

Year 5	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>Consolidate different ways of <b>throwing, catching and gathering</b>, and know when each is appropriate in a game.</p> <p>To be able to consistently change the length, direction and pace when <b>passing</b> the ball to outwit an opponent.</p> <p>Understand what pass to use at the appropriate time in match play situations</p> <p><b>Use shooting technique comfortably</b></p> <p>Use the Pivot technique effectively in activities or match play.</p> <p>Being able to work as a team to score points.</p> <p>Show a good level of anticipation when intercept a pass (reading the flight of the ball)</p> <p>To begin to introduce positions into the games.</p> <p>Show a good level of understanding on attacking and defending skills in games.</p>	<p><b>Hockey -</b></p> <p>Begin to show how we rotate the hockey stick (using flat side only)</p> <p>Understanding push pass and striking with moving and stationary balls.</p> <p>Be able to recognize opportunities when to pass or when to run with the ball.</p> <p>Being able to use your body effectively in Hockey (Shielding) (Attacking)</p> <p>During match play continue to use the best space in a game to support teammates.</p> <p>Be able to comfortably to keep and win back possession of the ball in a team game, under pressure.</p> <p>With a moving ball, demonstrate successful striking and pushing skills in hockey to a team mate or into a goal.</p> <p>Show a good level of understanding on using skills in match play</p> <p><b>Football –</b></p> <p>Be able to use both feet to move or manipulate the ball.</p>	<p><b>Rugby –</b></p> <p><b>Being confident on using 2 hands while catching the ball and throwing the ball.</b></p> <p><b>Being able to demonstrate a pop pass and normal pass consistently with accuracy.</b></p> <p><b>Understand when you need to pass the ball to team mates.</b></p> <p>Be able to change direction effectively against defenders.</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><b>Being able to continue to be confident while tagging during activities and games.</b></p> <p><b>Consistently showing the linked skills that we have learnt</b></p> <p><b>Circuits-</b></p> <p>Begin to see improvement in flexibility, strength, technique, control and balance.</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p>	<p><b>Gymnastics -</b></p> <p>Linking combinations of action with increasing confidence, including changes of <b>direction, speed or level.</b></p> <p>Continue to use <b>apparatus</b> to vault and hang.</p> <p>Be able to demonstrate and be confident using certain rolls. (e.g pencil roll)</p> <p>Perform learnt skills and techniques <b>elegantly</b>, with control and confidence.</p> <p>Continue to show how to 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>Sequence independently and with others, completing the same movements in unison or face to face mirroring.</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 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 in control games.</p> <p><b>Use all the range of passes in games and match play.</b></p> <p>Move with the ball, changing <b>direction while</b></p>	<p><b>Rounders-</b></p> <p>Showing understanding and good use</p> <p>Using consistent technique and being comfortable with successful <b>striking</b> skills on both a moving and stationary ball, including striking for distance.</p> <p>Using fielding skills effectively to get the batting team out.</p> <p><b>Show a good range of ability on using different throws in match play with varied distances.</b></p> <p>Becoming more confident with the proper technique of catching the ball from a throw or a hit.</p> <p>Being able to find and use space effectively during match play.</p> <p><b>Throw</b> with greater control and accuracy, including overarm over longer distances.</p> <p>Be able to show confidence in stumping post to get opponents out.</p> <p><b>Athletics-</b></p> <p>Be able to use the techniques you have seen effectively.</p> <p>Be able to land safely when jumping.</p> <p>Use the L, T, Knee position effectively.</p> <p>Be able to effectively and safely use the shot-put technique with increased distances.</p> <p>Be able to safely and effectively use the discuss technique with increased further</p>	<p>Cricket</p> <p>Continue to use 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 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>Be confident in being able to catch a ball during a game situation.</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.</p> <p>Continue to develop techniques to <b>throw</b> for increased distance.</p> <p>Assessments –</p> <p><b>Show good technique of standing long jump (how</b></p>

<p>Show understanding of defending (using 1-meter rule)</p> <p><b>Assessments –</b></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>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, inside and outside of the foot.</p> <p>Using change of speed and direction in match play</p> <p>Move the ball. changing direction while keeping the ball under full control.</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 passing in <b>attacking and defending</b> skills in a game.</p>	<p>Be confident in demonstrating the correct technique for the specific exercises.</p> <p>Understanding how to improve 5 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 30 – 40 seconds (Plank)</p> <p>To be able to maintain correct technique even when tiring.</p>	<p><b>maintaining control of the ball</b></p> <p>Continue to choose and use the best <b>space</b> in a game to support teammates.</p> <p>Using effective <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 in match play and training.</p> <p>Understand how to defend in basketball (blocking passes and using body to close space)</p>	<p>distances.</p> <p>Showing being comfortable while using the pacing technique in longer distance running.</p> <p>Showing confidence in using overarm throw technique to travel a long distance.</p>	<p><b>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 knowing 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> </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> </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>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> </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>	<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> </ul>

	<ul style="list-style-type: none"> <li>Match play (without positions)</li> </ul>	<ul style="list-style-type: none"> <li>MATCH PLAY</li> </ul> <u>Football skills</u> <ul style="list-style-type: none"> <li>Passing</li> <li>Scoring / Striking</li> <li>Dribbling</li> <li>Movement</li> <li>Tackling</li> <li>Defending</li> <li>Striking</li> <li>Control over ball</li> <li>Rules of the game</li> <li>Match play</li> </ul>	<u>Circuit skills</u> <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>	<ul style="list-style-type: none"> <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>	<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>	<ul style="list-style-type: none"> <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.