

| Year | Topic | Long term learning | Skills |
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| R | Sportshall Athletics | <ul style="list-style-type: none"> Running in a straight line Experiment with throwing and catching Experiment with different types of movement – jumping, hop scotch, running | <ul style="list-style-type: none"> Look in the direction you are running in Experiment with handing over the baton Start to know the difference between underarm and overarm throwing |
| R | Agility, Balance, Coordination/fundamental skills | <ul style="list-style-type: none"> Move confidently in a range of ways safely negotiating space Handle equipment effectively Follow instructions involving several ideas or actions Play cooperatively, taking turns with others | <ul style="list-style-type: none"> Side-stepping, jumping, hopping, hop-scotch, running, sprinting, running backwards Begin to manoeuvre whilst handling a variety of balls Experiment throwing different balls Begin to know what it means to find space |
| R | Tag-Rugby | <ul style="list-style-type: none"> How to move in a variety of ways Experiment with pass the ball to others How to take turns | <ul style="list-style-type: none"> How to ground the rugby ball Experiment with holding the rugby ball Learn to change direction whilst holding the rugby ball |
| R | Futsal | <ul style="list-style-type: none"> Don't use your hands unless you are the goal keeper Stay inside the football pitch with the ball | <ul style="list-style-type: none"> Learn basic feet techniques including toe taps Learning how to share with teammates whilst passing |
| R | Striking and fielding | <ul style="list-style-type: none"> Understanding teamwork – i.e. fielders together and batters together Understanding how to hit the ball to gain points | <ul style="list-style-type: none"> Hitting a non-moving ball Throwing a ball at a range of targets Basic hand-eye coordination skills with partners |
| R | Invasion games | <ul style="list-style-type: none"> Play a game with an aim to score points Understanding that there are winners and losers | <ul style="list-style-type: none"> Working well in a team Learning how to find space Experiment with passing |
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| 1 | Sportshall Athletics | <ul style="list-style-type: none"> Run in your own lane Encourage your teammates as they are competing Jump forwards | <ul style="list-style-type: none"> 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 | Agility, Balance, Coordination | <ul style="list-style-type: none"> How to work in a team How to take turns How they are unique How to listen to instructions | <ul style="list-style-type: none"> Learn 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 | Tag Rugby | <ul style="list-style-type: none"> Learning how to 'ground' the ball | <ul style="list-style-type: none"> Experiment with different ways of holding the ball |

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| | | <ul style="list-style-type: none"> • Run with the ball in the hands, changing speeds and directions • Start to communicate with teammates | <ul style="list-style-type: none"> • Experiment with a variety of ways of throwing and catching the ball • Begin to run forwards • Learn how to 'tag' |
| 1 | Futsal | <ul style="list-style-type: none"> • Experiment using different parts of your foot to dribble • Understand where to score | <ul style="list-style-type: none"> • 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 pass |
| 1 | Striking and Fielding | <ul style="list-style-type: none"> • Fielders work together to get the best results • When a batter hits a ball they need to make the decision on whether to run or not • Taking turns | <ul style="list-style-type: none"> • 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 |
| 1 | Invasion Games | <ul style="list-style-type: none"> • How to work well as a team • There will be winners and losers | <ul style="list-style-type: none"> • Passing and moving into new spaces • Learning the objectives of games • Different types of passes with different sports |
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| 2 | Sportshall 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 | <ul style="list-style-type: none"> • Drive your knees forward when running • Body slightly bent when running • Start to put the triple jump together • Bend knees and swing arms to get the longest jump • Learn what makes a good throw • Learn the hop, skip and jump separately |
| 2 | Netball/Skittleball | <ul style="list-style-type: none"> • Do not move with the ball • Not getting frustrated at teammates when they make a mistake • Teammates have to move to receive the ball | <ul style="list-style-type: none"> • Learn the three types of pass: 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 | 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 | <ul style="list-style-type: none"> • 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 fingertips and wrists to 'pop' the ball • Deciding on a running line to find gaps |

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| | | | <ul style="list-style-type: none"> • Run forwards and prepare to be tagged • Stand behind the player with the ball |
| 2 | Futsal | <ul style="list-style-type: none"> • What to do when the ball goes off the pitch – goal kick corner, throw in etc • Tackle only those with the ball • What to do if there if a foul | <ul style="list-style-type: none"> • 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 |
| 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` | <ul style="list-style-type: none"> • Learn bowling technique – straight arm and following through on to the target • Learn certain fielding positions and the importance of covering space • Learn the ‘long barrier’ to protect the boundaries |
| 2 | Invasion Games | <ul style="list-style-type: none"> • Start to think about tactics • Think about how to utilise strengths and make it hard for the opponents | <ul style="list-style-type: none"> • How to defend • How to mark • Look at different ways of attacking |
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| 3 | Sportshall Athletics | <ul style="list-style-type: none"> • Learn that you have to use a baton to change runners in a relay • 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 | <ul style="list-style-type: none"> • Dip your head at the end of the race to gain an extra boost • Run past the line, not stopping at the finish line • Start to learn to run up to a jump • When throwing, weight on the back foot and tip forward to gain more power • Try to start to throw a javelin |
| 3 | Netball/Skittleball | <ul style="list-style-type: none"> • Learn how to pivot • No more than three seconds holding the ball • Keep your feet on court | <ul style="list-style-type: none"> • Matching decisions on who is best to pass to depending on their position • Learn how to mark the other players who are near you • How to receive, pivot and then pass the ball • Step forward with the pass to gain more power |
| 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 | <ul style="list-style-type: none"> • To protect the ball, hold it in your chest and have another arm out for balance and manoeuvres • Use side steps to evade defenders • Stay behind the player with the ball |
| 3 | Football | <ul style="list-style-type: none"> • Start to learn the different positions of football | <ul style="list-style-type: none"> • Move into spaces with the ball |

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| | | <ul style="list-style-type: none"> • Passing the ball is quicker than dribbling the ball • Understand not everyone can score the goal | <ul style="list-style-type: none"> • Pass the ball accurately with no defenders to a teammate • Shoot accurately • Move into spaces without the ball |
| 3 | Striking and Fielding | <ul style="list-style-type: none"> • The bat is there to defend your wickets • Learn the boundaries mean 4 and 6 runs | <ul style="list-style-type: none"> • Start to bowl accurately at the wickets and understand the terms 'no ball' and 'wide' • The ball moves faster than the player, throw rather than run |
| 3 | Tennis | <ul style="list-style-type: none"> • Learn the safety of the sport • Learn how to hold the racket • Basic forehand and backhand | <ul style="list-style-type: none"> • 'C' shape when hitting the ball • Follow through the racket over the shoulder • Learn the 'split stop' • Introduce volleying |
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| 4 | Sportshall 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 | <ul style="list-style-type: none"> • Breathe when sprinting • How to hold the baton correctly to make an effective handover • Bend knees, swing arms and push with our toes to gain height in vertical jump and long jump • Start to throw the javelin in a straight line with slight elevation |
| 4 | Netball | <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 | <ul style="list-style-type: none"> • How to use the proper technique when shooting • How to decide when to use a bounce pass, chest pass or overhead pass depending on defenders • Learn to mark the player in your opposite position |
| 4 | Tag Rugby | <ul style="list-style-type: none"> • Defenders retreat 3 steps after making a tag • After 6 tags it is a turnover • Do not kick the ball | <ul style="list-style-type: none"> • Swing pass – start at 3, swing through 6, release at 9 • Try and keep the ball steady when in flight • Accurately pass along an attacking line • Increase and decrease speed depending on where the player with the ball is |
| 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 | <ul style="list-style-type: none"> • Learn how to mark people in various positions • Follow through with your foot towards where you want the ball to go • Change direction effectively |
| 4 | Cricket | <ul style="list-style-type: none"> • Get the ball to wickets where the batter is running to | <ul style="list-style-type: none"> • Know that you will have to run between the wickets |

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| | | <ul style="list-style-type: none"> • Catch the ball to get someone out • Do not hit your own wickets otherwise you will be out | <ul style="list-style-type: none"> • Learn the calls, 'yes', 'no', 'wait' when batting • Rock when bowling to gain power • There needs to be a bat's length between you and the wicket |
| 4 | Tennis | <ul style="list-style-type: none"> • How to add top spin to the shots • How to score in tennis • Where to serve • Learn all of the rules | <ul style="list-style-type: none"> • Brush the ball to add top spin • 'Punch' the ball when volleying • Understanding a good toss leads to a good serve • How to overhead serve |
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| 5 | Sportshall 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 between | <ul style="list-style-type: none"> • Different types of breathing when long distance and short distance running – short and sharp or long and deep • Start a small run before the changeover • Learn the running long jump and how to leave with one foot |
| 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 the ball up the court | <ul style="list-style-type: none"> • Loop the pass over defenders • Passing the ball where the players are going to be • Learn how the centre position can link between all other players • Pass the ball from the chest, to the chest • Move into certain areas of the 'D' to shoot more effectively • Players to use quick passing to evade defenders |
| 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' | <ul style="list-style-type: none"> • Learn the difference between defensive and attacking lines • How to pass before you are tagged • Finding clear gaps to make attacking advances |
| 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 | <ul style="list-style-type: none"> • Know the difference in power when using long or short range passes • When shooting, aim for the corners of the goal • Don't dive when tackling |
| 5 | Cricket | <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 | <ul style="list-style-type: none"> • Start the run up when bowling • Direct the ball in the direction of the space in the field • Throw the ball at speed at a target • Learn the difference between defending and attacking play in cricket |
| 5 | Boxercise | <ul style="list-style-type: none"> • Learn that it is a non-contact sport • Learn the 8 different punches • Learn how to box to music | <ul style="list-style-type: none"> • Names of the 8 punches and the specific techniques used • Learn that each punch leans across • Learn the safety of the sport |

| 6 | Sportshall Athletics | <ul style="list-style-type: none"> • Know if two false starts are made, you are disqualified • Learn the tactics in a race (first and last people are the fastest) | <ul style="list-style-type: none"> • Compete in a sprint race using all of the learnt techniques and within the rules • Learn the importance of stretching, warming up and cooling down • As you land, extend legs and lean forward for the long jump |
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| 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 | <ul style="list-style-type: none"> • Calling for the ball using signals not words • Passing should be crisp and fast, no more than 2 seconds on the ball • Move on the 'blind side' of the defender • Learning how to jump when receiving the ball to pivot effectively • Learning how to drop the shoulder to lose defenders • Learning how to use peripheral vision |
| 6 | Tag Rugby | <ul style="list-style-type: none"> • Know the difference between offside and onside • Learn the knock on rule | <ul style="list-style-type: none"> • Knowing when to run or pass • Stay in a defensive and attacking formation throughout the game • Use dummies effectively |
| 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 of your team • Understanding different tactics, short passing, long ball, wing play etc | <ul style="list-style-type: none"> • Use a variety of power shots to know when to beat the goalkeeper • As a defender, dictate the play by using your body • Knowing the weaknesses of your opponent and utilising that |
| 6 | Cricket | <ul style="list-style-type: none"> • Play a small version of cricket within the rules • Play a game of rounders within the rules | <ul style="list-style-type: none"> • Learn the spin technique and why it is important in bowling • Understand how to back up when running and fielding. |
| 6 | Boxercise | <ul style="list-style-type: none"> • Learn how to 'spar' safely • Understand the fitness elements to it | <ul style="list-style-type: none"> • Put together combinations • Learn the duck, roll and lean • Create your own box to music routine |