

PE Program of Study

| Year | Topic | Long Term Learning | Skills |
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| 1 | Agility, Balance, Coordination | <ul style="list-style-type: none"> How to work in teams together How to take turns How they are unique How to listen to instructions | Learn the different types of movements Discover different shapes their bodies can make When to stop and when to move Learn how to define space, and how to find it |
| 1 | Netball/Skittleball | <ul style="list-style-type: none"> Passing to teammates is faster than moving with the ball Finding space in the netball court | How to catch the ball, 'W' if up high, 'spider web' if down low, elbows and knees bent How to pass the ball Being on your toes to receive the ball |
| 1 | Futsal | <ul style="list-style-type: none"> Do not use your hands, unless you're the goal keeper Stay inside the football pitch with the ball | Small touches when dribbling Move slowly to be able to change direction more effectively Using the side of your foot to pass the ball Using more power to shoot than to pass |
| 1 | Invasion Games | <ul style="list-style-type: none"> How to work well as a team There will be winners and losers | Passing and moving into new spaces Learning objectives of games Different types of passes with different sports |
| 1 | Athletics | <ul style="list-style-type: none"> Run in your own lane Encourage your teammates as they are running Jump forwards | Look forward when running Move your arms from hips to lips How to jump in a straight line Learn what makes a good throw Point hand to where you want the object to go and follow through |
| 1 | Striking and Fielding | <ul style="list-style-type: none"> Fielders work together to get the best results When a batter hits the ball they need to make a decision to run In cricket you will need to take turns | Recap knowledge of catching techniques Know the difference between an overarm throw and an underarm throw Using hand eye coordination to strike the ball with a number of different bats Hold the bat with two hands |
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| 2 | Tag Rugby | <ul style="list-style-type: none"> You must place the ball past the try line to score, not throw it down Always move forwards Communicate with teammates about where to pass the ball | How to hold the ball - with two hands in front of you, ready to pass the ball. How to pass the ball – clock face method Pop pass – hold the ball and use your finger tips and wrists to 'pop' the ball Deciding on a running line to find gaps Run forward and prepare to be tagged Stand behind the player with the ball |
| 2 | Netball/Skittleball | <ul style="list-style-type: none"> Do not move with the ball Not getting annoyed at teammates when they get it wrong Teammates have to move to receive the ball | Learn the three main types of passes, chest, bounce and overhead How to try and intercept the ball and defend effectively Learn how to shoot, arms up, looking at the target, loop the ball in. |
| 2 | Futsal | <ul style="list-style-type: none"> What to do when the ball goes off, goal kick, corner, throw in etc. Tackle only those with the ball What to do if there is a 'foul' | Keep your head up to scan the area for spaces Place your standing foot towards the player you are passing to Move to a new space after passing Using your laces to shoot |

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| 2 | Invasion Games | <ul style="list-style-type: none"> Start to think about different tactics to win Think about how to utilise strengths and make it hard for their opponents | <p>How to defend</p> <p>How to mark</p> <p>Look at different ways of attacking</p> |
| 2 | Athletics | <ul style="list-style-type: none"> Can race as a team Only the person with the baton runs Starting to set own targets Learn how to jump before the line otherwise it is a 'foul' | <p>Drive your knees forward when running</p> <p>Body slightly bent when running</p> <p>Start to put the triple jump together</p> <p>Bend knees and swing arms to get the longest jump</p> <p>Learn the hop, skip and jump separately</p> <p>Learn what makes a good throw</p> |
| 2 | Striking and Fielding | <ul style="list-style-type: none"> Start to learn cricket terminology, spin, fast, medium, wicket keeper etc Learn that getting 'out' is part of the game | <p>Learn the bowling technique, straight arm and following through onto the target</p> <p>Learn certain fielding positions and the importance of covering space</p> <p>Learn the 'long barrier' to protect the boundaries</p> |
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| 3 | Tag Rugby | <ul style="list-style-type: none"> When tagged, "chicken scratch" the ball Pass backwards or sideways Stay within the lines of the pitch | <p>To protect the ball, hold it in your chest and have another arm out for balance and manoeuvres</p> <p>Use side steps to evade defenders</p> <p>Stay behind the player with the ball</p> |
| 3 | Netball/Skittleball | <ul style="list-style-type: none"> Learn how to pivot No more than three seconds on the ball Keep your feet in the court | <p>Making decisions on who is best to pass to depending on their position</p> <p>Learn how to mark the players who are near you</p> <p>How to receive, pivot and then pass the ball</p> <p>Step forward with the pass to gain more power</p> |
| 3 | Football | <ul style="list-style-type: none"> Start to learn the different positions of football Passing the ball is quicker than dribbling with the ball Understand not everyone can score the goal | <p>Move into spaces with the ball</p> <p>Pass the ball accurately with no defenders to a teammate</p> <p>Shoot accurately</p> <p>Move into spaces without the ball</p> |
| 3 | Hockey Quicksticks | <ul style="list-style-type: none"> Learn the safety of the sport (two hand on the stick, no higher than waist height) Only using the flat side of the stick Only score in the 'D' | <p>Place stronger hand at the bottom of the stick to control, weaker hand at the top</p> <p>Small touches with the stick</p> <p>How to flip the stick to turn the ball</p> <p>Head up to look around the space</p> |
| 3 | Athletics | <ul style="list-style-type: none"> Learn you have to use the baton to change runners Land with two feet in a long jump Not getting downhearted when the target is not beaten Learn the difference between the hop, skip and jump | <p>Dip your head at the end of the race to gain an extra boost</p> <p>Run past the line, not stop at the finishing line</p> <p>Start to learn the run up to a jump</p> <p>When throwing, weight on the back foot and tip forward to gain more power</p> <p>Try to start to throw the javelin</p> |
| 3 | Striking and Fielding | <ul style="list-style-type: none"> The bat is there to defend your wickets Learn the boundaries 4 and 6 Start to learn the scoring system | <p>Start to bowl accurately at the wickets and understanding 'no ball' and 'wide'</p> <p>The ball moves faster than the player, throw rather than run</p> |
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| 4 | Tag Rugby | <ul style="list-style-type: none"> Defenders retreat 3 steps after making a tag | <p>Swing pass – start at 3, swing through 6, release at 9</p> |

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| | | <ul style="list-style-type: none"> • After 6 tags it is a turnover • Do not kick the ball | <p>Try and keep the ball steady when in flight</p> <p>Accurately pass along an attacking line</p> <p>Increase and decrease speed depending on where the player with the ball is</p> |
| 4 | Netball/Skittleball | <ul style="list-style-type: none"> • Start to learn certain positions and the limits of the court • Learn the footwork rule • Can only shoot in the 'D' • Cannot jump when shooting | <p>How to use the proper technique of shooting</p> <p>How to decide when to use a bounce pass, chest pass or overhead depending on defending</p> <p>Learn to mark the player in your opposite position</p> |
| 4 | Football | <ul style="list-style-type: none"> • Communicate with each other about who goes in what position • Start to learn about phases of play (corner routines etc) • Transfer skills used in other sports to lose defenders | <p>Learn how to mark people in various positions</p> <p>Follow through with your foot towards where you want the ball to go</p> <p>Change direction effectively</p> |
| 4 | Hockey Quicksticks | <ul style="list-style-type: none"> • Stick stays below waist • If a foul is taken place then it is a free pass • The ball cannot touch the feet • No goal keepers | <p>Bend knees when dribbling to avoid hurt back</p> <p>Learn the different types of dribbling and when to use them</p> <p>Lay stick flat to receive to create a larger surface area</p> <p>Learn the slap or drag passes/shooting</p> |
| 4 | Athletics | <ul style="list-style-type: none"> • Learn the false start rule • Know the rules of a handover • Put the hop skip and jump together within the rules • Throw the javelin before the line | <p>Breathe when doing sprinting</p> <p>How to hold the baton correctly to make an effective changeover</p> <p>Bend knees, swing arms and push with your toes to gain height in vertical jump and long jump</p> <p>Start to throw the javelin in a straight line with slight elevation</p> |
| 4 | Striking and Fielding | <ul style="list-style-type: none"> • Get the ball to wickets where the batter is running to • Catch the ball to get someone out • Do not hit your own wickets otherwise you'll be out | <p>Know that you will have to run between the wickets</p> <p>Learn the calls, 'yes' 'no' 'wait' for batting</p> <p>Rock when bowling to gain power with bowling</p> <p>There needs to be a bats length between you and the wicket</p> |
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| 5 | Tag Rugby | <ul style="list-style-type: none"> • Introduce the 'dummy half' • Do not run until the ball is received from the 'dummy half' | <p>Learn the difference between defensive and attacking lines</p> <p>How to pass before you are tagged</p> <p>Finding clear gaps to make attacking advances</p> |
| 5 | Netball | <ul style="list-style-type: none"> • Learn the obstruction rule • Learn the distance rule • Cannot pass the ball over two lines • Using teammates to move up the court | <p>Loop the pass over defenders</p> <p>Passing the ball where the players are going to be</p> <p>Learn how the centre position can link between all other players</p> <p>Pass the ball from the chest, to the chest</p> <p>Move into certain areas of the 'D' to shoot more effectively</p> <p>Players to use quick passing to evade defenders</p> |
| 5 | Football | <ul style="list-style-type: none"> • Know the difference between netball marking and football marking • All players must do their jobs to be successful | <p>Know the difference in power when using long or short range passes</p> <p>When shooting aim for the corners of the goal</p> <p>Don't dive in when tackling</p> |

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| 5 | Hockey Quicksticks | <ul style="list-style-type: none"> To communicate and understand the different tactics of the game Defenders are not allowed in their own 'D' Centre passes goes in any direction | <p>How to find space using the hockey stick and your bodies</p> <p>To be able to keep the ball in small tight spaces</p> <p>To shoot accurately in the corners</p> |
| 5 | Athletics | <ul style="list-style-type: none"> Start to learn, on your marks, get set, go poses Land all jumps on two feet not letting anything touch the ground in between | <p>Different types of breathing in long distance and short distance running, short sharp or long and deep</p> <p>Start a small run before the changeover</p> <p>Learn the running long jump and how to leave with one foot</p> |
| 5 | Striking and Fielding | <ul style="list-style-type: none"> Understand how to run between the wickets and how to be out by not communicating Learn cricket vocabulary The job of the fielders and their positions | <p>Start the run up when bowling</p> <p>Direct the ball in the direction of the space in the field</p> <p>Throw the ball at speed at a target</p> <p>Learn the difference between defending and attacking play in cricket</p> |
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| 6 | Tag Rugby | <ul style="list-style-type: none"> Know the difference between offside and onside Learn the knock on rule | <p>Knowing when to run or pass</p> <p>Stay in a defensive and attacking formation throughout the game</p> <p>Use dummies effectively</p> |
| 6 | Netball | <ul style="list-style-type: none"> Learn the specific jobs of all positions in netball and where their limits are Using their bodies to create fouls against them How to utilise the first centre passes | <p>Calling for the ball using signals not words</p> <p>Passing should be crisp and fast, no more than 2 seconds on the ball</p> <p>Move on the 'blind side' of the defender</p> <p>Learning how to jump when receiving the ball to pivot effectively</p> <p>Learning how to drop the shoulder to lose defenders</p> <p>Learning how to use peripheral vision</p> |
| 6 | Football | <ul style="list-style-type: none"> Play a full match within the laws of the game Use different formations to get the best out your team Understand different tactics, short passing, long ball, wing play etc | <p>Use a variety of power shots to know when to beat the goalkeeper</p> <p>As a defender, dictate the play by using your body</p> <p>Knowing the weaknesses of your opponent and utilising that</p> |
| 6 | Hockey Quicksticks | <ul style="list-style-type: none"> Play a game of hockey quicksticks within the rules Have different conditioned games to practice the skills learned | <p>To utilise different players strengths to get a win</p> <p>When tackling, stick low and flat to create a large surface area</p> <p>String passes together to make space for each other</p> |
| 6 | Athletics | <ul style="list-style-type: none"> Know if 2 false starts are made, you are disqualified Learn the tactics in a race (first and last people are the fastest) | <p>Compete in a sprint race using all of the learnt techniques and within the rules</p> <p>Learn the importance of stretching, warming up and warming down</p> <p>As you land extend legs and lean forward for the long jump</p> |
| 6 | Striking and Fielding | <ul style="list-style-type: none"> Play a small version of cricket within the rules Play a game of rounder's within the rules | <p>Learn the spin technique and why it is important in bowling</p> <p>Understand how to back up when running and fielding</p> |

Values of sport

LO each week

Rules of the game

Transferable skills