

YEAR 1	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SPORT	SH ATHLETICS	THROWING & CATCHING	GYMNASTICS	BOUNCING & KICKING	HOT POTATO	ATHLETICS
OBJECTIVES	Learn the techniques for the different sports hall athletics events	To use the ready position when catching and throwing. Know where to throw, how to catch and learn different throws.	To learn different bodily movements and perform various acts that increase balance and flexibility.	To maximise hand and foot to eye coordination by use of different actions with various equipment.	To follow instructions and coordinate them as a team. Recap on throwing and catching technique.	Re-learn the techniques for sports hall athletics.
Q 1	Focus on sprinting technique	Learn the ready position. Where to throw the ball (at partners hands). How to catch (hands at belly button)	Perform different movements and create shapes with the body	Bouncing a basketball with both and one hand.	Simplify the first games to basic rolling on the floor.	Sprinting technique
Q 2	Throwing technique for howlers, javelin and chest push	In Q1 use beanbag. Now a big ball can be used. Use games involving different throws and catches.	To perform these actions with a partner of a group	Change the size of the ball and play games encouraging bouncing	Progress to throwing and catching games.	Throwing technique for howlers, javelin and chest push
Q 3	Jumping technique for long jump and triple jump	Teach different throws. (Over, under, chest)	To balance on the floor in different shapes and begin balancing on objects.	Kicking a football in a pair not far from each other.	Apply catches above the head and different actions to be performed before throws	Jumping technique for long jump
Q 4	Recap all athletic events.	To introduce the game of handball	Compile all actions and movements learnt with equipment.	To play simplified football games.	Team captains should be introduced in Q2. Here teacher should not have to instruct.	Recap all athletic events.
COMPETITION TACTICS	Athletics-apply correct technique.					Athletics-apply correct technique.

YEAR 2	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SPORT	SH ATHLETICS	THROWING & CATCHING	GYMNASTICS	BOUNCING & KICKING	HOT POTATO	ATHLETICS
OBJECTIVES	Learn the techniques for the different sports hall athletics events	To use the ready position when catching and throwing. Know where to throw, how to catch and learn different throws.	To learn different bodily movements and perform various acts that increase balance and flexibility.	To maximise hand and foot to eye coordination by use of different actions with various equipment.	To follow instructions and coordinate them as a team. Recap on throwing and catching technique.	Re-learn the techniques for sports hall athletics.
Q 1	Focus on sprinting technique	Learn the ready position. Where to throw the ball (at partners hands). How to catch (hands at belly button)	Perform different movements and create shapes with the body	Bouncing a basketball with both and one hand.	Simplify the first games to basic rolling on the floor.	Sprinting technique
Q 2	Throwing technique for howlers, javelin and chest push	In Q1 use beanbag. Now a big ball can be used. Use games involving different throws and catches.	To perform these actions with a partner of a group	Change the size of the ball and play games encouraging bouncing	Progress to throwing and catching games.	Throwing technique for howlers, javelin and chest push
Q 3	Jumping technique for long jump and triple jump	Teach different throws. (Over, under, chest)	To balance on the floor in different shapes and begin balancing on objects.	Kicking a football in a pair not far from each other.	Apply catches above the head and different actions to be performed before throws	Jumping technique for long jump
Q 4	Recap all athletic events.	To introduce the game of handball	Compile all actions and movements learnt with equipment.	To play simplified football games.	Team captains should be introduced in Q2. Here teacher should not have to instruct.	Recap all athletic events.
COMPETITION TACTICS	Athletics-apply correct technique.					Athletics-apply correct technique.

YEAR 3	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SPORT	FOOTBALL	HANDBALL	CRICKET	BASKETBALL	TENNIS	SH ATHLETICS
OBJECTIVES	Adhere to formations. To be able control and move the ball quickly up the pitch	To apply different passes and create openings to receive object in match situations	Learn how to play cricket with the correct technique.	To understand the rules of the game and how to play in certain positions.	Understand the rules and tactic of tennis	Learn the techniques for the different sports hall athletics events
Q 1	To consider technique for passing and controlling the ball.	Passing the ball in a given patters. Rules of the game	Play a game of cricket and practice catching and throwing	Rules of the game. Work on lay ups and how to score baskets.	Learn the technique for tennis groundstrokes (forehand and back-hand)	Focus on sprinting technique
Q 2	Work on running with the ball and finding space when passing.	No 50/50 passes. Use three steps then pass to player forward.	Learn the correct bowling technique	Still consider shooting and catching rebounds.	Learn how to serve	Throwing technique for howlers, javelin and chest push
Q 3	Look at how and when to shoot.	Defensive strategy. Position of defenders feet and arms.	Learn how to bat	Dribbling the ball and passing without reach of opponents	Progress to placing the ball in various areas of the court	Jumping technique for long jump and triple jump
Q 4	Defensive positing and communicating as a team.	To communicate actions that help score goals.	Play matches to put the technique learnt into practice.	Match situations and conditions. (Amount of passes before shot)	Play mini tournaments to help with game plans for different players	Recap all athletic events.
COMPETITION TACTICS	1-1 defence goal side. Move the ball in space. Get ball to striker quickly giving opponents little time to react.	Move ball forward using 3 steps. When in possession all players in front of ball vice versa. 1-1 defence goal side.	Batting: find the best batters to open the match and order from there. Fielding: position players in so that the field is covered evenly.	1-1 defence basket side. All forward when in possession and back when lost possession. Play the ball in space.	Hit the ball side to side constantly using low to high motion.	Athletics-apply correct technique.

YEAR 4	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SPORT	FOOTBALL	HANDBALL	CRICKET	BASKETBALL	TENNIS	SH ATHLETICS
OBJECTIVES	Adhere to formations. To be able control and move the ball quickly up the pitch	To apply different passes and create openings to receive object in match situations	Learn how to play cricket with the correct technique.	To understand the rules of the game and how to play in certain positions.	Understand the rules and tactic of tennis	Learn the techniques for the different sports hall athletics events
Q 1	To consider technique for passing and controlling the ball.	Passing the ball in a given patters. Rules of the game	Play a game of cricket and practice catching and throwing	Rules of the game. Work on lay ups and how to score baskets.	Learn the technique for tennis groundstrokes (forehand and back-hand)	Focus on sprinting technique
Q 2	Work on running with the ball and finding space when passing.	No 50/50 passes. Use three steps then pass to player forward.	Learn the correct bowling technique	Still consider shooting and catching re-bounds.	Learn how to serve	Throwing technique for howlers, javelin and chest push
Q 3	Look at how and when to shoot.	Defensive strategy. Position of defenders feet and arms.	Learn how to bat	Dribbling the ball and passing without reach of opponents	Progress to placing the ball in various areas of the court	Jumping technique for long jump and triple jump
Q 4	Defensive positing and communicating as a team.	To communicate actions that help score goals.	Play matches to put the technique learnt into practice.	Match situations and conditions. (Amount of passes before shot)	Play mini tournaments to help with game plans for different players	Recap all athletic events.
COMPETITION TACTICS	1-1 defence goal side. Move the ball in space. Get ball to striker quickly giving opponents little time to react.	Move ball forward using 3 steps. When in possession all players in front of ball vice versa. 1-1 defence goal side.	Batting: find the best batters to open the match and order from there. Fielding: position players in so that the field is covered evenly.	1-1 defence basket side. All forward when in possession and back when lost possession. Play the ball in space.	Hit the ball side to side constantly using low to high motion.	Athletics-apply correct technique.

YEAR 5	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SPORT	FOOTBALL	HANDBALL	CRICKET	BASKETBALL	TENNIS	SH ATHLETICS
OBJECTIVES	Adhere to formations. To be able control and move the ball quickly up the pitch	To apply different passes and create openings to receive object in match situations	Learn how to play cricket with the correct technique.	To understand the rules of the game and how to play in certain positions.	Understand the rules and tactic of tennis	Learn the techniques for the different sports hall athletics events
Q 1	To consider technique for passing and controlling the ball.	Passing the ball in a given patters. Rules of the game	Play a game of cricket and practice catching and throwing	Rules of the game. Work on lay ups and how to score baskets.	Learn the technique for tennis groundstrokes (forehand and backhand)	Focus on sprinting technique
Q 2	Work on running with the ball and finding space when passing.	No 50/50 passes. Use three steps then pass to player forward.	Learn the correct bowling technique	Still consider shooting and catching rebounds.	Learn how to serve	Throwing technique for howlers, javelin and chest push
Q 3	Look at how and when to shoot.	Defensive strategy. Position of defenders feet and arms.	Learn how to bat	Dribbling the ball and passing without reach of opponents	Progress to placing the ball in various areas of the court	Jumping technique for long jump and triple jump
Q 4	Defensive positing and communicating as a team.	To communicate actions that help score goals.	Play matches to put the technique learnt into practice.	Match situations and conditions. (Amount of passes before shot)	Play mini tournaments to help with game plans for different players	Recap all athletic events.
COMPETITION TACTICS	1-1 defence goal side. Move the ball in space. Get ball to striker quickly giving opponents little time to react.	Move ball forward using 3 steps. When in possession all players in front of ball vice versa. 1-1 defence goal side.	Batting: find the best batters to open the match and order from there. Fielding: position players in so that the field is covered evenly.	1-1 defence basket side. All forward when in possession and back when lost possession. Play the ball in space.	Hit the ball side to side constantly using low to high motion.	Athletics-apply correct technique.

YEAR 6	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SPORT	FOOTBALL	HANDBALL	CRICKET	BASKETBALL	TENNIS	SH ATHLETICS
OBJECTIVES	Adhere to formations. To be able control and move the ball quickly up the pitch	To apply different passes and create openings to receive object in match situations	Learn how to play cricket with the correct technique.	To understand the rules of the game and how to play in certain positions.	Understand the rules and tactic of tennis	Learn the techniques for the different sports hall athletics events
Q 1	To consider technique for passing and controlling the ball.	Passing the ball in a given patters. Rules of the game	Play a game of cricket and practice catching and throwing	Rules of the game. Work on lay ups and how to score baskets.	Learn the technique for tennis groundstrokes (forehand and backhand)	Focus on sprinting technique
Q 2	Work on running with the ball and finding space when passing.	No 50/50 passes. Use three steps then pass to player forward.	Learn the correct bowling technique	Still consider shooting and catching rebounds.	Learn how to serve	Throwing technique for howlers, javelin and chest push
Q 3	Look at how and when to shoot.	Defensive strategy. Position of defenders feet and arms.	Learn how to bat	Dribbling the ball and passing without reach of opponents	Progress to placing the ball in various areas of the court	Jumping technique for long jump and triple jump
Q 4	Defensive positing and communicating as a team.	To communicate actions that help score goals.	Play matches to put the technique learnt into practice.	Match situations and conditions. (Amount of passes before shot)	Play mini tournaments to help with game plans for different players	Recap all athletic events.
COMPETITION TACTICS	1-1 defence goal side. Move the ball in space. Get ball to striker quickly giving opponents little time to react.	Move ball forward using 3 steps. When in possession all players in front of ball vice versa. 1-1 defence goal side.	Batting: find the best batters to open the match and order from there. Fielding: position players in so that the field is covered evenly.	1-1 defence basket side. All forward when in possession and back when lost possession. Play the ball in space.	Hit the ball side to side constantly using low to high motion.	Athletics-apply correct technique.

RECEPTION & NURSERY	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
SPORT	FOLLOWING COMMANDS	MAXIMISING SPACE	PERFORMING MOVEMENTS	BALL SKILLS ROLLING & BOUNCING	BALL SKILLS THROWING & CATCHING	GYMNASTICS
OBJECTIVES	Children should understand and follow instruction given by instructor.	To use specified areas with physical motions. Adhere to small and large working areas.	To move in different ways and directions.	To accurately roll and bounce a ball.	To begin to throw an object in a given target or to a person. To understand the principle of catching.	To learn different bodily movements and perform various acts that increase balance and flexibility.
Q 1	Give instructions that require pupils to move to different spaces.	To find space and to go to certain areas when told.	To walk on a given area and move to another area.	Roll a ball to a partner	Use beanbags to throw into a hoop	Perform different movements and create shapes with the body
Q 2	Give instructions that require pupils to select or use equipment	Use equipment in designated areas.	Look at running in different directions. Forward	Introduce games that involve rolling the ball with accuracy.	Use a ball to throw to a partner. Catching stance should be taught (ready position)	To perform these actions with a partner or a group
Q 3	Give instructions that require pupils use equipment in a certain manner.	To play games requiring players to use different amounts of space.	Look at running in different directions. Side step and backward. (e.g. Backtracking should only involve a max of 4-5 steps.	Bounce a ball and catch. Progress to two bounce and catching the ball.	Continue throwing and catching and progress when necessary.	To balance on the floor in different shapes and begin balance on objects.
Q 4	Give instructions that require pupils work with other pupils.	Continue to play games encouraging special awareness	Look at jumping and hopping	Play games involving rolling and bouncing of balls.	Play games involving throwing and catching.	Compile all actions and movements learnt with equipment.