National Curriculum Objective	Sport Specific Skills	Attacking vs Defending	Competing & Performing	Evaluation
Communicate, collaborate and Compete against others	х	X	х	х
Pupils should be taught to use in combination and isolation:				
Running	x	X	x	Х
Jumping	x	X	x	x
Throwing	x	X	х	Х
Catching	x	X	х	x
Plat competitive games such as:				
Basketball, Cricket, Football, Hockey, Netball, Rounder's and Tennis	X	X	X	Х
Apply Basic Techniques for Attacking and Defending	х	X	х	х
Develop Flexibility, Strength, Control and Balance	x	X	х	x
Perform Dance Using a Range of Movement Patterns				
Take Part in Outdoor and Adventurous Activity Challenges:				
Individually				
As Part of a Team				
Compare their performances with previous ones and demonstrate improvement to achieve their personal best.	Х	X	х	X Key stage 2

Key stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

Pupils should be taught to:

- master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- participate in team games, developing simple tactics for attacking and defending
- perform dances using simple movement patterns.

Key stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- use running, jumping, throwing and catching in isolation and in combination
- play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement athletics and gymnastics]
 - perform dances using a range of movement patterns
 - take part in outdoor and adventurous activity challenges both individually and within a team
 - compare their performances with previous ones and demonstrate improvement to achieve their personal best.

National Curriculum Objective	Sport Specific Skills	Attacking vs Defending	Competing & Performing	Evaluation
Become increasingly confident and competent	X	X	X	X

Compete Against				
themselves				X
Compete against others	X	Х	Х	X
Master Basic movements:				
Running	X	Х	Х	X
Jumping				
Throwing	X	Х	Х	X
Catching	X	Х	х	X
Develop:				
Agility	X	Х	Х	X
Balance	X	Х	х	X
Coordination	X	Х	х	X
Participate in Team Games	X	x	Х	X
Develop simple tactics for attacking and defending.	X	Х	Х	X
Perform Dances				
Learn simple dance movements				

	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
	Can stop a ball using	Can kick a ball with either foot	Maintain possession of a ball	Maintain possession of a	Maintain possession of a	Maintain possession of a ball	Maintain possession of a ball
Spo	the instep of either	using the instep to a static	whilst travelling demonstrating	ball whilst travelling	ball whilst travelling	whilst travelling demonstrating	while travelling demonstrating
rt	foot.	target	control (using feet).	demonstrating control	demonstrating control	control (bouncing).	control (using a stick).
				(pivoting).	(carrying a ball)		
Spe	Can throw a ball up to	Catch a large ball using bucket	Can catch a large ball using	Can catch a ball in two	Can catch a ball in two	Can catch a ball in two hands	Can stop a hockey ball using a
cific	themselves and catch	and lid action from a static	bucket and lid action whilst	hands using wide hand	hands using wide hand	using wide hand grip at	stick
Skil	it	position	moving	grip	grip whilst moving	different heights	
1	Bounce a ball with 2	Can pass a large ball using a	Can pass a large ball using a	Can pass a ball whilst	Can throw a ball	Can pass a ball whilst moving	Can pass a hockey ball using a
	hands	double under hand throw/	double under hand throw/	static using a range of	backwards and sideways	using a range of throws	stick
Exe		bounce pass to a static target	bounce pass to a moving	throws (underarm, bounce		(underarm, bounce pass, chest	
			target			pass, overhead 1/2 handed)	

cuti on				pass, chest pass, overhead 1/2 handed)			
Att acki	Can move in a chosen direction	Can use space in a game	Can pass to someone in space	Can select the right pass	Can attack in a 2vs1 situation	Can attack in a 2vs2 situation	Can create a strategy to attack as a team and evaluate this.
ng vs Def end	Can co-ordinate my body to stay still in a space	Can stay in a zone during game	Can understand the roles of attackers and defenders	Can mark a player when not in possession	Can put pressure on an opposition player to intercept possession	Can mark in front and behind a player	Can channel an attacker
ing		Can follow simple rules and	Can understand invasion	Can identify and follow rule	s to team games	Can correctly apply rules to office	iate games
peti ng		instructions in games	games with 3 or more basic rules.	·	_	,	
& Perf orm ing	Can stop and go when instructed	Design a simple game	Children are beginning to demonstrate: fairness, consideration, respect, motivation skills.	Children demonstrate: fairness, consideration, respect, motivation skills when participating in team games.		Can understand and allocate ind fairly and demonstrate sportsma	lividual roles and responsibilities anship to help team mates
Eva luat ion	Talk about what they did well	Begin to say how they could improve	Can suggest how a partner could improve	Can describe how their performance has improved	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.	Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

Most useful and appropriate knowledge to be passed onto the next year group

	FS2	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6	
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Spo rt Spe	Can stop a ball using the instep of either foot.	Can kick a ball with either foot using the instep to a static target	Maintain possession of a ball whilst travelling demonstrating control (using feet).	hilst travelling demonstrating ball whilst travelling ball whilst travelling demonstrating demonstrating control (pivoting).		Maintain possession of a ball whilst travelling demonstrating control (bouncing).	Maintain possession of a ball while travelling demonstrating control (using a stick).
cific Skil	Can throw a ball up to themselves and catch it	Catch a large ball using bucket and lid action from a static position	Can catch a large ball using bucket and lid action whilst moving	Can catch a ball in two hands using wide hand grip	Can catch a ball in two hands using wide hand grip whilst moving	Can catch a ball in two hands using wide hand grip at different heights	Can stop a hockey ball using a stick
Exe cuti on	Bounce a ball with 2 hands	Can pass a large ball using a double under hand throw/ bounce pass to a static target	Can pass a large ball using a double under hand throw/ bounce pass to a moving target	Can pass a ball whilst static using a range of throws (underarm, bounce pass, chest pass, overhead 1/2 handed)	Can throw a ball backwards and sideways	Can pass a ball whilst moving using a range of throws (underarm, bounce pass, chest pass, overhead 1/2 handed)	Can pass a hockey ball using a stick
Att acki	Can move in a chosen direction	Can use space in a game	Can pass to someone in space	Can select the right pass	Can attack in a 2vs1 situation	Can attack in a 2vs2 situation	Can create a strategy to attack as a team and evaluate this.
ng vs Def end ing	Can co-ordinate my body to stay still in a space	Can stay in a zone during game	Can understand the roles of attackers and defenders	Can mark a player when not in possession	Can put pressure on an opposition player to intercept possession	Can mark in front and behind a player	Can channel an attacker
Com	Knows there are rules to keep us safe	Can follow simple rules and instructions in games	Can understand invasion games with 3 or more basic rules.	Can identify and follow rule	s to team games	Can correctly apply rules to offic	iate games
ng & Perf orm ing	Can stop and go when instructed	Design a simple game	Children are beginning to demonstrate: fairness, consideration, respect, motivation skills.	Children demonstrate: fairn motivation skills when parti		Can understand and allocate ind fairly and demonstrate sportsma	ividual roles and responsibilities anship to help team mates
Eva luat ion	Talk about what they did well	Begin to say how they could improve	Can suggest how a partner could improve	Can describe how their performance has improved	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements.	Explain why they have used particular skills or techniques, and the effect they have had on their performance.	Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements.

FS2	Objective	Tier 2 Vocab	Tier 3 Vocab	<u>Example</u>
Sp	Can stop a ball using the instep of either foot Prior Knowledge How Knowledge is progressive		Stop Feet Instep	Children are learning to stop a ball using the instep of their foot to build coordination and control to be able to pass the ball in Year 1. The instep is the inside surface of the foot. Children are developing their balance. Play children vs teacher. After 1 minute, can the children ensure all the balls are still by using their instep. Meanwhile, the teacher is going round trying to keep as many balls moving as possible.
Sp eci fic Skil Is	WALT Throw a ball up to themselves and catch it Prior Knowledge How Knowledge is progressive		Catch	This is developing children's hand eye coordination. Can children hold a ball in 2 hands and throw it gently upwards no higher than their head. Children to keep hands still so the ball falls back into their hands.
	WALT Bounce a ball with 2 hands Prior Knowledge How Knowledge is progressive		Bounce 2 hands Standing still	Standing still on one spot, children to use 2 hands to bounce a ball. Place hands at the top of the ball and push it straight down hard so it bounces back up. If the ball goes straight down it will bounce back into the hands ready to be bounced again.
	Move in a chosen direction Prior Knowledge		Direction forwards backwards sideways left	Children can move around a space occupied with others safely and in any direction. Teach children the directions they can run in: Forwards, backwards, left and right.
Att ack ing vs De fen din	How Knowledge is progressive		right	
g	WALT Co-ordinate my body to stay still in a space Prior Knowledge How Knowledge is progressive		Standing still	Teach children what staying still means Children to play game like musical statues, freeze games or tiggy statues

Co mp eti	WALT Know there are rules to keep us safe Prior Knowledge How Knowledge is progressive		Rules Safe Equipment	Children are beginning to learn that games have rules. These rules are to make sure we are safe but also that a game is fair. Show School Golden Rules – talk about how these keep us safe when we do PE.	Golden Rules Colden Prints Colden
ng & Per for mi ng	WALT Can stop and go when instructed Prior Knowledge How Knowledge is progressive	9	Listen Watch Stop Go Instructions	Children are going to play stop, start games. They are going to move around but looking and listening for instructions.	For Example-Traffic Lights Teacher to hold up coloured cone indicating what children need to. STOP! Walk Run
Ev alu ati on	WALT Talk about what they did well Prior Knowledge How Knowledge is progressive			Children to discuss ideas, what did they do well in the session? Ideas – keep going even though they were tired, followed the rules, stayed in the correct space	

Year 1	Objective	Tier 2 Vocab	Tier 3 Vocab	<u>Example</u>	
	Kick a ball with either foot using the instep to a static target Prior Knowledge Can stop a ball using the instep of either foot How Knowledge is progressive Children have learned to stop a ball, children are now learning to pass a ball back using the same technique			The instep is the inside surface of the foot. Model to children standing on one leg, then turn the opposite hip hip so the instep is facing forward. Practise swinging the non-standing leg backwards and forwards, so children can understand what the basic leg movement feels like. Next, children to practise passing a ball with a partner in a straight line. Balls in the centre of the pitch a in 4 teams. Children to run 1 at each team to a ball in the middl back to someone on their teams. football bowling or Hungry, Hungry Hippos where children are aiming for a static target.	nd children a time from e and pass it
Sp ort Sp eci fic Skil Is	WALT Catch a large ball using bucket and lid action from a static position Prior Knowledge Throw a ball up to themselves and catch it How Knowledge is progressive Children are learning to catch a large ball and secure it so they don't drop it, building their hand eye coordination until they can catch in a traditional 2 handed grip		Bucket Lid	1. Children to stand with feet shoulder width apart, arms outstretched, palms up. (This is the bucket) 2. As the ball comes to them, they need to close the gap between the elbows so the ball cannot fall through a hole in the bucket. 3. Finally, as the ball lands in the bucket, bring the arms to the chest (putting the lid on) to stop the ball bouncing out of the bucket. Children to play games using this skill such as speed catch. In house teams line up in a line. Children throw the ball to each other down the line and catch the ball. If they drop the ball it must be returned to the start of the line. First team to successfully throw and catch the ball down the line wins.	
	WALT Pass a large ball using a double under hand throw/ bounce pass to a static target Prior Knowledge Bounce a ball with 2 hands How Knowledge is progressive Children are learning to pass a ball using a double underhand technique		2 hands Underneath Bent knees Throw	Place both hands on the underside ball with palms facing upwards. Have a slight bend in the knees to increase flexibility and power. Lower the ball using both arms and then bring it up quickly to throw it to a partner. Keep the hands facing the direction of your partner to keep it on target.	
Att ack ing vs De fen	WALT Use space in a game Prior Knowledge Move in a chosen direction How Knowledge is progressive		Space	Teach children that space in a game means there is no one to bump into them and no one to catch them. Children are to running games like tag where they need to look for space to run into. Fitness Tag Fitness Ta	The PE Shed Taggers Fitness Zone Caught Student Aim: To improve fitness and gross motor skills. as fitness zone (hoops).

din g	Stay in a zone during game Prior Knowledge Co-ordinate my body to stay still in a space How Knowledge is progressive Children are learning that they are only allowed to stand in a certain area when playing games.	Zone	Using simple games that children have already learn amend the rules so children have a defined space the they can move. Such as the Crossing the River game – for the 2 catchers, give them a marked area using cones that they can operate in. This can change in size and shape to build an awareness of space.	Crossing the river
Co mp eti ng	Follow simple rules and instructions in games Prior Knowledge Know there are rules to keep us safe How Knowledge is progressive Children have learned there are general safety rules. They are now learning individual games have specific rules.	Game rules	Children to play simple games with 1 or 2 rules, child during the delivery of these rules and play games ad Challenge – if children are doing well, stop as a class children suggest a new rule to the game? Such as you can't walk you have to jump like a frog	Teacher to hold up coloured cone indicating what children need to. STOP!
& Per for mi ng	WALT Design a simple game Prior Knowledge Children have learned basic skills and have played simple games How Knowledge is progressive They are learning to think of their own games and rules using the equipment available.	Equipment Share Rule	Children have learned catching, throwing and moving safely around others skills. They have used a range of equipment to do this. Provide children a mix of different equipment. Using no more than 5 pieces of equipment can children design their own mini game with at least 1 simple rule.	For Example The Rule - If you touch a ladder rung you have to go back to the start. The Game - Run the agility ladder with a bean bag on your head. Drop it into your hands and throw in the bucket
Ev alu ati on	Begin to say how they could improve Prior Knowledge Children can say what they did well How Knowledge is progressive Children are learning to talk about what they can do to improve their performances	Improve Performance	•	to things perfectly. Therefore they can begin to identify what went me. + Threw a ball underarm with a lunge. Next time – I am going to throw it more accurately by pointing my hand at the target at the end of the action.it.

Year 2	Objective	Tier 2 Vocab	Tier 3 Vocab	<u>Example</u>
	Maintain possession of a ball whilst travelling demonstrating control (using feet). Prior Knowledge Children have to stop and pass a ball using the instep How Knowledge is progressive Children are learning to dribble a ball using the instep of both feet	Moving	Stop Feet Instep Dribbling	1. Model to children moving (walking at first) with a ball at your feet, this is called dribbling. 2. When dribbling demonstrate using the instep of the foot to gently push the ball a slight distance in front. We don't want the ball to escape. Children to play possession games to practise. Hungry, Hungry Hippos – balls in the middle, children need to dribble balls back to their base. Don't lose your ball – children to dribble freely inside a zone, if another child hasn't got the ball under control you can kick it away. This encourages children to dribble carefully with the ball close to their feet.
Sp or t Sp ec ifi c Sk ill	Can catch a large ball using bucket and lid action whilst moving Prior Knowledge Children have learned to use the bucket and lid action to catch How Knowledge is progressive Children are developing their catching by learning to catch whilst they are moving	Moving	Bucket	1. Children to stand with feet shoulder width apart, arms outstretched, palms up. (This is the bucket) 2. As the ball comes to them, they need to close the gap between the elbows so the ball cannot fall through a hole in the bucket. 3. Finally, as the ball lands in the bucket, bring the arms to the chest (putting the lid on) to stop the ball bouncing out of the bucket. Children to play benchball to practice: -moving -throwing to a moving partner -catching whilst moving.
S	Can pass a large ball using a double under hand throw/ bounce pass to a moving target Prior Knowledge Children have learned to pass using a double underhand throw to a static target How Knowledge is progressive Children are learning to throw to a moving target		2 hands Underneath Bent knees Throw	Place both hands on the underside ball with palms facing upwards. Have a slight bend in the knees to increase flexibility and power. Lower the ball using both arms and then bring it up quickly to throw it to a partner. Keep the hands facing the direction of your partner to keep it on target. Children to practice throwing to a moving partner then to play bench ball to practise throwing and catching skills whilst moving.

	WALT	Intercepted Children to understand that it is better to pass to	
	Can pass to someone in space	Marked a team mate in space than one who is marked so	
t	Prior Knowledge Co-ordinate my body to stay still in a	Space than one who is marked so they aren't tackled or the ball is not intercepted. Defender	
:a :k	How Knowledge is progressive	Show children pictures like this. Can they identify -which team mate is in space?	
in g	Children are learning that they are only allowed to stand in a certain area when playing games.	-who is best to pass to? Then translate this to teaching points in games.	
vs D ef en di ng	WALT Understand the roles of attackers and defenders Prior Knowledge Children have found space and stayed in a zone How Knowledge is progressive Children are learning some children need to attack whilst some defend	Attackers Defenders Scoring Block Intercept Zone Attackers Defenders. Their job is stand in the zone in front of goal to make it harder for the attackers to score, by intercepting the ball or blocking a shot. When playing games like Bench Ball and football children are required to score points/ goal. We call these attackers. Attackers Attackers Attackers Attackers Defenders	Centre Centre Forward Left MF Centre Centre Might Left MF Centre Centre Might Left MF Centre Centre Might Left MF Centre Centre Felt Book Back
co m pe ti ng & Pe rf	WALT Understand invasion games with 3 or more basic rules. Prior Knowledge Children have learned there are rules for safety and rules to games How Knowledge is progressive Children are developing knowledge of basic and translatable rules of traditional games	Rules Pitch Static Foul Contact Throw in Free Kick Pitch Store Foul Contact Throw in Free Kick Pitch Static Foul Contact Throw in Free Kick Rench Ball Rules Bench Ball Rules Bench Ball Rules Static Foul Louid In you have the ball you cannot run you must be static -If you don't have the ball you can run into space. If the ball goes out of the pitch lines – the last team to touch the ball must give the ball to the other team to throw the ball in. You cannot make contact with any other player You cannot stand within 1 step of the player with the ball. Football Rules-Basic You cannot use your hands to touch the ball in the ball goes out of the pitch lines – the last team to touch the ball must give the ball to the other team to throw the ball in. You cannot make contact with any other player You must not push an opposition player of you do it is a foul and the other team has a	all, only your feet. If ield practising skills. I ast team to touch the I throw the ball in. If the ball in anyway – if
or mi ng	WALT Show: fairness, consideration, respect, motivation skills during games Prior Knowledge	Fairness Consideration Motivation Respect Linking to our Golden Rules, why is it important for us to treat team mates positively? Golden Rules, why is it important for us to treat team mates positively? Golden Rules, why is it important for us to treat team mates positively? Rule Rules Rul	den Primary School
	Children have learned to play simple games and work together to design simple games How Knowledge is progressive	Consideration -If we win it isn't kind to make the opposition feel sad that they lost. Respect -Next time you play, they may be a team mate and you don't want to hurt their feelings.	
	Children are developing knowledge of team games and how to treat	-We want everyone to get better and improve. Tell them if they did something that	

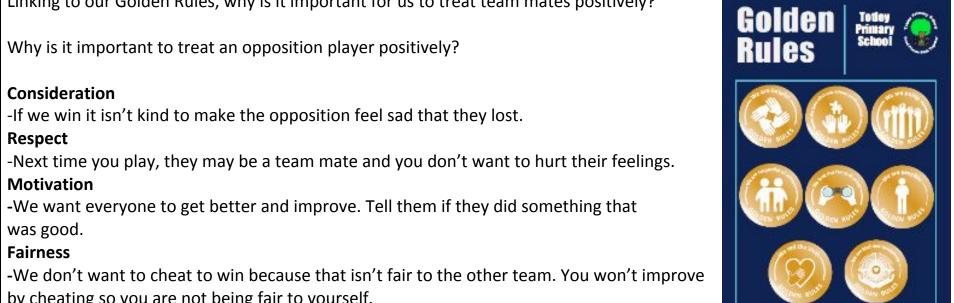
by cheating so you are not being fair to yourself.

was good.

Fairness

members of a team and the

opposition



Sp ati al A wa re ne ss	Can suggest how a partner could improve Prior Knowledge Children have been taught to look for space large enough to perform How Knowledge is progressive Children are learning how to maximise the use of space around others.	Partner	Observe Perform Successful	Children can observe a partner performing an action (catching, throwing, dribbling) and can comment on how successful partner was and how they can improve. For Example: Q - Was your partner's catch a good one? What could they do to improve? A - Their stance was good, but dropped the ball because they didn't put the lid on.
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Year 3	Objective	Tier 2 Vocab	Tier 3 Vocab		<u>Example</u>	
	WALT Maintain possession of a ball whilst travelling demonstrating control (pivoting). Prior Knowledge Children have learned to catch a ball playing bench ball How Knowledge is progressive Children are learning to keep possession in netball by using the 1 step pivot technique so they are not called for travelling WALT		Pivot 1 Step Travelling Wide Hand	bench ball you cannot run with the ball in netball. To be able to move and see where a team mate is to pass the ball you are allowed to take. Children are learning to catch the ball using a wice the ball you are allowed to take. ball, land foot on the foo	which direction to pivot by rotating you on the ball of your foot. You can move or so with the non-pivot foot any number of times - the help your balance.	new direction, keep your head up and make your pass. Remember you are not allowed to lift the foot you are pivoting on before you release the ball.
Sp or t Sp ec	Catch a ball in two hands using wide hand grip Prior Knowledge Children have learned to catch using a bucket and lid action How Knowledge is progressive Children are learning to catch with just their hands as this is quicker WALT		Grip Palms Chest Height	the chest pass. 1. Hold the hands up, fingers spread wide, palms 2. Let the ball hit the hands and hold the ball on one https://www.youtube.com/watch?v=mJ2CB6gls0 Netball catching drills (1 minute 10 seconds) Chest Pass	either side. Netball Game: Control of the state of the s	s • 9 years ago land Goal Shooter Jos
ifi c Sk ill s	Can pass a ball whilst static using a range of throws chest pass and overhead 1/2 handed Prior Knowledge Children have learned to throw to a partner by throwing double underarm and bouncing the ball How Knowledge is progressive Children are learning the chest pass and an overhead throw whilst static		Chest pass Overhead Static Shoulder Pass	1. Start in the wide hand grip position. 2. Keep the elbows out to the side for power. 3. Step forward and extend the arms forward to push the ball. https://www.youtube.com/watch?v=w04wlxy938M How To Chest Pass Sports And Outdoors • 17K views • This guide shows you How To Chest	1. Start with the ball above the head held with 2 hands. 2. Take a step forward. 3. Bend the elbows to 90° so the ball is behind the head. 4. Quickly bring the arms forward, at the same time, releasing when the arms are out in front. https://www.youtube.com/watch?v=JgtThLoS Wnw Netball Drills: Overhead Passin intosport • 19K views • 7 years ago In this video we'll show you a netball drill to on passing and ball	This is also called the shoulder pass. 1. Start with the ball balanced in 1 hand abover the head. 2. Bend the elbow so the arm is like a coiled spring. 3. Push the ball forwards to a partner. This is good for distance throwing https://www.youtube.com/watch?v=-cz9gla5hj Q

At ta ck in g vs D ef en di	WALT Mark a player when not in possession Prior Knowledge Children have learned to pass to someone in space How Knowledge is progressive Children are learning to defend by marking a player in space WALT Select the right pass Prior Knowledge Children have learned the bounce pass, shoulder pass, chest pass and overhead pass How Knowledge is progressive	Attacker Defender Marking Space Block Intercept Possession Marking Dribble Pass	Children are learning to look at all to recognise that the opposition is mate who is in space. Children need to look for opposition and mark them being standing clear a pass. Model Marking and not in the composition of th	is looking to pass to a team tion players who are in space ose to them so they can block or ir		Attacker Defender Ball Tarked Shoulder Pass This is used as a long range throw for power. + It is quicker than the overhead pass It is less accurate than the
Co m	Children are learning when best to use each pass WALT Identify and follow rules to team games		In netball players can only g	o in certain thirds of the cou		overhead pass. I Court Positions
m pe ti ng	Prior Knowledge Children have learned games with simple rules. How Knowledge is progressive Children are beginning to follow more complex rules in team games		Netball The Ru Netball matches are played on a rectangular court which is divide into thirds with a goal post at each end.	Teams	GK	GD WD

	WALT Demonstrate: fairness, consideration, respect, motivation skills when participating in team games. Prior Knowledge Children have learned why it is important to show these values How Knowledge is progressive Children are regularly demonstrating these values during games	Fairness Consideration Motivation Respect Sportsmansh	Why is it important to treat an opposition player positively?				
Ev	WALT	Improved Resilience	Children can talk about how they managed to get better at performing actions.				
al ua ti on	Can describe how their performance has improved Prior Knowledge Children can say what they did well How Knowledge is progressive	Hard Word Independenc Team Work	What did they do: -Improve their chest pass to be more powerful by keeping their elbows raisedConcentrate on the path of a ball better to catch the ball easier.				
	Children are learning to discuss what they did well and how they improved		Through doing this children are developing an understanding of resilience and hardwork to improve sporting performance.				

Year 4	Objective	Tier 2 Vocab	Tier 3 Vocab	<u>Example</u>
	WALT Maintain possession of a ball whilst travelling demonstrating control (carrying). Prior Knowledge Children have learned to maintain possession in netball by using a standing leg pivot How Knowledge is progressive Children are learning to maintain possession in TAG rugby by running with the ball	2 handed grip Knocked Carrying Dodging Agility		Children are learning to carry the ball whilst in possession. The common view of rugby is to tuck the ball under 1 arm and run. It is important to hold the ball in 2 hands to be able to pass the ball when needed. This is also a stronger way of carrying the ball when trying to move or when it is wet so you do not lose grip and drop the ball. Holding the ball in 2 hands helps improve agility needed when dodging opposition players. The ball can be easily knocked out of the hands. You cannot pass the ball in one hand. Held in 2 hands the grip is stronger and can't be knocked away. The ball can be passed as it is in 2 hands
Sp or t Sp ec ifi c	WALT Catch a ball in two hands using a 2 handed wide hand grip whilst moving Prior Knowledge Children have learned the 2 handed wide hand grip How Knowledge is progressive Children are learning to catch balls whilst continuing to run at the same time	Wide Chest height Palms Secure	2 handed wide hand grip Hips Torso	Children have learned the 2 handed wide hand grip, they are now learning to catch the ball on the move. Make sure hands are ready to catch before the pass is made. 1. Keep the hips facing forward so you are ready to run forward. 2. Twist the torso so the chest and head are facing the direction of the passing team mate. 3. Hold the hands up, fingers spread wide, palms facing forward at chest height. 4. Let the ball hit the hands and hold the ball on either side to secure it ready to run forward or pass again.
ill s	WALT Pass a ball backward and sideways Prior Knowledge Children have learned (underarm, bounce pass, chest pass, overhead 1/2 handed throws when static How Knowledge is progressive Children are learning to throw a ball backwards and sideways instead of forward	Power Twist Static Moving Hip Direction	Backwards Sideways 2 handed wide hand grip Release	Rules When passing the ball it must travel sideways or behind you, otherwise it is a fouled 1. Hold the ball with a 2 handed wide hand grip. 2. Know where you are passing the ball, twist the body to hold the ball on the hip at the opposite side to generate power. Exercises Children are learning to pass the ball to a partner sideways. Children are learning to pass the ball backwards. Start by standing static whilst passing

				3. Twist the body in the direction of the pass. Extend both arms out in front of you quickly and release the ball so the hands are pointing at the team mate you are passing to. the ball down the line. After, practise passing the ball whilst on the move.
At ta ck in g vs	WALT Attack in a 2vs1 situation Prior Knowledge Children have learned the roles of attackers and defenders, how to pass and how to carry the ball How Knowledge is progressive Children are learning to attack when there are more attackers than defenders. When to pass and when to carry.	Attacker Defender	Marking Carrying Pass	Children are learning when to run and when to pass to a team mate to take advantage of a 2 vs 1 situation. Attacker In this diagram the defender is closing down the attacker in possession of the ball. They have left the team mate free so the pass is available. When to Dribble When to Dribble In this diagram the defender is closing down the attacker in possession of the ball. They have left the team mate and not the player in possession of the ball. This has left the attacker space to carry the ball.
vs D ef en di ng	Put pressure on an opposition player to intercept possession Prior Knowledge Children have learned to mark a player not in possession of the ball How Knowledge is progressive Children are learning to put pressure on an attacker and stop them attacking		Marking Pressure Deny Space Tagging Rugby Belt	When defending it is important to apply pressure to an attacker. This stops them having time to look up and pass the ball and denies them space to run into. As a result, this puts the attacker under pressure, as they know they cannot make a mistake or mishandle the ball. 1. Get close to the opposition player so you are within arm's reach, denying them space. 2. Try to stop the player running by tagging the belt 3. Be ready to turn and run if the attacker tries to run around you. 4. Try to intercept the ball when the attacker passes the ball. 5. Try to stand between the attacker and a team mate so they cannot pass the ball twink
Co m pe ti ng & Pe rf or mi	WALT Identify and follow rules to team games Prior Knowledge Children have learned games with simple rules. How Knowledge is progressive Children are beginning to follow more complex rules in team games		Tagging Try Line Free throw Side-line Pitch Offside Contact	Children to practice TAG games with rugby belts on, practising avoiding and grabbing belts. START – The game is started with a free throw in the middle of the pitch. TAGGING – Only the player with the ball can be tagged. Once tagged the player has 3 seconds to stop and find a pass otherwise a free throw is given to the opposite team. A player CAN score a try if they are within 1 step of the try line. IN PLAY – If the ball goes outside the lines of the pitch, a free throw from the side-line is given to the opposite team to whoever touched it last. CONTACT – The game is strictly NO CONTACT. If any player obstructs or deliberately makes contact with an opposition player – a free throw is awarded.

	WALT Demonstrate: fairness, consideration, respect, motivation skills when participating in team games. Prior Knowledge Children have learned why it is important to show these values How Knowledge is progressive Children are regularly demonstrating these values during games		Fairness Consideration Motivation Respect Sportsmanship	PASSING – The ball must be passed backwards or sideways. It cannot be passed forwards or handed over. Any ball that travels forward will result in a free throw for the opposite team. Teach children that sportsmanship is the word we use to describe all these values. Linking to our Golden Rules, why is it important for us to treat team mates positively? Why is it important to treat an opposition player positively? Consideration -If we win it isn't kind to make the opposition feel sad that they lost. Respect -Next time you play, they may be a team mate and you don't want to hurt their feelings. Motivation -We want everyone to get better and improve. Tell them if they did something that was good. Fairness -We don't want to cheat to win because that isn't fair to the other team. You won't improve by cheating so you are not being fair to yourself.
	WALT	Improvement	Evaluate	Children are to watch a performance of an basketball action.
Ev al ua ti on	Watch, describe and evaluate the effectiveness of performances, giving ideas for improvements Prior Knowledge Children have described what they did well and how they have improved How Knowledge is progressive Children are learning how to		Performance	Using the teaching points and the WALTs outlined, can they comment on the correct parts of the technique, the incorrect techniques andhow the performer could change their action to improve. When suggesting improvements can children use the correct language and use visual demonstrations.
	effectively evaluate performances and suggest improvements			

Year 5	Objective	Tier 2 Vocab	Tier 3 Vocab	<u>Example</u>
Sp or t Sp ec ifi c Sk ill s	WALT Maintain possession of a ball whilst travelling demonstrating control (bouncing). Prior Knowledge Children have learned to maintain possession in netball by using a standing leg pivot How Knowledge is progressive Children are learning to maintain possession in basketball by bouncing the ball	Control Straighten	Dribble Bouncing Finger tips Hip-Height Flexed	Technique Contact the ball with your finger pads rather than the nalm of your hand This Skill Dribbling in Basketball on the flow with the food while worthing or remonstration of the ball on the flow of the ball with your finger pads that rather than the nalm of your hand This Dribbling around cones drills Technique Contact the ball with your finger pads rather than the nalm of your hand This Dribbling around cones drills This provides the ball on the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of the sees of the flow of the great pad about of
	Catch a ball in two hands using a wide hand grip at different heights Prior Knowledge Children have learned the 2 handed wide hand grip How Knowledge is progressive Children are learning to catch balls that are above the head or low to the ground		High Ball High catch Wide hand grip Track Anticipate	Children are learning to catch the ball high in the air and low to the ground using a wide hand grip. 1. Track the movement of the ball in the air and anticipate where it I going. 2. Hold the hands up, fingers spread palms facing forward at chest height with the knees bent. 3. If the ball is travelling low bend the knees further to reach the ball. 4. If the ball is going high use the bent knees to jump high and raise the hands above the head. 5. Let the ball hit the hands and hold the ball on either side.
	WALT Pass a ball to a moving partner using a range of throws (underarm, bounce pass, chest pass, overhead 1/2 handed) Prior Knowledge Children have learned (underarm, bounce pass, chest pass, overhead 1/2 handed throws when static How Knowledge is progressive Children are using these same throws to whilst moving		Chest pass Overhead Static Shoulder Pass	Chest Pass 1. Start in the wide hand grip position. 2. Keep the elbows out to the side for power. 3. Step forward and extend the arms forward to push the ball. 2 Handed Overhead Pass 1. Start with the ball above the head held with 2 hands. 2. Take a step forward. 3. Bend the elbows to 90° so the ball is behind the head. 4. Quickly bring the arms forward, at the same time, releasing when the arms are out in front. 3 Push the ball forwards to a partner. This is good for distance throwing

				https://www.youtube.com/watch?v=w04ylxv9	https://www.vs.vtul	com/watch?v=lc+Thl aC	https://www.youtube.com/watch?v=-cz9gla5hj
				How To Chest Pass Sports And Outdoors • 17K views • This guide shows you How To Chest		com/watch?v=JgtThLoS nw Netball Drills: Overhead Passing	Q
Tr av el & Li nk in g Ac ti on s	Can attack in a 2vs2 situation Prior Knowledge Children have learned to attack in a 2vs1 situation How Knowledge is progressive Children are learning how to pass and move to attack in a 2vs2 situation WALT Can mark in front and behind a player Prior Knowledge Children have learned to mark and put pressure on an attacking player How Knowledge is progressive Children are learning to mark players in different ways	Attacker Defender	2vs1 2vs2 target eliminate pass run space Front Marking Back Marking Dribbling	When attacking in a 2vs2 situation this is harder than attacking in a 2vs1 situation as the number of defenders and attackers is equal. The challenge is to target 1 of the defenders to create a mini 2vs1 situation. This must be done quickly. https://www.youtube.com/watch?v=DeKbfCkf9cs Front Marking This is where the defender stands in front of them receiving a pass. This defender is front marking. He is in front of the attacker and stops him receiving a pass.		of the defend The player not defender into the player with between the eliminate the this is where the defender the defender into the the defender into the the defender into the the defender into the player with the defender into the the defender into the player with the defender into the player into the defender into the player with the player with the player into the player in	ot in possession has made a run behind this o space. th the ball has played a pass through the gap defenders to the team mate in space to
Ro Ils	WALT Correctly apply rules to officiate games Prior Knowledge Children have learned to play games with more complex rules How Knowledge is progressive Children are developing their knowledge of rules and are beginning to officiate games themselves		Officiate Referee Tip off Pivot dribble bounce force foul side line free shot	off. 2. You can stand as near to the attacked. 3. You cannot move whilst holding the description of the description of the description. 4. If you want to move with the ball you stand only dribble once. If you stand of the description of the description of the description. 5. You may accidentally bump into sor description. 7. If the ball leaves the court, the team	throw the ball in the air to see which side gets possession, this is called a tip ker as you wish and hold your hands up to block the ball. be ball, you can take one step and pivot like netball. you must bounce the ball with 1 hand and not 2. top bouncing the ball you MUST pass it. be meone else but any force is a foul. m that touched it last defend whilst the other team takes a side line throw. a shot they are given 2 free shots, each worth 1 point. After the second shot		

	WALT Understand and allocate individual roles and responsibilities fairly and demonstrate sportsmanship to help team mates Prior Knowledge Children have learned the roles within games and how to demonstrate sportsmanship How Knowledge is progressive Children are learning to be more independent in assigning roles and to support each other.		Sportsmanship Roles Attackers Defenders Consideration Respect Motivation Fairness	Children to have a talk as a team to assign roles fairly and evenly trying to allow each child to have the opportunity to experience playing as both an attacker and a defender at some point. Consideration -If we win it isn't kind to make the opposition feel sad that they lost. Respect -Next time you play, they may be a team mate and you don't want to hurt their feelings. Motivation -We want everyone to get better and improve. Tell them if they did something that was good. Fairness -We don't want to cheat to win because that isn't fair to the other team. You won't improve by cheating so you are not being fair to yourself.
	WALT	Resilience	Personal Best	This is challenging children to be able to articulate all the cumulative learning they have had in a particular area to
	Explain why they have used	Independence Evaluate		describe their performance.
	particular skills or techniques, and the effect they have had on their	Performance		For example:
Ev	performance.			"Our team managed to score because I used the correct bouncing
	Prior Knowledge			
ua ti	Children have learned to evaluate			
	performance they have seen How Knowledge is progressive			
OII	Children are learning to be more			
	independent when evaluating their			
	own improvements and targets to			

Year 6	Objective	Tier 2 Vocab	Tier 3 Vocab		<u>Exar</u>	<u>mple</u>	
Sp or t Sp ec ifi	WALT Maintain possession of a ball while travelling demonstrating control (using a stick). Prior Knowledge Children have learned to maintain possession by kicking, pivoting, carrying, bouncing How Knowledge is progressive Children have built their coordination and control of limbs of arm and legs alone. Now children are learning to control equipment with the same control, maintaining possession using sticks.	knees back straight body pushing direction	Possession Dribble Handle Stick V shape Grip Flat surface Squat	The Grip -Make a 'V' shape defined by the thumb and forefinger of both handsHold your hands in front of you, palms downWrap the fingers around the handleThe right hand should be where the handle meets the woodThe left hand at the top of the handle.	Hold the right has grip. Tu faces as Squat do your back the wais out in from the stick, put the ball, you hew direction.	Technique Technique The field hockey stick with your and at the bottom of the surn the stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you. The stick so that the flat end way from you.	Exercises 1. 2. A A A A A A A A A A A A A
c Sk ill s	Can stop a hockey ball using a stick Prior Knowledge Children have learned to stop a football using their feet and catching a ball using their hands How Knowledge is progressive Children have built their coordination and control of limbs of arm and legs alone. Now children are learning to control equipment with the same control, stopping a ball using sticks.	Attacker	Flat Stick Block Top edge Traps Stick head	As the ball squat down long barries -Make sure ground so t under Turn the s			As children's hand eye coordination gets better they can trap a ball using just the flat side of the head of the stick. This is a quicker way to stop a ball and it allows the attacker to pass the ball immediately without having to stand back up.
	WALT	Power	Push pass	1. Step forward with the left foot, po	inting it at the target.	•	

	Can pass a bookey hall using a stick		2. Kooning the hall on the flat curface of the stick, use the arms to push the hall forwards
	Can pass a hockey ball using a stick Prior Knowledge		2. Keeping the ball on the flat surface of the stick, use the arms to push the ball forwards.
	Children have learned to pass using		3. Point the stick at the target at the end of the action so the ball travels towards the target.
	their hands and feet		
	-		
	How Knowledge is progressive		
	Children are using sticks to be able to		
	pass a ball using a push action		
Α.	WALT	Attacking	Children are to discuss as a topic how they will approach the game. Are they gaing to he
At		Attacking	Children are to discuss as a team how they will approach the game. Are they going to be:
ta	Create a strategy to attack as a team and evaluate this.	Defending	
ck		Offensive	Offensive – an attacking style of play
_	Prior Knowledge	Defensive	Defensive – a style of play that is designed to stop the opposition scoring
in	Children have learned to attack in		
g	2vs1 and 2vs2 situations and how to		Will they attack by passing the ball to each other – signalling children should be prepared to make quick passes.
vs	defend		Will they dribble at players?
_	How Knowledge is progressive		will triey dribble at players:
D	Children are learning to discuss how		
ef	they will approach the game		
en	tactically		
di	WALT	Channelling	Channelling an attacker is where the defender tracks the run of the attacker. The defender does
	Channel an attacker	Attacker	The defender allows the attacker space in a zone where there not want the attacker
ng	Prior Knowledge	Track	is little danger of the attacker being able to score a goal (the sideline) to run towards goal.
	Children have learned the forward	Pressure	If the attacker tries to dribble towards goal the defender begins to As they may have a chance to score.
	roll and hurdle step	Zone	
	How Knowledge is progressive	Defender	pressure the attacker (tackling etc.) By channelling the attacker into the space the attacker runs out of room
	Children are learning to perform the	Berender	because of the side-line. The defender can then trap the attacker in this
	forward roll beginning with a hurdle		zone of low danger.
	step and dive.		THE STICK — Should NEVER go above hip height
Co	WALT	Officiate	THE STICK — SHOULD WE VER GO above hip neight
m	Correctly apply rules to officiate	Referee	START — The game is started with a push back in the middle of the nitch
	games	Rules	START – The game is started with a push back in the middle of the pitch.
pe	Prior Knowledge	Hip Height	THE BALL – The ball must NOT touch the back of the stick or a player's foot.
ti	Children have learned to play games	Push Back	If it does then the opposite team gets a free hit.
ng	with more complex rules	Free Hit	in it does then the opposite team gets a free filt.
	How Knowledge is progressive		CONTACT – The game is strictly NO CONTACT. If any player obstructs or
an	Children are developing their	Semi-Circle	deliberately makes contact with an opposition player – a free throw is
d	knowledge of rules and are		awarded.
Pe	beginning to officiate games		iwinkl.c
rf	themselves		IN PLAY – If the ball goes outside the lines of the pitch, a free throw from the
r i			side-line is given to the opposite team to whoever touched it last.
or			

mi			
ng	WALT Understand and allocate individual roles and responsibilities fairly and demonstrate sportsmanship to help team mates Prior Knowledge Children know different roles and demonstrate sportsmanship How Knowledge is progressive Children are learning to be more independent in assigning roles and to support each other.	Sportsmanship Roles Attackers Defenders Consideration Respect Motivation Fairness	Children to have a talk as a team to assign roles fairly and evenly trying to allow each child to have the opportunity to experience playing as both an attacker and a defender at some point. Consideration -If we win it isn't kind to make the opposition feel sad that they lost. Respect -Next time you play, they may be a team mate and you don't want to hurt their feelings. Motivation -We want everyone to get better and improve. Tell them if they did something that was good. Fairness -We don't want to cheat to win because that isn't fair to the other team. You won't improve by cheating so you are not being fair to yourself.
Ev al ua ti on	WALT Thoroughly evaluate their own and others' work, suggesting thoughtful and appropriate improvements. Prior Knowledge Children have learned to evaluate their performance and other's performances How Knowledge is progressive Children are learning to compare and coach each other to improve performances	Evaluate Compare Contrast Coach	Children can critically discuss and compare performances talking about what was successful and what could be improved. This can look like a mini coaching session helping a partner improve their performance by modelling and correcting movement patterns. Children could create their own teaching video to demonstrate skills

How a team game lesson should look:

- First 5 minutes children should be active and raising their heart rate
- Then 5 minutes of stretching.
- Review recall previous learning
- AR Introduce and model sport specific skill
- PA Teach the conditions(rules) of a game to incorporate the sport specific skill
- ED Send children of into team, leave these questions:

- o Were you successful?
- O What went well?
- o What strategy could you employ next time