

Locomotion: Walking

- Explore/develop walking
- Explore walking in different pathways
- Sustain walking
- Explore marching
- · Apply walking into a game

EYFS

Locomotion: Running

- Explore running
- Apply running into a game
- Explore running at different speeds
- Running for speed: Acceleration
- · Explore running in a team
- Consolidate running, apply running into a game

Year 1

Locomotion: Dodging

- Explore dodging
- · Develop dodging
- Apply dodging: Explore attacking to beat an opponent
- Apply dodging in teams

Year 2



Locomotion: Jumping

- Explore/develop jumping
- · Apply jumping into a game
- Jumping for distance
- · Explore jumping high
- Explore hopping

Locomotion: Jumping

- Recap jumping
- · Develop jumping
- Explore how jumping affects our bodies
- Explore skipping
- Apply skipping and jumping into a game

Locomotion: Jumping

- Consolidate jumping
- Apply jumping into a game
- Linking jumping
- Explore jumping combinations
- Develop jumping combinations

Ball Skills Hands 1

- Explore pushing
- Explore rolling
- Explore bouncing
- Explore bouncing into space
- Combine pushing and rolling
- Combine rolling, pushing and bouncing

Ball Skills Hands 1

- Introduce sending
 (bouncing) with control
- Introduce aiming with accuracy
- Introduce power and speed when sending a ball
- Introduce/develop stopping, combining sending skills
- Combine sending and receiving skills

Ball Skills Hands 1

- Develop dribbling/ passing and receiving
- Combine dribbling, passing and receiving, keeping possession
- Develop dribbling/passing and receiving to score a point
- Combine dribbling, passing and receiving to score a point



Ball Skills Feet

- Explore moving with a ball using our feet
- Develop moving with a ball using our feet
- Understand dribbling
- Develop dribbling against an opponent

Ball Skills Feet

- Develop moving the ball using the feet
- · Apply dribbling into games
- Consolidate dribbling
- · Explore kicking (passing)
- Apply kicking (passing) to score a point

Ball Skills Feet

- Develop dribbling/ passing/receiving, keeping possession
- Combine dribbling, passing and receiving, keeping possession/to score a point
- Apply dribbling, passing and receiving as a team to score a point



Ball Skills Hands 2

- Explore throwing overarm
- · Explore throwing underarm
- Explore rolling
- Explore stopping a ball
- Explore catching

Ball Skills Hands 2

- Introduce throwing with accuracy
- Apply throwing with accuracy in a team
- · Introduce stopping a ball
- Develop sending (rolling) skills to score a point
- Consolidate sending and stopping to win a game

Ball Skills Hands 2

- Consolidate pupils application and understanding of underarm throwing
- Applying the underarm and overarm throw to win a game
- Applying the underarm throw to beat an opponent



Complete P.E.



Games For Understanding

- Taking turns/keeping the score
- Understanding and playing by the rules
- Avoiding a defender
- Preventing an attacker from scoring

EYFS

Games For Understanding

- Understanding the principles of attack/defence
- Applying attacking/ defending principles into a game
- Consolidate attacking/defending

Year 1

Games For Understanding

- Attacking/defending as a team
- Understanding the transition
- between defence and attack
- Create and apply attacking/ defensive tactics

Year 2



Rackets' Bats, Balls and Balloons

- Explore pushing/hitting a balloon with control
- Explore hitting a balloon with power into space
- Explore hitting/pushing (sending) a balloon with accuracy
- Explore balancing an object on a racket/bat

Rackets, Bats and Balls

- Develop pushing (dribbling) a ball with a racket: Introducing control
- Explore hitting and develop pushing a ball (with a racket) towards a target
- Explore hitting a ball (with a racket) with accuracy and power

Rackets, Bats and Balls

- Hitting (striking) a ball
 (with a racket) with accuracy
 and power to beat an
 opponent
- Introduce hitting (sending/striking) a ball into a space: Where and why?
- Striking the ball (with a bat) into space with intent



Health and Wellbeing

- Understanding what we mean by movement and exercise
- Exploring our heartbeat/ breathing when we exercise
- Understanding how exercise makes us feel
- Making exercise fun!

Health and Wellbeing

- Introduce and explore agility
- Introduce and explore balance
- Introduce and explore coordination: Bouncing, rolling and throwing

Health and Wellbeing

- · Consolidate agility
- Consolidate balancing: Explore balancing on apparatus
- Introduce and explore coordination: Dribbling and kicking



Team Building

 We have not created a Team Building unit for Foundation.



Play

- Explore playing with equipment safely
- Playing with equipment safely: Taking Turns
- Learning to play with a partner
- Using equipment and other objects to travel

A /

- Following instructions when playing games
- Keeping count (the score) when playing games
- Competing against myself
- Competing against others
- Playing competitive games

Team Building

Team Building

Introducing teamwork

developing communication

Explore simple strategies

Develop teamwork

Building trust and

Cooperation and

communication

Problem solving: Consolidate teamwork

- Introducing teamwork
- Develop teamwork
- Building trust and developing communication
- Cooperation and communication
- Explore simple strategies
- Problem solving: Consolidate teamwork

Play

- Creating games on our own and with a partner and in teams
- Exploring the role of the referee
- Playing and creating competitive games with a referee
- Playing competitive games against other teams







Ball Skills Sticks

 We have not created a Ball Skills Sticks unit for Foundation.



Ball Skills Sticks

- Using sticks safely
- Introduce dribbling with the ball
- Introduce stopping the ball
- Introduce sending (passing)

 a ball
- Develop dribbling

Year 1

Ball Skills Sticks

- Develop dribbling
- Develop passing
- Introduce sending a ball accurately (shooting) to score points
- Introduce blocking or intercepting

Year 2



Seasons

- Developing movements
- Creating movements with shape and control
- Developing creativity
- Performing with a partner exploring shadows
- · Changing seasons

Toys

- Perform movements with varying direction, levels, and pace
- To perform dances using simple movement patterns
- Movements to represent toys: Characterisation
- Using toys from the past as inspiration for movement

Great Fire of London

- Creating movements
 that represent the Great Fire
 starting and spreading
- Creating freeze frames with control, levels and expression
- Transitions and flow between movements
- Perform, record and evaluate our dance sequences



Nursery Rhymes

- Moving in sequence
- · Creating our own movements
- Creating simple movement sequences
- Responding in movement to words and music
- Exploring contrasting tempos
- Exploring character movements

The Zoo

- Exploring expression
- Developing our movements, adding movements together
- Responding to a rhythm: Introducing partner work
- Creating an animal sequence motifs
- Exploring relationships within our motifs

Exploring

- Responding to stimuli
- Developing our motif with expression and emotion
- Applying choreography in our motifs
- Extending our motifs
- Sequences, relationships and performance



Ourselves

Growing

Water

- · Moving in sequence
- Responding in movement to words and music
- Moving with props and contrasting tempos
- Creating their own movements
- Exploring opposites

Responding to rhythm

Introduction to motifs

Creating movement

Relationships and

plant 'dance'

Creating motifs

sequences

performance

Developing the growing



Dinosaurs

- Moving with control
- Adding movements together
- Responding to rhythm in character
- Adding expression to our characters' (dinosaur) movements
- · Performing with a partner
- · Exploring relationships

Heroes

- Performing movements in sequence
- Creating movements that represent superpowers
- Creating movements that represent a superhero rescuing/saving, someone/something
- Exploring character, movements

ter Responding to stimuli

- . .
- Developing whole group movement
- Improvisation and physical descriptions
- Creating contrasting movement sequences
- Sequences, relationships and performance

Mr Candy's Sweet Factory

- Exploring expression
- Linking movements together
- Creating a motif with characterisation, expression and emotion
- Extending our motifs with different dynamics (fast and slow)







High, Over, Under, Over

- · Introduction to high, low, over and under
- Introduction to the apparatus
- Applying high and low on apparatus

EYFS

Wide, Narrow, Curled

- Introduction to wide, narrow and curled
- Exploring the difference wide, narrow and curled
- Transitioning between wide, narrow and curled Linking two movements

Year

Linking

Developing linking

together

- Linking on apparatus
- Jump, roll, balance sequences/on apparatus
- Creation of sequences
- Completion of sequences and performance

Year



Moving

- Explore moving and making shapes using different body
- Explore moving in different directions
- Explore big and small ways of moving and making shapes
- Moving in pairs
- Creating shapes in pairs

Body Parts

- Introduction to big/ small body parts
- Combining big and small with wide, narrow and curled
- Transition between wide narrow and curled using big and small body parts
- Adding (linking) movements together

Pathways

- Explore/develop zigzag pathways/on apparatus
- Explore/develop curved pathways/on apparatus
- Creation of pathway sequences
- Completion of pathways sequences and performance

2

Foundation and KS1 Progression of Skills Overview





Basketball

- Introduce dribbling;
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

Year 3

Year

Basketball

- Refine dribbling
- Refine passing and receiving
- Refine passing and dribbling creating space
- Refine passing and dribbling creating shooting opportunities
- Introduce marking

Basketball

- Refine passing and receiving
- Apply passing, footwork and shooting into mini games, introduce officiating
- Introduce defending



Year

 Explore the function of other passing styles

Basketball

- Consolidate keeping possession and officiating
- Consolidate defending
- Create, understand and apply attacking tactics in game situations
- Create, understand and apply defending tactics in game situations



Dodgeball

- Developing changing direction
- Introduce throwing with accuracy
- Introduce catching
- Develop moving, changing direction at speed

Dodgeball

- Introduce jumping and ducking
- Develop throwing with accuracy and power over an increased distance
- Develop catching
- Consolidate dodging, jumping and ducking

Dodgeball

- Introduce blocking
- Consolidate catching
- Understand where we throw and why we need to throw with accuracy and power
- Explore basic attacking and defending tactics

Dodgeball

- Consolidate/understanding attacking and defending tactics
- Transition between attack and defence
- Applying the rules: Officiating games
- Managing tactics and officiate games



Football

- Introduce/develop dribbling keeping control
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling

Football

- Refine dribbling
- Turning
- Refine passing and receiving
- Develop passing and dribbling creating space
- Introduce shooting

Football

- Refine dribbling and passing to maintain possession
- Introduce and develop defending
- Develop shooting
- Refine attacking skills, passing, dribbling and shooting, introduce officiating

Football

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Organise formations and mange teams
- Organise formations decide tactics, manage teams and officiate games



Handball

- Introduce passing, receiving and creating space
- Develop passing and moving
- Combine passing and moving
- Introduce shooting
- Develop passing and shooting

Handball

- Refine passing and receiving
- Develop passing and creating space
- Develop passing, moving and shooting
- Combine passing and shooting
- Introduce defending

Handball

- Consolidate passing and receiving
- Explore the function of other passes
- · Develop defending
- Develop passing and creating space, introduce officiating
- Refine shooting

Handball

- Consolidate keeping possession, develop officiating
- Understand and apply defending tactics in game situations
- Consolidate defensive tactics; understand and apply defensive tactics in game scenarios



Hockey

- · Introduce dribbling
- Introduce passing and receiving
- Combine dribbling and passing to create space
- Develop passing, receiving and dribbling
- Introduce shooting

Hockey

- Refine dribbling and passing
- Combine passing and dribbling to create shooting opportunities
- Develop passing and dribbling creating space for attacking opportunities
- Introduce defending;
 blocking and tackling

Hockey

- Develop defending;
 blocking and tacking
- Refine dribbling/passing to create attacking opportunities
- Refine attacking skills, passing dribbling and shooting
- Refine defending skills developing transition from defence to attack

Hockey

- Consolidate keeping possession, develop officiating
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations





Netball

- Introduce passing and receiving
- Introduce passing and creating space
- Introduce scoring and the concept of shooting

Year 3

Netball

- Develop passing and receiving
- Develop passing, moving and shooting
- Develop Footwork
- Introduce defending and the concept of marking

Year 4

Netball

- Refine passing and receiving
- Explore the function of other passes
- Develop defending and marking the player with the ball

Tactical Play

Year 5

Year

Netball

- Consolidate attacking
- Consolidate defending
- Understand and apply attacking tactics to game scenarios
- Understand and apply defending tactics in game situations



Tag Rugby

- Introduce moving with the ball, passing and receiving
- Introduce tagging
- Create space when attacking
- Develop passing and moving
- Combine passing/moving to create attacking opportunities

Tag Rugby

- Develop passing, moving and creating space
- Apply learning to 3v3 mini games
- Develop defending in game situations
- Combine passing and moving to create an attack and score

Tag Rugby

- Refine passing and moving to create attacking opportunities
- Explore different passes that can be used to outwit defenders
- Refine defending as a team
- Create and apply defending tactics. Develop officiating

Tag Rugby

- Consolidate passing and moving
- Consolidate defending
- Create, understand and apply attacking/defending tactics in game situations
- Consolidate attacking and defending in min games



Cricket

- Understand the concept of batting and fielding
- · Introduce throwing overarm
- Introduce throwing underarm
- Introduce catching
- · Striking with intent

Cricket

- Develop an understanding of batting and fielding
- Introduce bowling underarm
- Develop stopping and returning the ball
- Develop retrieving and returning the ball
- Striking the ball at different angels and speeds

Cricket

- Refine batting, batting and bowling tactics
- Refine fielding stopping, catching and throwing
- Combine bowling and fielding creating and applying tactics
- Introduce umpiring and scoring

Cricket

- Consolidate batting, fielding and bowling
- Create, understand and apply attacking and defensive tactics in game



Rounders

- Introduce to rounders
- · Introduce overarm throwing
- Apply overarm and underarm throwing
- Introduce stopping the ball
- Application of stopping the ball in a game

Rounders

- Develop fielding bowling with a backstop
- Introduce batting; how
- Develop batting; where and why
- Introduce and apply basic fielding tactics

Rounders

- Develop fielding tactics maximising players
- Understand what happens if the batter misses the ball
- Refine fielding tactics, what players where?
- Applying tactics in mini games

Rounders

- Introduction to full rounders
- · Consolidate fielding tactics
- Refine our understanding of what happens if the batter misses or hits the ball backwards
- Batting considerations



Tennis

- Introduction tennis, outwitting an opponent
- · Creating space to win a point
- Consolidate how to win a game introduce rackets
- Introduce the forehand

Tennis

- Developing the forehand
- Creating space to win a point using a racket
- Introduce the backhand
- Applying the forehand and backhand in game situations
- Applying the forehand and backhand creating space to win a point

Tennis

- Introduce/develop the volley
- Controlling the game from the serve
- Doubles, understanding and applying tactics to win a point

Tennis

- Game application
- Game application, mixed ability doubles, round robin games





Athletics

- · Explore running for speed
- Explore acceleration
- Introduce /develop relay: Running for speed in a team
- Throwing: Accuracy vs distance
- Standing Long Jump

Year 3

Athletics

- · Develop running at speed
- · Exploring our stride pattern
- · Exploring running at pace
- Understand and apply tactics when running for distance
- Javelin
- Standing Triple Jump

Year 4

Athletics

- · Finishing a race
- Evaluating our performance
- · Sprinting: My personal best
- Relay changeovers
- Shot Put
- Introducing the Hurdles

Year 5

Athletics

- Running for speed competition
- Running for distance competition
- · Throwing competition
- · Jumping competition

Year 6



Quidditch

- Introduce throwing with accuracy
- Develop passing and receiving
- Combine passing and moving to keep possession
- · Introduce shooting

Quidditch

- Develop the role of the Beater (defender)
- Develop the role of the Chaser (attacker)
- Refine dodging
- Introduce the role of the Keeper

Quidditch

- Refine the role of the Chaser
- · Refine the role of the Beater
- Refine shooting
- Refine the role of the Keeper
- Introduce the Snitch and the Seekers

Quidditch

- Consolidate attacking
- Consolidate defending
- Application of 'powers' into game play to challenge tactical thinking



Golf

- Develop the underarm throw/roll for accuracy
- Combine throwing and rolling with accuracy to beat an opponent
- Introduce striking: Using Rollers (Putters)

Golf

- Introduce striking with Launchers
- Develop striking for distance and accuracy with Launchers
- Combine striking with Rollers and Launchers to beat an opponent 1v1

Golf

- Consolidate striking for accuracy with Rollers/ Launchers
- Introduce playing with hazards
- The Class "Championship" 1v1 and 2v2

Golf

- Consolidate playing against an opponent
- Consolidate playing against an opponent in teams
- Team Better Ball: Introducing 'Power Play'
- The Little Sticks Cup



Boccia

- Exploring sending
- Understand why we need to be accurate when sending the ball
- Develop our sending technique and understanding of accuracy
- Introduce scoring

Boccia

- Consolidating sending with accuracy in Boccia: Sending with pace and speed
- Tactical Play: Applying accuracy into our Boccia games
- Tactical Play: Defending in Boccia

Boccia

- Sending the ball: Develop our understanding why we need to be accurate
- Sending the ball: Refine our sending technique and understanding of accuracy
- Sending the ball: Applying accuracy in teams

Boccia

- Creating and applying basic tactics: Coaching and officiating Boccia games
- Level 1 Competition: Pairs Boccia
- Level 1 Competition: Team Boccia



Health and Wellbeing

- · Exploring relaxation techniques
- Applying relaxation techniques and using them effectively
- Performing balanced meditative poses
- Using props to help us balance in our meditative poses

Health and Wellbeing

- Creating movements to help express ourselves and our emotions.
- Using mime to manage positive and negative emotions
- Using mediative poses to help control and manage our emotions

Health Related Exercise

- Explore and understand cardio fitness
- Explore and understand flexibility fitness
- Explore and understand strength fitness

Health Related Exercise

- Develop a secure understanding of cardio fitness
- Develop a secure understanding of flexibility fitness
- Develop a secure
 understanding of strength
 fitness





Tactics and Communication

- Creating and applying simple tactics
- Developing leadership
- Develop communication as a team

Year 3

Year

Tactics and Communication

- Communicating as a team
- Communicating to collaborate effectively as a team
- Communicating to create defending and attacking tactics as a team

Tactics and Communication

- Creating and applying simple tactics
- · Developing leadership
- Develop communication as a team

Year 5

Tactics and Communication

- Communicating as a team
- Communicating to collaborate effectively as a team
- Communicating to create defending and attacking tactics as a team



Challenging Collaboration

- Collaborating to win simple games
- · Collaborating in teams:
- Collaborating in competitive games

Challenging Collaboration

- Collaborating to create attacking tactics
- Collaborating to create defensive tactics
- · Teamwork and Tactics

Challenging Collaboration

- Collaborating to win simple games
- Collaborating in teams:
- Collaborating in competitive games

Challenging Collaboration

- Collaborating to create attacking tactics
- Collaborating to create defensive tactics
- Teamwork and Tactics

*

Problem Solving

- · Benches and mats challenge
- Round the clock card challenge
- The pen challenge
- The river rope challenge
- Caving challenges

Problem Solving

- · Benches and mats challenge
- Round the clock card challenge
- The pen challenge
- · The river rope challenge
- · Caving challenges

Problem Solving

- Benches and mats challenge
- Round the clock card challenge
- · The pen challenge
- The river rope challenge
- Caving challenges

Problem Solving

- · Benches and mats challenge
- Round the clock card challenge
- The pen challenge
- · The river rope challenge
- Caving challenges



Orienteering

- Face orienteering
- Cone orienteering
- Point and return
- · Timed course
- Orienteering competition

Orienteering

- · Face orienteering
- · Cone orienteering
- Point and return
- Timed course
- Orienteering competition

Orienteering

- Face orienteering
- Cone orienteering
- Point and return
- Timed course
- Orienteering competition

Orienteering

- Face orienteering
- Cone orienteering
- Point and return
- Timed course
- Orienteering competition



Leadership

- Understanding what makes an effective leader
- Communicating as a leader
- Introducing the STEP principle: Space

Leadership

- Exploring the STEP principle: Focusing on the task
- Continuing to explore the STEP principle: Organising 'people'
- Using equipment to adapt a task

Leadership

- Understanding what makes an effective leader
- · Communicating as a leader
- Introducing the STEP principle: Space

Leadership

- Exploring the STEP principle: Focusing on the task
- Continuing to explore the STEP principle: Organising 'people'
- Using equipment to adapt a task







Wild Animals

- · Responding to stimuli
- Developing character dance into a motif
- Develop sequences with a partner in character that show relationships
- Extending sequences with a partner in character

Cats

- Responding to stimuli working together
- Extending sequences with a partner in character
- Exploring two contrasting Relationships and interlinking dance moves

Year 1

Year

3

Greeks

- Exploring the Greeks using compositional principles
- Extending sequences with a partner using compositional principles
- Creating movement using improvisation where movement is reactive

Year 5

Carnival

- Performing with technical control and rhythm in a group
- Creating rhythmic patterns using the body
- Experiencing dance from a different culture

Year 6 Chorographical elements including still imagery



Weather

- Responding to stimuli, extreme weather
- Developing thematic dance into a motif
- Extending dance to create sequences with a partner
- Developing sequences with a partner

Space

- Extending sequences with a partner in character
- Developing sequences with a partner in character that show relationships and interlinking dance moves
- Sequences, relationships, choreography and performance

The Circus

- Develop character movements linked to prejudices
- Create movements that represent different characters and performers in a circus
- Extending our performance incorporating props and apparatus linked to the variety of performers

Titanic

- Creating rhythmic patterns using our body
- Extend choreography through controlled movements, character emotion and expression
- Explore the relationships between characters applying character emotion and expression



Witches and Wizards

- Responding to stimuli
- Developing characters and extending the story
- Creating motifs with a partner in character
- Developing characterisation

World War II

- Explore the behaviours of people in 1939
- Creating sequences in small groups that show character emotion
- Creating movements that interconnect

Street Art

- Using movement to create Street Artists' 'Tags'
- Using a variety of concepts/relationships to change and develop our Street Art movements
- Combining Breakdance with Street Art

Prejudice and Discrimination

- Exploring Prejudice and Discrimination
- Exploring Sexism/Classism through dance
- The power of unity through Dance: Tackling Prejudices



Symmetry and Asymmetry

- Introduction to symmetry
- · Introduction to asymmetry
- Application of learning onto apparatus
- · Sequence formation
- Sequence completion

Bridges

- · Introduction to bridges
- Application of bridge learning onto apparatus
- Develop sequences with bridges
- Sequence formation
- Sequence completion

Counter Balance and Counter Tension

- Introduction to Counter Balance
- Application of Counter Balance learning onto apparatus
- Sequence formation
- Counter Tension
- Sequence completion

Matching and Mirroring

- Introduction to matching /mirroring
- Application of matching mirroring learning onto apparatus
- Sequence development

(Ħ

Canon and Unison

- Introduction to Unison
- Introduction to Canon
- Application of sequences in 'Unison' and 'Canon' onto apparatus
- Combining Canon and Unison in groups

Levels and Direction

- · Exploring changes in 'Level'
- Exploring changes in 'Direction'
- Application of learning onto apparatus to include changes in 'Level' and 'Direction'
- Sequence completion and performance

Flight

- Introduction to Flight: Developing Jumping
- Developing Flight: Jumping and Turning
- Application of 'Jumping,' learning, onto apparatus
- Combining jumping on apparatus with Canor and Unison

Creating Sequences

- · Challenging creativity
- Sequence development
- Sequence performance





Game Sense (Invasion)

- Introduce passing and receiving
- Introduce passing and creating space
- Introduce scoring and the concept of shooting

Year 3

Game Sense (Invasion)

- Develop passing and creating space
- Combine passing, moving and shooting
- Introduce dribbling: Keeping

Year

Introduce defending and the concept of marking

Game Sense (Invasion)

- Consolidate dribbling and passing to maintain possession to create scoring opportunities
- Refine attacking skills
- Refine defensive skills: Transition from defence to attack

Year 5

Game Sense (Invasion)

- Consolidate attacking: Possession scenarios
- Consolidate defending: Defensive scenarios
- Application of 'powers' into game play to challenge tactical thinking

Year



Sense (Net/Wall)

- Throwing with accuracy
- Developing throwing with accuracy
- Outwitting an opponent:
- Game Play: Wall/Net

Game Sense (Net/Wall)

- Creating space to win a point on a court with a net/wall
- Introduce forehand (underarm shots) using our
- Introduce forehand (underarm shots) using

Game Sense (Net/Wall)

- Introduce backhand shots with a racket and a net
- Applying using both hands/backhands and forehand shots in game situations
- Introduce the volley
- Controlling the game from the serve

Game Sense (Net/Wall)

- Game application: Outwitting an opponent
- Game application: Power Plays
- Doubles: Understanding and applying tactics to win a
- Game application: Doubles



Badminton

We have not created a Badminton unit for Year 3.

Badminton

· We have not created a Badminton unit for Year 4.

Badminton

- Exploring different forehand /backhand shots
- Applying different forehand/ backhand shots to win a point
- Consolidate outwitting an opponent
- Doubles: Understanding and applying tactics to win a point

Badminton

- Introduction to badminton: Outwitting an opponent
- Introduce the forehand and backhand
- Applying the forehand and backhand: Creating space to win a point
- Controlling the game from the serve



Triathlon

- Running: Understanding
- Running: Maintaining pace
- Cycling: Learning to balance and manoeuvre our bike with

Triathlon

- Cycling: Develop confidence when cycling around others
- Land-based Swimming: Develop our strength and power for swimming
- Exploring 'Transition' and a Triathlon Competition

Triathlon

- Running: Understanding
- Running: Maintaining pace
- Cycling: Learning to balance and manoeuvre our bike with confidence

Triathlon

- Cycling: Develop confidence when cycling around others
- Land-based Swimming: Develop our strength and power for swimming
- Exploring 'Transition' and a Triathlon Competition

Kin-Ball

- Introducing Kin-Ball: Developing our communication skills to trap and catch a ball
- Developing our catching skills: Working as a team to cradle the
- Introduce defending: Tracking and moving

Kin-Ball

- Develop aiming and hitting
- Refine catching: Using the correct technique for catching in Kin-Ball
- Playing a game of Kin-Ball

Kin-Ball

- Introducing Kin-Ball: Developing our communication skills to trap and catch a ball
- Developing our catching skills: Working as a team to cradle the ball
- Introduce defending: Tracking and moving

Kin-Ball

- Develop aiming and hitting
- Refine catching: Using the correct technique for catching in Kin-Ball
- Playing a game of Kin-Ball





Foot Golf

- Develop sending the ball (kicking) with accuracy
- Consolidate sending the ball (kicking) with accuracy. Introduce tactical thinking
- Develop striking the ball (kicking) with power/ over a distance

Foot Golf

- Introducing hazards
- Consolidating our learning: Individual Match Play
- Collaborating in teams:
 Alternate Shots Competition

Foot Golf

- Develop sending the ball (kicking) with accuracy
- Consolidate sending the ball (kicking) with accuracy.
 Introduce tactical thinking
- Develop striking the ball (kicking) with power/over a distance

Foot Golf

- Introducing hazards
- Consolidating our learning: Individual Match Play
- Collaborating in teams:
 Alternate Shots Competition



Tchoukball

- Introduce passing and receiving
- Develop passing and moving to create shooting opportunities
- Develop shooting towards a target

Tchoukball

- Defending and catching rebounds
- Outwitting opponents in small-sided games
- Playing a game of Tchoukball

Tchoukball

- Introduce passing and receiving
- Develop passing and moving to create shooting opportunities
- Develop shooting towards a target

Tchoukball

- Defending and catching rebounds
- Outwitting opponents in small-sided games
- Playing a game of Tchoukball

