

Football							
	1	2	3	4	5	6	7
Reception	<p>Dribbling (change of speed and direction) To develop the children's ability to dribble with the ball with a focus on changing speed and direction</p>	<p>Dribbling (using different parts of the foot) To develop the children's ability to dribble with the ball with a focus on using different parts of the foot</p>	<p>Dribbling (ball mastery) A continuation of developing the children's ability to dribble with the ball with a focus on using different parts of the foot</p>	<p>Dribbling (turning) To develop the children's ability to dribble with the ball and develop basic turning techniques</p>	<p>Ball striking To develop the children's ability to strike the ball</p>	<p>Ball striking (inside of the foot) To develop the children's ability to strike the ball, encouraging use of the inside of the foot</p>	<p>Gameplay and understanding To develop children's understanding of the rules of football and how to play the game</p>
Year 1	<p>Dribbling (change of speed and direction) To develop the children's ability to dribble with the ball with a focus on changing speed and direction</p>	<p>Dribbling (using different parts of the foot) To develop the children's ability to dribble with the ball with a focus on using different parts of the foot</p>	<p>Dribbling (ball mastery) A continuation of developing the children's ability to dribble with the ball with a focus on using different parts of the foot</p>	<p>Dribbling (turning) To develop the children's ability to dribble with the ball and develop basic turning techniques</p>	<p>Ball striking To develop the children's ability to strike the ball</p>	<p>Ball striking (inside of the foot) To develop the children's ability to strike the ball, encouraging use of the inside of the foot</p>	<p>Gameplay and understanding To develop children's understanding of the rules of football and how to play the game</p>
Year 2	<p>Gameplay and understanding To develop children's understanding of the rules of football and when to apply them in game situations</p>	<p>Receiving To improve ability to receive the ball using different parts of the foot</p>	<p>Running with the ball/ dribbling To improve the children's understanding of when to dribble and when to run with the ball</p>	<p>Passing To improve the ability to pass consistently using the inside of the foot</p>	<p>Shooting To understand & develop basic shooting techniques, including shooting using the laces and inside of the foot.</p>	<p>Defending 1v1 To improve ability of how to defend 1v1</p>	<p>Small sided tournament To practise skills learnt in previous weeks in competitive game situations</p>

Year 3	Gameplay and understanding To develop children's understanding of the rules of football and when to apply them in game situations	Receiving To improve ability to receive the ball using different parts of the foot	Running with the ball/ dribbling To improve the children's understanding of when to dribble and when to run with the ball	Passing To improve the ability to pass consistently using the inside of the foot	Shooting To understand & develop basic shooting techniques, including shooting using the laces and inside of the foot.	Defending 1v1 To improve ability of how to defend 1v1	Small sided tournament To practise skills learnt in previous weeks in competitive game situations
Year 4	Gameplay and understanding To develop children's understanding of the rules of football and when to apply them in game situations	Receiving To improve ability to receive the ball using different parts of the foot	Running with the ball/ dribbling To improve the children's understanding of when to dribble and when to run with the ball	Passing To improve the ability to pass consistently using the inside of the foot	Shooting To understand & develop basic shooting techniques, including shooting using the laces and inside of the foot	Defending 1v1 To improve ability of how to defend 1v1	Small sided tournament To practise skills learnt in previous weeks in competitive game situations
Year 5	Gameplay and understanding To develop children's understanding of the rules of football and when to apply them in game situations	Receiving To improve ability to receive the ball (When to open out and go forward/ when to protect the ball)	Running with the ball/ dribbling To improve the children's understanding of when to dribble and when to run with the ball	Passing To improve the ability to pass consistently using the inside of the foot with time and when under pressure	Shooting To understand & develop basic shooting techniques, including shooting using the laces and inside of the foot	Defending 1v1/2v2 To improve ability of how to defend 1v1 and 2v2 and how to use your body to defend	Small sided tournament To practise skills learnt in previous weeks in competitive game situations
Year 6	Gameplay and understanding To develop children's understanding of the rules of football and when to apply them in game situations	Receiving To improve ability to receive the ball (When to open out and go forward/ when to protect the ball)	Running with the ball/ dribbling To improve the children's understanding of when to dribble and when to run with the ball	Passing To improve the ability to pass consistently using the inside of the foot with time and when under pressure	Shooting To understand & develop basic shooting techniques, including shooting using the laces and inside of the foot	Defending 1v1/ 2v2 To improve ability of how to defend 1v1 and 2v2 and how to use your body to defend	Small sided tournament To practise skills learnt in previous weeks in competitive game situations

Multi skills/Netball							
	1	2	3	4	5	6	7
Reception	Underarm throwing and catching To understand and develop basic underarm throwing and catching techniques	Underarm throwing and catching continued To further develop the children's underarm throwing and catching	Bouncing and catching To develop the children's ability to throw the ball incorporating a bounce	Bouncing and catching continued To develop the children's ability to underarm throw accurately incorporating a bounce	Overarm throwing To develop the children's ability overarm throw downwards accurately	Overarm throwing continued To develop the children's ability to throw for distance using an overarm technique	Throwing skills Games and challenges to test the children's range of throwing and catching skills
Year 1	Underarm throwing and catching To understand and develop basic underarm throwing and catching techniques.	Underarm throwing and catching continued To further develop the children's underarm throwing and catching	Bouncing and catching To develop the children's ability to throw the ball incorporating a bounce	Bouncing and catching continued To develop the children's ability to underarm throw accurately incorporating a bounce	Overarm throwing To develop the children's ability overarm throw downwards accurately	Overarm throwing continued To develop the children's ability to throw for distance using an overarm technique	Throwing skills Games and challenges to test the children's range of throwing and catching skills
Year 2	Underarm throwing and catching To understand and develop basic underarm throwing and catching techniques.	Bouncing and catching To develop the children's ability to throw the ball incorporating a bounce	Overarm throwing To develop the children's ability overarm throw downwards accurately	Overarm throwing continued To develop the children's ability to throw for distance using an overarm technique	Throwing skills Games and challenges to test the children's range of throwing and catching skills	Netball passing and catching To develop the children's ability to do basic passes (chest and bounce) using a netball	Introduction to Netball To give the children a basic introduction to the game of Netball
Year 3	Gameplay and understanding To understand how to play netball and the rules that govern the game	Passing To develop the children's range of passing techniques	Movement off of the ball To develop a basic understanding of how to pivot and how to move effectively off of the ball	Support play To develop a basic understanding of how to support the player on the ball	Shooting To develop the children's shooting technique	Defending To develop a basic understanding of how to defend	Small sided tournament To practise skills learnt in previous weeks in competitive game situations

Year 4	Gameplay and understanding To understand how to play netball and the rules that govern the game	Passing To develop the children's range of passing techniques	Movement off of the ball To develop a basic understanding of how to pivot and how to move effectively off of the ball	Support play To develop a basic understanding of how to support the player on the ball	Shooting To develop the children's shooting technique	Defending To develop a basic understanding of how to defend	Small sided tournament To practise skills learnt in previous weeks in competitive game situations
Year 5	Gameplay and understanding To understand how to play netball and the rules that govern the game	Passing To further develop the children's passing range and understanding of when to use them in a competitive environment	Attacking movement/ decision making To further develop effective movement and improve decision making under pressure	When to play forward/when to maintain possession To improve understanding and decision making in regards to when to maintain possession and when to play forward	Shooting To further develop the children's shooting technique under pressure	Defending To further develop defending skills and how to apply them to the game	Small sided tournament To practise skills learnt in previous weeks in competitive game situations
Year 6	Gameplay and understanding To understand how to play netball and the rules that govern the game	Passing To further develop the children's passing range and understanding of when to use them in a competitive environment	Attacking movement/ decision making To further develop effective movement and improve decision making under pressure	When to play forward/ when to maintain possession To improve understanding and decision making in regards to when to maintain possession and when to play forward	Shooting To further develop the children's shooting technique under pressure	Defending To further develop defending skills and how to apply them to the game	Small sided tournament To practise skills learnt in previous weeks in competitive game situations

Hockey						
	1	2	3	4	5	6
Reception	Hockey Basics To develop an understanding of how to hold the stick and dribble	Dribbling Ball mastery session. Children learn how to manipulate the ball using both sides of the stick	Dribbling To practise different types of dribbling and when to use them	Dribbling To practise dribbling skills in pressurised environments	Ball Striking To develop basic technique of ball striking including safety	Ball Striking To progress their ball striking skills including aiming for targets
Year 1	Hockey Basics To develop an understanding of how to hold the stick and dribble	Dribbling Ball mastery session. Children learn how to manipulate the ball using both sides of the stick	Dribbling To practise different types of dribbling and when to use them	Dribbling To practise dribbling skills in pressurised environments	Ball Striking To develop basic technique of ball striking including safety	Ball Striking To progress their ball striking skills including aiming for targets.
Year 2	Hockey Basics To further develop children's ability to hold the stick correctly including their stance when dribbling	Dribbling Ball mastery session. To practise manipulating the ball in pressurised environment.	Dribbling To practise multiple types of dribbling, change of direction and running with the ball.	Passing & Receiving To develop an understanding of passing and receiving principles	Ball Striking To practise ball striking skills in relation to shooting or passing.	Game play To test their new skills in a pressurised game environment
Year 3	Gameplay and understanding To understand how to play hockey and the rules that govern the game	Dribbling To understand and practise the difference between dribbling and running with the ball.	Passing and receiving To develop the children's ability to pass and receive a hockey ball competently	Defending To learn basic methods of how to tackle and defend	Shooting To develop the children's shooting technique	Small sided tournament To practise skills learnt in previous weeks in competitive game situations

Year 4	Gameplay and understanding To understand how to play hockey and the rules that govern the game	Dribbling To understand and practice the difference between dribbling and running with the ball.	Passing and receiving To develop the children's ability to pass and receive a hockey ball competently	Defending To learn basic methods of how to tackle and defend	Shooting To develop the children's shooting technique	Small sided tournament To practise skills learnt in previous weeks in competitive game situations
Year 5	Gameplay and understanding To understand how to play hockey and the rules that govern the game	Dribbling To further develop children's ability to dribble and run with the ball in opposed situations	Passing and receiving To develop various passing and receiving techniques in different scenarios	Defending To practise defending/ tackling in different environments and understand which method to use	Shooting To further develop the children's shooting technique under pressure	Small sided tournament To practise skills learnt in previous weeks in competitive game situations
Year 6	Gameplay and understanding To understand how to play hockey and the rules that govern the game	Dribbling To further develop children's ability to dribble and run with the ball in opposed situations	Passing and receiving To develop various passing and receiving techniques in different scenarios	Defending To practise defending/ tackling in different environments and understand which method to use.	Shooting To further develop the children's shooting technique under pressure	Small sided tournament To practise skills learnt in previous weeks in competitive game situations

Athletics							
	1	2	3	4	5	6	7
Reception	50m/100m To develop the children's understanding and ability to take part in short sprint races	Mini hurdles To develop the children's ability to sprint with intermittent jumps	200m To develop the children's understanding and ability to compete in longer distant races	Bean bag pick up race To develop the children's understanding of the bean bag pick up race and their ability to change direction and accelerate effectively	4x50m relay To develop a basic understanding of how to take part in a relay race	4x50m relay continued To further develop the children's ability to do a relay race with a focus on improving change over times	Mini sports day Give children the opportunity to test the range of skills learnt in a competitive environment
Year 1	50m/100m To develop the children's understanding and ability to take part in short sprint races	Mini hurdles To develop the children's ability to sprint with intermittent jumps	200m To develop the children's understanding and ability to compete in longer distant races	Bean bag pick up race To develop the children's understanding of the bean bag pick up race and their ability to change direction and accelerate effectively	4x50m relay To develop a basic understanding of how to take part in a relay race	4x50m relay continued To further develop the children's ability to do a relay race with a focus on improving change over times	Mini sports day Give children the opportunity to test the range of skills learnt in a competitive environment
Year 2	50/100m To develop the children's ability to compete in short sprint races	Hurdles/ 200m To develop the children's basic understanding of how to compete in the hurdles and 200m races. Particular focus on jumping intermittently and pacing yourself.	400m To develop the children's basic understanding ability to take part in the 400m. Particular focus on pacing your run.	4x50m relay To further develop the children's ability to compete in the 4x50m relay	4x200m relay To develop the children's basic understanding and ability to compete in the 4x200m relay. Particular focus on pacing your run and changeovers.	Standing long jump/ Football throw To develop the children's basic understanding and ability to compete in the standing long jump and football throw events.	Mini sports day Give children the opportunity to test the range of skills learnt in a competitive environment
Year 3	50/100m To develop the children's ability	Hurdles/ 200m To develop the children's	400m To develop the children's	4x50m relay To further develop the children's ability to	4x200m relay To develop the children's ability to	Standing long jump/ Football throw	Mini sports day Give children the opportunity to test

	to compete in short sprint races	understanding and ability to compete in the hurdles and 200m races	understanding and ability to compete in the 400m	compete in the 4x50m relay	compete in the 4x200m relay	To develop the children's ability to compete in the standing long jump and football throw events	the range of skills learnt in a competitive environment
Year 4	50/100m To develop the children's ability to compete in short sprint races	Hurdles/ 200m# To develop the children's understanding and ability to compete in the hurdles and 200m races	400m To develop the children's understanding and ability to compete in the 400m	4x50m relay To further develop the children's ability to compete in the 4x50m relay	4x200m relay To develop the children's ability to compete in the 4x200m relay	Standing long jump/ Football throw To develop the children's ability to compete in the standing long jump and football throw events	Mini sports day Give children the opportunity to test the range of skills learnt in a competitive environment
Year 5	50/100m To further develop the children's ability to compete in short sprint races with a focus on sprinting technique	Hurdles/ 200m To further develop the children's ability to compete in the hurdles and 200m races. Particular focus on sprinting and jumping technique.	800m To develop the children's understanding and ability to compete in the 800m. Particular focus on running technique, breathing and pacing yourself	4x50m relay To further develop the children's ability to compete in the 4x50m relay. Particular focus on sprinting technique and improving fluidity of changeovers	4x200m relay To further develop the children's ability to compete in the 4x200m relay. Particular focus on sprinting technique and improving fluidity of changeovers	Standing long jump/ Football throw To further develop the children's ability to compete in the standing long jump and football throw events.	Mini sports day Give children the opportunity to test the range of skills learnt in a competitive environment
Year 6	50/100m To further develop the children's ability to compete in short sprint races with a focus on sprinting technique	Hurdles/ 200m To further develop the children's ability to compete in the hurdles and 200m races. Particular focus on sprinting and jumping technique.	800m To develop the children's understanding and ability to compete in the 800m. Particular focus on running technique, breathing and pacing yourself	4x50m relay To further develop the children's ability to compete in the 4x50m relay. Particular focus on sprinting technique and improving fluidity of changeovers	4x200m relay To further develop the children's ability to compete in the 4x200m relay. Particular focus on sprinting technique and improving fluidity of changeovers	Standing long jump/ Football throw To further develop the children's ability to compete in the standing long jump and football throw events.	Mini sports day Give children the opportunity to test the range of skills learnt in a competitive environment

Cricket							
	1	2	3	4	5	6	7
Reception	Underarm throwing and catching To develop underarm throwing and catching skills	Overarm throwing and catching To develop overarm throwing and catching skills	Overarm throwing at a target To practise a downward overarm throw at a target	Fielding To develop skills to field a bouncing or rolling ball	Ball Striking To develop ability to strike a large ball	Ball Striking To further develop ability to strike a large ball	Cricket skills challenge To play competitive, fun games to put their new cricket skills to the test.
Year 1	Underarm Bowling To develop underarm bowling technique with a focus on bowling the correct line	Underarm Bowling To further develop underarm bowling technique with a focus on bowling the correct length	Ball Striking To gain an understanding of how to grip, stand and strike a stationary ball	Ball Striking To further develop ball striking skills with a focus on power	Overarm Throwing To develop overarm throwing technique with a focus on throwing for distance	Fielding To develop an understanding of how to field a rolling/bouncing ball	Cricket skills challenge To play competitive, fun games to put their new cricket skills to the test.
Year 2	Underarm Bowling To develop underarm bowling technique with a focus on bowling the correct line	Underarm Bowling To further develop underarm bowling technique with a focus on bowling the correct length	Ball Striking To gain an understanding of how to grip, stand and strike a stationary ball	Ball Striking To further develop ball striking skills with a focus on power	Overarm Throwing To develop overarm throwing technique with a focus on throwing for distance	Fielding To develop an understanding of how to field a rolling/bouncing ball	Cricket skills challenge To play competitive, fun games to put their new cricket skills to the test
Year 3	Bowling To learn the basic mechanics of bowling from the 'T' position with a focus on bowling the correct line	Batting To learn the basic technique of how stand, grip and strike the ball	Fielding To learn the basics of fielding a bouncing/rolling ball and throw at the stumps	Bowling To progress the mechanics of bowling from the 'T' position with a focus on bowling the correct length	Batting To practise the fundamentals of an attacking or defensive shot	Gameplay and understanding To understand how to play cricket and the rules that govern the game	Small sided tournament To practise skills learnt in previous weeks in competitive game situations

Year 4	<p>Bowling To learn the basic mechanics of bowling from the 'T' position with a focus on bowling the correct line</p>	<p>Batting To learn the basic technique of how to stand, grip and strike the ball</p>	<p>Fielding To learn the basics of fielding a bouncing/rolling ball and throw at the stumps</p>	<p>Bowling To progress the mechanics of bowling from the 'T' position with a focus on bowling the correct length</p>	<p>Batting To practise the fundamentals of an attacking or defensive shot</p>	<p>Gameplay and understanding To understand how to play cricket and the rules that govern the game</p>	<p>Small sided tournament To practise skills learnt in previous weeks in competitive game situations</p>
Year 5	<p>Bowling To learn the basic mechanics of bowling from the 'Base' Position</p>	<p>Batting To recap the basic technique of how to stand, grip and strike the ball</p>	<p>Fielding To learn attacking and defensive fielding tactics and practice varying fielding options</p>	<p>Bowling To progress the technique of bowling from the 'Base' position with a focus on bowling the correct line and length</p>	<p>Batting To understand the difference between a front foot and back foot shot</p>	<p>Gameplay and understanding To understand how to play cricket and the rules that govern the game</p>	<p>Small sided tournament To practise skills learnt in previous weeks in competitive game situations</p>
Year 6	<p>Bowling To learn the basic mechanics of bowling from the 'Base' Position</p>	<p>Batting To recap the basic technique of how to stand, grip and strike the ball</p>	<p>Fielding To learn attacking and defensive fielding tactics and practice varying fielding options</p>	<p>Bowling To progress the technique of bowling from the 'Base' position with a focus on bowling the correct line and length</p>	<p>Batting To understand the difference between a front foot and back foot shot</p>	<p>Gameplay and understanding To understand how to play cricket and the rules that govern the game</p>	<p>Small sided tournament To practise skills learnt in previous weeks in competitive game situations</p>