

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

		<ul style="list-style-type: none"> <li>• What to do if there if a foul</li> </ul>	<ul style="list-style-type: none"> <li>• Using your laces to shoot</li> </ul>
2	Invasion Games	<ul style="list-style-type: none"> <li>• Start to think about tactics</li> <li>• Think about how to utilise strengths and make it hard for the opponents</li> </ul>	<ul style="list-style-type: none"> <li>• How to defend</li> <li>• How to mark</li> <li>• Look at different ways of attacking</li> </ul>
2	Athletics	<ul style="list-style-type: none"> <li>• Can race as a team</li> <li>• Only the person with the baton runs</li> <li>• Starting to set own targets</li> <li>• Learn how to jump before the line, otherwise it is a foul</li> </ul>	<ul style="list-style-type: none"> <li>• Drive your knees forward when running</li> <li>• Body slightly bent when running</li> <li>• Start to put the triple jump together</li> <li>• Bend knees and swing arms to get the longest jump</li> <li>• Learn what makes a good throw</li> <li>• Learn the hop, skip and jump separately</li> </ul>
2	Striking and Fielding	<ul style="list-style-type: none"> <li>• Start to learn cricket terminology – spin, fast, medium, wicket keeper etc</li> <li>• Learn that getting ‘out’ is part of the game`</li> </ul>	<ul style="list-style-type: none"> <li>• Learn bowling technique – straight arm and following through on to the target</li> <li>• Learn certain fielding positions and the importance of covering space</li> <li>• Learn the ‘long barrier’ to protect the boundaries</li> </ul>
3	Netball/Skittleball	<ul style="list-style-type: none"> <li>• Learn how to pivot</li> <li>• No more than three seconds holding the ball</li> <li>• Keep your feet on court</li> </ul>	<ul style="list-style-type: none"> <li>• Matching decisions on who is best to pass to depending on their position</li> <li>• Learn how to mark the other players who are near you</li> <li>• How to receive, pivot and then pass the ball</li> <li>• Step forward with the pass to gain more power</li> </ul>
3	Tag Rugby	<ul style="list-style-type: none"> <li>• When tagged, ‘chicken scratch’ the ball</li> <li>• Pass backwards or sideways</li> <li>• Stay within the lines of the pitch</li> </ul>	<ul style="list-style-type: none"> <li>• To protect the ball, hold it in your chest and have another arm out for balance and manoeuvres</li> <li>• Use side steps to evade defenders</li> <li>• Stay behind the player with the ball</li> </ul>
3	Football	<ul style="list-style-type: none"> <li>• Start to learn the different positions of football</li> <li>• Passing the ball is quicker than dribbling the ball</li> <li>• Understand not everyone can score the goal</li> </ul>	<ul style="list-style-type: none"> <li>• Move into spaces with the ball</li> <li>• Pass the ball accurately with no defenders to a teammate</li> <li>• Shoot accurately</li> <li>• Move into spaces without the ball</li> </ul>
3	Tennis	<ul style="list-style-type: none"> <li>• Learn the safety of the sport</li> <li>• Learn how to hold the racket</li> <li>• Basic forehand and backhand</li> </ul>	<ul style="list-style-type: none"> <li>• ‘C’ shape when hitting the ball</li> <li>• Follow through the racket over the shoulder</li> <li>• Learn the ‘split stop’</li> <li>• Introduce volleying</li> </ul>
3	Athletics	<ul style="list-style-type: none"> <li>• Learn that you have to use a baton to change runners in a relay</li> <li>• Land with two feet in a long jump</li> <li>• Not getting downhearted when the target is not beaten</li> </ul>	<ul style="list-style-type: none"> <li>• Dip your head at the end of the race to gain an extra boost</li> <li>• Run past the line, not stopping at the finish line</li> <li>• Start to learn to run up to a jump</li> <li>• When throwing, weight on the back foot and tip forward to gain more power</li> <li>• Try to start to throw a javelin</li> </ul>

		<ul style="list-style-type: none"> <li>Learn the difference between the hop, skip and jump</li> </ul>	
3	Striking and Fielding	<ul style="list-style-type: none"> <li>The bat is there to defend your wickets</li> <li>Learn the boundaries mean 4 and 6 runs</li> </ul>	<ul style="list-style-type: none"> <li>Start to bowl accurately at the wickets and understand the terms 'no ball' and 'wide'</li> <li>The ball moves faster than the player, throw rather than run</li> </ul>
4	Netball/Skittleball	<ul style="list-style-type: none"> <li>Start to learn certain positions and the limits of the court</li> <li>Learn the footwork rule</li> <li>Can only shoot in the 'D'</li> <li>Cannot jump when shooting</li> </ul>	<ul style="list-style-type: none"> <li>How to use the proper technique when shooting</li> <li>How to decide when to use a bounce pass, chest pass or overhead pass depending on defenders</li> <li>Learn to mark the player in your opposite position</li> </ul>
4	Tag Rugby	<ul style="list-style-type: none"> <li>Defenders retreat 3 steps after making a tag</li> <li>After 6 tags it is a turnover</li> <li>Do not kick the ball</li> </ul>	<ul style="list-style-type: none"> <li>Swing pass – start at 3, swing through 6, release at 9</li> <li>Try and keep the ball steady when in flight</li> <li>Accurately pass along an attacking line</li> <li>Increase and decrease speed depending on where the player with the ball is</li> </ul>
4	Football	<ul style="list-style-type: none"> <li>Communicate with each other about who goes in what position</li> <li>Start to learn about phases of play (corner routines etc)</li> <li>Transfer skills used in other sports to lose defenders</li> </ul>	<ul style="list-style-type: none"> <li>Learn how to mark people in various positions</li> <li>Follow through with your foot towards where you want the ball to go</li> <li>Change direction effectively</li> </ul>
4	Tennis	<ul style="list-style-type: none"> <li>How to add top spin to the shots</li> <li>How to score in tennis</li> <li>Where to serve</li> <li>Learn all of the rules</li> </ul>	<ul style="list-style-type: none"> <li>Brush the ball to add top spin</li> <li>'Punch' the ball when volleying</li> <li>Understanding a good toss leads to a good serve</li> <li>How to overhead serve</li> </ul>
4	Athletics	<ul style="list-style-type: none"> <li>Learn the false start rule</li> <li>Know the rules of a handover</li> <li>Put the hop, skip and jump together within the rules</li> <li>Throw the javelin before the line</li> </ul>	<ul style="list-style-type: none"> <li>Breathe when sprinting</li> <li>How to hold the baton correctly to make an effective handover</li> <li>Bend knees, swing arms and push with our toes to gain height in vertical jump and long jump</li> <li>Start to throw the javelin in a straight line with slight elevation</li> </ul>
4	Striking and Fielding	<ul style="list-style-type: none"> <li>Get the ball to wickets where the batter is running to</li> <li>Catch the ball to get someone out</li> <li>Do not hit your own wickets otherwise you will be out</li> </ul>	<ul style="list-style-type: none"> <li>Know that you will have to run between the wickets</li> <li>Learn the calls, 'yes', 'no', 'wait' when batting</li> <li>Rock when bowling to gain power</li> <li>There needs to be a bat's length between you and the wicket</li> </ul>

5	Netball/Skittleball	<ul style="list-style-type: none"> <li>Learn the obstruction rule</li> <li>Learn the distance rule</li> <li>Cannot pass the ball over two lines</li> <li>Using teammates to move the ball up the court</li> </ul>	<ul style="list-style-type: none"> <li>Loop the pass over defenders</li> <li>Passing the ball where the players are going to be</li> <li>Learn how the centre position can link between all other players</li> <li>Pass the ball from the chest, to the chest</li> <li>Move into certain areas of the 'D' to shoot more effectively</li> <li>Players to use quick passing to evade defenders</li> </ul>
5	Tag Rugby	<ul style="list-style-type: none"> <li>Introduce the 'dummy half'</li> <li>Do not run until the ball is received from the 'dummy half'</li> </ul>	<ul style="list-style-type: none"> <li>Learn the difference between defensive and attacking lines</li> <li>How to pass before you are tagged</li> <li>Finding clear gaps to make attacking advances</li> </ul>
5	Football	<ul style="list-style-type: none"> <li>Know the difference between netball marking and football marking</li> <li>All players must do their jobs to be successful</li> </ul>	<ul style="list-style-type: none"> <li>Know the difference in power when using long or short range passes</li> <li>When shooting, aim for the corners of the goal</li> <li>Don't dive when tackling</li> </ul>
5	Boxercise	<ul style="list-style-type: none"> <li>Learn that it is a non-contact sport</li> <li>Learn the 8 different punches</li> <li>Learn how to box to music</li> </ul>	<ul style="list-style-type: none"> <li>Names of the 8 punches and the specific techniques used</li> <li>Learn that each punch leans across</li> <li>Learn the safety of the sport</li> </ul>
5	Athletics	<ul style="list-style-type: none"> <li>Start to learn, on your marks, get set, go poses</li> <li>Land all jumps on two feet, not letting anything touch the ground between</li> </ul>	<ul style="list-style-type: none"> <li>Different types of breathing when long distance and short distance running – short and sharp or long and deep</li> <li>Start a small run before the changeover</li> <li>Learn the running long jump and how to leave with one foot</li> </ul>
5	Striking and Fielding	<ul style="list-style-type: none"> <li>Understand how to run between the wickets and how to be out by not communicating</li> <li>Learn cricket vocabulary</li> <li>The job of the fielders and their positions</li> </ul>	<ul style="list-style-type: none"> <li>Start the run up when bowling</li> <li>Direct the ball in the direction of the space in the field</li> <li>Throw the ball at speed at a target</li> <li>Learn the difference between defending and attacking play in cricket</li> </ul>
6	Netball/Skittleball	<ul style="list-style-type: none"> <li>Learn the specific jobs of all positions in netball and where their limits are</li> <li>Using their bodies to create fouls against them</li> <li>How to utilise the first centre passes</li> </ul>	<ul style="list-style-type: none"> <li>Calling for the ball using signals not words</li> <li>Passing should be crisp and fast, no more than 2 seconds on the ball</li> <li>Move on the 'blind side' of the defender</li> <li>Learning how to jump when receiving the ball to pivot effectively</li> <li>Learning how to drop the shoulder to lose defenders</li> <li>Learning how to use peripheral vision</li> </ul>
6	Tag Rugby	<ul style="list-style-type: none"> <li>Know the difference between offside and onside</li> <li>Learn the knock on rule</li> </ul>	<ul style="list-style-type: none"> <li>Knowing when to run or pass</li> <li>Stay in a defensive and attacking formation throughout the game</li> <li>Use dummies effectively</li> </ul>
6	Football	<ul style="list-style-type: none"> <li>Play a full match within the laws of the game</li> </ul>	<ul style="list-style-type: none"> <li>Use a variety of power shots to know when to beat the goalkeeper</li> </ul>

		<ul style="list-style-type: none"> <li>• Use different formations to get the best out of your team</li> <li>• Understanding different tactics, short passing, long ball, wing play etc</li> </ul>	<ul style="list-style-type: none"> <li>• As a defender, dictate the play by using your body</li> <li>• Knowing the weaknesses of your opponent and utilising that</li> </ul>
6	Boxercise	<ul style="list-style-type: none"> <li>• Learn how to 'spar' safely</li> <li>• Understand the fitness elements to it</li> </ul>	<ul style="list-style-type: none"> <li>• Put together combinations</li> <li>• Learn the duck, roll and lean</li> <li>• Create your own box to music routine</li> </ul>
6	Athletics	<ul style="list-style-type: none"> <li>• Know if two false starts are made, you are disqualified</li> <li>• Learn the tactics in a race (first and last people are the fastest)</li> </ul>	<ul style="list-style-type: none"> <li>• Compete in a sprint race using all of the learnt techniques and within the rules</li> <li>• Learn the importance of stretching, warming up and cooling down</li> <li>• As you land, extend legs and lean forward for the long jump</li> </ul>
6	Striking and Fielding	<ul style="list-style-type: none"> <li>• Play a small version of cricket within the rules</li> <li>• Play a game of rounders within the rules</li> </ul>	<ul style="list-style-type: none"> <li>• Learn the spin technique and why it is important in bowling</li> <li>• Understand how to back up when running and fielding.</li> </ul>