

YEAR 2

YEAR 3

YEAR 4

YEAR 5

YEAR 6

## **AUTUMN** Throwing and Throwing and Throwing and **Brilliant Ball Skills** Invasion (Rugby) Invasion (Rugby) Catching (field Catching (field **Catching (field** •To be aware of •To understand the •To understand the games) • To learn games) •To learn games) • To others when basic rules of tag basic rules of tag skills for striking skills for playing consolidate and playing games. •To rugby. •To work as rugby. •To work as and fielding games. develop a range of a team, using balla team, using ballstriking and fielding choose the correct • To practise basic skills in striking and skills to meet a handling skills. •To handling skills. •To games. • To striking, sending position the body fielding. •To challenge. •To pass and carry a pass and carry a and receiving. • To develop and perform a range of ball using balance ball using balance to strike a ball. • To use throwing and develop catching investigate actions. and coordination. and coordination. different ways of maintaining control To use skills To use skills catching skills in a skills. • To throw a game. • To practise ball for distance. • throwing and to of the ball. •To learned to play a learned to play a accuracy of perform a range of game of tag rugby. game of tag rugby. To practise know when it is throwing skills in a •To apply rules and throwing and appropriate to use catching and •To apply rules and skills learned to a consistent catching. circuit. • To play a gathering skills with them. •To skills learned to a control. •To master game fairly and in a game. •To play in a game. •To play in a • To strike with a consolidate and racket or bat. • To sporting manner. develop a range of the basic catching mini tag rugby mini tag rugby To use fielding play a game fairly skills in striking and technique. •To competition competition and in a sporting skills to play a fielding. •To catch with increasing control manner. • To use practise the correct game fielding skills to technique for and accuracy. •To catching a ball and play a gam master the basic use it in a game. throwing To consolidate technique. •To and develop a throw and hit a ball range of skills in in different ways (e.g. high, low, fast striking and fielding. •To or slow). •To apply practise the correct skills and tactics in batting technique small-sided games. and use it in a To identify and game situation. •To follow the rules of consolidate and games. To choose develop a range of and use simple



WINTER	Multi Skills • To explore static	Brilliant Ball Skills • To use hand-eye	skills in striking and fielding. •To practise the correct technique for fielding and use it in a game situation. •To consolidate the throwing, catching and batting skills already learned. •To strike the ball for distance. • To know how to play a striking and fielding game competitively and fairly.  Brilliant Ball Skills •To be aware of	tactics to suit different situations. •To react to situations in ways that make it difficult for opponents to win.  Invasion (Football/Hockey •	Invasion (Netball)  • To demonstrate	Invasion (Netball)  • To demonstrate
	balancing and understand the concept of bases. • To combine a number of coordination drills, using upper and lower body movements. • To aim a variety of balls and equipment accurately. • To time running to stop or intercept	coordination to control a ball. • To catch a variety of objects. • To vary types of throw. • To kick and move with a ball. • To develop catching and dribbling skills. • To use ball skills in a mini festival	others when playing games. •To choose the correct skills to meet a challenge. •To perform a range of actions, maintaining control of the ball. •To perform a range of catching and gathering skills with control. •To master the basic catching technique. •To	To keep possession of a ball. •To use ABC (agility, balance, coordination) techniques to keep control of a ball in a competitive situation. •To use accurate passing and dribbling in a	basic passing and receiving skills using a netball. •To develop an understanding and knowledge of the basic footwork rule of netball. •To use good hand/eye coordination to pass and receive a ball successfully. •To develop skills in the range of passes — chest pass,	basic passing and receiving skills using a netball. •To develop an understanding and knowledge of the basic footwork rule of netball. •To use good hand/eye coordination to pass and receive a ball successfully. •To develop skills in the range of passes — chest pass,



To travel in different ways, showing clear transitions between throwing technique. •To throw and hit a ball movements. •To throw and hit a ball in different ways (e.g. high, low, fast or side, up and down) with control and fluency. •To practise ABC (agility, balance and coordination) at circuit stations  *To react to situations in ways that make it difficult for opponents to win.  *To learn concepts of dratek and understand which defence, •To play in a mini competition of depending on the distance the ball needs to travel.  •To understand the importance of 'getting free' in order to receive a pass. •To understand how to make space by moving away and coming back and by dodging. •To be able to demonstrate a range of defending skills and understand how to mark an opponent.  •To understand how to make space by dodging. •To be able to demonstrate a range of defending skills and understand how to mark an opponent.  •To understand how to mark an opponent.  •To understand how to mark an opponent.  •To understand how to intercept a pass. •To learn how to shoot. • To understand the different positions in a netball team (five-a-side). •To recognise which	T	 	-	T	T
different ways, showing clear transitions between transitions between movements. *To travel in different directions (side to side, up and down) with control and fluency. *To practise ABC (agility, balance and coordination) at circuit stations  *To react to situations. *To react to situations in amets and the difficult for opponents to win.  *To react to situations. *To react to situations in a netball tearn (five-a-side). *To understand how to intercept a pass. *To learn how to shoot. *To understand how to intercept a pass. *To learn how to shoot. *To understand how to intercept a pass. *To learn how to shoot. *To understand how to intercept a pass. *To learn how to shoot. *To understand how to intercept a pass. *To learn how to shoot. *To understand how to intercept a pass. *To learn how to shoot. *To understand the different positions in a netball team (five-a-side). *To recognise which	the path of a ball. •	catch with	opponent's goal.	overhead pass,	overhead pass,
showing clear transitions between movements. • To technique. • To throw and hit a ball in different ways (e.g. high, low, fast or side, up and down) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations  *To react to situations in ways that make it difficult for opponents to win.  *To understand have to make space by moving away and coming back and by dodging. • To be able to demonstrate a range of defending skills and understand how to mark an opponent. • To understand how to intercept a pass. • To learn how to shoot. • To understand the different positions in a netball team (five-a-side). • To recognise which			•	•	•
transitions between movements. • To travel in different directions (side to side, up and down) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations  travel in different ways (e.g. high, low, fast or slow). • To apply with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations  throw and hit a ball in different ways (e.g. high, low, fast or slow). • To apply with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations  throw and hit a ball in edes to travel. • To understand the importance of 'getting free' in order to receive a pass. • To understand how to make space by moving away and coming back and by dodging. • To be able to demonstrate a range of defending skills and understand how to mark an opponent. • To understand the difficult for opponents to win.  *To react to situations in ways that make it difficult for opponents to win.  *To understand the understand how to make space by moving away and coming back and by dodging. • To be able to demonstrate a range of defending skills and understand how to mark an opponent. • To understand how to intercept a pass. • To learn how to shoot. • To understand the different positions in a netball team (five-a-side). • To recognise which	different ways,	-	of attack and	understand which	understand which
between movements. • To travel in different directions (side to side, up and down) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations at circuit stations the fide that the different situations. • To react to situations in ways that make it difficult for opponents to win.  between movements. • To throw and hit a ball in different ways (e.g. high, low, fast or slow). • To apply skills and tactics in different ways (e.g. high, low, fast or slow). • To apply skills and tactics in small-sided games. • To identify and follow the rules of games. To choose and coordination) at circuit stations at circuit stations are circuit stations. • To react to situations in ways that make it difficult for opponents to win.  • To react to situations in ways that make it difficult for opponents to win.  • To understand how to mark an opponent. • To understand the different positions in a netball team (five-a-side). • To recognise which	showing clear	master the basic	defence. •To play	<b>'</b>	pass to use
movements. • To travel in different directions (side to side, up and down) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations    To react to situations in ways that make it difficult for opponents to win.   To understand the importance of in impo	transitions	throwing	in a mini	depending on the	depending on the
travel in different directions (side to side, up and down) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations  To react to situations in ways that make it difficult for opponents to win.  ### To understand the importance of 'getting free' in order to receive a pass. • To understand how to make space by moving away and coming back and by dodging. • To be able to able to albe to mark an opponent.  • To understand the importance of 'getting free' in order to receive a pass. • To understand how to make space by moving away and coming back and by dodging. • To be able to demonstrate a range of defending skills and understand how to mark an opponent.  • To understand how to mark an opponent.  • To understand the different positions in a netball team (five-a-side). • To recognise which	between	technique. •To	competition		
directions (side to side, up and down) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations    To identify and follow the rules of and coordinations and use simple tactics to suit different situations. • To react to situations in ways that make it difficult for opponents to win.   To understand how to mark an opponent. • To understand how to intercept a pass. • To lunderstand the different positions in a netball team (five-a-side), • To recognise which   To recognise which   To cognise which	movements. • To			needs to travel.	needs to travel.
side, up and down) with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations  side, up and down) with control and fluency. • To simplify skills and tactics in small-sided games. • To identify and follow the rules of games. To choose and coordination) at circuit stations  and use simple tactics to suit different situations. • To react to situations in ways that make it difficult for opponents to win.  • To understand how to mark an opponent. • To understand how to intercept a pass. • To learn how to shoot. • To understand the different positions in a netball team (five-a-side). • To recognise which	travel in different	in different ways		<ul> <li>To understand the</li> </ul>	<ul> <li>To understand the</li> </ul>
with control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations of the components to win.    With control and fluency. • To practise ABC (agility, balance and coordination) at circuit stations of the components to win.    Skills and tactics in small-sided games.	directions (side to	(e.g. high, low, fast		importance of	importance of
fluency. • To practise ABC (agilitry, balance and coordination) at circuit stations  small-sided games. • To identify and follow the rules of games. To choose and use simple tactics to suit different situations. • To react to situations in ways that make it difficult for opponents to win.  • To understand how to make space by moving away and coming back and by dodging. • To be able to demonstrate a range of defending skills and understand how to mark an opponent. • To understand how to intercept a pass. • To understand how to make pace by moving away and coming back and by dodging. • To be able to demonstrate a range of defending skills and understand how to intercept a pass. • To understand how to intercept a pass. • To understand how to make space by moving away and coming back and by dodging. • To be able to demonstrate a range of defending skills and understand how to intercept a pass. • To understand the different positions in a netball team (five-a-side). • To recognise which	side, up and down)	or slow). •To apply		'getting free' in	'getting free' in
practise ABC (agility, balance and coordination) at circuit stations  *To identify and follow the rules of games. To choose and use simple tactics to suit different situations. *To react to situations in ways that make it difficult for opponents to win.  *To understand how to make space by moving away and coming back and by dodging. *To be able to demonstrate a range of defending skills and understand how to make space by moving away and coming back and by dodging. *To be able to demonstrate a range of defending skills and understand how to mark an opponent. *To understand how to intercept a pass. *To learn how to shoot. * To understand the different positions in a netball team (five-a-side). *To recognise which	with control and	skills and tactics in		order to receive a	order to receive a
(agility, balance and coordination) at circuit stations  follow the rules of games. To choose and use simple tactics to suit different situations.  • To react to situations in ways that make it difficult for opponents to win.  • To understand how to intercept a pass. • To learn how to shoot. • To understand the different positions in a netball team (five-a-side). • To recognise which	fluency. • To	small-sided games.		pass. •To	pass. •To
and coordination) at circuit stations  games. To choose and use simple tactics to suit different situations.  •To react to situations in ways that make it difficult for opponents to win.  and coordinations  •To react to situations in ways that make it difficult for opponents to win.  moving away and coming back and by dodging. •To be able to demonstrate a range of defending skills and understand how to mark an opponent. •To understand how to intercept a pass. •To learn how to shoot. • To understand the different positions in a netball team (five-a-side). •To recognise which	practise ABC	<ul><li>To identify and</li></ul>		understand how to	understand how to
and use simple tactics to suit different situations. •To react to situations in ways that make it difficult for opponents to win.  and use simple tactics to suit different situations. •To react to situations in ways that make it difficult for opponents to win.  and use simple tactics to suit different situations. •To react to situations in ways that make it difficult for opponents to win.  and use simple tactics to suit different situations. •To react to situations in ways that make it difficult for opponents to win.  and use simple tactics to suit dodging. •To be able to demonstrate a range of defending skills and understand how to mark an opponent. •To understand how to intercept a pass. •To learn how to shoot. • To understand the different positions in a netball team (five-a-side). •To recognise which	(agility, balance	follow the rules of		make space by	make space by
tactics to suit different situations. •To react to situations in ways that make it difficult for opponents to win.  tactics to suit different situations. •To react to situations in ways that make it difficult for opponents to win.  dodging. •To be able to demonstrate a range of defending skills and understand how to mark an opponent. •To understand how to intercept a pass. •To learn how to shoot. • To understand the different positions in a netball team (five-a-side). •To recognise which	and coordination)	games. To choose		moving away and	moving away and
different situations.  •To react to situations in ways that make it difficult for opponents to win.  able to demonstrate a range of defending skills and understand how to mark an opponent. •To understand how to intercept a pass. •To learn how to shoot. • To understand the different positions in a netball team (five-a-side). •To recognise which	at circuit stations	and use simple		coming back and by	coming back and by
•To react to situations in ways that make it difficult for opponents to win.  •To understand how to mark an opponent. •To understand how to intercept a pass. •To learn how to shoot. • To understand the different positions in a netball team (five-a-side). •To recognise which		tactics to suit		dodging. •To be	dodging. •To be
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recognise which recognise which				(five-a-side). •To	(five-a-side). •To
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positions are positions are				positions are	positions are





					perform and	
					evaluate own and	
					others' sequences	
SUMMER	Brilliant Ball Skills	Active Athletics	Active Athletics	Young Olympians	Young Olympians	Young Olympians
	To master basic	•To run with agility	• To run in	(Athletics) •To	(Athletics) To use	(Athletics)
	sending and	and confidence.	different directions	select and maintain	correct technique	<ul> <li>To investigate</li> </ul>
	receiving	•To learn the best	and at different	a running pace for	to run at speed. •	running styles and
	techniques. • To	jumping techniques	speeds, using a	different distances.	To develop the	changes of speed.
	develop balance,	for distance. •To	good technique.	•To practise	ability to run for	•To practise
	agility and co-	throw different	•To improve	throwing with	distance. • To	throwing with
	ordination. • To	objects in a variety	throwing	power and	throw with	power and
	master basic	of ways. •To hurdle	technique. •To	accuracy. •To	accuracy and	accuracy. •To
	sending and	an obstacle and	reinforce jumping	throw safely and	power. • To	throw safely and
	receiving skills. • To	maintain effective	techniques. •To	with	identify and apply	with
	develop balance,	running style. •To	understand the	understanding. •To	techniques of relay	understanding. •To
	agility and co-	run for distance.	relay and passing	demonstrate good	running. • To	demonstrate good
	ordination.: • To	<ul> <li>To complete an</li> </ul>	the baton. •To	running technique	explore different	running technique
	master basic	obstacle course	choose and	in a competitive	footwork patterns.	in a competitive
	sending and	with control and	understand	situation. •To	<ul> <li>To understand</li> </ul>	situation. •To
	receiving	agility.	appropriate	explore different	which technique is	explore different
	techniques • To		running	footwork patterns.	most effective	footwork patterns.
	develop balance,		techniques. •To	<ul><li>To understand</li></ul>	when jumping for	<ul> <li>To understand</li> </ul>
	agility and co-		compete in a mini	which technique is	distance. • Learn	which technique is
	ordination. • To		competition,	most effective	how to use skills to	most effective
	master basic		recording scores	when jumping for	improve the	when jumping for
	sending and			distance. To utilise	distance of a pull	distance. •To utilise
	receiving as well as			all	throw. • To	all the skills learned
	developing balance				demonstrate good	in this unit in a
	agility and co-			the skills learned in	techniques in a	competitive
	ordination. • To			this unit in a	competitive	situation
	make use of			competitive	situation	
	coordination,			situation.		
	accuracy and					



YEAR 1 YEAR 2 YEAR 3 YEAR 4 YEAR 5 YEAR 6

weight transfer. •
To develop
receiving skills. • To
use ball skills in
game based
activities.