

# Physical Education Outdoor Lesson Objective Map



Each topic to be taught in bullet point order using these lesson objectives.

Year Group	Autumn	Spring	Summer			
Pre-school	<ul style="list-style-type: none"> <li>Runs safely on whole foot.</li> <li>Squats with steadiness to rest or play with object on the ground, and rises to feet without using hands.</li> <li>Climbs confidently and is beginning to pull themselves up on nursery play climbing equipment.</li> <li>Can kick a large ball.</li> <li>Turns pages in a book, sometimes several at once.</li> <li>Shows control in holding and using jugs to pour, hammers, books and mark-making tools.</li> <li>Walks upstairs or downstairs holding onto a rail two feet to a step.</li> <li>May be beginning to show preference for dominant hand</li> </ul>					
Nursery	<ul style="list-style-type: none"> <li>Moves freely and with pleasure and confidence in a range of ways, such as slithering, shuffling, rolling, crawling, walking, running, jumping, skipping, sliding and hopping.</li> <li>Mounts stairs, steps or climbing equipment using alternate feet.</li> <li>Walks downstairs, two feet to each step while carrying a small object.</li> <li>Runs skilfully and negotiates space successfully, adjusting speed or direction to avoid obstacles.</li> <li>Can stand momentarily on one foot when shown.</li> <li>Can catch a large ball.</li> <li>Draws lines and circles using gross motor movements.</li> <li>Uses one-handed tools and equipment, e.g. makes snips in paper with child scissors.</li> <li>Holds pencil between thumb and two fingers, no longer using whole-hand grasp.</li> <li>Holds pencil near point between first two fingers and thumb and uses it with good control.</li> <li>Can copy some letters, e.g. letters from their name.</li> </ul>					
Rec	<ul style="list-style-type: none"> <li>To move safely in an area.</li> <li>To control our body to be safe in a PE lesson.</li> <li>To execute a lunge movement.</li> <li>To roll and trap a ball with hands.</li> <li>To control and travel with a ball using feet.</li> </ul> <p><b>KEY WORDS:</b> Safety, Scan, Listening,</p>	<ul style="list-style-type: none"> <li>To walk and run using a variety in the length of stride.</li> <li>To explore moving at different speeds.</li> <li>To explore moving in to spaces.</li> <li>To estimate the number of steps needed to reach a destination (hops, skips).</li> </ul>	<ul style="list-style-type: none"> <li>To develop the lunge technique whilst traveling in different directions</li> <li>To use cross lateral techniques to refine movement (walk, run, throw)</li> <li>To bounce and catch my own ball</li> <li>To throw and catch various objects</li> </ul>	<ul style="list-style-type: none"> <li>To move with speed and show agility</li> <li>To develop bouncing and catching my own ball</li> <li>To develop throwing and catching a variety of objects</li> <li>To explore leaping, hopping and sliding</li> </ul>	<ul style="list-style-type: none"> <li>To jump from one foot to two feet, and one foot to one foot leading with either leg (Functional)</li> <li>To anticipate the direction and action needed to receive an object. To trap a ball with hands and feet (manipulative)</li> <li>To develop cross lateral techniques</li> </ul>	<ul style="list-style-type: none"> <li>To rotate and twist the body to create shapes and movement (Functional)</li> <li>To develop kicking a ball in various directions using both feet (Manipulative)</li> <li>To develop leaping, hopping, sliding and combining these</li> </ul>

	<p>Control, Avoid, Balance, Statue, Still, Lunge, Knees, Feet, Roll, Trap, Send, Football, Dribble, Travel</p>	<ul style="list-style-type: none"> <li>To develop the ability to control a ball in a range of different ways.</li> <li>To send/release a ball or object towards a set direction or distance/target.</li> <li>To develop the ability to jump in different ways.</li> <li>To learn how to jump and land safely.</li> <li>To develop the lunge technique.</li> <li>To roll a ball in a set direction.</li> <li>To trap a ball when receiving.</li> </ul> <p><b>KEY WORDS:</b> Speed, Run, Skip, Steps, Gallop, Distance, Ball, Move, Control, Jump, Leap, Exercise, Lunge, Direction, Balance, Twist, Turn, Waist, Send, Target, Hands</p>	<ul style="list-style-type: none"> <li>To develop a take off action for a variety of jumps</li> <li>To develop correct landing technique</li> <li>To understand what happens to our body when we exercise</li> <li>To develop travelling in a range of ways safely negotiating space</li> <li>To recognise how long it takes to travel different distances using different travelling movements</li> <li>To send a variety of different size balls in a set direction</li> <li>To control a ball that is sent to me</li> </ul> <p><b>KEY WORDS:</b> Step, Knees, Still, Head, Toes, Heels, Ball, Bounce, Catch, Flat, Landing, Jumping, Walk, Hop, Travel, Roll, Control, Target</p>	<ul style="list-style-type: none"> <li>To develop speed, agility, and acceleration/deceleration</li> <li>To explore kicking a ball towards a target</li> <li>To explore striking a ball using various equipment</li> </ul> <p><b>KEY WORDS:</b> Speed, Breathe, Ball, Bounce, Catch, Hop, Leap, Slide, Height, Take Off, Landing, Accelerate, Agility, Directions, Send, Receive, Sole, inside, Kick, target, Football, Bat, Stick, Racket, Strike, Hit, Equipment</p>	<p>to refine movement (walk, run, throw) (Concepts)</p> <ul style="list-style-type: none"> <li>To rise up from a squat position</li> <li>To run or travel from a squat (Functional)</li> <li>To release a ball or object towards a set direction or distance (manipulative)</li> <li>To develop speed and agility exploring acceleration and deceleration (Functional)</li> </ul> <p><b>KEY WORDS:</b> Take Off, Landing, Leap, Trap, Roll, Watch, Walk, Run, Throw, Squat, Balance, Stand, Underarm, Throw, Target, Speed Up, Slow Down, Stop</p>	<p>movements (Functional)</p> <ul style="list-style-type: none"> <li>To develop a swing of a racket or bat to strike a ball (manipulative)</li> <li>To move a variety of objects in multiple directions (up, down, forwards, backwards, right and left) (Concepts)</li> <li>To use a variety of techniques when moving both body and objects (Concepts)</li> </ul> <p><b>KEY WORDS:</b> Twist, Rotate, Waist, Kick, Foot, Target, Hop, Leap, Slide, Racket, Strike, Drop, Directions, Bounce, Skip, Circuit, Stations, Take Turns</p>
<b>1</b>	<p><b>Fundamental Movement Skills Through Tag Games</b></p> <ul style="list-style-type: none"> <li>To be able to move safely in a space with control</li> </ul>	<p><b>Exploring Manipulative Skills</b></p> <ul style="list-style-type: none"> <li>To be able to send a ball towards a target</li> <li>To be able to release a ball</li> </ul>	<p><b>Functional Movement</b></p> <ul style="list-style-type: none"> <li>To walk and run using an opposite arm to leg action</li> <li>To develop an awareness of space and to</li> </ul>	<p><b>Developing Manipulative Skills</b></p> <ul style="list-style-type: none"> <li>To throw and catch a ball with a partner using two hands</li> </ul>	<p><b>Movement Concepts</b></p> <ul style="list-style-type: none"> <li>To develop jumping for height and jumping for distance</li> <li>To move in time to a rhythm</li> </ul>	<p><b>Athletics Fundamentals</b></p> <ul style="list-style-type: none"> <li>To explore different ways of moving</li> </ul>

	<ul style="list-style-type: none"> <li>To understand how to tag safely in a tag game</li> <li>To move safely and to avoid being tagged in a tag game</li> <li>To be able to react quickly in a tag game</li> <li>To help others escape when caught in a tag game</li> <li>To demonstrate a combination of skills learned in this unit</li> </ul> <p><b>NC links:</b> space, safety, scanning, tag, sprint, pounce, avoid, burst, dodge, reactions, start position, release, escape, energy, rules, sports, exercise</p>	<p>towards a moving target</p> <ul style="list-style-type: none"> <li>To move with a ball using our feet</li> <li>To change direction with a ball using our feet</li> <li>To dribble with a ball using our hands</li> <li>To move with a ball and keep it away from another player using our hands</li> </ul> <p><b>NC links:</b> aim, target, send, accurate, timing, dribble, control, turn, protect, escape, bounce, waist, control, change direction, speed</p>	<p>remember a movement pattern</p> <ul style="list-style-type: none"> <li>To develop anticipation and reactions with a moving ball using hands</li> <li>To kick a ball towards a target over various distances</li> <li>To explore striking a ball with a bat or a racket</li> <li>To bend and stretch in a variety of directions and at different levels</li> </ul> <p><b>NC links:</b> run, jog, skip, opposite, instructions, pattern, directions, aim, trap, accurate, kick, pass, distance, strike, stance, ready, bend, stretch, balance</p>	<ul style="list-style-type: none"> <li>To throw and catch different objects using two hands</li> <li>To throw and catch a ball whilst I am moving</li> <li>To throw a small object using an overarm throw</li> <li>To throw a ball at a target from a close distance</li> <li>To throw and catch a ball in competitive team games</li> </ul> <p><b>NC links:</b> partner, catch, throw, safety, object, hands, moving, partner, chest, distance, overarm, target, send, release, team, competition, success</p>	<ul style="list-style-type: none"> <li>To develop catching a ball from different directions and heights</li> <li>To develop the lunge movement for stability and balance</li> <li>To side step and hop in different directions</li> <li>To bounce and catch with a partner using a variety of balls</li> </ul> <p><b>NC links:</b> take-off, flight, landing, marching, beat, sequence, ready position, scan, space, lunge, balance, stable, side-step, hop, directions, bounce, grip, receive</p>	<ul style="list-style-type: none"> <li>To jump over an object with two feet</li> <li>To jump for distance with two feet</li> <li>To throw an object at a target</li> <li>To explore different ways of jumping over obstacles</li> <li>To throw an object as far as possible</li> <li>To choose the best way to throw different objects</li> <li>To run over obstacles with control</li> <li>To throw a ball using a push throw</li> </ul> <p><b>NC links:</b> athletics, movement, jump, knees, hips, ankles, obstacle, angles, height, distance, push-throw, sprint, relay, extend, elbows, stations, rules, safety, fair play</p>
<p style="text-align: center; font-size: 2em;"><b>2</b></p>	<p><b>Fundamental Movement Skills Through Tag Games</b></p> <ul style="list-style-type: none"> <li>To take part safely in a tag game</li> <li>To take part in a team tag game</li> </ul>	<p><b>Exploring Manipulative Skills</b></p> <ul style="list-style-type: none"> <li>To roll a ball along the floor and hit a target</li> <li>To throw a ball underarm and hit a moving target in a game</li> </ul>	<p><b>Functional Movement</b></p> <ul style="list-style-type: none"> <li>To run at a variety of speeds and in different directions to develop a fluent running technique</li> <li>To use a range of different jumping techniques</li> </ul>	<p><b>Developing Manipulative Skills</b></p> <ul style="list-style-type: none"> <li>To throw and catch a ball in a variety of different ways</li> <li>To throw and catch a variety of objects using both one and two hands</li> </ul>	<p><b>Movement Concepts</b></p> <ul style="list-style-type: none"> <li>To develop leaping over various distances and heights</li> <li>To develop agility, needed to avoid being tagged in a tag game</li> </ul>	<p><b>Athletics Fundamentals</b></p> <ul style="list-style-type: none"> <li>To develop running with a good posture</li> <li>To jump quickly from side to side showing coordination and balance</li> </ul>

	<ul style="list-style-type: none"> <li>To use different movements to evade an opponent</li> <li>To be able to demonstrate increasing understanding of rules of different tag games.</li> <li>To recognise how to preserve energy in a tag game.</li> <li>To communicate with teammates to try to win a game</li> </ul> <p><b>NC links:</b> safety, respect, listening, taking turns, team, tag, trick, side-step, evade, control, energy, consistent, positive, balance, concentrate, circuit, decisions, rules</p>	<ul style="list-style-type: none"> <li>To dribble with a football and avoid others</li> <li>To dribble with a football and get past a guard</li> <li>To dribble a basketball using both right and left hands</li> <li>To dribble a basketball and protect it from other players</li> </ul> <p><b>NC links:</b> target, aiming, accuracy, weight, underarm, power, control, follow through, dribbling, touches, control, sole, skill, trick, disguise, bounce, snap, wrist, guard, protect, block, shield</p>	<ul style="list-style-type: none"> <li>To send and receive an object whilst on the move using hands</li> <li>To develop kicking a ball to a partner with accuracy and control whilst on the move</li> <li>To develop striking a moving ball with a bat or a racket</li> <li>To develop turning and spinning actions and use these in various competitive games</li> </ul> <p><b>NC links:</b> fluent, rhythm, technique, knee action, take-off, landing, hips, ankles, tracking, receiving, netball, strike, power, inside, outside, stance, racket, timing</p>	<ul style="list-style-type: none"> <li>To throw and catch a variety of objects whilst moving</li> <li>To throw different objects over a long distance using an overarm throw</li> <li>To throw different objects at a target over various distances</li> <li>To throw and catch a variety of different objects in competitive team games</li> </ul> <p><b>NC links:</b> partner, chest-pass, eye contact, objects, variety, distances, accuracy, shoulders, hands, release, finger tips, rotate, scoring, opponent, game, teammate, competitive, demonstrate</p>	<ul style="list-style-type: none"> <li>To develop catching skills with changes of height, speed, direction and whilst on the move</li> <li>To explore the chest pass and use it in an opposed game</li> <li>To develop striking a moving ball in a game</li> <li>To develop dribbling a ball using our feet and use the skill in a game</li> </ul> <p><b>NC links:</b> leap, lunge, opposite, landing, agility, disguise, evade, reaction, support, pass, receive, stance, grip, strike, football, dribble, touches</p>	<ul style="list-style-type: none"> <li>To select the best way to jump over different distances</li> <li>To develop throwing for distance with a pull throw</li> <li>To throw a ball using a bounce-push throw</li> <li>To combine hops and jumps together in a sequence</li> <li>To run on a curve with coordination and control</li> <li>To throw a foam javelin using a pull throw</li> <li>To accelerate quickly whilst taking part in a sprint relay race</li> <li>To demonstrate the ability to jump for distance from one foot to two feet</li> </ul> <p><b>NC links:</b> posture, running, bounce, coordination, extend, distance, angles, pull-throw, bounce-push, combine, sequence, track, lean, javelin, accelerate, relay, take-off, flat footed, stations, rules, safety</p>
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# 3

## NETBALL

- To execute a basic chest pass
- To execute a two handed bounce pass
- To develop movement and recognise space
- To execute a basic overhead and shoulder pass
- To explore basic understanding of possession
- Moving with the ball as a group

**NC links:** target, eye contact, chest pass, bounce pass, power, distance, scanning, movement, timing, overhead pass, shoulder pass, possession, teammate, defender, court, distance, power

## FOOTBALL

- To execute basic dribbling technique to travel with the ball
- Basic shielding technique
- To execute two basic types of turn with the ball
- To execute quick changes of direction whilst moving with the ball
- To evade a defender in a 1v1 situation
- To apply individual possession skills in opposed games

**NC links:** scanning, dribbling, touches, shield, protect, hide, drag back turn, hook turn, defender, skill, trick, feint, accelerate, disguise, creative, unpredictable, respect, encourage, support

## HOCKEY

- Explore basic dribbling skills in hockey
- Explore different ways to change direction whilst
- Use dribbling skills to get past or get away from a defender
- Develop dribbling to shoot at the goal
- Explore the basic ball striking technique

**NC links:** grip, control, dribbling, contact, rotate, direction, twist, defender, disguise, accelerate, shoot, strike, power, accuracy, weight of pass, eye contact, assessment, competitive, opponent

## TENNIS

- To develop basic tennis specific movements
- To explore basic control of the tennis racket
- To develop increasing control of the tennis racket whilst on the move
- To explore the basic forehand shot
- To control the direction and power of the forehand shot

**NC links:** ready position, balance, movement, agility, V-grip, racket, control, develop, grip, racket head, forehand shot, side-on position, concentration, distance, control, accuracy, group, taking turns, competitive, respect

## ATHLETICS

- To be able to run with good posture
- Demonstrate basic running for speed
- Explore a variety of jumping styles
- To sprint over short distances
- To explore the two-handed push throw
- To throw and retrieve objects safely
- To explore a one-handed pull throw
- To explore running over a medium distance

**NC links:** posture, sprint, reactions, accelerate, power, speed, push throw, agility, pull throw, distance, safety, pace, teamwork, long distance, events, performance, challenges

## ROUNDERS

- To catch a ball using the cup technique
- To bowl a ball underarm with accuracy
- To explore striking a moving ball in an intended direction
- To field a ball that is moving towards me and return the ball to a post fielder
- To retrieve a ball that has gone past me and return the ball to a post fielder
- To use striking and fielding skills in competitive games

**NC links:** ready position, cup technique, anticipate, bowling, grip, release, transfer, striking, fielding, coordination, stance, intentional, fielding, short pick up, short barrier, retrieve, pick up, runs, competition

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**NETBALL**

- Develop the chest pass and bounce pass
- Develop the overhead and shoulder pass techniques
- Develop movement skills in order to evade a defender
- To develop understanding of keeping possession as a team
- Execute the basic shooting technique
- Apply skills learned in a modified version of High 5 netball

**NC links:** chest pass, bounce pass, intercept, technique, overhead pass, shoulder pass, scan, evade, recognise, pressure, opponent, support, shooting, target, scoring, positions, rules, respect, referee

**FOOTBALL**

- To develop dribbling with the ball in a crowded area
- To develop shielding techniques whilst under pressure from an opponent
- To develop three different ways to turn with the ball and apply these whilst under pressure from an opponent
- To use changes of speed and direction whilst travelling with the ball
- To develop a variety of ways of beating an opponent in a 1v1 scenario
- To apply a range of individual possession skills in opposed game-based situations

**NC links:** Possession, control, traveling, block, shield, outside

**HOCKEY**

- Dribble with and keep possession of the ball in small spaces
- Develop ways to change direction and speed to evade a defender in a 1v1 situation
- Develop shooting with power from a medium range following a dribble
- Develop an understanding of basic defending techniques in hockey

**NC links:** possession, rotate, scanning, evade, slalom, deceive, opponent, balance, power, distance, strike, push-pass, grip, receive, jab tackle, timing, safety, intercept, assessment, demonstrate, compete

**TENNIS**

- To further develop tennis specific movements used in the game
- To recap and develop increasing control of the tennis racket
- To develop the forehand drive shot
- To explore the two-handed backhand shot
- To explore the forehand volley shot
- Work in a small group effectively

**NC links:** ready position, sport specific, balance, flight, anticipate, angles, forehand, timing, bounce, rotation, C-shape, backhand, volley, attacking, risk & reward, rules, respect, sportsmanship,

**ATHLETICS**

- To develop reaction speed required for sprinting
- To explore running with rhythm and coordination over obstacles
- To jump for distance from 2 feet landing on 2 feet
- To use a short run to jump from one foot to two feet
- To develop the one-handed push throw
- To develop awareness of pacing over a longer distance run
- To be a valuable team member in an athletics event

**NC links:** Reaction speed, sprint start, arms and shoulders, coordination, rhythm, hips, knees, extend, ankles, weight, long jump, shot putt, push

**ROUNDERS**

- To develop throwing and catching skills required for striking and fielding games
- To develop an accurate bowling technique for rounders
- To develop the basic batting technique used in rounders
- To develop a range of stopping techniques used in rounders
- To retrieve and accurately throw a ball overarm to reach a designated target & to back up a post fielder
- To apply striking and fielding skills in a modified game of rounders

**NC links:** hand to eye coordination, accuracy, anticipate, consistency, height, distance, grip, stance,

		hook, inside hook, evade, trick, unbalance, unpredictable, exciting, creative, respect, teamwork, resilience,			throw, techniques, competitor, respect	timing, fielding, long barrier, two handed pick up, backing up, designated, competitive, scoring
<b>5</b>	<p><b>NETBALL</b></p> <ul style="list-style-type: none"> <li>Develop a variety of passing techniques and apply them in opposed games</li> <li>To develop intermediate passing techniques including one-handed techniques and applying disguise</li> <li>Explore and understand basic pivoting technique and footwork rule</li> <li>Introduce basic defensive techniques screening and intercepting</li> <li>Develop shooting whilst under pressure from an opponent</li> <li>Develop understanding of High 5 netball. Basic rules and positions</li> </ul> <p><u>NC links:</u> technique, variety, scenario, opposed, fakes, disguised pass, pivot,</p>	<p><b>FOOTBALL</b></p> <ul style="list-style-type: none"> <li>Travelling with the ball whilst under pressure from an opponent</li> <li>To apply a variety of turning and shielding skills in opposed scenarios</li> <li>To apply a variety of dribbling skills in order to beat a defender in various 1v1 situations</li> <li>To pass the ball accurately over a short distance. Develop basic receiving skills whilst under pressure from an opponent.</li> <li>To develop an understanding of how, when and why to pass forward</li> <li>To explore principles of keeping possession as a team</li> <li>To develop an understanding of attacking principles and apply these in a</li> </ul>	<p><b>HOCKEY</b></p> <ul style="list-style-type: none"> <li>Develop controlled dribbling technique with changes of direction and speed</li> <li>To travel with the ball in order to get past or evade defenders</li> <li>To revisit the push pass technique to further develop passing over short and medium range</li> <li>To keep possession of the ball as a team using a variety of passes</li> <li>To develop shooting at goal from a variety of distances after receiving a pass</li> <li>To develop good sportsmanship and apply the skills we have learned this term in a variety of competitive team games</li> </ul>	<p><b>TENNIS</b></p> <ul style="list-style-type: none"> <li>To develop reaction speed, footwork and movement required for tennis</li> <li>To revisit the correct stance and grip for the basic forehand shot</li> <li>To develop the forehand drive and develop decision making about how and when to use the shot</li> <li>To develop the two-handed backhand drive and develop decision making around how and when to play the shot</li> <li>To develop the forehand and backhand volley technique</li> <li>To understand how to score points in tennis and to take part in some fun</li> </ul>	<p><b>ATHLETICS</b></p> <ul style="list-style-type: none"> <li>To develop an understanding of the effect of exercise on the body through athletics activities</li> <li>Develop quick reactions and rapid acceleration from a variety of static positions</li> <li>Jump for distance from one foot to two feet</li> <li>Develop the controlled pull throw action</li> <li>Execute a single arm push throw to reach a target</li> <li>To throw an object using the heave throw technique</li> <li>To pass a baton using a push pass in a relay race</li> <li>To execute a scissor jump technique</li> </ul> <p><u>NC links:</u> rapid, acceleration, body lean, drive, reaction, pull throw, transfer,</p>	<p><b>ROUNDERS</b></p> <ul style="list-style-type: none"> <li>To develop a variety of throwing and catching techniques required for fielding in rounders</li> <li>To develop batting techniques and basic tactics for batting in rounders</li> <li>To understand the roles and responsibilities of the backstop and base fielders in rounders.</li> <li>To understand the roles and responsibilities of the deep fielders in rounders.</li> <li>To develop game understanding and apply fielding tactics to outsmart the opposing team</li> <li>To develop an understanding of the role of the</li> </ul>

	<p>footwork, lead foot, marking, intercepting, anticipate, pressure, composure, rebound, obstruction, rules, positions</p>	<p>small side game scenario</p> <p><b>NC links:</b> dribbling, running with the ball, control, pressure, opponent, opposed, unbalanced, skills, deceive, body shape, weight of pass, accuracy, intercept, marking, tracking, movement, support play, create space, scanning</p>	<p><b>NC links:</b> Travel, grip, directions, rotation, posture, outwit, evade, defender, passing, accuracy, disguise, receiving, support, movement, shooting, power, finishing, respect, teamwork, leadership, honesty</p>	<p>competitive activities</p> <p><b>NC links:</b> tracking, trajectory, reactions, adjustment, grip, stance, two handed backhand, action, follow through, volley, technique, shape of shot, scoring, umpire, competitive, respect</p>	<p>body weight, rotation, staggered, extension, trajectory, heave throw, sustain, pacing, baton, relay, scissor jump, decathlon, heptathlon, consistency, long jump, hang time</p>	<p>umpire in rounders</p> <p><b>NC links:</b> positioning, efficiency, accuracy, intended direction, stance, footwork, backstop, responsibilities, decisions, deep fielder, long barrier, orthodox, unorthodox, tactics, awareness, game understanding, observation, communication</p>
<p><b>6</b></p>	<p><b>NETBALL</b></p> <ul style="list-style-type: none"> <li>• Revisit and develop passing techniques and apply them in opposed situations</li> <li>• Develop movement and support play in order to attack effectively</li> <li>• To further develop pivoting techniques and apply them in opposed games</li> <li>• To develop an understanding of attacking play and attacking principles</li> <li>• To explore advanced shooting techniques such as step-back shot and side-step shot and apply them in opposed games</li> </ul>	<p><b>FOOTBALL</b></p> <ul style="list-style-type: none"> <li>• To revisit dribbling techniques and explore when to use smaller or bigger touches according to the space available</li> <li>• To stay on the ball whilst under pressure from an opponent and recognise how and when to escape in to space</li> <li>• To use a variety of individual possession skills and tricks in order to beat a defender in various opposed situations</li> <li>• To connect and combine with team mates using short</li> </ul>	<p><b>HOCKEY</b></p> <ul style="list-style-type: none"> <li>• To recap dribbling in hockey using the Indian Dribble technique</li> <li>• To eliminate an opponent in a 1v1 situation using a trick/skill move using the 'forehand drag'</li> <li>• Develop tackling an opponent safely in order to regain possession</li> <li>• To develop medium and long-range passing and receiving skills and apply them in a game situation</li> <li>• To develop and apply various shooting techniques whilst under pressure from an opponent</li> </ul>	<p><b>TENNIS</b></p> <ul style="list-style-type: none"> <li>• To perform a range of different shots and strategies to outwit an opponent</li> <li>• To develop advanced tennis specific movement, footwork and reaction speed</li> <li>• To explore different ways of playing the forehand shot to win a point</li> <li>• To develop different ways of playing the two-handed backhand drive including cross court and down the line</li> <li>• To understand the five different</li> </ul>	<p><b>ATHLETICS</b></p> <ul style="list-style-type: none"> <li>• To sprint over and between obstacles using consistent stride lengths</li> <li>• To develop coordination and rhythm when sprinting over hurdles</li> <li>• To demonstrate a dynamic sling throw</li> <li>• To perform a triple jump combination with balance and control</li> <li>• To develop the dynamic heave throw (hammer throw) technique</li> <li>• Sustain running at a consistent pace over a medium distance</li> </ul>	<p><b>ROUNDERS</b></p> <ul style="list-style-type: none"> <li>• To develop fast reactions required for catching balls thrown at different heights, speeds and angles</li> <li>• To strike a bowled ball with power in to space in the deep field</li> <li>• To develop game understanding of fielding and team play in a variety of fielding positions</li> <li>• To develop throwing from deep in the field with power and accuracy over a long distance</li> <li>• To further develop an understanding of the role of the</li> </ul>



	<ul style="list-style-type: none"> <li>To apply a range of techniques learned and apply them in constrained and full High 5 netball matches</li> </ul> <p><b>NC links:</b> variation, opposed, possession, movement, support, create space, attacking principles, pivot, footwork, overload, underload, outnumbered, composure, rebound, sportsmanship, game understanding, respect, competition, Hi-five netball</p>	<ul style="list-style-type: none"> <li>passing and receiving techniques</li> <li>To make effective forward passes in order to create opportunities to score</li> <li>To attack effectively as a team by keeping possession of the ball using a combination of both short and longer passes</li> <li>To apply attacking principles in a game scenario in order to create goal scoring opportunities</li> </ul> <p><b>NC links:</b> recognise, exploit, decision making, game understanding, shield, protect, creativity, flair, unpredictability, combination play, connect, keep possession, techniques, communication, break lines, split pass, interception, movement and support, disorganise, exploit space, tactics, strategy</p>	<ul style="list-style-type: none"> <li>To create and exploit space in order to support attacking play in small sided games</li> </ul> <p><b>NC links:</b> Indian dribble, evasive, individual possession, rotate, eliminate, forehand drag, unbalance, jab tackle, intercept, spoil, marking, sweep pass, passing range, through pass, shoot, finesse, pressure, opposed, exploit space, awareness, creativity</p>	<p>ways to win a point in tennis</p> <ul style="list-style-type: none"> <li>To carry out the role of an umpire</li> </ul> <p><b>NC links:</b> reaction speed, footwork, agility, coordination, recovery shot, cross court shot, top spin drive, consistency, cooperative, rally, rules, scoring system, doubles, singles, observation, fairness</p>	<ul style="list-style-type: none"> <li>Develop the one-handed pull throw technique in a competition</li> <li>To pass a relay baton at speed developing the push pass</li> <li>Apply running, jumping and throwing techniques in competition</li> <li>Record and measure performance of self and others</li> <li>Describe the basic techniques which make for good performance</li> </ul> <p><b>NC links:</b> obstacles, hurdles, timing, consistency, stride length, triple jump, dynamic sling throw, combination, rotation, hammer throw, run up, compete, safety, javelin, flight, push pass, communication, measure, performance, resilience</p>	<p>umpire in rounders and to assess the performance of an umpire</p> <ul style="list-style-type: none"> <li>To play cooperatively with teammates; applying a range of tactics and strategies when batting, bowling and fielding</li> </ul> <p><b>NC links:</b> reaction speed, hand to eye coordination, awareness, batting tactics, effectiveness, attack the ball, efficient, decision making, technique, pressure, observation, strategy, tactics, impartial, feedback</p>
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