

	Autumn A	Autumn B	Spring A	Spring B	Summer A	Summer B
Year 1	Ball Skills Dribble with hands, roll, throw, catch, dribble with feet, track	Invasion Games Dribble, throw, catch, kick, receive, run, jump, change direction, change speed in Invasion games.	Target Games underarm throw, overarm throw	Sending & Receiving Independently Roll, throw, catch, track, kick, receive with feet, and send with racket.	Net & Wall Games throw, catch, hit a ball, track a ball	Striking & Fielding underarm throw, overarm throw, catch, track, bat
Year 2	Ball Skills roll, track, dribble with feet, kick, throw, catch, dribble with hands	Invasion Games To understand what an invasion game is and to participate competitively in a variety of games.	Target Games roll, overarm throw, underarm throw, strike, dodge, jump	Sending & Receiving In pairs or groups; Roll, throw, catch, track, kick, receive with feet, send and receive with a racket.	Net & Wall Games To develop skills in pairs/groups and to return a ball successfully.	Striking & Fielding Using skills learnt and to select and apply tactics in games.
Year 3	Netball Movement, passing, catching, throwing, and defending.	Tag Rugby Movement, passing, catching, throwing, defending, and tackling.	Handball Movement, passing, catching, throwing, and defending.	OAA Problem solving, evaluation, reflection, create, select and apply tactics.	Athletics Introduce sprint, jump for distance, push throw, pull throw	Cricket underarm and overarm throwing, underarm bowling, batting, catching
Year 4	Basketball Dribbling, movement, passing, catching, throwing, defending	Football Dribbling, control, passing, receiving, defending, shooting.	Hockey Dribbling, control, passing, receiving, travelling, shooting.	Tennis forehand groundstroke, backhand groundstroke, forehand volley, backhand volley, underarm serve, rallying	Athletics Develop pace, sprint, jump for distance, throw for distance	Cricket underarm and overarm throwing, overarm bowling, batting, two handed pick up, short barrier
Year 5	Netball Understand the rules of netball and to apply them in a game.	Tag Rugby Understand the rules of rugby and to apply them in a game.	Handball Understand the rules of netball and to apply them in a game.	OAA Critical thinking, navigational, map reading, identify objects and locations.	Athletics Pace, sprint, relay changeovers, jump for distance, push throw, and pull throw in athletic style events.	Cricket deep and close catching, underarm and overarm throwing, overarm bowling, long and short barrier, batting
Year 6	Basketball Understand the rules of basketball and to apply them in a game.	Football Understand the rules of football and to apply them in a game.	Hockey Understand the rules of hockey and to apply them in a game.	Tennis To develop skills and to apply rules, skills and principles to play against an opponent.	Athletics Pace, sprint, jump for distance, push throw, fling throw in competitive events.	Cricket Utilising skills in a variety of cricket games i.e. kwik cricket, diamond cricket, French cricket.