to change how a performance looks.

Week 10

To work with a group to create poses and link them together using transitions.

Week 11

To use choreographing devices when working as a group.

Week 12

To copy and repeat movements in the style of Rock 'n' Roll.

Week 13

To work with a partner to copy and repeat actions keeping in time with the music.

To work collaboratively with a group to create a dance in the style of Rock 'n' Roll.

To be able to apply the rules and tactics you have learnt to play in a basketball tournament.

Dance

Week 7

To copy and repeat a set dance phrase showing confidence in movements.

Week 8

To work collaboratively with a partner to explore and develop the dance idea.

Week 9

To use changes in level and speed when choreographing.

Week 10

To copy and create actions using a prop as a dance stimulus.

Week 12

To use choreographing devices to improve how the performance looks.

To select actions and dynamics to convey different characters.

Week 13

To choreograph a dance that shows contrasting characters. To communicate a story through dance.

To use transitions and changes of timing to move into and out of shapes.

Spring

Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
<p>EYFS</p> <p>Gymnastics</p> <p>Week 1 To copy and create shapes with your body.</p> <p>Week 2 To be able to create shapes whilst on apparatus.</p> <p>Week 3 To develop balancing and taking weight on different body parts.</p> <p>Week 4 To develop jumping and landing safely.</p> <p>Week 5 To develop rocking and rolling.</p> <p>Week 6 To copy and create short sequences linking actions together.</p> <p>Dance</p> <p>Week 1</p>	<p>Year 1</p> <p>Gymnastics</p> <p>Week 1 To explore travelling movements using the space around you.</p> <p>Week 2 To develop quality when performing gymnastic shapes.</p> <p>Week 3 To develop stability and control when performing balances.</p> <p>Week 4 To develop technique and control when performing shape jumps.</p> <p>Week 5 To develop technique in the barrel, straight and forward roll.</p> <p>Week 6 To link gymnastic actions to create a sequence.</p> <p>Target Games</p>	<p>Year 2</p> <p>Gymnastics</p> <p>Week 1 To perform gymnastic shapes and link them together.</p> <p>Week 2 To be able to use shapes to create balances.</p> <p>Week 3 To be able to link travelling actions and balances using apparatus.</p> <p>Week 4 To demonstrate different shapes, take off and landings when performing jumps.</p> <p>Week 5 To develop rolling and sequence building.</p> <p>Week 6 To develop sequence work on apparatus.</p> <p>Target Games</p> <p>Week 1 To develop an understanding of target games and consider how much power to apply when aiming at a target.</p>	<p>Year 3</p> <p>Gymnastics</p> <p>Week 1 To perform gymnastic shapes and link them together.</p> <p>Week 2 To be able to use shapes to create balances.</p> <p>Week 3 To be able to link travelling actions and balances using apparatus.</p> <p>Week 4 To demonstrate different shapes, take off and landings when performing jumps.</p> <p>Week 5 To develop rolling and sequence building.</p> <p>Week 6 To develop sequence work on apparatus.</p> <p>Netball</p> <p>Week 1 To develop passing and moving and play within the footwork rule.</p> <p>Week 2 To develop passing and moving towards a goal.</p> <p>Week 3</p>	<p>Year 4</p> <p>Gymnastics</p> <p>Week 1 To develop individual and partner balances.</p> <p>Week 2 To develop control in performing and landing rotation jumps.</p> <p>Week 3 To develop the straight, barrel, forward and straddle roll.</p> <p>Week 4 To develop the straight, barrel, forward and straddle roll.</p> <p>Week 5 To develop strength in inverted movements.</p> <p>Week 6 To be able to create a partner sequence to include apparatus.</p> <p>Tennis</p> <p>Week 1 To develop hitting the ball using a forehand.</p>	<p>Year 5</p> <p>Gymnastics</p> <p>Week 1 To be able to perform symmetrical and asymmetrical balances.</p> <p>Week 2 To develop the straight, forward, straddle and backward roll.</p> <p>Week 3 To be able to explore different methods of travelling, linking actions in both canon and synchronisation.</p> <p>Week 4 To be able to perform progressions of inverted movements.</p> <p>Week 5 To explore matching and mirroring using actions both on the floor and on apparatus.</p> <p>Week 6 To be able to create a partner sequence using apparatus.</p>	<p>Year 6</p> <p>Gymnastics</p> <p>Week 1 To be able to develop the straddle, forward and backward roll</p> <p>Week 2 To develop counter balance and counter tension.</p> <p>Week 3 To be able to perform inverted movements with control.</p> <p>Week 4 To be able to perform the progressions of a headstand and a cartwheel.</p> <p>Week 5 To be able to use flight from hands to travel over apparatus.</p> <p>Week 6 To be able to create a group sequence using formations and apparatus.</p> <p>Basketball</p> <p>Week 1 To dribble with control under pressure.</p>

To use counts of 8 to know when to change action.

Week 2

To explore different body parts and how they move.

Week 3

To explore different body parts and how they move and remember and repeat actions.

Week 4

To express and communicate ideas through movement exploring directions and levels.

Week 5

To copy and repeat actions showing confidence and imagination.

Week 6

To move with control and coordination, linking, copying and repeating actions.

Week 1
To develop underarm throwing towards a target.

Week 2

To develop throwing for accuracy.

Week 3

To develop underarm and overarm throwing for accuracy.

Week 4

To develop throwing for accuracy and distance using underarm and overarm.

Week 5

To select the correct technique for the situation.

Week 6

To select the correct technique for the situation.

To develop throwing for accuracy and distance.

Invasion

Week 7

To develop dribbling towards a goal and understand what being 'in possession' means.

Week 8

Week 2
To understand how to score in different target games using overarm throwing.

Week 3

To develop understanding of different target games using the skill kicking.

Week 4

To develop striking to a target.

Week 5

To develop hitting a moving target.

Week 6

To select an appropriate skill to play a game.

Invasion

Week 7

To understand what being in possession means and support a teammate to do this.

Week 8

To use a variety of skills to score goals.

Week 9

To develop stopping goals.

Week 10

To learn how to gain possession of the ball.

Week 11

To develop an understanding of marking an opponent.

Week 12

To learn to apply simple tactics for attacking and defending.

To develop movement skills to lose a defender.

Week 4

To be able to defend an opponent and try to win the ball.

Week 5

To develop the shooting action.

Week 6

To develop playing using netball rules.

Ball Skills

Week 7

To develop confidence and accuracy when tracking a ball.

Week 8

To develop confidence and accuracy when tracking a ball.

Week 9

To explore and develop a variety of throwing techniques.

Week 10

To develop catching skills using one and two hands.

Week 11

To develop dribbling a ball with hands.

Week 12

To use tracking, sending and dribbling skills with feet.

Hockey

Week 7

Week 2

To develop returning the ball using a forehand.

Week 3

To develop the backhand and understand when to use it.

Week 4

To work co-operatively with a partner to keep a continuous rally going.

Week 5

To use simple tactics in a game to outwit an opponent.

Week 6

To demonstrate honesty and fair play when competing against others.

Tag Rugby

Week 7

To develop throwing, catching and running with the ball.

Week 8

To develop an understanding of tagging rules.

Week 9

Dodgeball

Week 1

To recap on the rules of dodgeball and apply them to a game.

Week 2

To develop throwing at a moving target.

Week 3

To use jumps, dodges and ducks to avoid being hit.

Week 4

To develop catching to get an opponent out.

Week 5

To select and apply tactics in the game.

Week 6

To develop officiating skills and referee a dodgeball game.

Hockey

Week 7

To develop dribbling to beat a defender.

Week 8

To develop sending the ball using a push pass.

Week 9

To develop receiving the ball with control.

Week 2

To move into and create space to support a teammate.

Week 3

To choose when to pass and when to dribble.

Week 4

To use the appropriate defensive technique for the situation.

Week 5

To develop shooting technique and make decisions about when to pass, dribble or shoot.

Week 6

To apply principles, rules and tactics to a tournament.

Volley ball

Week 7

To develop the fast catch volley.

Week 8

To be able to volley the ball using a set shot. To develop the dig and understand when to use it.

Week 9

To keep a continuous rally going over the net.

To understand who to pass to and why when playing against a defender.

Week 9

To move towards a goal with the ball

Week 10.

To support a teammate when in possession.

Week 11

To move into space showing an awareness of defenders.

Week 12

To be able to stay with a player when defending.

Yoga

Week 7

To explore yoga and mindfulness.

Week 8

To be able to copy and remember poses.

Week 9

To develop flexibility when holding poses.

Week 10

To develop balance whilst holding poses.

Week 11

To create yoga poses using a hoop.

Week 12

To create a yoga flow with a partner.

Yoga

Week 7

To copy and repeat yoga poses.

Week 8

To develop an awareness of strength when completing yoga poses.

Week 9

To develop an awareness of flexibility when completing yoga poses.

Week 10

To copy and remember actions linking them into a flow.

Week 11

To create a flow and teach it to a partner.

Week 12

To explore poses and create a yoga flow.

To develop sending the ball with a push pass.

Week 8

To develop receiving the ball.

Week 9

To develop dribbling using the reverse stick (Indian dribble).

Week 10

To develop moving into space after passing the ball.

Week 11

To use an open stick tackle to gain possession.

Week 12

To apply to defend and attack principles and skills in a hockey tournament.

To begin to use the 'forward pass' and 'off side' rule.

Week 10

To dodge a defender and move into space when running towards the goal.

Week 11

To develop defending skills and use them in a game situation.

Week 12

To apply the rules and skills you have learnt and play in a tag rugby tournament.

OAA

Week 7

To develop co-operation and teamwork skills.

Week 8

To develop trust and team work.

Week 9

To involve all team members in an activity and work towards a collective goal.

Week 10

To develop trust whilst listening to

Week 10

To be able to move into space to support a teammate.

Week 11

To develop using an open stick (block) tackle and jab tackle to gain possession of the ball.

Week 12

To apply the rules and skills you have learnt to play in a hockey tournament.

Yoga

Week 7

To understand how breath can help me to hold and move from pose to pose.

Week 8

To identify and use balance when exploring poses and creating a flow.

Week 9

To identify and use flexibility when exploring poses and creating a flow.

Week 10

To identify and use strength when exploring poses and creating a flow.

Week 11

To create and refine a flow with a partner.

Week 12

Week 10

To develop the underarm serve and learn the rules of serving.

Week 11

To apply the rules, skills and tactics learnt to play in a volleyball tournament.

Fitness

Week 1

To develop an awareness of what your body is able to do.

Week 2

To develop speed and stamina.

Week 3

To develop strength using my own body weight.

Week 4

To develop co-ordination.

Week 5

To develop agility.

Week 6

To develop balancing with control.

				<p>others and following instructions.</p> <p>Week 11 To be able to identify objects on a map, draw and follow a simple map.</p> <p>Week 12 To draw a route using directions.</p> <p>Week 13 To be able to orientate a map and navigate around a grid.</p>	To lead others through our flow.	
--	--	--	--	--	----------------------------------	--

Summer

EYFS	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<p>Games</p> <p>Week 1 To work safely and develop running and stopping.</p> <p>Week 2 To develop throwing and learn how to keep score.</p> <p>Week 3 To be able to play games showing an understanding of the different roles within it.</p>	<p>Athletics</p> <p>Week 1 To learn to move at different speeds for varying distances.</p> <p>Week 2 To develop a foundation for balance and stability.</p> <p>Week 3 To develop agility and coordination.</p> <p>Week 4 To explore hopping, jumping and leaping for distance.</p>	<p>Athletics</p> <p>Week 1 To develop the sprinting action.</p> <p>Week 2 To develop jumping for distance.</p> <p>Week 3 To develop technique when jumping for height.</p> <p>Week 4 To develop throwing for distance.</p> <p>Week 5 To develop throwing for accuracy.</p>	<p>Athletics</p> <p>Week 1 To develop the sprinting technique and improve on your personal best.</p> <p>Week 2 To develop changeover in relay events.</p> <p>Week 3 To develop jumping technique in a range of approaches and take off positions.</p> <p>Week 4 To develop throwing for distance and accuracy.</p>	<p>Athletics</p> <p>Week 1 To develop stamina and an understanding of speed and pace in relation to distance.</p> <p>Week 2 To develop power and speed in the sprinting technique.</p> <p>Week 3 To develop technique when jumping for distance.</p> <p>Week 4</p>	<p>Athletics</p> <p>Week 1 To be able to apply different speeds over varying distances.</p> <p>Week 2 To develop fluency and co-ordination when running for speed.</p> <p>Week 3 To develop technique in relay changeovers.</p> <p>Week 4</p>	<p>Athletics</p> <p>Week 1 To work collaboratively with a partner to set a steady pace.</p> <p>Week 2 To develop your own and others sprinting technique.</p> <p>Week 3 To develop power, control and technique for the triple jump.</p> <p>Week 4</p>

Week 4
To follow instructions and move safely when playing tagging games.

Week 5
To work co-operatively and learn to take turns.

Week 6
To work with others to play team games.

Ball Skills

Week 1
To develop rolling a ball to a target.

Week 2
To develop stopping a rolling ball.

Week 3
To develop accuracy when throwing to a target.

Week 4
To develop bouncing and catching a ball.

Week 5
To develop throwing for distance.

Week 6
To develop throwing for accuracy.

Net and Wall

Week 1
To defend space, using the ready position.

Week 2
To play against an opponent and keep the score.

Week 3
To develop control when handling a racket.

Week 4
To develop racket and ball skills.

Week 5
To develop sending a ball using a racket.

Week 6
To develop hitting over a net.

Striking and Fielding

Week 6
To develop technique when taking part in an athletics carousel.

Net and Wall

Week 1
To use the ready position to defend space on court.

Week 2
To develop returning a ball with hands.

Week 3
To play against a partner.

Week 4
To develop racket skills and use them to return a ball.

Week 5
To develop returning a ball using a racket.

Week 6
To play against an opponent using a racket.

Striking and Fielding

Week 7

Week 5
To develop throwing for distance in a pull throw.

Week 6
To develop officiating and performing skills.

Tennis

Week 1
To develop racket and ball control.

Week 2
To develop returning the ball using a forehand groundstroke.

Week 3
To be able to rally using a forehand.

Week 4
To develop the two handed backhand.

Week 5
To learn how to score. To develop playing against an opponent.

Week 6
To work collaboratively with a partner and compete against others.

Cricket

Week 7
To develop overarm throwing and catching.

To develop power and technique when throwing for distance.

Week 5
To develop a pull throw for distance and accuracy.

Week 6
To develop officiating and performing skills.

Tennis

Week 1
To develop racket racket and ball control.

Week 2
To develop returning the ball using a forehand and understand when to use it.

Week 3
To develop the backhand and understand when to use it.

Week 4
To keep a continuous rally going showing increased technique.

Week 5
To use and apply rules and simple tactics.

To develop technique and co-ordination in the triple jump.

Week 5
To develop throwing with force for longer distances. To develop throwing with greater control and technique.

Badminton

Week 1
To develop footwork and the forehand and backhand grip.

Week 2
To develop the backhand serve over a net.

Week 3
To develop rallying using an overhead forehand clear.

Week 4
To develop the forehand serve over a net.

Week 5
To learn how to score points and play in competitive games.

Week 6
To develop the backhand clear and apply this to game situations.

To develop power, control and technique when throwing for distance.

Week 5
To develop throwing with force and accuracy for longer distances.

Week 6
To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.

Tennis

Week 1
To develop the forehand groundstroke.

Week 2
To be able to return the ball using a backhand groundstroke.

Week 3
To develop the volley and understand when to use it.

Week 4
To develop the volley and use it in a game situation.

Week 5
To develop accuracy of the underarm serve.

Week 6

Week 5

To develop dribbling a ball with your feet.

Week 6

To develop kicking a ball.

Week 7

To develop underarm throwing and catching and put this into small sided games.

Week 8

To develop overarm throwing.

Week 9

To develop striking a ball with my hand and equipment.

Week 10

To retrieve a ball when fielding.

Week 11

To understand how to get a batter out.

Week 12

To develop decision making and understand how to score points.

Team Building

Week 7

To co-operate and communicate with a partner to solve challenges.

Week 8

To be able to track a rolling ball and collect it.

Week 8

To develop accuracy in underarm throwing and consistency in catching when fielding a ball.

Week 9

To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score.

Week 10

To develop striking for distance and accuracy.

Week 11

To develop decision making to get a batter out.

Week 12

To develop decision making when under pressure.

Team Building

Week 1

To follow instructions and work with others.

Week 2

To co-operate and communicate in a small group to solve challenges.

Week 8

To develop underarm bowling.

Week 9

To learn how to grip the bat and develop batting technique.

Week 10

To be able to field a ball using a two handed pick up and a short barrier.

Week 11

To develop overarm bowling technique.

Week 12

To play apply skills learnt to mini cricket.

OAA

Week 7

To develop co-operation and teamwork skills.

Week 8

To develop trust and team work.

Week 9

To involve all team members in an activity and work towards a collective goal.

Week 10

To develop trust whilst listening to others and following instructions.

Week 6

To understand and use rules to manage a game.

Rounders

Week 7

To play different roles in a game and begin to think tactically about each role.

Week 8

To develop the bowling action and learn the rules of bowling.

Week 9

To run around the outside of the bases and make decisions about when to stop and when to run.

Week 10

To field a ball using a two handed pick up and a short barrier.

Week 11

To develop batting technique and an understanding of where to hit the ball.

Week 12**Week 7**

To show respect, honesty and fair play when competing against an opponent.

Cricket

Week 7

To develop throwing accuracy and catching skills.

Week 8

To develop batting accuracy and directional batting.

Week 9

To develop catching skills (close/deep catching and wicket keeping).

Week 10

To develop overarm bowling technique and accuracy.

Week 11

To develop a variety of fielding techniques and to use them within a game.

Week 12

To develop long and short barriers and apply them to a game situation.

OAA

Week 7

To build communication and trust whilst showing an awareness of safety.

To learn to use the official scoring system.

Week 7

To work co-operatively with a partner and employ tactics to outwit an opponent.

Rounders

Week 7

To develop the bowling action and understand the role of the bowler.

Week 8

To develop the bowling action and understand the role of the bowler.

Week 9

To make decisions about where and when to send the ball to stump a batter out.

Week 10

To develop a variety of fielding techniques and when to use them in a game.

Week 11

To develop long and short barriers in fielding and understand when to use them.

Week 12

To apply the rules and skills you have learnt to

To explore and develop teamwork skills.

Week 9

To develop communication skills.

Week 10

To use communication skills to lead a partner.

Week 11

To plan with a partner and small group to solve problems.

Week 12

To communicate with a group to solve challenges.

Week 3

To create a plan with a group to solve the challenges.

Week 4

To communicate effectively and develop trust.

Week 5

To use teamwork skills to work as a group to solve problems.

Week 6

To work with a group to copy and create a basic map.

Week 11

To be able to identify objects on a map, draw and follow a simple map.

Week 12

To draw a route using directions.

Week 13

To be able to orientate a map and navigate around a grid.

To apply skills and rules learnt to play rounders.

OAA

Week 1

To develop co-operation and teamwork skills.

Week 2

To orientate a map and navigate around a grid.

Week 3

To develop observational skills, listening to others and following instructions.

Week 4

To develop trust whilst listening to others and following instructions.

Week 5

To be able to identify, draw and follow a simple map.

Week 6

To be able to orientate and navigate around a map and draw a route using directions.

Week 8

To work as a team to solve problems, sharing ideas and collaborating with one another.

Week 9

To develop tactical planning and problem solving.

Week 10

To share ideas and work as a team to solve problems.

Week 11

To develop navigational skills and map reading.

Week 12

To use a key to identify objects and locations.

play in a rounders tournament.

OAA

Week 1

To build communication and trust whilst showing an awareness of safety.

Week 2

To collaborate as a team to solve problems.

Week 3

To develop tactical planning and problem solving.

Week 4

To work as a team and use critical thinking to determine the best approach.

Week 5

To develop navigational skills and map reading.

Week 6

To use a key to identify objects and locations.