

Year 4	Autumn 1 Netball / Assessments	Autumn 2 Hockey / Football	Spring 1 Circuits / Rugby	Spring 2 Gymnastics / basketball	Summer 1 Rounders / athletics	Summer 2 Cricket / assessments
	<p><b>Netball -</b></p> <p><b>Throw, catch and gather</b> in different ways (e.g. high, low, fast, slow, forwards, backwards) with accuracy</p> <p><b>Pass</b> the ball in 4 different ways in a game situation with some success.</p> <p>Continue to choose and use the best <b>space</b> in a game to support teammates.</p> <p>Continue using <b>attacking and defending</b> skills in a game effectively</p> <p>Continue to understand how to keep and win back <b>possession</b> of the ball in a team game, under limited pressure.</p> <p>Continuing to use the Pivot technique against defenders.</p> <p>Begin to learn how to intercept a pass (reading the flight of the ball)</p> <p>Learning how to use the 1-meter rule effectively.</p> <p><b>Assessments –</b></p>	<p><b>Hockey -</b></p> <p>Continue to use the best space in a game to support teammates.</p> <p>Begin to use passing attacking and defending skills in a game.</p> <p>Know how to keep and win back possession of the ball in a team game, under pressure.</p> <p>With a moving ball, demonstrate successful hitting and pushing skills in hockey.</p> <p>Demonstrate using accuracy while passing a hockey ball.</p> <p>Understanding 1v1 defending in hockey (not crowding around 1 player)</p> <p><b>Football –</b></p> <p>Be able to use both feet to move or manipulate the ball.</p> <p>Pass the ball with inside and outside of foot with accuracy.</p> <p>With a moving ball, be able to strike or shoot the ball at a target.</p> <p>Be able to slow the ball down and control it using the sole and inside of the foot.</p> <p>Move the ball. changing direction while keeping the ball under full control.</p>	<p><b>Rugby –</b></p> <p><b>Throw, catch and gather</b> in different ways (e.g. high, low, fast, slow, forwards, backwards) with greater control and accuracy.</p> <p><b>Pass</b> the ball in two different ways in a game situation with some success.</p> <p>Move with the ball, changing <b>direction</b>, with some control, using at least two in a game or activities.</p> <p>Continue to choose and use the best <b>space</b> in a game to support teammates.</p> <p>Use Team-mates in <b>attacking and defending</b> skills in a game.</p> <p>Know how to keep and win back <b>possession</b> of the ball in a team game, under limited pressure.</p> <p>Becoming more confident with tagging.</p> <p><b>Circuits-</b></p> <p>Continue to develop flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Practice and demonstrate the correct technique for the specific exercises.</p>	<p><b>Gymnastics -</b></p> <p>Linking combinations of action with increasing confidence, including changes of <b>direction or speed</b>.</p> <p>Begin to use higher <b>apparatus</b> to vault and hang safely</p> <p>Perform learnt skills and techniques with control and confidence.</p> <p>Move with coordination, control and care.</p> <p>Develop the quality of their actions, <b>shapes</b> and balances while stationary and with movement.</p> <p>Show an extended range of motion.</p> <p>Choose ideas to compose a movement</p> <p>Structure sequences of actions and skills in different orders to improve <b>performance</b></p> <p>Develop the quality of the actions in their <b>performances</b>.</p> <p><b>Basketball:</b></p> <p><b>Being able change hands while dribbling while keeping it under control, continue to use fingers.</b></p> <p><b>Throw, catch and gather</b> in different ways (e.g. high, low, fast, slow, forwards, backwards) with greater control and accuracy.</p> <p><b>Pass</b> the ball in 3 different ways in a game situation.</p> <p>Move with the ball, changing <b>direction</b>, with some control, using at least two in a game.</p> <p>Use different ways of <b>travelling</b> with a ball,</p>	<p><b>Rounders-</b></p> <p>Becoming comfortable with successful <b>striking</b> skills on both a moving and stationary ball, including striking for distance.</p> <p>Continue using the <b>fielding</b> skills to stop a ball from travelling past them.</p> <p><b>Throw</b> a ball in different ways (e.g. high, low, fast or slow).</p> <p>Becoming more confident with the proper technique of catching the ball from a throw or a hit.</p> <p>Finding useful <b>space</b> and get into it to support teammates.</p> <p><b>Throw</b> with greater control and accuracy with underarm and overarm.</p> <p>Continue to develop techniques to <b>throw</b> for increased distance</p> <p><b>Athletics-</b></p> <p>Be able to watch and use the techniques of athletics.</p> <p>Be able to jump and land with both knees bent.</p> <p>Be able to and use the L, T, Knee position effectively.</p> <p>Be able to attempt and use the technique of a shot-put safely.</p> <p>Be able to attempt and use the technique of a discuss safely.</p> <p>Be able to remember and show how to</p>	<p>Demonstrate a safe and effective overarm <b>bowl</b>.</p> <p>Becoming comfortable with successful <b>striking</b> skills on both a moving and stationary ball, including striking for distance.</p> <p>Use <b>fielding</b> skills to try and stop a ball from travelling past them (Long barrier)</p> <p><b>Throw</b> a ball in different ways (e.g. high, low, fast or slow) while maintaining accuracy.</p> <p>Practise the correct technique for <b>catching</b> a ball.</p> <p>Use different ways of <b>travelling</b> at different speeds and follow different pathways, directions or courses.</p> <p>Continue finding useful <b>space</b> and get into it to support teammates.</p> <p><b>Throw</b> with greater control and accuracy, including overarm and push.</p> <p>Continue to develop techniques to <b>throw</b> for increased distance.</p>

<p><b>Show good technique of standing long jump (how was take off and how we land)</b></p> <p><b>Show good technique of how we perform a vortex throw with a good distance.</b></p> <p><b>Showing good technique during the beep test and understanding when to stop</b></p> <p><b>Showing good speed and good acceleration with the 80-meter sprint.</b></p>	<p>Maintain the ability to tackle safely.</p> <p>While defending, learning how to take time while tackling (Jockeying)</p> <p>Continue to win back the possession safely.</p> <p>Use Team-mates with simple passing in <b>attacking and defending</b> skills in a game.</p>	<p>Develop the quality of the actions in their activity.</p> <p>Understanding how to improve 3 or more component of fitness (agility, balance, co-ordination, speed, strength, endurance)</p> <p>To be able to hold a position for a time of 10-15 seconds (Plank)</p> <p>To be able to maintain correct technique even when tiring.</p>	<p>varying the speed to suit the situation.</p> <p>Continue to choose and use the best <b>space</b> in a game to support teammates.</p> <p>Use simple <b>attacking and defending</b> skills in a game.</p> <p>Know how to keep and win back <b>possession</b> of the ball in a team game, under pressure.</p> <p>Understand how to defend in basketball (blocking passes and using body to close space)</p>	<p>breath properly while running long distance.</p>	<p>Assessments –</p> <p><b>Show good technique of standing long jump (how was take off and how we land)</b></p> <p><b>Show good technique of how we perform a vortex throw with a good distance.</b></p> <p><b>Showing good technique during the beep test and understanding when to stop</b></p> <p><b>Showing good speed and good acceleration with the 80-meter sprint.</b></p>
<p><u>Netball Skills-</u></p> <ul style="list-style-type: none"> <li>• Stance</li> <li>• Passing</li> <li>• Movement without the ball</li> <li>• Receiving the ball</li> <li>• Shooting</li> <li>• Defending</li> <li>• Rules of netball</li> <li>• Match play (without positions)</li> </ul>	<p><u>HOCKEY SKILLS</u></p> <ul style="list-style-type: none"> <li>• STANCE AND GRIP</li> <li>• DRIBBLING</li> <li>• PASSING</li> <li>• RECEIVING THE BALL</li> <li>• TACKLING</li> <li>• SHOOTING</li> <li>• RULES OF HOCKEY</li> <li>• 1V1 SIUTATIONS</li> <li>• MATCH PLAY</li> </ul> <p><u>Football skills</u></p> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Scoring / Striking</li> <li>• Dribbling</li> <li>• Movement</li> <li>• Tackling</li> </ul>	<p><u>TAG RUGBY SKILLS</u></p> <ul style="list-style-type: none"> <li>• PASSING</li> <li>• RECECVING OF THE BALL</li> <li>• MOVEMENT</li> <li>• BALL HANDLING</li> <li>• TAGGING &amp; DEFENDING</li> <li>• SCORING TRYs</li> <li>• INTERCEPTING</li> <li>• SMALL SIDED GAMES</li> <li>• RULES OF TAG RUGBY</li> <li>• MATCH PLAY</li> </ul> <p><u>Circuit skills</u></p> <ul style="list-style-type: none"> <li>• Using correct technique</li> <li>• Being able to maintain technique while tired</li> <li>• Being able to demonstrate the exercises effectively</li> <li>•</li> </ul>	<p><u>Gymnastics skills</u></p> <ul style="list-style-type: none"> <li>• Rolling</li> <li>• Balancing</li> <li>• 4-point balances</li> <li>• Jumping</li> <li>• Straight jump</li> </ul> <p><u>Basketball Skills</u></p> <ul style="list-style-type: none"> <li>• Dribbling</li> <li>• Passing</li> <li>• Movement</li> <li>• Shooting</li> <li>• Defending</li> <li>• Receiving the ball</li> <li>• Rules of the game</li> <li>• Match play</li> </ul>	<p><u>Rounders skills</u></p> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Receiving of the ball</li> <li>• Ball Handling</li> <li>• Striking the ball</li> <li>• Throwing</li> <li>• Catching</li> <li>• Rules of rounders</li> <li>• Match play</li> </ul> <p>Athletics</p> <ul style="list-style-type: none"> <li>• Running</li> <li>• Jumping (single and double leg)</li> <li>• LT, KNEE position</li> <li>• Throw (Javelin, Shot put, discus)</li> <li>• Demonstrate being able to pace yourself during cross country</li> <li>• Maintain technique when becoming tired.</li> </ul>	<p><u>Cricket skills</u></p> <ul style="list-style-type: none"> <li>• Passing</li> <li>• Receiving of the ball</li> <li>• Ball Handling</li> <li>• Throwing</li> <li>• Striking of the ball</li> <li>• Catching</li> <li>• Rules of rounders</li> <li>• Match play</li> </ul>

		<ul style="list-style-type: none"> <li>• Defending</li> <li>• Striking</li> <li>• Control over ball</li> <li>• Rules of the game</li> <li>• Match play</li> </ul>				
Game skills	Be able to use and understand the rules of the game effectively. Link Skills you have learned during Lessons and perform them during match play to the best of your ability.	Be able to use and understand the rules of the game effectively. Link Skills you have learned during Lessons and perform them during match play to the best of your ability.	Be able to use and understand the rules of the game effectively.  Link Skills you have learned during Lessons and perform them during match play to the best of your ability.	Be able to use and understand the rules of the game effectively.  Link Skills you have learned during Lessons and perform them during match play to the best of your ability.	Be able to use and understand the rules of the game effectively.  Link Skills you have learned during Lessons and perform them during match play to the best of your ability.	Be able to use and understand the rules of the game effectively.  Link Skills you have learned during Lessons and perform them during match play to the best of your ability.