

Terms	<u>Autumn</u>			<u>Spring</u>			<u>Summer</u>			
Topic	Netball	Football	Athletics	Gymnastic	Hockey	Rugby	Outdoor Athletics	Tennis	Rounders	Cricket
<b>Hierarchy linked to outcomes</b>	<p>P1: Throw and catch with control and accuracy..</p> <p>P6: Pass to team mates at appropriate times.</p> <p>I can pass, receive and shoot the ball with some control.</p> <p>I can pass, receive and shoot the ball with increasing control.</p> <p>P3: Choose appropriate tactics to cause problems for the opposition.</p> <p>I am beginning to use simple tactics.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I can defend an opponent and try to win the ball.</p> <p>I can defend one on one and know when to win the ball.</p> <p>P4: Follow the rules of the game and play fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>P5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly</p> <p>P5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>I can move with a ball towards goal with increasing control.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I understand my role as an attacker and as a defender.</p> <p>P7: Lead others and act as a respectful team member.</p> <p>I work cooperatively with my group to self-manage games.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I can communicate with my team and move into space to support them.</p> <p>I share ideas and work with others to manage our game</p>	<p>P3: Choose appropriate tactics to cause problems for the opposition.</p> <p>I am beginning to use simple tactics.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I can track an opponent to slow them down.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can find space away from others and near to my goal.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>P4: Follow the rules of the game and play fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>P5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>P6: Pass to team mates at appropriate times.</p> <p>I can move with a ball towards goal with increasing control.</p> <p>I can dribble, pass, receive and shoot the ball with some control.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>P7: Lead others and act as a respectful team member.</p> <p>I can provide feedback using key words.</p> <p>I work cooperatively with my group to self-manage games.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I share ideas and work with others to manage our game.</p>	<p>P25: Sprint over a short distance up to 60 metres.</p> <p>I can use key points to help me to improve my sprinting technique.</p> <p>I can demonstrate the difference in sprinting and jogging techniques.</p> <p>P27: Use a range of throwing techniques (such as under arm, over arm).</p> <p>P28: Throw with accuracy to hit a target or cover a distance.</p> <p>I can throw a variety of objects, changing my action for accuracy and distance.</p> <p>I can throw with some accuracy and power to a target area.</p> <p>P29: Jump in a number of ways, using a run up where appropriate.</p> <p>I am developing jumping for distance and height.</p> <p>I can jump for distance and height with balance and control.</p> <p>P30: Compete with others and aim to improve personal best performances.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>I show determination to achieve my personal best.</p> <p>I show determination to improve my personal best.</p> <p>I support and encourage others to work to their best.</p>	<p>P14: Plan, perform and repeat sequences.</p> <p>P16: Refine movements into sequences.</p> <p>I can adapt sequences to suit different types of apparatus.</p> <p>I can plan and perform sequences with a partner that include a change of level and shape.</p> <p>P15: Move in a clear, fluent and expressive manner.</p> <p>I can choose actions that flow well into one another.</p> <p>I understand how body tension can improve the control and quality of my movements.</p> <p>P17: Show changes of direction, speed and level during a performance.</p> <p>P18: Travel in a variety of ways, including flight, by transferring weight to generate power in movements.</p> <p>I use a greater number of my own ideas for movements in response to a task.</p> <p>I can suggest ideas for others when moving providing feedback when necessary</p> <p>P19: Show a kinesthetic sense in order to improve the placement and alignment of body parts (e.g. in balances experiment to find out how to get the centre of gravity successfully over base and organise body parts to create an interesting body shape).</p> <p>I can complete actions with increasing balance and control.</p> <p>I can safely perform balances individually and with a partner.</p>	<p>P2: Strike a ball and field with control.</p> <p>P5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>P6: Pass to team mates at appropriate times.</p> <p>I can move with a ball towards goal with increasing control.</p> <p>I can move to space to help my team to keep possession and score goals.</p> <p>I can dribble, pass, receive and shoot the ball with increasing control.</p> <p>P3: Choose appropriate tactics to cause problems for the opposition.</p> <p>I am beginning to use simple tactics.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>I can track an opponent to slow them down.</p> <p>I can delay an opponent and help to prevent the other team from scoring.</p> <p>I can find space away from others and near to my goal.</p> <p>P4: Follow the rules of the game and play fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I understand my role as an attacker and as a defender.</p> <p>P7: Lead others and act as a respectful team member.</p> <p>I can provide feedback using key words.</p> <p>I work cooperatively with my group to self-manage games.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I work cooperatively with my group to self-manage games.</p> <p>I share ideas and work with others to manage our game.</p>	<p>P1: Throw and catch with control and accuracy.</p> <p>P6: Pass to team mates at appropriate times.</p> <p>I can pass and receive the ball with some control.</p> <p>I can pass and receive the ball with increasing control.</p> <p>P3: Choose appropriate tactics to cause problems for the opposition.</p> <p>I can defend an opponent and attempt to tag them.</p> <p>I can delay an opponent and help prevent the other team from scoring.</p> <p>I can use simple tactics to help my team score or gain possession.</p> <p>P4: Follow the rules of the game and play fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I understand my role as an attacker and as a defender.</p> <p>I can communicate with my team and move into space to help them.</p> <p>P5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>I can move with a ball towards goal with increasing control.</p> <p>I can help my team keep possession and score tries when I play in attack.</p> <p>P7: Lead others and act as a respectful team member.</p> <p>I work cooperatively with my group to self-manage games.</p> <p>I share ideas and work with others to manage our game.</p> <p>I can provide feedback using key words.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>P25: Sprint over a short distance up to 60 metres.</p> <p>I can take part in a relay activity, remembering when to run and what to do.</p> <p>I can take part in a relay activity with confidence</p> <p>P26: Run over a longer distance, conserving energy in order to sustain performance.</p> <p>P29: Jump in a number of ways, using a run up where appropriate.</p> <p>I can use different take off and landings when jumping.</p> <p>I can use take off and landings with confidence, specific to the activity (eg long jump/ sack jump)</p> <p>P30: Compete with others and aim to improve personal best performances.</p> <p>I can work with a partner and in a small group, sharing ideas.</p> <p>I show determination to achieve my personal best.</p> <p>I show determination to improve my personal best.</p> <p>I support and encourage others to work to their best.</p>	<p>P2: Strike a ball and field with control.</p> <p>P5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>I can return a ball to a partner.</p> <p>I can use basic racket skills.</p> <p>I can sometimes play a continuous game.</p> <p>I can use a range of basic racket skills</p> <p>P3: Choose appropriate tactics to cause problems for the opposition.</p> <p>I understand the aim of the game.</p> <p>I can return to the ready position to defend my own court.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>P4: Follow the rules of the game and play fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>P7: Lead others and act as a respectful team member.</p> <p>I work cooperatively with my group to self-manage games</p> <p>I share ideas and work with others to manage our game.</p> <p>I can provide feedback using key words.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p>	<p>P1: Throw and catch with control and accuracy.</p> <p>P5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>P6: Pass to team mates at appropriate times.</p> <p>I am able to bowl a ball towards a target.</p> <p>I am able to bowl a ball with some accuracy, and consistency.</p> <p>I can use overarm and underarm throwing and catching skills.</p> <p>I can use overarm and underarm throwing and catching skills with increasing accuracy.</p> <p>P2: Strike a ball and field with control.</p> <p>I am beginning to strike a bowled ball after a bounce.</p> <p>I can strike a bowled ball with adapted equipment (e.g. a tennis racket).</p> <p>P3: Choose appropriate tactics to cause problems for the opposition.</p> <p>I am developing an understanding of tactics and I am beginning to use them in game situations.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>P4: Follow the rules of the game and play fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I understand the aim of the game.</p> <p>P7: Lead others and act as a respectful team member.</p> <p>I can provide feedback using key words.</p> <p>I work cooperatively with my group to self-manage games.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I share ideas and work with others to manage our game.</p>	<p>P1: Throw and catch with control and accuracy.</p> <p>P5: Maintain possession of a ball (with, e.g. feet, a hockey stick or hands).</p> <p>P6: Pass to team mates at appropriate times.</p> <p>I am able to bowl a ball towards a target.</p> <p>I am able to bowl a ball with some accuracy, and consistency.</p> <p>I can use overarm and underarm throwing, and catching skills.</p> <p>I can use overarm and underarm throwing, and catching skills with increasing accuracy.</p> <p>P2: Strike a ball and field with control.</p> <p>I am beginning to strike a bowled ball after a bounce.</p> <p>P3: Choose appropriate tactics to cause problems for the opposition.</p> <p>I am developing an understanding of tactics and I am beginning to use them in game situations.</p> <p>I can communicate with my teammates to apply simple tactics.</p> <p>P4: Follow the rules of the game and play fairly.</p> <p>I am learning the rules of the game and I am beginning to use them to play honestly and fairly.</p> <p>I understand the aim of the game and this shows in my performance.</p> <p>P7: Lead others and act as a respectful team member.</p> <p>I can provide feedback using key words.</p> <p>I work cooperatively with my group to self-manage games.</p> <p>I can provide feedback using key terminology and understand what I need to do to improve.</p> <p>I share ideas and work with others to manage our game.</p>
<b>Knowledge</b>	<p>To develop ball handling skills.</p> <p>To practise throwing and catching.</p> <p>To develop passing and moving.</p> <p>To be able to play within the footwork rule.</p> <p>To develop passing and moving towards a goal.</p> <p>To develop movement skills to lose a defender.</p> <p>To be able to defend an opponent and try to win the ball.</p> <p>To develop the shooting action.</p> <p>To develop playing using netball rules.</p> <p>To learn the positions of 5-a-side netball and where each is allowed to go.</p>	<p>To develop control whilst dribbling the ball.</p> <p>To develop controlling the ball and dribbling under pressure.</p> <p>To develop passing to a teammate.</p> <p>To develop passing and moving.</p> <p>To be able to control the ball with different parts of the body.</p> <p>To develop changing direction with the ball using an inside and outside hook.</p> <p>To be able to jockey / track an opponent.</p> <p>To be able to apply the rules and tactics you have learnt to play in a football tournament.</p>	<p>To develop the sprinting technique and improve on your personal best.</p> <p>To develop changeover in relay events.</p> <p>To develop fluency and rhythm when running over obstacles.</p> <p>To develop jumping technique in a range of approaches and take off positions.</p> <p>To develop jumping for height and safety on landing.</p> <p>To develop throwing for distance and accuracy.</p> <p>To develop throwing for distance in a pull throw.</p> <p>To develop officiating and performing skills.</p>	<p><b>Year 3 –</b></p> <p>To be able to create interesting point and patch balances.</p> <p>To be able to match a partner in a sequence.</p> <p>To develop stepping into shape jumps with control.</p> <p>To develop the straight, barrel, and forward roll.</p> <p>To be able to transition smoothly into and out of balances.</p> <p>To create a sequence with matching and contrasting actions and shapes.</p> <p>To explore gymnastics skills using hoops</p> <p>To create a partner sequence incorporating equipment.</p> <p><b>Year 4 –</b></p>	<p>To develop open stick dribbling.</p> <p>To develop sending the ball with a push pass.</p> <p>To develop receiving the ball.</p> <p>To develop dribbling using the reverse stick (Indian dribble).</p> <p>To develop dribbling to beat a defender.</p> <p>To develop moving into space after passing the ball.</p> <p>To be able to use an open stick tackle.</p> <p>To apply defending and attacking principles and skills in a hockey tournament.</p>	<p>To develop ball handling skills demonstrating increasing control and accuracy.</p> <p>To develop throwing, catching and running with the ball.</p> <p>To develop an understanding of tagging rules.</p> <p>To begin to use the ‘forward pass’ and ‘off side’ rule.</p> <p>To be able to support a teammate when attacking.</p> <p>To be able to dodge a defender and move into space when running towards the goal.</p> <p>To develop defending skills and use them in a game situation.</p> <p>To be able to apply the rules and tactics you have learnt and play in a tag rugby tournament.</p>	<p>To develop stamina and an understanding of speed and pace in relation to distance.</p> <p>To develop power and speed in the sprinting technique.</p> <p>To develop communication skills and technique in relays.</p> <p>To develop technique when jumping for distance.</p> <p>To develop fluency and technique in the vertical jump.</p> <p>To develop power and technique when throwing for distance.</p> <p>To develop a pull throw for distance and accuracy.</p>	<p><b>Year 3 –</b></p> <p>To be able to use the ready position.</p> <p>To develop ball control and movement skills.</p> <p>To develop racket and ball control.</p> <p>To develop returning the ball using a forehand groundstroke.</p> <p>To be able to rally using a forehand.</p> <p>To develop the two handed backhand.</p> <p>To learn how to score.</p> <p>To develop playing against an opponent.</p>	<p>To develop throwing and catching skills.</p> <p>To play different roles in a game and begin to think tactically about each role.</p> <p>To develop the bowling action and learn the rules of bowling.</p> <p>To run around the outside of the bases and make decisions about when to stop and when to run.</p> <p>To field a ball using a two handed pick up and a short barrier.</p> <p>To develop overarm bowling technique.</p> <p>To be able to play the role of bowler, batter, wicket keeper and fielder in a game.</p>	<p>To develop overarm throwing and catching.</p> <p>To develop underarm bowling.</p> <p>To learn how to grip the bat and develop batting technique.</p> <p>To develop the batting technique.</p> <p>To be able to field a ball using a two handed pick up and a short barrier.</p> <p>To develop overarm bowling technique.</p> <p>To be able to play the role of bowler, batter, wicket keeper and fielder in a game.</p>

				<p>To develop individual and partner balances.</p> <p>To develop control in performing and landing rotation jumps.</p> <p>To develop the straight, barrel, forward and straddle roll.</p> <p>To develop the straight, barrel, forward and straddle roll.</p> <p>To develop strength in inverted movements.</p> <p>To be able to explore pathways and travelling movements.</p> <p>To be able to create a sequence to include apparatus and inverted movements.</p> <p>To be able to create a partner sequence to include apparatus.</p>			<p>To develop officiating and performing skills.</p>	<p>To work collaboratively with a partner and compete against others.</p> <p><b>Year 4 –</b></p> <p>To develop underarm feeding.</p> <p>To use the ready position.</p> <p>To develop ball control using a tennis racket.</p> <p>To develop hitting the ball using a forehand.</p> <p>To develop returning the ball using a forehand.</p> <p>To develop the backhand and understand when to use it.</p> <p>To work cooperatively with a partner to keep a continuous rally going.</p> <p>To use simple tactics in a game to outwit an opponent.</p> <p>To demonstrate honesty and fair play when competing against others.</p>	<p>To play to the rules when batting as a team.</p> <p>To apply skills and rules learnt to play rounders.</p>	<p>To play apply skills learnt to mini cricket.</p>						
<b>Vocabulary</b>	<p>Passing</p> <p>Footwork</p> <p>Shooting</p>	<p>Catching</p> <p>Intercepting</p>	<p>Rolling</p> <p>Kicking</p> <p>Turning</p>	<p>Dribbling</p> <p>Ball Control</p> <p>Tracking</p>	<p>Sprinting</p> <p>Jumping</p> <p>Pull</p>	<p>Running</p> <p>Push</p>	<p>Straight roll</p> <p>Forward roll</p> <p>Tuck jump</p> <p>Straddle roll</p>	<p>Barrell roll</p> <p>Straight jump</p> <p>Star jump</p> <p>Bridge</p>	<p>Passing</p> <p>Receiving</p> <p>Tackling</p>	<p>Dribbling</p> <p>Intercepting</p>	<p>Throwing</p> <p>Dodging</p> <p>Defending</p> <p>Tagging</p>	<p>Catching</p> <p>Passing</p> <p>Attacking</p> <p>Scoring</p>	<p>Running</p> <p>Sprinting</p> <p>Agility</p> <p>Co-ordination</p> <p>Jumping</p> <p>Throwing</p> <p>Pacing</p>	<p>Throwing</p> <p>Catching</p> <p>Forehand</p> <p>Backhand</p> <p>Ready position</p>	<p>Throwing</p> <p>Catching</p> <p>Retrieving</p> <p>Tracking</p> <p>Striking</p> <p>Batting</p>	<p>Striking</p> <p>Underarm</p> <p>Overarm</p> <p>Catching</p> <p>Fielding</p> <p>Tracking</p> <p>Batting</p>