

## Birchwood Physical Education Curriculum Map: Team Games



Year Group	Substantive Knowledge	Disciplinary Knowledge	Vocabulary	Resources
Reception – autumn 1	<p><u>Control</u></p> <ul style="list-style-type: none"> <li>-Know how to pass a ball around my body</li> <li>-Know how control a piece of equipment without dropping it.</li> </ul> <p><u>Travel</u></p> <ul style="list-style-type: none"> <li>-Know how to run</li> <li>-Know how to walk</li> <li>-Know what space is</li> <li>-Know how to hop</li> <li>-Know how to Jump</li> <li>-Know how to jog</li> </ul> <p><b>Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>-Know how to throw</li> <li>-Know what a bounce is.</li> <li>-Know how to pat a ball</li> <li>-Know how to kick</li> <li>-Know what a target is.</li> </ul>	<p><u>Control</u></p> <ul style="list-style-type: none"> <li>-Control a ball by moving it around my body</li> <li>-Move a ball around my body</li> <li>-Show good control with a range of equipment (balls, bean bags, hoops)</li> </ul> <p><u>Travelling</u></p> <ul style="list-style-type: none"> <li>-I can travel confidently in a range of ways</li> <li>-I can travel confidently and jump.</li> <li>I can travel confidently and hop.</li> <li>-I can travel confidently when jogging.</li> <li>-I am aware of the space around me.</li> </ul> <p><b>Throwing and Catching</b></p> <ul style="list-style-type: none"> <li>-Throw a beanbag at a target</li> <li>-I can pat a large ball and make it bounce</li> <li>-I can catch a large ball.</li> <li>-I can stop an object from moving when it is travelling towards me.</li> <li>-I can kick a ball</li> <li>-I can kick a ball into a target.</li> </ul>	Control, move, body, ball, beanbag, hoop, travel, walk, run, jump, hop, jog, space, target, bounce, catch, kick	Bean bags, hoops, large balls, hall
Reception - spring 1	<p><u>Travelling</u></p> <ul style="list-style-type: none"> <li>-Know how to change direction.</li> <li>-Know how to pass.</li> <li>-Know where forwards, backwards and side to side is.</li> <li>Know what space is.</li> </ul> <p><u>Control</u></p> <ul style="list-style-type: none"> <li>-Know how to move with a ball.</li> <li>-Know how to pass with your feet.</li> </ul> <p><u>Throwing and Catching</u></p> <ul style="list-style-type: none"> <li>-Know how to throw</li> </ul>	<p><u>Travelling</u></p> <ul style="list-style-type: none"> <li>-Travel in two different ways changing direction.</li> <li>-Pass a ball to another person.</li> <li>-Demonstrate moving forwards, backwards and sideways.</li> <li>-Select the most effective way to travel in order to find space.</li> </ul> <p><u>Control</u></p> <ul style="list-style-type: none"> <li>-Change direction while travelling with a ball</li> <li>-Find useful space.</li> <li>-Pass a ball with your foot to another person.</li> <li>-Try and keep control of a ball when travelling</li> </ul> <p><u>Throwing and Catching</u></p> <ul style="list-style-type: none"> <li>-Throw a ball using your hands to another person.</li> </ul>	Travel, different, direction, move, pass, ball, forwards, backwards, side to side, space, throw	Ball, cones, bibs

<b>Reception – summer 1</b>	<p><u>Control</u></p> <ul style="list-style-type: none"> <li>-Know the different ways to move a ball.</li> <li>-Know how to jump.</li> <li>-Know that a challenge is a target for yourself to achieve.</li> </ul> <p><u>Travelling</u></p> <ul style="list-style-type: none"> <li>-Know how to run.</li> <li>-Know that speed can vary</li> <li>-Know that to change direction if to go a different way.</li> <li>-Know that to avoid something you do not hit it.</li> </ul> <p><u>Throwing and catching</u></p> <ul style="list-style-type: none"> <li>-Know what a target is.</li> <li>-Know what an underarm throw is.</li> <li>- Know what an overarm throw is.</li> </ul>	<p><u>Control</u></p> <ul style="list-style-type: none"> <li>-Move a ball in a range of ways – bounce, kick, throw, catch.</li> <li>-Jump over a range of things – balls, hoops, cones.</li> <li>-Challenge themselves further.</li> </ul> <p><u>Travelling</u></p> <ul style="list-style-type: none"> <li>-Run at differing speeds, Fast – Slow.</li> <li>-Play a chasing game with friends – tag, stuck in the mud, tails.</li> <li>-Change direction when travelling at speed – play the bean game, traffic lights.</li> <li>-Avoid objects when running – other children, bins, equipment.</li> </ul> <p><u>Throwing and Catching</u></p> <ul style="list-style-type: none"> <li>-Throw a ball at a target under arm.</li> <li>-Throw a ball at a target over arm.</li> <li>-Throw a bean bag at a target underarm.</li> <li>-Throw a bean bag in a target underarm.</li> </ul>	<p>Move, Ball, team, game, run, bounce, kick, pass, throw, catch, challenge, hoop, cone, speed, fast, slow, travel</p>	<p>Balls, hoops, cones, chasing game,</p>
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<p><b>Year 1</b></p>	<ul style="list-style-type: none"> <li>- Describe how the body feels before, during and after exercise. Carry and place equipment safely.</li> </ul> <p><u>Striking and Hitting a Ball</u></p> <ul style="list-style-type: none"> <li>- Know that you can move a ball in different ways i.e. hitting, pushing and rolling.</li> </ul> <p><u>Throwing and Catching a Ball</u></p> <ul style="list-style-type: none"> <li>- Knowledge of underarm and overarm throw</li> <li>- Know how to catch a ball – two hands in cup shape.</li> <li>- Know that bouncing the ball means throwing the ball at the floor causing it to come back up.</li> </ul> <p><u>Travelling with a Ball</u></p> <ul style="list-style-type: none"> <li>- To know different ways of travelling.</li> </ul> <p><u>Passing a Ball</u></p> <ul style="list-style-type: none"> <li>- How to kick a ball – foot puts force onto a ball.</li> </ul> <p><u>Tactics and Rules</u></p> <ul style="list-style-type: none"> <li>- Know it is important to follow rules of games.</li> </ul>	<p><u>Striking and Hitting a Ball</u></p> <ul style="list-style-type: none"> <li>- Use hitting skills in a game.</li> <li>- Practise striking, sending and receiving.</li> </ul> <p><u>Throwing and Catching a Ball</u></p> <ul style="list-style-type: none"> <li>- Throw underarm and overarm.</li> <li>- Catch and bounce a ball.</li> <li>- Use rolling skills in a game.</li> <li>- Practise accurate throwing and consistent catching.</li> </ul> <p><u>Travelling with a Ball</u></p> <ul style="list-style-type: none"> <li>- Travel with a ball in different ways and in different directions (side to side, forwards and backwards) with control and fluency.</li> <li>- Use equipment to control a ball.</li> </ul> <p><u>Passing a Ball</u></p> <ul style="list-style-type: none"> <li>- Pass the ball to another player in a game using feet.</li> <li>- Use kicking skills in a game.</li> </ul> <p><u>Using Space</u></p> <ul style="list-style-type: none"> <li>- Use different ways of travelling in different directions or pathways.</li> <li>- Run at different speeds.</li> <li>- Begin to use space in a game.</li> </ul> <p><u>Tactics and Rules</u></p> <ul style="list-style-type: none"> <li>- Follow simple rules to play games, including team games.</li> </ul> <p><u>Compete/Perform/Evaluate</u></p> <ul style="list-style-type: none"> <li>- Perform using a range of actions and body parts with some coordination.</li> <li>- Begin to perform learnt skills with some control.</li> <li>- Engage in competitive activities and team games.</li> <li>- Watch and describe performances.</li> <li>- Begin to say how they could improve.</li> </ul>	<ul style="list-style-type: none"> <li>• Striking</li> <li>• Sending</li> <li>• Receiving</li> <li>• Underarm throw</li> <li>• Overarm throw</li> <li>• Bounce</li> <li>• Travelling</li> </ul>	<ul style="list-style-type: none"> <li>• Sponge ball</li> <li>• Cones</li> <li>• Hoops</li> <li>• Quoits</li> <li>• Beanbags</li> <li>• Balls</li> <li>• Footballs</li> <li>• Basketballs</li> <li>• Bats</li> </ul>
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Year 2	<p><u>Health and Fitness</u></p> <ul style="list-style-type: none"> <li>- Recognise and describe how the body feels during and after different physical activities.</li> </ul> <p><u>Striking and Hitting a Ball</u></p> <ul style="list-style-type: none"> <li>- Know how to strike or hit a ball.</li> <li>- Know the correct stance for hitting and striking the ball.</li> </ul> <p><u>Throwing and Catching a Ball</u></p> <ul style="list-style-type: none"> <li>- Know how to throw overarm and underarm.</li> <li>- Know how to bounce a ball.</li> <li>- Know the technique for catching a ball.</li> </ul> <p><u>Travelling with a Ball</u></p> <ul style="list-style-type: none"> <li>- Know what the word dribble means and begin to know how to dribble a ball (ball inside of foot).</li> </ul> <p><u>Using Space</u></p> <ul style="list-style-type: none"> <li>- Know the most effective way of changing direction.</li> </ul> <p><u>Attacking and Defending</u></p> <ul style="list-style-type: none"> <li>- Know at least one technique to attack or defend to play a game successfully.</li> </ul> <p><u>Attacking and Defending</u></p> <ul style="list-style-type: none"> <li>- Begin to know what attacking and defending means.</li> </ul> <p><u>Tactics and Rules</u></p> <ul style="list-style-type: none"> <li>- Understand the importance of rules in games.</li> </ul>	<p><u>Striking and Hitting a Ball</u></p> <ul style="list-style-type: none"> <li>- Strike or hit a ball with increasing control.</li> <li>- Apply skills for playing striking and fielding games.</li> <li>- Position the body to strike a ball.</li> </ul> <p><u>Throwing and Catching a Ball</u></p> <ul style="list-style-type: none"> <li>- Throw different types of equipment in different ways, for accuracy and distance.</li> <li>- Throw, catch and bounce a ball with a partner.</li> <li>- Use throwing and catching skills in a game.</li> <li>- Throw a ball for distance.</li> <li>- Use hand-eye coordination to control a ball.</li> <li>- Vary types of throw used.</li> </ul> <p><u>Travelling with a Ball</u></p> <ul style="list-style-type: none"> <li>- Bounce and kick a ball whilst moving.</li> <li>- Use kicking skills in a game.</li> <li>- Use dribbling skills in a game.</li> </ul> <p><u>Using Space</u></p> <ul style="list-style-type: none"> <li>- Use different ways of travelling at different speeds and following different pathways, directions or courses.</li> <li>- Change speed and direction whilst running.</li> <li>- Begin to use space in a game.</li> </ul> <p><u>Attacking and Defending</u></p> <ul style="list-style-type: none"> <li>- Begin to use the terms attacking and defending.</li> <li>- Use simple defensive skills such as marking a player or defending a space.</li> <li>- Use simple attacking skills such as dodging to get past a defender.</li> </ul> <p><u>Compete/Perform/ Evaluate</u></p> <ul style="list-style-type: none"> <li>- Perform learnt skills with increasing control.</li> <li>- Compete against self and others.</li> <li>- Watch and describe performances, and use what they see to improve their own performance.</li> <li>- Talk about the differences between their work and that of others.</li> </ul>	<ul style="list-style-type: none"> <li>• Strike/striking</li> <li>• Hand-eye co-ordination</li> <li>• Dribbling</li> <li>• Attacking</li> <li>• Defending</li> </ul>	<ul style="list-style-type: none"> <li>• Bibs</li> <li>• Balls</li> <li>• Cones</li> <li>• Footballs</li> <li>• Hoops</li> <li>• Ropes</li> <li>• Coloured spots</li> <li>• Rugby balls</li> <li>• Tags</li> <li>• Beanbags</li> <li>• Quoits</li> <li>• Skipping Ropes</li> </ul>
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<p><b>Year 3</b></p>	<ul style="list-style-type: none"> <li>- Recognise and describe the effects of exercise on the body.</li> <li>- Explain why it is important to warm up and cool down.</li> </ul> <p><u>Dodgeball (Autumn 2)</u></p> <ul style="list-style-type: none"> <li>- Know how to move with the ball in a variety of ways such as walk, run and sidestep.</li> <li>- Know how to perform an overarm (from your shoulder), underarm (from hip upwards) and overhead (two hands from behind head) throw.</li> <li>- Know how to roll a ball.</li> <li>- Understand what defending is (for example dodging, using a ball to hit a ball away).</li> <li>- Understand what attacking is (throw the ball at an opponent below shoulders).</li> <li>- Know the rules of dodgeball.</li> </ul> <p><u>Football (Spring 1)</u></p> <ul style="list-style-type: none"> <li>- Know to use the inside of foot to pass the ball.</li> <li>- Know to tackle by gaining possession of the ball rather than tackling the opponent.</li> <li>- Recognise space in a game.</li> <li>- Know what the word defending means (1 to 1 marking)</li> <li>- Know what the word attacking means (keeping possession and gaining ground).</li> <li>- Know the basic rules of football.</li> </ul> <p><u>Cricket (Spring 2)</u></p> <ul style="list-style-type: none"> <li>- Know to use hand-eye coordination when hitting the ball.</li> <li>- Know the correct batting technique (see video in resources).</li> <li>- Know the correct technique for catching a ball (cup – two hands).</li> <li>- Know to throw overarm for distance when fielding.</li> <li>- Know how to safely bowl over arm (see video in resources).</li> </ul>	<p><u>Dodgeball (Autumn 2)</u></p> <ul style="list-style-type: none"> <li>- Move with the ball in variety of ways with some control. E.g. walk, run, side step</li> <li>- Use a range of techniques to throw the ball. E.g. over arm, under arm, roll, overhead</li> <li>- Apply the basic principles of defending in invasion games E.g. dodging, using a ball to hit a ball away</li> <li>- Apply the basic principles of attacking in invasion games E.g. throw the ball to get an opponent out</li> <li>- Apply and follow rules fairly</li> <li>- Win back possession of the ball in a team game</li> <li>- Find a useful space and get into it to support teammates.</li> <li>- Describe how their performance has improved over time.</li> </ul> <p><u>Football (Spring 1)</u></p> <ul style="list-style-type: none"> <li>- Pass the ball in a game situation with some success.</li> <li>- Keep and win back possession of the ball in a team game.</li> <li>- Find a useful space and get into it to support teammates.</li> <li>- Use simple attacking and defending skills in a game.</li> <li>- Apply and follow rules fairly.</li> <li>- Describe how their performance has improved over time.</li> </ul> <p><u>Cricket (Spring 2)</u></p> <ul style="list-style-type: none"> <li>- Practise the correct batting technique and use it in a game.</li> <li>- Begin to use fielding skills to stop a ball from travelling past them.</li> <li>- Throw with greater control and accuracy E.g. to get the ball to where they want to</li> <li>- Perform range of catching and gathering skills with control E.g. long barrier,</li> <li>- Begin to throw a ball in different ways (e.g. high, low, fast or slow).</li> <li>- Begin to develop a safe and effective overarm bowl.</li> <li>- Describe how their performance has improved over time.</li> </ul>	<p>Invasion games, defending, attacking, opponent, overarm, underarm, overhead</p> <p>Possession, space, tackle, 1 to 1 marking/defending.</p> <p>Batting, bowling, stumps, wickets, fielding.</p>	<p>Dodgeballs, cones</p> <p>Footballs, cones</p> <p>Cricket balls, cricket bats, wickets, cones.</p> <p>Batting technique – <a href="https://www.youtube.com/watch?v=VHTzqkFuljs">https://www.youtube.com/watch?v=VHTzqkFuljs</a></p> <p>Bowling technique - <a href="https://www.youtube.com/watch?v=VHTzqkFuljs">https://www.youtube.com/watch?v=VHTzqkFuljs</a></p>
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<p><b>Year 4</b></p>	<ul style="list-style-type: none"> <li>- Describe how the body reacts at different times and how this affects performance.</li> <li>- Explain why exercise is good for your health.</li> <li>- Know some reasons for warming up and cooling down.</li> </ul> <p><u>Hockey (Autumn 1)</u></p> <ul style="list-style-type: none"> <li>- Know how to hold a hockey stick (two hands).</li> <li>- Know the rules of hockey.</li> <li>- Know how to pass and receive the ball using a hockey stick.</li> <li>- Know how to dribble using a hockey stick (see video in resources).</li> </ul> <p><u>Football (Autumn 2)</u></p> <ul style="list-style-type: none"> <li>- Know the rules of football</li> <li>- Know how to control a football using feet.</li> <li>- Understand goalkeepers can use their hands and feet to stop the ball going in the goal.</li> <li>- Know goalkeepers can only use their hands in the box.</li> </ul> <p><u>Tennis (Spring 1)</u></p> <ul style="list-style-type: none"> <li>- Know the rules of tennis</li> <li>- Know how to hold a tennis racket</li> <li>- Know the principles of passing and receiving a ball using a tennis racket</li> <li>- Begin to know how to perform an underarm serve (see videos).</li> </ul>	<p><u>Hockey (Autumn 1)</u></p> <ul style="list-style-type: none"> <li>- Begin to pass and receive the ball</li> <li>- Begin to dribble with the ball</li> <li>- Begin to get past an opponent</li> <li>- Start to tackle an opponent and win the ball back</li> <li>- Hit the ball.</li> <li>- Modify their use of skills or techniques to achieve a better result.</li> </ul> <p><u>Football (Autumn 2)</u></p> <ul style="list-style-type: none"> <li>- Pass and receive a football with increasing accuracy and success.</li> <li>- Use goalkeeping skills and strategies to protect a goal.</li> <li>- Contribute towards helping their team to keep and win back possession of the ball in a team game.</li> <li>- Make the best use of space to pass and receive the ball.</li> <li>- Modify their use of skills or techniques to achieve a better result.</li> </ul> <p><u>Tennis (Spring 1)</u></p> <ul style="list-style-type: none"> <li>- Use a racket to hit a ball with some accuracy and control.</li> <li>- Begin to accurately serve underarm.</li> <li>- Begin to build a rally with a partner.</li> <li>- Begin to use at least two different shots in a game situation E.g. forehand, backhand</li> <li>- Modify their use of skills or techniques to achieve a better result.</li> </ul>	<p>Dribble, opponent, tackle, pass and receive.</p> <p>Goalkeeping, possession, defending, goalkeeper's box.</p> <p>Tennis racket, rally, forehand, backhand, underarm serve.</p>	<p>Hockey sticks, hockey balls, cones. Dribbling a hockey ball video - <a href="https://www.youtube.com/watch?v=vPYsq_aTCXk">https://www.youtube.com/watch?v=vPYsq_aTCXk</a></p> <p>Footballs, goals, cones.</p> <p>Tennis balls, tennis rackets, cones. Tennis rules – <a href="https://www.youtube.com/watch?v=KCaxZaIYZs8">https://www.youtube.com/watch?v=KCaxZaIYZs8</a> Underarm serve - <a href="https://www.youtube-nocookie.com/embed/E4OJI6KotmU?playlist=E4OJI6KotmU&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;mode=tbranding=1&amp;start=">https://www.youtube-nocookie.com/embed/E4OJI6KotmU?playlist=E4OJI6KotmU&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;mode=tbranding=1&amp;start=</a></p>
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	<p><u>Tag Rugby (Summer 1)</u></p> <ul style="list-style-type: none"> <li>- Know the techniques to passing and catching a rugby ball.</li> <li>- Understand the rules of Tag Rugby.</li> <li>- Understand how to intercept the ball.</li> </ul> <p><u>Netball (Summer 2)</u></p> <ul style="list-style-type: none"> <li>- Know the rules of High5 Netball.</li> <li>- Know what the footwork rule is (cannot move landing foot).</li> <li>- Know how to perform a chest pass, shoulder pass, bounce pass.</li> <li>- Know to mark 1 on 1.</li> <li>- Know how to pivot.</li> <li>- Know what space looks like.</li> </ul>	<p><u>Tag Rugby (Summer 1)</u></p> <ul style="list-style-type: none"> <li>- To throw and catch a rugby ball</li> <li>- Begin to execute a successful pass of a rugby ball while on the move.</li> <li>- Move with the ball into space.</li> <li>- Begin to apply the rules of tagging in tag rugby.</li> <li>- Begin to gain possession by intercepting a pass.</li> <li>- Begin to use my attacking and defending skills and knowledge to make tactical decisions.</li> <li>- Begin to apply attacking and defending skills in a game of tag rugby.</li> <li>- Modify their use of skills or techniques to achieve a better result.</li> </ul> <p><u>Netball (Summer 2)</u></p> <ul style="list-style-type: none"> <li>- Apply the footwork rule in netball.</li> <li>- Use a range of techniques to throw the ball. E.g. chest pass, shoulder pass, bounce pass</li> <li>- Apply the basic principles of defending in invasion games E.g. 1 to 1 marking</li> <li>- Apply the basic principles of attacking in invasion games E.g. passing the ball to get to the net</li> <li>- Apply and follow rules fairly</li> <li>- Find a useful space and get into it to support teammates</li> <li>- Perform a pivot.</li> </ul>	<p>Possession, intercepting, tactical decisions.</p> <p>Pivot, chest pass, shoulder pass, bounce pass.</p>	<p>Rugby balls, rugby tags, cones. Rules of Tag <a href="https://www.youtube.com/watch?v=cjrFEOoe7g">https://www.youtube.com/watch?v=cjrFEOoe7g</a> Rugby video – <a href="https://www.youtube.com/watch?v=WTyYyHLOfTU">https://www.youtube.com/watch?v=WTyYyHLOfTU</a></p> <p>Netballs, netball posts, bibs, netball courts, cones. Rules for High 5 Netball video - <a href="https://www.youtube.com/watch?v=a1Jn0Raal24">https://www.youtube.com/watch?v=a1Jn0Raal24</a></p>
<b>Year 5</b>	<ul style="list-style-type: none"> <li>- Know and understand the reasons for warming up and cooling down.</li> <li>- Explain some safety principles when preparing for and during exercise.</li> </ul> <p><u>Hockey (Autumn 1)</u></p> <ul style="list-style-type: none"> <li>- Know the rules of hockey.</li> <li>- Know the principles of passing and receiving the ball using a hockey stick.</li> <li>- Know how to dribble using a hockey stick.</li> <li>- Know how to tackle an opponent to win the ball back (see video in resources).</li> </ul> <p><u>Tennis (Spring 1)</u></p> <ul style="list-style-type: none"> <li>- Know the technique for an overhead serve.</li> <li>- Know the different strokes for tennis (forehand, back hand, volley).</li> </ul>	<p><u>Hockey (Autumn 1)</u></p> <ul style="list-style-type: none"> <li>- Dribble in a game with success.</li> <li>- Pass a ball with speed and accuracy using appropriate techniques in a game situation.</li> <li>- Keep and win back possession of the ball effectively in a team game.</li> <li>- Demonstrate an increasing awareness of space.</li> <li>- Choose the best tactics for attacking and defending.</li> <li>- Shoot in a game.</li> <li>- Know when to pass and when to dribble in a game.</li> <li>- Explain why they have used particular skills or techniques, and the effect they have had on their performance.</li> </ul> <p><u>Tennis (Spring 1)</u></p> <ul style="list-style-type: none"> <li>- Explore when different shots are best used.</li> <li>- Develop a backhand technique and use it in a game.</li> <li>- Practise techniques for all strokes (forehand, back hand, volley).</li> <li>- Play a tennis game using an overhead serve.</li> <li>- Explain why they have used particular skills or techniques, and the effect they have had on their performance.</li> </ul>	<p>Dribbling, tackling, possession, space.</p> <p>Shots, strokes, backhand, forehand, volley, overhead serve.</p>	<p>Hockey sticks, hockey balls, cones. Tackling in hockey video –  <a href="https://www.youtube.com/watch?v=mNllygEpuf8">https://www.youtube.com/watch?v=mNllygEpuf8</a></p> <p>Tennis rackets, tennis balls, cones Overarm serve <a href="https://www.youtube.com/watch?v=AZECERNmVIs">https://www.youtube.com/watch?v=AZECERNmVIs</a></p>

	<p><u>Dodgeball (Spring 2)</u></p> <ul style="list-style-type: none"> <li>- Know the rules of dodgeball.</li> <li>- Know how to dodge (jump, duck, side step, leap).</li> <li>- Know to change and lower their body position to catch a ball thrown below their knees.</li> </ul> <p><u>Rounders (Summer 1)</u></p> <ul style="list-style-type: none"> <li>- Know different techniques for throwing (overarm for distance underarm to bowl) and catching (cup 2 hands).</li> <li>- Know and understand the rules of Rounders.</li> <li>- Know how to field effectively (children on posts and deep fielders).</li> <li>- Know to use hand-eye coordination to hit the ball with a rounders bat.</li> </ul> <p><u>Basketball (Summer 2)</u></p> <ul style="list-style-type: none"> <li>- Know and understand the rules of basketball.</li> <li>- Know to use a chest pass in basketball.</li> <li>- Know how to dribble with a basketball.</li> <li>- Know how to pivot.</li> </ul>	<p><u>Dodgeball (Spring 2)</u></p> <ul style="list-style-type: none"> <li>- Aim at and consistently hit a moving target, ever from longer distances.</li> <li>- Use the technique of dodging with efficiency and success (jump, duck, sidestep, leap)</li> <li>- Catch a ball aimed at their knees and lower legs with efficiency and success.</li> </ul> <p><u>Rounders (Summer 1)</u></p> <ul style="list-style-type: none"> <li>- Begin to use the correct techniques for batting and bowling in rounders.</li> <li>- Begin to use the correct techniques for throwing and catching when fielding in rounders.</li> <li>- Begin to field effectively in these positions of backstop, deep fielders and base fielders and demonstrate good skill.</li> <li>- Apply the rules of rounders during a game.</li> <li>- Explain why they have used particular skills or techniques, and the effect they have had on their performance.</li> </ul> <p><u>Basketball (Summer 2)</u></p> <ul style="list-style-type: none"> <li>- Dribble with a basketball.</li> <li>- Use a range of techniques to pass a basketball successfully E.g. bounce pass, chest pass</li> <li>- Know how to pivot.</li> <li>- Use strategies to keep possession of the ball.</li> <li>- Explain why they have used particular skills or techniques, and the effect they have had on their performance.</li> </ul>	<p>Aim, dodging, jump, duck, sidestep, leap, body position</p> <p>Batting, bowling, fielding, backstop, bowler, deep fielders.</p> <p>Dribble, bounce pass, chest pass, pivot, possession.</p>	<p>Dodgeballs, cones</p> <p>Rounders bases and posts, rounders bats, rounders balls.</p> <p>Basketballs, cones,</p>
Year 6	<ul style="list-style-type: none"> <li>- Understand the importance of warming up and cooling down.</li> <li>- Carry out warm-ups and cool-downs safely and effectively.</li> <li>- Understand why exercise is good for health, fitness and wellbeing.</li> <li>- Know ways they can be healthier.</li> </ul> <p><u>Tag Rugby (Autumn 2)</u></p> <ul style="list-style-type: none"> <li>- Know the techniques to passing and catching a rugby ball (see video in resources).</li> <li>- Understand how to intercept the ball.</li> <li>- Know to communicate and use tactics within a game.</li> </ul>	<p><u>Tag Rugby (Autumn 2)</u></p> <ul style="list-style-type: none"> <li>- Throw and catch accurately and successfully under pressure in a game.</li> <li>- Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</li> <li>- Keep and win back possession of the ball effectively and in a variety of ways in a team game, demonstrating a good awareness of space.</li> <li>- Think ahead and create a plan of attack or defence.</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul>	<p>Under pressure, passing and receiving, possession, spatial awareness.</p>	<p>Rugby balls, rugby tags, cones.</p> <p>Rules of Tag – <a href="https://www.youtube.com/watch?v=cjrFEOoqe7g">https://www.youtube.com/watch?v=cjrFEOoqe7g</a></p> <p>Rugby video – <a href="https://www.youtube.com/watch?v=WTyYyHLOftU">https://www.youtube.com/watch?v=WTyYyHLOftU</a></p>



	<p><u>Netball (Spring 1)</u></p> <ul style="list-style-type: none"> <li>- Know how to pivot.</li> <li>- Know to intercept the ball.</li> <li>- Know attacking tactics i.e. dodging and finding space.</li> <li>- Know the rules of high 5 netball.</li> </ul> <p><u>Cricket (Spring 2)</u></p> <ul style="list-style-type: none"> <li>- Know how to catch a ball at different heights and angles (one or two hands),</li> <li>- Know how to perform a long and short barrier.</li> <li>- Know correct batting technique.</li> <li>- Know the correct technique for catching a ball at different heights and angles.</li> <li>- Know how to throw accurately over a large distance.</li> <li>- Know how to safely bowl over arm.</li> </ul> <p><u>Rounders (Summer 1)</u></p> <ul style="list-style-type: none"> <li>- Understand the rules of Rounders.</li> <li>- Know how to perform a long and short barrier.</li> <li>- Understand how to field effectively by communicating.</li> <li>- Know the roles and responsibilities of the backstop, deep fielders and base fielders in rounders.</li> <li>- Know the correct techniques for batting and bowling in rounders.</li> </ul> <p><u>Basketball (Summer 2)</u></p> <ul style="list-style-type: none"> <li>- Know how to mark a player effectively 1 to 1.</li> <li>- Know how to get free from a defender (dodging).</li> </ul>	<p><u>Netball (Spring 1)</u></p> <ul style="list-style-type: none"> <li>- Select the most appropriate netball pass each time (shoulder pass, chest pass or bounce pass).</li> <li>- Pivot within a netball game</li> <li>- Use attacking tactics i.e. dodging and finding space within a game.</li> <li>- Apply knowledge of attacking and defending tactics to a game of 'High 5 Netball'.</li> <li>- Win back possession of the ball in a team game.</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> <li>- Modify their use of skills or techniques to achieve a better result.</li> </ul> <p><u>Cricket (Spring 2)</u></p> <ul style="list-style-type: none"> <li>- React quickly and catch balls thrown at different heights and angles.</li> <li>- Use effective fielding techniques (long barrier and short barrier) within a game under pressure.</li> <li>- Throw the ball accurately over a large distance.</li> <li>- Strike a bowled ball over a large distance into space.</li> <li>- Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>- Bowl a ball overarm at a target.</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul> <p><u>Rounders (Summer 1)</u></p> <ul style="list-style-type: none"> <li>- Hit a bowled ball over longer distances.</li> <li>- Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>- Work as a team to develop fielding strategies to prevent the opposition from scoring.</li> <li>- Use the correct techniques for batting and bowling in rounders.</li> <li>- Use the correct techniques for throwing and catching when fielding in rounders.</li> <li>- Field effectively and communicate well between the positions of backstop, deep fielders and base fielders and demonstrate good skill and techniques to prevent the opposition from scoring.</li> <li>- Be able to 'read' the game and apply tactics to outwit opponents.</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul> <p><u>Basketball (Summer 2)</u></p> <ul style="list-style-type: none"> <li>- Mark a player effectively.</li> <li>- Get free from a defender.</li> <li>- Apply basketball skills when playing as part of a team in a game.</li> <li>- Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.</li> </ul>	<p>Pivot, chest pass, shoulder pass, bounce pass.</p>	<p>Netballs, netball posts, bibs, netball courts, cones. Rules for High 5 Netball video –</p> <p><a href="https://www.youtube.com/watch?v=a1Jn0RaaL24">https://www.youtube.com/watch?v=a1Jn0RaaL24</a></p> <p>Cricket balls, cricket bats, wickets, cones</p> <p>Long barrier video –</p> <p><a href="https://www.youtube-nocookie.com/embed/1hxVw1YCJn0?playlist=1hxVw1YCJn0&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;start=">https://www.youtube-nocookie.com/embed/1hxVw1YCJn0?playlist=1hxVw1YCJn0&amp;autoplay=1&amp;iv_load_policy=3&amp;loop=1&amp;modestbranding=1&amp;start=</a></p> <p>Long and short barrier –</p> <p><a href="https://www.youtube.com/watch?v=2wf0e-VZy4M">https://www.youtube.com/watch?v=2wf0e-VZy4M</a></p>
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