



Adel Primary School

PE Curriculum

Early Years to Year 6

Our PE curriculum is designed to inspire all pupils to succeed and excel in competitive sport and other physically demanding activities in a way which supports their health and fitness,

The curriculum has been built using the following components:

[Motor Competence](#), [Rules, Strategies and Tactics](#), and [Healthy Participation](#)



EYFS Autumn 1	EYFS Autumn 2	EYFS Spring 1	EYFS Spring 2	EYFS Summer 1	EYFS Summer 2
<p>Development of Motor Competence and Fundamental Movement Skills. Being safe and kind when touching equipment and classmates.</p>					
<p>Me & Myself</p> <p>Session 1 – Getting changed Dresses with help. Aware of the boundaries set, and of behavioural expectations in the setting</p> <p>Session 2 – My Body Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Explains own knowledge and understanding and asks appropriate questions of others.</p> <p>Session 3 – Part of the body Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Shows understanding of prepositions such as 'under', 'on top', 'behind' by carrying out an action.</p> <p>Session 4 – Senses Keeps play going by responding to what others are saying or doing. Listens and responds to ideas expressed by others in conversation or discussion.</p> <p>Session 5 – On the move Keeps play going by responding to what others are saying or doing. Listens and responds to ideas expressed by others in conversation or discussion.</p> <p>Session 6 – How my body changes Experiment with different ways of jumping. Can describe self in positive terms and talk about</p>	<p>Movement & Development</p> <p>Session 1 – How to move Travels in space avoiding other children and objects. Travel in different ways, and able to stop safely.</p> <p>Session 2 – How to move safely Shows understanding of the need for safety when tackling new challenges and considers and manages some risks. Practices some appropriate safety measures without direct supervision.</p> <p>Session 3 – Exploring movements Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping. Uses language to imagine and recreate roles and experiences in play situations.</p> <p>Session 4 – Moving in different ways Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping. Shows understanding of the need for safety when tackling new challenges and considers and manages some risks.</p> <p>Session 5 – Moving in different directions Negotiates space successfully when playing racing and chasing games with other children, adjusting speed or changing direction to avoid obstacles. Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid</p>	<p>Ball skills</p> <p>Session 1 – Exploring the ball Handles tools, objects, construction, and malleable materials safely and with increasing control. Understands that equipment and tools have to be used safely</p> <p>Session 2 – Ball control Shows increasing control over and object, pushing, patting, throwing, catching or kicking it. Explains own knowledge and understanding, and asks appropriate questions of others.</p> <p>Session 3 – Moving with a ball Negotiates space successfully when playing racing and chasing games with other children, adjusting speed, or changing direction to avoid obstacles. Observes the effects of activity on their body</p> <p>Session 4 – Collecting & stopping Handles tools, objects, construction and malleable materials safely and with increasing control.</p> <p>Session 5 – Bouncing Shows increasing control over and object, pushing, patting, throwing, catching or kicking it. Can catch a large ball.</p> <p>Session 6 – With a partner Can play in a group, extending and elaborating play ideas. Begin to accept the needs of others and can take turns and share resources, sometimes with support from others</p> <p><i>(collect, ball control, bounce, safety, height)</i></p>	<p>Dance</p> <p>Session 1 – Introduction to dance Listen to the music. Perform impressions to the music.</p> <p>Session 2 – Acting in character Understand characters in stories and performances. Perform different characters to the music.</p> <p>Session 3 – In time with the music Move in time with the music. Perform in character to the music.</p> <p>Session 4 – Group work Move in time with others in a group, performing together with the music. Work well with others, taking turns and sharing ideas</p> <p>Session 5 – Introduction to mirroring Move in time with a partner and begin to understand the concept of mirroring. Perform actions and movements in time with the music</p> <p>Session 6 – Emotions & expressions Show different emotions and impressions through actions and facial expressions. Perform actions and movements with good control.</p> <p><i>(music, together, counting, impression, mirror, character)</i></p>	<p>Throwing & catching</p> <p>Session 1 – Stopping & receiving Shows increasing control over an object, pushing, patting, throwing, catching, or kicking it. Understands that equipment and tools must be used safely</p> <p>Session 2 – Rolling & sending Shows increasing control over an object, pushing, patting, throwing, catching, or kicking it</p> <p>Session 3 – Catching: the basics Can catch an object. Respond to simple instructions.</p> <p>Session 4 – Throwing: the basics Shows increasing control over an object when throwing it.</p> <p>Session 5 – Catching a ball Can catch a ball. Moves freely and with pleasure and confidence in a range of ways such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding, and hopping.</p> <p>Session 6 – Throwing & catching Can play in a group. Begin to accept the needs of others and can take turns and share resources, sometimes with support from others.</p> <p><i>(throw, catch, aim, target, roll/push, bounce)</i></p>	<p>Working with others – fun & games</p> <p>Session 1 – Cooperating Can play in a group. Negotiates space successfully when playing racing and chasing games with other children, adjusting speed, or changing direction to avoid obstacles</p> <p>Session 2 – Sharing Begin to accept the needs of others and can take turns and share resources, sometimes with support from others. Shows some understanding that good practices with regard to exercise, eating, sleeping and hygiene can contribute to good health.</p> <p>Session 3 – Taking turns Begin to accept the needs of others and can take turns and share resources, sometimes with support from others. Aware of the boundaries set, and of behavioural expectations in the setting.</p> <p>Session 4 – Helping others Runs skilfully and negotiates spaces successfully, adjusting speed or direction to avoid obstacles. Keeps play going by responding to what others are saying or doing.</p> <p>Session 5 – Working with a partner Keeps play going by responding to what others are saying or doing. Respond to simple instructions.</p> <p>Session 6 – Working together Can play in a group.</p> <p><i>(help, partner, team)</i></p>



<p>abilities. Links sounds to letters, naming and sounding the letters of the alphabet.</p> <p><i>(changing, body parts, quick/speed, heart rate, direction, instruction, awareness)</i></p>	<p>obstacles. Is able to follow directions.</p> <p>Session 6 – Moving at different speeds Travels with confidence and skill around, under, over and through balancing and climbing equipment. Can describe self in positive terms and talk about abilities</p> <p><i>(slow/fast, high/low, space, movements))</i></p>				
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Year 1 Autumn 1	Year 1 Autumn 2	Year 1 Spring 1	Year 1 Spring 2	Year 1 Summer 1	Year 1 Summer 2
Develop Motor Competence and Fundamental Movement Skills. Making safe decisions in contact with equipment and classmates					
<p>Rounders - Striking & Fielding</p> <p>Session 1 - introduction Understand and follow simple rules for games. Use skills in different ways when playing games.</p> <p>Session 2 – Coordination & movement Develop agility, balance and coordination. Move fluently, changing direction and speed. Understand why being active and playing games is good for you</p> <p>Session 3 – Fielding – ball skills Show control of a ball with basic actions. Describe what it feels like to breath quickly during exercise.</p> <p>Session 4 - Fielding - Rolling, Get in Line Show control of a ball with basic actions. Understand the concept of moving to get in line with a ball to receive it.</p> <p>Session 5 - Batting Show basic control and accuracy when striking a ball. Describe what they have done or seen others doing.</p> <p>Session 6 – Simple game Apply skills and tactics in simple games. Use skills in different ways when playing games.</p> <p><i>(aim, catch, direction, send, space, target, throw, underarm)</i></p>	<p>Fitness</p> <p>Session 1 – Speed & agility Improve speed and agility. Develop the jumping technique safely and effectively.</p> <p>Session 2 – Jumping Negotiate space. Develop the jumping technique.</p> <p>Session 3 – Balance, control & coordination Improve and develop coordination, control and balance. Demonstrate the correct jumping technique whilst moving at speed.</p> <p>Session 4 – Turn taking Take turns in teams. Explore and practice a variety of different movements and fitness techniques.</p> <p>Session 5 – Speed & stamina Develop and improve speed and stamina. Be able to discuss healthy & unhealthy foods and why eating well is good for you.</p> <p>Session 6 – Circuit relays Apply skills learnt throughout the unit in a range of activities focusing on correct technique. Understand the benefits of regular exercise.</p> <p><i>(hurdle, balance, movement, stretch, speed, stamina, balance)</i></p>	<p>Gymnastics – Unit 1</p> <p>Session 1 – Travelling To explore different ways of travelling safely. 2. To move with purpose and accuracy.</p> <p>Session 2 – Balances To explore and link a range of movements and shapes. To develop balance and coordination. To describe what they have done or seen others doing.</p> <p>Session 3 – Rolls Improve and develop coordination, control and balance. Demonstrate the correct jumping technique whilst moving at speed.</p> <p>Session 4 – Jumps Understand the importance of landing safely and practise safe landing. Perform basic jumps with quality and control.</p> <p>Session 5 – Linking movements Create linked movement phrases with beginning, middle and ends. Perform movement phrases using a range of body actions and body parts.</p> <p>Session 6 – Performance Combine ways of travelling, balancing and jumping using both the floor and the apparatus. 2. Work well with a partner. 3. Remember and repeat sequences of gymnastic actions.</p> <p><i>(travelling, sequence, tuck, straight, star, balance, rolls, landing)</i></p>	<p>Dance</p> <p>Session 1 – Introduction Respond imaginatively to a range of stimuli. Combine different ways of travelling.</p> <p>Session 2 – Moving in character Move confidently and safely in their own space, using changes of speed, level and direction. Perform movement phrases using a range of different body actions and body parts.</p> <p>Session 3 – Working together Perform dances using simple movement patterns. Move fluently, changing direction and speed.</p> <p>Session 4 – Creativity and imagination Respond imaginatively to a range of stimuli. Compose and link movement phrases to make simple dances with clear beginnings, middles and ends. Describe what it feels like to breath quickly during exercise.</p> <p>Session 5 – Finishing the routine Create linked movement phrases with a beginning, middle and end. Describe what they have done or seen others doing.</p> <p>Session 6 – Performance Perform movement phrases and short dances with control and accuracy. Understand why being active and playing games is good for you.</p> <p><i>(actions, beat, character, performance)</i></p>	<p>OAA – Orienteering</p> <p>Session 1 – Introduction to OAA Work independently and with others. Practise working to solve problems. Cooperate with other children in small groups</p> <p>Session 2 – Parachute games Work with other children in class. Move in different directions and in different ways.</p> <p>Session 3 – Scavenger hunt Understand how communication can help solve problems. Begin to plan how to solve problems. Participate in competition with others.</p> <p>Session 4 – Compass & direction Introduction to a compass and directions (N,E,S,W). Begin to plan how to solve problems.</p> <p>Session 5 – Obstacle course Work cooperatively and successfully as part of a team. Participate in games following rules and playing fairly. Take turns.</p> <p>Session 6 – Picture orienteering Complete a single control orienteering event. Use features on the map to select and plan a route to a control.</p> <p><i>(teamwork, compass, map, route, directions, safety, orienteering, problem solving, challenge)</i></p>	<p>Athletics</p> <p>Session 1 – Introduction Begin to apply basic movements in a range of activities. Begin to explore different running, jumping, and throwing techniques. Explore successful and unsuccessful techniques</p> <p>Session 2 – Coordination & movement Develop coordination in a range of activities. Explore and practise a variety of movements.</p> <p>Session 3 – Running Show understanding of correct running technique. Show control, coordination and consistency when running.</p> <p>Session 4 – Jumping Develop jumping technique. Show control, coordination and consistency when jumping. To be able to jump in a variety of ways.</p> <p>Session 5 – Throwing Develop a correct underarm throw technique. Throw towards a target showing increased control. Show good sportsmanship</p> <p>Session 6 – Throwing (overarm) Develop the overarm throw technique. Throw a bean bag accurately towards a target. Experience competitive throwing.</p> <p><i>(landing, throw, target, jump, improve)</i></p>



Football – Invasion	Tag Rugby – Invasion	Gymnastics – Unit 2	Tennis	Cricket	Netball
<p>Session 1 - Introduction Explore different ways to move the ball. Use simple tactics to achieve success in game situations</p> <p>Session 2 – Coordination & movement. Develop fundamental movement skills, becoming increasingly confident and competent. Move fluently, changing direction and speed.</p> <p>Session 3 – Get into space Recognise space in games and use it to their advantage. Describe what it feels like to breath quickly during exercise.</p> <p>Session 4 – Ball control Show control of a ball with basic actions. Describe what they have done or seen others doing.</p> <p>Session 5 – Dribbling Move fluently, changing direction and speed. Explore different ways to use and move with a ball.</p> <p>Session 6 – Simple game Apply skills and tactics in simple games. Use skills in different ways when playing games.</p> <p><i>(control, dribble, rules, space, shoot)</i></p>	<p>Session 1 - Introduction To be able to throw and catch a rugby ball. To run with the ball in two hands.</p> <p>Session 2 – Passing & moving To be able to throw and catch to themselves. To be able to throw and catch with a partner.</p> <p>Session 3 – Tagging How to tag in Tag Rugby.</p> <p>Session 4 – Passing & simple tactics To be able to pass the ball backwards.</p> <p>Session 5 – Simple decision making Understand who the attackers/defenders are. Decide when to pass and when to run.</p> <p>Session 6 – Simple games Understand who the attackers/defenders are. Decide when to pass and when to run.</p> <p><i>(attack, belts, defend, pass, space, target, throw, try)</i></p>	<p>Session 1 – Travelling Explore different ways of travelling safely. Demonstrate flowing movement when travelling.</p> <p>Session 2 – Rolls Learn and develop the quality of a log roll. Copy and create movement phases.</p> <p>Session 3 – Balances Explore large point balances, including the shoulder stand. Link movements and actions with control. Understand why balance is important in lots of different sports and games.</p> <p>Session 4 – Jumps Land safely, and with control, when performing jumps off the floor and apparatus. Create shapes in the air whilst jumping with control.</p> <p>Session 5 – Sequences Create a floor sequence on your own and with a partner. Perform movement phases using a range of body actions and body parts. Watch a performance and describe what you enjoyed.</p> <p>Session 6 – Partner work Create a sequence on the apparatus with a partner showing quality of movements. Remember and repeat sequences of gymnastic actions. Describe what you enjoy about gymnastics.</p> <p><i>(apparatus, dish, performance, arch, mirroring, linking, technique)</i></p>	<p>Session 1 – Introduction Show control of a ball with basic actions. Use the correct skills to meet the challenges.</p> <p>Session 2 – Ball & racket familiarisation Explore different ways to use and move with the ball. Describe what it feels like to breath quickly during exercise.</p> <p>Session 3 – Sending skills Send/Pass a ball. Show basic control and accuracy when striking a ball. Describe what they have done or seen others doing.</p> <p>Session 4 – Receiving skills Successfully receive (catch/stop) a ball. Understand the concept of moving to get in line with a ball to receive it.</p> <p>Session 5 – Simple games Show control of a ball with basic actions. Engage in cooperative physical activities.</p> <p>Session 6 – Tactics in games Apply skills and tactics in simple games. Change the way they use skills in response to their opponents' actions.</p> <p><i>(ball control, bounce, racket, receive, send, swing, throw, underarm)</i></p>	<p>Session 1 – Introduction Understand and follow simple rules for games. Use skills in different ways when playing games</p> <p>Session 2 – Coordination & movement Develop agility, balance, and coordination. Move fluently, changing direction and speed. Understand why being active and playing games is good for you.</p> <p>Session 3 – Ball skills Show control of a ball with basic actions. Describe what it feels like to breath quickly during exercise.</p> <p>Session 4 – Fielding – rolling, get in line Show control of a ball with basic actions. Understand the concept of moving to get in line with a ball to receive it.</p> <p>Session 5 – Batting Show basic control and accuracy when striking a ball. Describe what they have done or seen others doing</p> <p>Session 6 – Tactics in games Apply skills and tactics in simple games. Use skills in different ways when playing games.</p> <p><i>(batting, bounce, catch, feeder, free space, grip, left & right)</i></p>	<p>Session 1 – Introduction Send a ball/equipment towards a target. Can shoot successfully at a goal. Understand how to play in a safe way</p> <p>Session 2 – Ball familiarisation Explore different ways to use/move with the ball. Watch and copy others movements</p> <p>Session 3 – Ball control Show control of the ball with basic actions. Copy what they see and say why it is good.</p> <p>Session 4 – Passing: sending & gathering Develop catching and gathering skills. Send the ball in different ways.</p> <p>Session 5 – Simple games Use skills individually and in combination to suit the game. Can move to defend the goal. Can describe what they have done or seen others doing.</p> <p>Session 6 – Skills in games Show control and accuracy when rolling the ball. Use skills in different ways in different games. Describe why running and playing games is good for them</p> <p><i>(aiming, ball control, shoot, send)</i></p>



Year 2 Autumn 1	Year 2 Autumn 2	Year 2 Spring 1	Year 2 Spring 2	Year 2 Summer 1	Year 2 Summer 2
<p>Development of Motor Competence and Fundamental Movement Skills. Making safe decisions in contact with equipment and classmates</p>					
<p>Rounders - Striking & Fielding</p> <p>Session 1 - Introduction Show good awareness of others when playing games. React to situations in ways that make it difficult for opponents.</p> <p>Session 2 -Fielding - Ball Skills Perform a range of catching and gathering skills with control. Perform a range of actions with control of the ball. Begin to understand the importance of preparing safely and carefully for exercise - warming up</p> <p>Session 3 - Fielding - Throwing and Catching Catch with increasing control and accuracy. Perform a range of catching and gathering skills with control.</p> <p>Session 4 - Batting Hit a ball with increasing control and accuracy. Apply skills and tactics in small sided games.</p> <p>Session 5 – Simple Games Participate in team games. Apply skills and tactics in small sided games.</p> <p>Session 6 – Tactics in games Choose and use simple tactics to suit different situations. Choose the correct skills to meet a challenge. Recognise what is successful. (fielding, fielder, backstop, technique, batting, bowler, teamwork)</p>	<p>Fitness</p> <p>Session 1 – Speed & agility Improve speed and agility. Develop the jumping technique safely.</p> <p>Session 2 – Balance & coordination Develop balance and coordination when completing a variety of different tasks. Continue to develop the jumping technique to gain height and distance.</p> <p>Session 3 – Balance, control & coordination Continue to develop coordination, control, and balance. Demonstrate the correct jumping technique whilst moving at speed.</p> <p>Session 4 – Teamwork Work well as part of a team. Explore and practice a variety of movements and fitness techniques.</p> <p>Session 5 – Speed & stamina Continue to develop speed and stamina. Be able to discuss healthy & unhealthy foods and why eating well is good for you.</p> <p>Session 6 – Fitness relays Complete exercise with good technique and focus. Work with good energy to be the best you can be.</p> <p><i>(agility, technique, posture, coordination, height, distance, control, relay, stamina, energy)</i></p>	<p>Gymnastics – Unit 1</p> <p>Session 1 – Travelling Demonstrate quality of movement when standing and stepping. Give positive feedback to peers about a performance.</p> <p>Session 2 – Balances Explore small point balances. Develop balance and coordination. Develop knowledge of Key Shapes</p> <p>Session 3 – Rolls Learn and develop the quality of a Teddy Bear Roll. Work with others to further develop the quality of rolling. Identify areas of my own performance that I need to improve.</p> <p>Session 4 – Jumps Create shapes in the air whilst jumping with control. Land safely and with control when performing jumps off the floor and apparatus</p> <p>Session 5 – Leaps & Hand Apparatus Experiment with different pieces of hand apparatus and link with gymnastics travelling. Learn and develop the quality of 3 different leaps – Cat, Split and Stag.</p> <p>Session 6 – Apparatus routines Remember and repeat a range of gymnastics actions with control and precision. Perform basic gymnastics actions including travel, roll, jump and staying still.</p> <p><i>(speed, leap, dish/arch, stance, stretching, body shape, point balance)</i></p>	<p>Dance</p> <p>Session 1 – Introduction Perform dances using simple movement patterns. Explore, remember, repeat and link a range of actions with coordination and control.</p> <p>Session 2 – Moving to the beat Develop agility, balance and coordination. Perform dances using simple movement patterns. Watch and describe a performance accurately.</p> <p>Session 3 – Developing the dance Perform a range of actions with control and coordination. Work individually and with others.</p> <p>Session 4 – Create your own phrase Compose and perform short dances that express and communicate moods, ideas and feelings, choosing and varying simple compositional ideas. Begin to understand the importance of preparing safely and carefully for exercise - warming up.</p> <p>Session 5 – Finishing the routine Perform dance phrases and short dances using rhythmic and dynamic qualities to express moods, ideas and feelings. Describe dance phrases and expressive qualities.</p> <p>Session 6 – Performance Explore, remember, repeat and link a range of actions with an awareness of the expressive qualities of dance. Remember and repeat a short dance phrase, showing greater control, coordination and spatial awareness. Recognise what is successful. <i>(count, expression, improve, create, unison, phrase)</i></p>	<p>OAA – Orienteering</p> <p>Session 1 – Introduction to Orienteering Work cooperatively as part of a team. Begin to plan how to solve problems. Cooperate with other children.</p> <p>Session 2 – Parachute games Work well in big groups, sharing and taking turns. Begin to problem solve with others.</p> <p>Session 3 – Scavenger hunt Work cooperatively and successfully as part of a team. Begin to understand the competitive side of orienteering.</p> <p>Session 4 – Compass & direction Begin to understand direction points. Understand what a compass is and what it is for. Introduction to map reading.</p> <p>Session 5 – Obstacle course Work cooperatively and successfully as part of a team. Participate in games following rules and playing fairly. Understand the competitive side of orienteering.</p> <p>Session 6 – Picture orienteering Has knowledge of safety rules and procedures for taking part in orienteering events. Takes part in a picture orienteering event with success. Meets challenges effectively working as part of a team. Use features on the map to select and plan a route to a control.</p> <p><i>(teamwork, compass, map, route, directions, safety, orienteering, problem solving, challenge)</i></p>	<p>Athletics</p> <p>Session 1 – Introduction Begin to apply basic movements in a range of activities. Explore different running, jumping, and throwing technique.</p> <p>Session 2 – Coordination & movement Develop coordination and balance in a range of activities. Explore and practise a variety of movements.</p> <p>Session 3 – Running (sprinting) Show understanding of correct running technique. Show control, coordination and consistency when running.</p> <p>Session 4 – Jumping Develop jumping technique. Show control, coordination and consistency when jumping. Begin to evaluate own performance.</p> <p>Session 5 – Throwing Develop correct Underarm Throw technique. Develop correct Pull Throw technique. Evaluate and improve performance.</p> <p>Session 6 – Running for distance Understand the difference between sprinting and running over longer distances. Develop the distance running technique. Work well as part of a team.</p> <p><i>(running, sprinting, distance, balance, teamwork, relay, speed)</i></p>



Football – Invasion	Tag Rugby – Invasion	Gymnastics – Unit 2	Tennis	Cricket	Netball
<p>Session 1 - Introduction Show good awareness of others when playing games. 2. Recognise what is successful.</p> <p>Session 2 – Coordination & movement. Develop fundamental movement skills, becoming increasingly confident and competent. Develop agility, balance, and coordination. Understand and describe changes to their heart rate when playing a game.</p> <p>Session 3 – Ball control Perform a variety of skills keeping the ball under control. 2. Understand and describe changes to their heart rate when playing a game.</p> <p>Session 4 – Dribbling Dribble a ball with control, changing speed and direction. Show control when moving. Use actions and ideas, they have seen to improve their own skills.</p> <p>Session 5 – Passing Pass a ball with control. 2. Send/Pass a ball with increasing accuracy and consistency. 3. Keep a ball from opponents.</p> <p>Session 6 – Control in games Develop fundamental movement skills, becoming increasingly confident and competent. Perform a range of actions with control of the ball.</p> <p><i>(attack, turn, passing, defend)</i></p>	<p>Session 1 - Introduction To be able to follow the rules of a tag game. To be able to throw and catch a rugby ball. To start to learn how to tag other players.</p> <p>Session 2 – Intro continued To build on the pupil's knowledge of the rules. To be able to beat a defender. To be able to throw and catch a rugby ball.</p> <p>Session 3 – Passing development Very simple tactics in rugby/games. To be able to pass the ball in a game situation. Attacking and Defending</p> <p>Session 4 – Passing & simple tactics Very simple tactics in rugby/games. To be able to pass the ball in a game situation. Attacking and Defending.</p> <p>Session 5 – Developing understanding Develop understanding of tag rugby. Passing backwards. Beating defenders.</p> <p>Session 6 – Simple games Play simple tag rugby games with understanding of basic rules.</p> <p><i>(tag, trick, dodge, teamwork)</i></p>	<p>Session 1 – Travelling Change the dynamics of movement through different levels and directions. Demonstrate flowing movement when travelling. Combine different ways of travelling.</p> <p>Session 2 – Rolling Work with others to further develop the quality of rolling. Develop flexibility, strength and coordination</p> <p>Session 3 – Balancing Continue to develop small and large point balances. Create a routine using their own ideas and skills learnt throughout the unit.</p> <p>Session 4 – Apparatus work Land safely and with control when performing jumps off the floor and apparatus. Understand the importance of travelling and transitioning with quality and purpose. Understand and describe changes in heart rate when active.</p> <p>Session 5 – Sequences Create a floor sequence on your own and with a partner. Develop a routine with different movement concepts, such as canon.</p> <p>Session 6 – Partner work Create a sequence on the apparatus with a partner showing quality of movements. Show control, accuracy and fluency of movement when performing actions with a partner.</p> <p><i>(body control, reflection, unison/canon, routine, sissonne, arabesque, tension)</i></p>	<p>Session 1 – Introduction Engage in competitive physical activities (both against self and against others). Choose and use simple tactics to suit different situations.</p> <p>Session 2 – Ball & racket familiarisation Use and move with a tennis racket with control. Perform a variety of skills keeping the ball under control. Watch and describe a performance accurately.</p> <p>Session 3 – Sending skills Send/Pass a ball with increasing accuracy and consistency. Begin to understand the importance of preparing safely and carefully for exercise – warming up.</p> <p>Session 4 – Receiving skills Perform a range of catching and gathering skills with control. Use actions and ideas they have seen to improve their own skills.</p> <p>Session 5 – Cooperative rallies Show good awareness of others when playing games. Engage in cooperative physical activities.</p> <p>Session 6 – Simple games Understand and follow the rules of games. Choose the correct skills to meet a challenge.</p> <p><i>(opposition, positioning, movement accuracy, competition, ready position, bounce feed, cooperate, rally)</i></p>	<p>Session 1 – Introduction Show good awareness of others when playing games. React to situations in ways that make it difficult for opponents.</p> <p>Session 2 – Fielding – ball skills Perform a range of catching and gathering skills with control. Perform a range of actions with control of the ball. Begin to understand the importance of preparing safely and carefully for exercise - warming up.</p> <p>Session 3 – Fielding – throwing & catching Catch with increasing control and accuracy. Perform a range of catching and gathering skills with control.</p> <p>Session 4 – Batting Hit a ball with increasing control and accuracy. Apply skills and tactics in small sided games.</p> <p>Session 5 – Simple games Show good awareness of others when playing games. Understand and follow the rules of games.</p> <p>Session 6 – Tactics in games Choose and use simple tactics to suit different situations. Choose the correct skills to meet a challenge. Recognise what is successful.</p> <p><i>(fielding, striking, long barrier, catching, wickets, fielder, underarm, striking)</i></p>	<p>Session 1 – Introduction Show good awareness of others when playing games. React to situations in ways that make it difficult for opponents</p> <p>Session 2 – Ball control Perform a range of actions with control of the ball. Perform a variety of actions with the ball keeping it under control.</p> <p>Session 3 – Aiming Throw the ball in different ways e.g. low, high, fast, slow. Begin to understand the importance of preparing safely and carefully for exercise - warming up.</p> <p>Session 4 – Passing: throwing & catching Throw the ball with control. Catch the ball with control. Copy actions and ideas and use the information to improve their skills</p> <p>Session 5 – Simple games Choose and use simple tactics to suit different situations. Pass the ball to keep possession of the ball. Watch and describe performances accurately.</p> <p>Session 6 – Skills in games Can apply skills and tactics to small sided games. Recognise what is successful.</p> <p><i>(aim, accuracy, pass, team, get in line, space, score)</i></p>



Year 3 Autumn 1	Year 3 Autumn 2	Year 3 Spring 1	Year 3 Spring 2	Year 3 Summer 1	Year 3 Summer 2
<p>Continued progress of Motor Competence. Begin to understand and apply Rules, Strategies and Tactics. Healthy Participation; making safe decisions and understanding the relationships between physical activity and its effect on the body.</p>					
<p>Rounders- Striking & Fielding</p> <p>Session 1 - Introduction Perform the basic skills needed for the games with control and accuracy. Identify what they need to practice to improve their performance</p> <p>Session 2 – Fielding - Ball Skills Intercept and stop the ball consistently. Perform the basic skills needed for the games with control and accuracy. Devise suitable warm-up activities for the upcoming activities.</p> <p>Session 3 - Fielding - Throwing and Catching Throw a ball over increasing distances. Catch a ball with increasing consistency. Understand the link between heart rate and breathing when exercising</p> <p>Session 4 - Batting - Hitting the Ball Hit a ball with increasing control from a tee. Hit a ball with the correct technique.</p> <p>Session 5 - Simple Games Employ simple tactics in game situations. Work well as part of a fielding team to make it harder for the batter. Describe how their bodies feel when exercising</p> <p>Session 6 – Tactics in Games Employ simple tactics in game situations. Choose fielding skills which make it difficult for opponent. (power, accuracy, long barrier)</p>	<p>Fitness</p> <p>Session 1 – Lower body circuits Develop lower body strength and fitness. Work well, both independently and in small groups.</p> <p>Session 2 – Aerobic circuits Understand what aerobic exercise is. Develop speed and aerobic endurance.</p> <p>Session 3 – Upper body circuits Develop upper body strength and fitness. Show self-belief and determination to manage and accomplish tasks.</p> <p>Session 4 – Boxercise Improve balance and body coordination when moving in combination. 2Discuss the importance of leading healthy, active lifestyles.</p> <p>Session 5 – Core circuits Understand what core strength is and complete tasks to help develop it. Demonstrate correct techniques of core strength fitness exercises.</p> <p>Session 6 – Full body circuits Understand the importance of warming up and cooling down. Show good control and techniques learnt throughout this unit of work.</p> <p><i>(strength, aerobic, endurance, determination, combination, lifestyle, core strength)</i></p>	<p>Gymnastics – Unit 1</p> <p>Session 1 – Travelling Demonstrate quality of movement when standing and stepping. Give positive feedback to peers about a performance.</p> <p>Session 2 – Key shapes Explore small point balances. Develop balance and coordination. Develop knowledge of Key Shapes</p> <p>Session 3 – Rolls Learn and develop the quality of a Teddy Bear Roll. Work with others to further develop the quality of rolling. Identify areas of my own performance that I need to improve.</p> <p>Session 4 – Jumps Create shapes in the air whilst jumping with control. Land safely and with control when performing jumps off the floor and apparatus</p> <p>Session 5 – Sequences Experiment with different pieces of hand apparatus and link with gymnastics travelling. Learn and develop the quality of 3 different leaps – Cat, Split and Stag.</p> <p>Session 6 – Apparatus work Remember and repeat a range of gymnastics actions with control and precision. Perform basic gymnastics actions including travel, roll, jump and staying still.</p> <p><i>(straddle, pathway, front support, pike, routine)</i></p>	<p>Dance</p> <p>Session 1 – Introduction to Street Dance Explore and move in a group using different movement concepts – unison and canon. Understand the link between heart rate and breathing when exercising.</p> <p>Session 2 – Fluency of movement Show control, accuracy and fluency of movement when performing actions on their own. Perform more complex dance phrases and dances that communicate character and narrative.</p> <p>Session 3 – Choreography & cooperation Use different compositional ideas to create motifs incorporating unison, canon, action and reaction, question and answer. Work well as part of a team.</p> <p>Session 4 – Partner work Combine actions and maintain the quality of performance when performing at the same time as a partner. Show control, accuracy and fluency of movement when performing actions with a partner</p> <p>Session 5 – Creative tutting Develop and vary dance phrases using canon, unison, repetition, and changes of direction, level, speed and pathway. Collaborate with others. Describe and evaluate the effectiveness and quality of a performance.</p> <p>Session 6 – Performance Communicate what they want through their dances and perform with fluency and control, showing sensitivity to accompaniment and to</p>	<p>OAA – Orienteering</p> <p>Session 1 – Introduction & teamwork Participate in team games solving problems with others. Communicate effectively with other people. Recognise that activities need thinking through and planning</p> <p>Session 2 – Teamwork Work cooperatively and successfully as part of a team. Move confidently in different ways. Develop agility, balance, and co-ordination.</p> <p>Session 3 – Map skills Participate in competitive games, following instructions of the game. Communicate effectively with other people. Discuss with others plans to achieve success.</p> <p>Session 4 – Indoor mapping To make a map with symbols and legend. To recognise where they are on a map.</p> <p>Session 5 – Picture orienteering Follows rules of orienteering events. Takes part in a picture orienteering event with success. Meets challenges effectively working as part of a team.</p> <p>Session 6 – Single control event Complete a single control orienteering event. Use features on the map to select and plan a route to a control. Use ‘thumbing and folding’ techniques to navigate to and from control points. Evaluate your performance and recognise what went well and what could be improved.</p>	<p>Athletics</p> <p>Session 1 – Introduction Show control, coordination and consistency when running. Show control, coordination and consistency when throwing. Show control, coordination and consistency when jumping.</p> <p>Session 2 – Coordination & movement Apply and develop a broader range of skills. Use skills in different ways. Describe how their bodies feel when exercising.</p> <p>Session 3 – Running Show control, coordination and consistency when running. Develop running technique. Understand the link between heart rate and breathing when exercising.</p> <p>Session 4 – Jumping Develop jumping technique. Show control, coordination and consistency when jumping.</p> <p>Session 5 – Throwing Develop technique. Show control, coordinated and consistency when throwing. Recognise what they do well and what they find difficult.</p> <p>Session 6 – Skill development Show control, coordination and consistent when running. Show control, coordination and consistent when throwing. Show control, coordination and consistent when jumping.</p> <p><i>(combination, co-ordination, movement, pull, target, technique, accelerate)</i></p>



			<p>others. Describe, interpret and evaluate their own dance, taking account of character and narrative.</p> <p><i>(audience, canon, choreography, tutting, fluency, emotions, expressions, rhythm)</i></p>	<p><i>(map skills, picture orienteering, control plotting, indoor mapping, communication)</i></p>	
<p align="center">Football – Invasion</p> <p>Session 1 – Introduction Move to support teammates when not in possession of the ball. Employ simple tactics in game situations.</p> <p>Session 2 – Ball control Develop control. Perform the basic skills needed for the games with control and accuracy. Describe how their bodies feel when exercising.</p> <p>Sessions 3 – Dribbling Move with a ball keeping it under close control. Identify what they need to practice to improve their performance.</p> <p>Session 4 – Passing Pass/Send a ball with increasing accuracy. Pass/Send a ball at different speeds – fast and slow.</p> <p>Session 5 – Shooting Shoot and score with increased success. Recognise and explain good performances.</p> <p>Session 6 – Tactics in games Employ simple tactics in game situations. Find and use space in game situations.</p> <p><i>(marking, tackle, strike, power, receive, position)</i></p>	<p align="center">Tag Rugby – Invasion</p> <p>Session 1 - Introduction To be able to follow the rules of a tag game. To know how to tag another player. To pass a rugby ball to another team member.</p> <p>Session 2 – Intro continued To throw the ball backwards to another player. Simple attacking and defending skills.</p> <p>Session 3 – Tactics within attacking & defending Develop attacking and defending skills within tag rugby.</p> <p>Session 4 – Decision making Making decisions at the right time in a tag rugby game.</p> <p>Session 5 – Developing understanding Develop their understanding of tag rugby. Build on decision making skills. Play a small sided game of tag rugby.</p> <p>Session 6 – Playing games Play simple tag rugby games with understanding of basic rules.</p> <p><i>(evade, backwards, accuracy, pocket pass, dummy, speed)</i></p>	<p align="center">Hockey – Invasion</p> <p>Session 1 - Introduction Move to support teammates when not in possession of the ball. Employ simple tactics in game situations.</p> <p>Session 2 – Stick & ball familiarisation Develop technique. Move with a ball keeping it under close control. Understand the link between heart rate and breathing when exercising</p> <p>Session 3 – Dribbling Develop control. Move with a ball keeping it under close control.</p> <p>Session 4 – Passing Pass/Send a ball with increasing accuracy. Pass/Send a ball at different speeds - fast and slow. Describe how their bodies feel when exercising.</p> <p>Session 5 – Shooting Shoot and score with increased success. Learn how to evaluate and recognise their own success.</p> <p>Session 6 – Tactics in games Employ simple tactics in game situations. Find and use space in game situations.</p> <p><i>(opposition, passing, dribbling, shoot, aim, turn, stop, possession, slap pass, push pass, attack/ defence)</i></p>	<p align="center">Tennis</p> <p>Session 1 – Introduction Perform the basic skills needed for the games with control and accuracy. Take up space/positions that make it difficult for opponents</p> <p>Session 2 – Ball & racket familiarisation Apply and develop a broader range of skills. Develop control.</p> <p>Session 3 – Receiving skills Intercept and stop the ball consistently. Understand the link between heart rate and breathing when exercising.</p> <p>Session 4 –Cooperative rallies Keep the rally going using a range of shots. Recognise what they do well and what they find difficult.</p> <p>Session 5 – Simple games Compete with others. Keep and follow the rules of games.</p> <p>Session 6 – Tactics in games Perform the basic skills needed for the game with control and accuracy. Take up space/positions that make it difficult for opponents.</p> <p><i>(partner, direction, court target, power, free space)</i></p>	<p align="center">Cricket</p> <p>Session 1 – Introduction Perform the basic skills needed for the games with control and accuracy. Identify what they need to practice to improve their performance.</p> <p>Session 2 – Fielding – ball skills Intercept and stop the ball consistently. Perform the basic skills needed for the games with control and accuracy. Devise suitable warm-up activities for the upcoming activities</p> <p>Session 3 – Fielding – throwing & catching Throw a ball increasing distances. Catch a ball with increasing consistency. Understand the link between heart rate and breathing when exercising.</p> <p>Session 4 – Batting – hitting the ball Hit a ball with increasing control from a tee. Hit a ball with the correct technique.</p> <p>Session 5 – Simple games Employ simple tactics in game situations. Work well as part of a fielding team to make it harder for the batter</p> <p>Session 6 – Tactics in games Employ simple tactics in game situations. Choose fielding skills which make it difficult for opponent.</p> <p><i>(batting, feeder, striking, underarm, wicket keeper, bowler, position)</i></p>	<p align="center">Netball</p> <p>Session 1 – Introduction Pass and receive the ball with control. Take up space/positions that make it difficult for opponents. Recognise players who play well in games and give reasons why.</p> <p>Session 2 – Ball control Keep the ball under control. Recognise and describe what happens to their breathing and heart rate when playing games</p> <p>Session 3 – Passing - catching Receive the ball with control. Begin to understand why they get hotter when playing games</p> <p>Session 4 – Passing - throwing Pass the ball with control. Use a range of skills to keep possession of the ball.</p> <p>Session 5 – Simple games Move to support teammates once they have passed the ball. Select passes that keep possession. Identify what they do best and what they find most difficult.</p> <p>Session 6 – Skills in games Use a range of skills to keep possession of the ball. Choose a space/position where they can receive a pass or support a teammate. Explain how to keep possession and describe how they and others have achieved it.</p> <p><i>(control, speed, direction, chest pass, bounce pass, accuracy, power)</i></p>



Year 4 Autumn 1	Year 4 Autumn 2	Year 4 Spring 1	Year 4 Spring 2	Year 4 Summer 1	Year 4 Summer 2
<p>Continued progress of Motor Competence. Begin to understand and apply Rules, Strategies and Tactics. Healthy Participation; making safe decisions and understanding the relationships between physical activity and its effect on the body.</p>					
<p style="text-align: center;">Dance</p> <p>Session 1 – Introduction Explore and create characters and narratives in response to a range of stimuli. Show control, accuracy and fluency of movement when performing actions on their own. Understand the importance of being physically fit.</p> <p>Session 2 – Performing in character Perform dances using a range of movement patterns. Perform more complex dance phrases and dances that communicate character and narrative.</p> <p>Session 3 – Building the dance Use different compositional ideas to create motifs incorporating union, canon, action and reaction, question and answer. Create, perform and repeat sequences that include changes of dynamics e.g. changes of level, speed or direction.</p> <p>Session 4 – To the beat Communicate what they want through their dances and perform with fluency and control, showing sensitivity to accompaniment and to others. Identify what they need to practice to improve their performance.</p> <p>Session 5 – Group choreography Develop and vary dance phrases using canon, unison, repetition, and changes of direction, level, speed and pathway. Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working with a partner and in a group</p>	<p style="text-align: center;">Hockey – Invasion</p> <p>Session 1 - Introduction Participate in competitive games, modified where appropriate. Work well as part of a team.</p> <p>Session 2 – Stick & ball familiarisation Develop control. Perform the basic skills needed for the games with control and accuracy. Devise suitable warm-up activities for the upcoming activities.</p> <p>Session 3 – Dribbling Move with a ball keeping it under control whilst changing direction. Understand the link between heart rate and breathing when exercising.</p> <p>Session 4 – Passing Pass/Send a ball with increasing accuracy. Receive the ball successfully.</p> <p>Session 5 – Shooting Shoot and score with increased success. Learn how to evaluate and recognise their own success.</p> <p>Session 6 – Tactics in games Move into space to receive the ball or create space for teammates. Keep possession of the ball as part of a team. Explain the tactics they have used in games.</p> <p><i>(communicate, cooperation, marking, power, strike, tackle, opposition, avoiding, recover, react, first touch)</i></p>	<p style="text-align: center;">Gymnastics</p> <p>Session 1 – Travelling Find different ways of using shape, travel and direction. Explore movements and creativity.</p> <p>Session 2 – Shapes & balances Develop balance both individually and when performing partner balances. Collaborate with others, communicating and trusting others. Begin to learn the names of muscles in the body.</p> <p>Session 3 – Rolls Combine actions to create sequence of movements thinking about quality and performance. Work well in small groups to create roll sequences, sharing ideas and listening to others.</p> <p>Session 4 – Jumps Improve the quality of key shape jumps, turn jumps, and rebound jumps. Improve agility, balance and coordination</p> <p>Session 5 – Group sequences Experiment with a wide range of actions, varying and combining spatial patterns, speed, tension and continuity when working in groups. Learn and develop the quality of a tuck roll to standing. Observe other performances and provide effective feedback.</p> <p>Session 6 – Apparatus & performance Combine actions and maintain the quality of performance when performing at the same time as others in a group. Devise suitable</p>	<p style="text-align: center;">Tennis</p> <p>Session 1 – Introduction Perform the basic skills needed for the games with control and accuracy. Send a ball into space at different speeds and heights to make it difficult for opponent.</p> <p>Session 2 –Cooperative rallies Keep the rally going using a range of shots. Recognise and explain good performances</p> <p>Session 3 – Court targets Hit the ball accurately towards a target. Find and use space in game situations</p> <p>Session 4 – Rules of Minin Tennis Keep and follow the rules of games. Describe how their bodies feel when exercising.</p> <p>Session 5 – Single games Apply basic principles suitable for attacking. Hit a ball into space at different speeds and heights to make it difficult for opponent. Learn how to evaluate and recognise their own success.</p> <p>Session 6 – Tactics in games Perform the basic skills needed for the game with control and accuracy. Send a ball into space at different speeds and heights to make it difficult for opponent.</p> <p><i>(in line, cooperative play)</i></p>	<p style="text-align: center;">Cricket</p> <p>Session 1 – Introduction Perform the basic skills needed for the games with control and accuracy. Take up space/positions that make it difficult for opponents. Find and use space in game situations.</p> <p>Session 2 – Fielding – throwing & catching Throw a ball increased accuracy. Catch a ball with increasing consistency</p> <p>Session 3 – Batting – hitting into space Hit a ball with increasing control from a tee. Hit a ball with increasing control</p> <p>Session 4 – Bowling - underarm Show control, coordination and consistency when throwing. Identify what they need to practice to improve their performance.</p> <p>Session 5 – Tournament Participate in competitive games, modified where appropriate. Employ simple tactics in game situations. Recognise and explain good performances.</p> <p>Session 6 – Tactics in games Work well as part of a team. Take up space/positions that make it difficult for opponents. Explain the tactics they have used in games.</p> <p><i>(swing, tournament, compare, evaluate, discuss, free space)</i></p>	<p style="text-align: center;">Athletics</p> <p>Session 1 – Introduction Show control, coordination and consistency when running. Show control, coordination and consistency when throwing. Show control, coordination and consistency when jumping.</p> <p>Session 2 – Running Choose the appropriate running speed to meet the demand of the task. Understand how to pace your speed when running over an increased distance. Describe how their bodies feel when exercising.</p> <p>Session 3 – Jumping Combine basic jump actions to form a jump combination. Devise suitable warm-up activities for the upcoming activities.</p> <p>Session 4 – Throwing Develop jumping technique. Learn how to evaluate and recognise their own success.</p> <p>Session 5 – Relay Races Communicate, collaborate and compete with others. Work well as part of a team.</p> <p>Session 6 – Skill development Show control, coordination and consistent when running. Show control, coordination and consistent when throwing. Show control, coordination and consistent when jumping.</p> <p><i>(accelerate, personal best, push / pull, pace, exchange, timing, communication, triple jump)</i></p>



<p>Session 6 – Performance Perform skills more accurately and consistently. Work well as part of a team. Describe, interpret and evaluate their own dance, taking account of character and narrative.</p> <p><i>(timing, rehearse, canon, health & fitness, pose, routine)</i></p>		<p>warm-ups for the upcoming activities.</p> <p><i>(transition, spinning, body tension, agility, momentum, muscles, formation, combination, symmetry)</i></p>					
<p style="text-align: center;">Swimming</p> <p>Award 1 <i>(All outcomes can be completed with or without aid)</i></p> <p>Enter the water safely Move forwards, backwards and sideways for a distance of 5m Scoop the water to wash face and be at ease with water from overhead Blow bubbles a minimum of 3 times with mouth and nose submerged Take part in a teacher led partner orientated game Demonstrate an understanding of the pool rules Recognise and understand beach flags Exit the water safely</p>	<p style="text-align: center;">Swimming</p> <p>Award 2 <i>(All outcomes can be completed with or without aid)</i></p> <p>Enter the water safely Move into a stretched floating position using aids, equipment or support Regain an upright position from floating on the front Regain an upright position from floating on the back Push and glide in a horizontal position to or from the pool wall Travel on the front and back for a distance of 5m Have an understanding of the water safety code Exit the water safely</p>	<p style="text-align: center;">Swimming</p> <p>Award 3 <i>(All outcomes can be completed with or without aid)</i></p> <p>Jump in from side and submerge (minimum depth 0.9m) Fully submerge and pick up an object Push from wall and glide on the front and back Push and glide from the wall to the pool floor Perform a rotation from the front to the back and gain an upright position Perform a rotation from the back to the front and gain an upright Answer three questions on the water safety code Exit the water safety</p>	<p style="text-align: center;">Swimming</p> <p>Award 4 <i>(All outcomes can be completed with or without aid)</i></p> <p>Enter the water safely (using steps, swivel entry or a jump) Perform a tuck float for 5secs Perform a sequence of changing shapes (min of three) whilst floating at the surface Push and glide on the front with arms extended and log roll onto the back Push and glide on the back with arms extended and log roll onto the front position Travel on the front, tuck to rotate around the horizontal axis to return on the back Travel 10m on the front and 10m on the back Demonstrate an action for getting help (can be performed in deep or shallow water) Exit the water safely without the use of steps</p>	<p style="text-align: center;">Swimming</p> <p>Award 5 <i>(All outcomes can be completed without aids)</i></p> <p>Enter the water safely from a jump Kick 10m Backstroke (one item of equipment may be used) Kick 10m Front crawl (one item of equipment may be used) Kick 10m Butterfly or Breaststroke on the front or back (one item of equipment may be used) Travel on back and roll in one continuous movement onto front Travel on front and roll in one continuous movement onto back Swim 10m (own choice of stroke) Perform a shout and signal rescue Exit the water safely</p>	<p style="text-align: center;">Swimming</p> <p>Award 6 <i>(All outcomes can be completed without aids)</i></p> <p>Perform three different jumps into deep water (one must be a straddle jump) Perform a horizontal stationary scull on back Perform a feet first sculling action on the back Perform a sculling sequence with a partner for 30-45secs to include a rotation Tread water for 30secs Perform a handstand and hold for a minimum of three seconds Perform a forward somersault, tucked in the water Swim 10m in clothes Exit deep water without the use of steps</p>	<p style="text-align: center;">Swimming</p> <p>Aquatic Skills Award</p> <p>Enter the water safely Submerge to pick up an object from the pool floor (full reach depth) Swim 10m Front crawl, Breaststroke or Backstroke (two out of three must be chosen) Swim 25m (own choice of stroke) Participate part in a game of mini polo In groups of 3+ perform a movement sequence of one minute incorporating a number of different skills e.g. sculling, treading water, floating, rotation Exit the water safely Discuss in your group the tactics and skills used and evaluate them</p>	<p style="text-align: center;">Swimming</p> <p>Self-Rescue Award</p> <p>Enter the water safely (swivel entry or straddle jump) Tread water for 20secs Float or scull waving one arm and shout for help Swim 25m to floating object (own choice of stroke) Demonstrate the HELP position Swim 10m retaining a floating object In groups demonstrate the Huddle position Swim using a long front paddle to the side (survival stroke) Exit the pool from at least full reach depth without using the steps Discuss as a group when the above skills might be used to self-rescue in different situations</p>



Year 5 Autumn 1	Year 5 Autumn 2	Year 5 Spring 1	Year 5 Spring 2	Year 5 Summer 1	Year 5 Summer 2
<p>Continued progress of Motor Competence. Understanding and applying Rules, Strategies and Tactics Healthy Participation; making safe long-term decisions and understanding the relationships between physical activity and its effect on the body</p>					
<p>Rounders- Striking & Fielding</p> <p>Session 1 - Introduction Choose skills that meet the needs of the situation. Show good awareness of others in game situations. Watch and evaluate the success of games.</p> <p>Session 2 – Fielding - Tactics Use skills and tactics to outwit opponents when fielding. Work as part of a team that covers the area to make it hard for the batter to score runs. Explain why a performance is good.</p> <p>Session 3 – Bowling Develop control. Begin bowl at different speeds. Watch and evaluate the success of games.</p> <p>Session 4 – Batting – Tactics Hit the ball with purpose, varying speed, height and direction. Identify spaces and understand the tactic of hitting into gaps. Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Session 5 – Tournament Use skills and tactics to outwit the opponent when batting, bowling or fielding. Explain how their body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Session 6 – Teams and Skills Work effectively as part of a team. Choose skills that meet the needs of the situation. Identify parts of the game where they are performing well (bowling, stumped, tactics, stance, infield, outfield, evaluate, feedback, technique, gap)</p>	<p>Fitness</p> <p>Session 1 – Lower body circuits Develop lower body strength and fitness. Link actions and combine movements.</p> <p>Session 2 – Aerobic circuits Continue to develop speed and aerobic endurance. Demonstrate stamina.</p> <p>Session 3 – Upper body circuits Understand and explain the importance of good upper body strength. Complete the circuit training to the best of your ability - working hard to improve upper body strength.</p> <p>Session 4 – Boxercise Apply and link learned fundamental movement skills. Recognise the physical and mental benefits of increased activity.</p> <p>Session 5 – Core circuits Continue to develop core strength. Show determination to complete tasks using the correct techniques</p> <p>Session 6 – Full body circuits Select an area in physical activity that you want to improve. Develop an appreciation of physical activity as a lifelong habit.</p> <p><i>(endurance, lifelong appreciation, benefit, stamina)</i></p>	<p>Gymnastics</p> <p>Session 1 – Travelling Explore and develop ways of travelling in gymnastics. Move with fluency and purpose.</p> <p>Session 2 – Individual balances Develop balance, strength and flexibility. Perform more complex balances, including balances that require supporting own body weight.</p> <p>Session 3 – Rolls Further develop ways of travelling into and out of a roll. Learn and develop the quality of a safety roll.</p> <p>Session 4 – Jumps Link a range of movements with fluency and finesse. Perform more complex jumps and jump combinations.</p> <p>Session 5 – Sequences Combine and perform gymnastic actions, shapes and balances more fluently and effectively. Link skills to make actions and sequences of movement</p> <p>Session 6 – Hand Apparatus & performance Explore a range of apparatus and incorporate some into a routine. Perform in front of an audience with confidence.</p> <p><i>(lunge, fluency, confidence, flow, transfer, creativity, flexibility, stabilise, finesse, execute)</i></p>	<p>Dance</p> <p>Session 1 – Finding the beat Explore timing and understanding of the beat in dance. Show control and dynamics of movement. Understand and deliver accurate use of a canon</p> <p>Session 2 – Cooperation & coordination Work effectively with others. Explore and practise movement ideas inspired by a stimulus.</p> <p>Session 3 – Tutting Perform movements accurately with a sense of rhythm. Explore, improvise and combine movement ideas fluently and effectively.</p> <p>Session 4 – Dancing in unison Perform confidently in front of others. Recognise part of a performance that could be improved and explain how.</p> <p>Session 5 – Group choreography Create dance motifs to show ideas, developing expressive qualities. Evaluate other performances and provide constructive feedback.</p> <p>Session 6 – Performance Perform movements to an audience with rhythm and confidence. Identify which aspects were performed consistently, accurately, fluently and clearly.</p> <p><i>(question & answer)</i></p>	<p>OAA – Orienteering</p> <p>Session 1 – Problem solving Problem solve with other members of your team. Use communication skills to achieve success.</p> <p>Session 2 – Teamwork Work within your team trusting and valuing each other. Develop communication skills. To demonstrate all the physical skills needed for orienteering: agility, balance and co-ordination.</p> <p>Session 3 – Line orienteering Participate in an orienteering game. Meets challenges effectively working as part of a team.</p> <p>Session 4 – Indoor mapping To make a map with symbols and legend. To understand scale and legend. To orientate themselves and map correctly keeping track of their position with increasing accuracy.</p> <p>Session 5 – Single control event Complete a single control orienteering event. Use features on the map to select and plan a route to a control. Use relevant techniques to navigate to and from control points.</p> <p>Session 6 – Control plotting Identify what they have done well and adapt plans for future challenges. Work as a team to decide what approach to use to meet the challenge set. Use a map to plot the best route between controls. <i>(map skills, picture orienteering, control plotting, indoor mapping, communication)</i></p>	<p>Athletics</p> <p>Session 1 – Introduction Choose the appropriate: speed to run at for the distance to be covered, throwing technique to meet the demands of the task, jumping technique to meet the demands of the task.</p> <p>Session 2 – Run for speed Communicate, collaborate, and compete with others. Develop control whilst performing skills at speed. Understand the importance of being physically fit.</p> <p>Session 3 – Throwing for distance Perform skills with accuracy, confidence, and control. Provide constructive feedback about a performance</p> <p>Session 4 – Jump for distance Run, jump, catch and throw in isolation and in combination. Understand how the muscles work, e.g. work by getting shorter, relax by getting longer.</p> <p>Session 5 – Mini Olympics Choose skills that meet the needs of the situation. Combine and perform skills with control. Explain how their body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Session 6 – Skill development games Choose the appropriate: speed to run at for the distance to be covered, throwing technique to meet the demands of the task, jumping technique to meet the demands of the task. <i>(record, timer, run up, Olympics)</i></p>



Football – Invasion	Tag Rugby – Invasion	Hockey – Invasion	Tennis	Cricket	Netball
<p>Session 1 – Introduction Choose skills that meet the needs of the situation. Participate in competitive games, modified where appropriate. Show good awareness of others in game situations.</p> <p>Session 2 – Passing Develop technique. Pass with accuracy, confidence, and control. Adapt games and activities making sure everyone has a role to play.</p> <p>Sessions 3 – Attacking play Apply basic principles suitable for attacking. Use a variety of tactics to keep possession of a ball. Learn how to evaluate and recognise their own success.</p> <p>Session 4 – Defending play Apply basic principles suitable for defending. Defend by marking, covering, and tracking opponents as appropriate. Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Session 5 – Tournament Combine and perform skills with control. Choose different formations to suit the needs of the game. Watch and evaluate the success of games.</p> <p>Session 6 – Tactics in games Show good awareness of others in game situations. Choose skills that meet the needs of the situation. Identify parts of the game where they are performing well</p> <p><i>(accuracy, possession, referee)</i></p>	<p>Session 1 – Coordination, control & cooperation To keep control of the ball when running and passing. To pass and catch the ball whilst running at different speeds. To achieve tasks accurately as a team and individually.</p> <p>Session 2 – Cooperation with teammates to pass & move Passing accurately. Passing on the move. Attacking opposed.</p> <p>Session 3 – Attacking & defending Run at Spaces not Faces. Learn to keep in a line and spread out. Passing backwards and start to incorporate the rules of the game.</p> <p>Session 4 – Defending Marking the opposition. Move forward to defend as a line. Successfully removing tags in accordance with the rules</p> <p>Session 5 – Circuit – skills & tactics Recap skills and tactics learnt so far. Develop the physical characteristics needed: Speed, fitness, agility.</p> <p>Session 6 – Competition To be able to play a full game of tag rugby. to understand the rules of a game of tag rugby. Carefully consider the best way to score a try and win the game.</p> <p><i>(ready position, stance, agility, mark, dodge)</i></p>	<p>Session 1 - Introduction Choose skills that meet the needs of the situation. Participate in competitive games, modified where appropriate. Show good awareness of others in game situations.</p> <p>Session 2 – Dribbling Change speed and direction to get away from a defender. Develop control whilst performing skills at speed. Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles</p> <p>Session 3 – Dribbling Pass with accuracy, confidence and control. Develop control whilst performing skills at speed. Understand how the muscles work, e.g. work by getting shorter, relax by getting longer.</p> <p>Session 4 – Attacking play Use different skills to keep possession of a ball as part of a team. Choose when to pass or dribble to keep possession of a ball. Learn how to evaluate and recognise their own success.</p> <p>Session 5 – Defending play Shoot and score with increased success. Learn how to evaluate and recognise their own success.</p> <p>Session 6 – Playing games Combine and perform skills with control. 2. Show good awareness of others in game situations. 3. Identify parts of the game where they are performing well.</p> <p><i>(Indian dribble, close, cover, mark, block, slap pass, evaluate)</i></p>	<p>Session 1 – Introduction Choose skills that meet the needs of the situation. Hit the ball with purpose, varying speed, height, and direction.</p> <p>Session 2 –Cooperative rallies Play shots on the forehand and backhand side of body. Use good footwork that allows the ball to be hit with good technique.</p> <p>Session 3 – Court targets Direct the ball towards the opponent's court or target area. Identify spaces and understand the tactic of hitting into gaps.</p> <p>Session 4 – Simple games Play shots on the forehand and backhand side of body. Show good awareness of others in game situations. Learn how to evaluate and recognise their own success.</p> <p>Session 5 – Competitive Mini Tennis Participation in competitive games, modified where appropriate. Identify spaces and understand the tactic of hitting into gaps. Explain why a performance is good.</p> <p>Session 6 – Tactics in games Identify spaces and understand the tactic of hitting into gaps. Show good position on court. Watch and evaluate the success of the games.</p> <p><i>(forehand, backhand, service, follow through, decision making, teamwork, doubles, feedback)</i></p>	<p>Session 1 – Introduction Choose skills that meet the needs of the situation. Show good awareness of others in game situations. Watch and evaluate the success of games.</p> <p>Session 2 – Bowling – at a target Develop technique. Watch and evaluate the success of games.</p> <p>Session 3 – Fielding - tactics Use skills and tactics to outwit opponents when fielding. Work as part of a team that covers the area to make it hard for the batter to score runs. Recognise part of a performance that could be improved and explain how.</p> <p>Session 4 – Batting - tactics Hit the ball with purpose, varying speed, height, and direction. Identify spaces and understand the tactic of hitting into gaps. Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Session 5 – Tournament Use skills and tactics to outwit the opponent when batting, bowling, or fielding. Explain how their body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Session 6 – Tactics in games Choose skills that meet the needs of the situation. Work effectively as part of a team. Identify parts of the game where they are performing well.</p> <p><i>(outfield, crease, awareness, forward defence, fast bowl)</i></p>	<p>Session 1 – Introduction Know the difference between attacking and defending skills. Choose skills that meet the needs of the situation. Identify parts of the game that need improving.</p> <p>Session 2 – Passing Pass with accuracy, confidence, and control. Use a variety of tactics to keep the ball. Understand how the muscles work, e.g. work by getting shorter, relax by getting longer.</p> <p>Session 3 – Attacking play: shooting Shoot with accuracy. Explain why a performance is good. Explain how their bodies react and feel when they play different games and take on different roles</p> <p>Session 4 – Defending play Shoot with accuracy. Explain why a performance is good. Explain how their bodies react and feel when they play different games and take on different roles</p> <p>Session 5 – Tournament Perform skills with accuracy, confidence and control. Choose positions in their teams and know how to help when attacking. Identify parts of the game that they are doing well.</p> <p>Session 6 – Skills in games Know and find ways to get the ball towards their opponent's goal. Find and use space to help their team. Watch and evaluate the success of games.</p> <p><i>(attack/defend, heart rate, direction, mark/track/cover)</i></p>



Year 6 Autumn 1	Year 6 Autumn 2	Year 6 Spring 1	Year 6 Spring 2	Year 6 Summer 1	Year 6 Summer 2
<p>Continued progress of Motor Competence. Understanding and applying Rules, Strategies and Tactics. Healthy Participation; making safe long-term decisions and understanding the relationships between physical activity and its effect on the body</p>					
<p>Rounders- Striking & Fielding</p> <p>Session 1 - Introduction Use skills and tactics to outwit opponents when batting and when fielding.</p> <p>Session 2 – Fielding – Tactics Choose skills that meet the needs of the situation. Use skills and tactics to outwit opponents when fielding. Watch and evaluate the success of games.</p> <p>Session 3 – Batting - Tactics Use skills and tactics to outwit opponents when batting. Identify spaces and understand the tactic of hitting into gaps. Watch and evaluate the success of games.</p> <p>Session 4 – Bowling Develop control. Perform skills with accuracy, confidence, and control. Learn how to evaluate and recognise their own success.</p> <p>Session 5 – Tournament Work as part of a team that covers the area to make it hard for the batter to score runs. Develop an understanding of how to improve in different physical activities and sports. Adapt games and activities making sure everyone has a role to play</p> <p>Session 6 – Shots and Tactics Play shots that allow the ball to be hit to different areas of the field into spaces. Use tactics that involve bowlers and fielders working together. Identify parts of the game where they are performing well.</p> <p><i>(control, coordination, consistency)</i></p>	<p>Fitness</p> <p>Session 1 – Lower body circuits Develop lower body strength and fitness. Link actions and combine movements.</p> <p>Session 2 – Aerobic circuits Take responsibility for your own warm up, knowing the importance of warming up properly before exercise. Continue to develop speed and aerobic endurance</p> <p>Session 3 – Upper body circuits Continue to develop upper body strength and fitness. Discuss what you find difficult and what you find easier.</p> <p>Session 4 – Boxercise Understand how physical activity and exercise can improve mental wellbeing. 2. Compare performances to previous ones</p> <p>Session 5 – Core circuits Complete the circuit training to the best of your ability - working hard to improve core strength. Understand why core strength is important.</p> <p>Session 6 – Full body circuits Listen to information given to you to help improve performance. Recognise and explain what went well in yours, and others, performances.</p> <p><i>(endurance, lifelong appreciation, benefit, stamina)</i></p>	<p>Gymnastics</p> <p>Session 1 – Travelling Link skills to make actions and sequences of movement. Explore, improvise and combine movement ideas fluently and effectively.</p> <p>Session 2 – Shapes & balances Develop communication and teamwork skills, such as sharing own ideas and valuing ideas of others. Create large group balances, up to 8 people</p> <p>Session 3 – Rolls Describe the key technical points of a variety of different gymnastic rolls. Cooperate and share ideas with others.</p> <p>Session 4 – Jumps Begin to develop an understanding of vaulting in gymnastics. Develop jumping as a progressive activity.</p> <p>Session 5 – Apparatus & groupwork Perform movements accurately with a sense of rhythm. Work in a group to build sequences using apparatus.</p> <p>Session 6 – Group performance Evaluate performance, recognising what is successful and what could be improved. Perform in front of an audience showing confidence and fluency of movement.</p> <p><i>(chasse, symmetry, base/ top, transition, fluency, rebound, rhythm, rehearse, flight, vaulting)</i></p>	<p>Dance</p> <p>Session 1 – Introducing the dance Explore and practice movement ideas inspired by a stimulus. Begin to use basic compositional principles when creating their dances.</p> <p>Session 2 – Question & answer Perform movements accurately with a sense of rhythm. Move in a way that reflects the music</p> <p>Session 3 – Canon & unison Combine and perform movements fluently and effectively. Perform dances with clarity and confidence. 3Perform dances in canon.</p> <p>Session 4 – Confidence & timing Explore, improvise and combine movement ideas fluently and effectively. Introduce and perform dances in unison.</p> <p>Session 5 – Group choreography Create dance motifs to show ideas, developing expressive qualities. Share ideas in small groups, working together to create a routine incorporating different elements.</p> <p>Session 6 – Performance Perform movements to an audience with rhythm and confidence. Use the imagination to perform actions to music. <i>(imaginative, emotive, expressive, pace, formation, intensity)</i></p>	<p>OAA – Orienteering</p> <p>Session 1 – Problem solving Work cooperatively and successfully as part of a team. Build confidence during team activities. Plan strategies to complete tasks.</p> <p>Session 2 – Teamwork Work cooperatively and successfully as part of a team. Develop Speed. Develop physical fitness and be able to describe its importance in orienteering.</p> <p>Session 3 – Picture orienteering Understand and follow safety rules and procedures for taking part in orienteering events. Takes part in a picture orienteering event with success.</p> <p>Session 4 – Indoor mapping Develop map reading and map building skills. To understand elements on a map and use scaling confidently. Use a map to confidently orientate yourself around.</p> <p>Session 5 – Single control event Complete an adapted control orienteering event. Use previous knowledge to navigate and design a route to the controls. Use features on a map to find controls.</p> <p>Session 6 – Control plotting Choose sensible skills and approaches for the challenge. Identify what they have done well and adapt plans for future challenges. Work as a team to decide what approach to use to meet the challenge set.</p>	<p>Athletics</p> <p>Session 1 – Introduction Choose the appropriate: speed to run at for the distance to be covered, throwing technique to meet the demands of the task, jumping technique to meet the demands of the task.</p> <p>Session 2 – Run for speed Communicate, collaborate, and compete with others. Develop control whilst performing skills at speed. Understand the importance of being physically fit.</p> <p>Session 3 – Throwing for distance Perform skills with accuracy, confidence, and control. Learn how to evaluate and recognise their own success</p> <p>Session 4 – Jump for distance Run, jump, catch and throw in isolation and in combination. Compare their performance with previous ones and demonstrate improvement to achieve their personal best.</p> <p>Session 5 – Mini Olympics Choose skills that meet the needs of the situation. Combine and perform skills with control. Develop an understanding of how to improve in different physical activities and sports.</p> <p>Session 6 – Skill development games Choose the appropriate: speed to run at for the distance to be covered, throwing technique to meet the demands of the task, jumping technique to meet the demands of the task. <i>(evaluate, feedback, fling, compare)</i></p>



Football – Invasion	Tag Rugby – Invasion	Hockey – Invasion	Tennis	Cricket	Netball
<p>Session 1 – Introduction Choose appropriate skills and techniques that meet the needs of the task. Employ tactics in game situations to achieve success as a team.</p> <p>Session 2 – Passing Use different skills to keep possession of a ball as part of a team. Show good awareness of others in game situations. Identify parts of the game where they are performing well.</p> <p>Sessions 3 – Attacking play Apply basic principles suitable for attacking. Show good awareness of others in game situations. Recognise part of a performance that could be improved and explain how..</p> <p>Session 4 – Defending play Apply basic principles suitable for defending. Show good awareness of others in game situations. Identify parts of the game where they are performing well.</p> <p>Session 5 – Tournament Apply basic principles suitable for attacking and defending. Choose different formations to suit the need of the game. Learn how to evaluate and recognise their own success.</p> <p>Session 6 – Tactics in games Choose skills that meet the needs of the situation. Understand the positions in a team and the role they play. Adapt games and activities making sure everyone has a role to play.</p> <p><i>(opposition, apply, consider, evaluate, midfield, closing down, cover)</i></p>	<p>Session 1 – Coordination, control & cooperation To keep control of the ball when moving with speed. To communicate with team players throughout the lesson. Apply the correct technique when holding a rugby ball.</p> <p>Session 2 – Cooperation with teammates to pass & move Apply to correct catching technique to throw and receive a ball. To pass the ball backwards correctly to their team members.</p> <p>Session 3 – Attacking & tagging Apply attacking principles when in a game situation. Apply defending principles when in a game situation. Find the spaces and move into them with control and confidence</p> <p>Session 4 – Defending Marking the opposition. Move forward to defend as a line. Successfully removing tags in accordance with the rules.</p> <p>Session 5 – Circuit – skills & tactics Recap skills and tactics learnt so far. Develop the physical characteristics needed: Speed, fitness, agility.</p> <p>Session 6 – Competition To be able to play a full game of tag rugby. To understand the rules of a game of tag rugby. Carefully consider the best way to score a try and win the game <i>(ready position, stance, agility, mark, dodge)</i> <i>(communicate, mark/track, tactics)</i></p>	<p>Session 1 - Introduction Continue to apply and develop a broader range of skills. Choose skills that meet the needs of the situation. Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Session 2 – Dribbling Change speed and direction to get away from a defender. Develop control whilst performing skills at speed. Provide constructive feedback about a performance.</p> <p>Session 3 – Attacking play Choose when to pass or dribble to keep possession of a ball. Show good awareness of others in game situations. Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</p> <p>Session 4 – Defending play Apply basic principles suitable for defending. Show good awareness of others in game situations. Explain how their body reacts and feels when taking part in different activities and undertaking different roles.</p> <p>Session 5 – Tournament Apply basic principles suitable for attacking and defending. Choose different formations to suit the needs of the game. Watch and evaluate the success of games.</p> <p>Session 6 – Playing games Choose skills that meet the needs of the situation. Choose different formations to suit the needs of the game. Adapt games and activities making sure everyone has a role to play. <i>(close down, decision making, principles, evaluate, discuss, explore)</i></p>	<p>Session 1 – Introduction Play shots on the forehand and backhand side of body. Hit the ball with purpose, varying speed, height, and direction. Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</p> <p>Session 2 –Cooperative rallies Adopt a good ready position. Show good position on court.</p> <p>Session 3 – Court targets Direct the ball towards the opponent's court or target area. Identify spaces and understand the tactic of hitting into gaps.</p> <p>Session 4 – Single games Perform skills with accuracy, confidence, and control. Hit the ball with purpose, varying speed, height, and direction.</p> <p>Session 5 – Competitive Mini Tennis Apply basic principles suitable for attacking. Identify spaces and understand the tactic of hitting into gaps. Learn how to evaluate and recognise their own success</p> <p>Session 6 – Tactics in games Play shots on the forehand and backhand side of body. Hit the ball with purpose, varying speed, height, and direction. Identify parts of the game where they are performing well. <i>(strategy, defence, attack, travel, backswing, overhead, shot selection, respond, evaluate)</i></p>	<p>Session 1 – Introduction Play shots that allow the ball to be hit to different areas of the field into spaces. Work as part of a team that covers the area to make it hard for the batter to score runs.</p> <p>Session 2 – Fielding - tactics Choose skills that meet the needs of the situation. Use skills and tactics to outwit opponents when fielding. Watch and evaluate the success of games.</p> <p>Session 3 – Bowling - tactics Begin to vary the speed and length of deliveries when bowling. Use skills and tactics to outwit opponents when bowling. Recognise part of a performance that could be improved and explain how.</p> <p>Session 4 – Batting - tactics Use skills and tactics to outwit opponents when batting. Identify spaces and understand the tactic of hitting into gaps. Watch and evaluate the success of games.</p> <p>Session 5 – Tournament Work as part of a team that covers the area to make it hard for the batter to score runs. Develop an understanding of how to improve in different physical activities and sports. Adapt games and activities making sure everyone has a role to play.</p> <p>Session 6 – Tactics in games Play shots that allow the ball to be hit to different areas of the field into spaces. Use tactics that involve bowlers and fielders working together. Identify parts of the game where they are performing well. <i>(run up, straight drive, block, bowled out)</i></p>	<p>Session 1 – Introduction Choose skills that meet the needs of the situation. Choose different formations to suit the needs of the game. Understand how physical activity can contribute to a healthy lifestyle.</p> <p>Session 2 – Passing Keep possession of a ball when faced with opponents. Pass with accuracy, confidence and control. Recognise part of a performance that could be improved and explain how.</p> <p>Session 3 – Attacking play: shooting Apply basic principles suitable for attacking. Use a variety of tactics to keep possession of a ball. Provide constructive feedback about a performance.</p> <p>Session 4 – Defending play Apply basic principles suitable for defending. Defend by marking, covering and tracking opponents as appropriate. Create short warm up routines that follow basic principle e.g. raise body temperature, mobilise joints and muscles.</p> <p>Session 5 – Tournament Perform skills with accuracy, confidence and control. Apply basic principles suitable for attacking and defending. Learn how to evaluate and recognise their own success.</p> <p>Session 6 – Skills in games Choose skills that meet the needs of the situation. Work effectively as part of a team. Develop an understanding of how to improve in different physical activities and sports. <i>(position, evaluate, muscles, technique)</i></p>



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