

Year Group	TERM 1	TERM 2	TERM 3	TERM 4
Year 1	<p>Multi skills: developing eye/hand coordination skills, games; sending and receiving skills; ball handling.</p> <p>Swimming: develop water confidence and exposed to 2 basic stroke techniques. Develop accurate replication. Levelling assessment.</p>	<p>Ball skills: developing eye/hand coordination skills, games; sending and receiving skills; ball handling. Levelling assessment. Cont.</p> <p>Swimming: develop water confidence and exposed to 2 basic stroke techniques. Develop accurate replication. Levelling assessment. Cont.</p>	<p>Swimming: water confidence; stroke techniques such as the push and glide and the paddle strokes. Front and back travel including buoyancy. Move into big pool. Accurate replication, performing at maximum levels. Badges.</p> <p>Games: Throwing and Catching - Aiming Games exploring and communicating ideas, concepts and emotions. Levelling assessment.</p>	<p>Hockey: Focus on improving the quality of their skills with the intention of outwitting opposition. In all games activities, pupils think about how to use skills, strategies and tactics to outwit the opposition. Levelling assessment.</p> <p>Striking and Fielding: basic co-ordination, small games, understanding rules, Assessing in levels.</p>
Year 2	<p>Ball skills: basic game-playing skills, throwing and catching. Movement into space, defending the ball. Beginning to outwit opponents. Levelling assessment.</p> <p>Swimming: 3 basic strokes: front-crawl, breaststroke, backstroke. Basic water safety skills introduced. Pool rules. Levelling assessment.</p>	<p>Multi skills: basic movement skills balance, agility, co-ordination</p> <p>Swimming: 3 basic strokes: front-crawl, breaststroke, backstroke. Basic water safety skills introduced. Pool rules. Levelling assessment.</p>	<p>Swimming: development of basic strokes and water safety skills, developing the front-crawl back stroke and breast stroke techniques with breathing. Start diving. Badges.</p> <p>Games: Throwing and Catching - Aiming Games exploring and communicating ideas, concepts and emotions. Levelling assessment.</p>	<p>Hockey: Pupils will work on improving the quality of their skills with the intention of outwitting opposition. Levelling assessment.</p> <p>Striking and Fielding: development of skills of hitting and fielding using a tennis ball and plastic bat. Game rules. Levelling assessment.</p>

Year 3	<p>Multi skills: Movement, skills balance, agility, co-ordination. Actions under control and under speed or duress.</p> <p>Ball skills: develop basic game-playing skills, in particular bouncing, throwing and catching. Levelling assessment.</p> <p>Swimming: children develop the four basic strokes: front-crawl, breaststroke, backstroke and butterfly. Students also focus on competitive swimming. Levelling assessment.</p>	<p>Ball skills: develop game-playing skills, in particular bouncing, throwing and catching. Levelling assessment.</p> <p>Swimming: children develop the four basic strokes: front-crawl, breaststroke, backstroke and butterfly. Students also focus on competitive swimming. Levelling assessment.</p>	<p>Swimming: water skills, advanced breathing and streamlining, buoyancy and other water skills as well as the 4 stroke development. Badges.</p> <p>Games: Throwing and Catching - Aiming Games exploring and communicating ideas, concepts and emotions. Levelling assessment.</p>	<p>Hockey: Pupils will work on improving the quality of their skills. Levelling assessment.</p> <p>Striking and Fielding: development of skills of hitting and fielding. Game rules. Levelling assessment.</p>
Year 4	<p>Basketball: With control and fluency show that they can perform throwing, catching, shooting skills and use the dribble to attack and outwit their opponents and the block to defend.</p> <p>Swimming: Skill development of all 4 strokes.</p>	<p>Basketball: Baseline assessment. Dribbling, chest passing, overhead passing, shoulder passing and bounce passing and catching. Levelling assessment.</p> <p>Swimming: Develop skill techniques in swimming. Front-crawl, breaststroke, backstroke and butterfly. Students also focus on competitive swimming. Levelling assessment.</p>	<p>Swimming: Refine all water skills, advanced breathing, buoyance, and propulsion and streamlining, as well as the 4 stroke development.</p> <p>Football: Effective skills development. Dribbling, passing and shooting are reinforced. Levelling assessment.</p> <p>Netball: basic game-playing skills, throwing and catching. Movement into space, defending the ball. Beginning to outwit opponents.</p>	<p>Hockey: The children develop skills of passing and receiving on the move with a partner. They learn the correct way of dribbling, passing, stopping a ball and a few additional rules of the game. Levelling assessment.</p> <p>Athletics: the children perform a variety of events designed to show good technique and a sound knowledge of the activities such as shuttle runs, standing long jump and throwing for distance.</p>

<p>Year 5</p>	<p>Basketball: children participate in a range of activities such as the art of bouncing; throwing, catching and pivoting. Children continue to develop ball handling with particular emphasis on accuracy in the four basic passing techniques. Swimming: children develop the four basic strokes: front-crawl, breaststroke, backstroke and butterfly Basic water safety skills are introduced.</p>	<p>Basketball: Develop basic game-playing skills, in particular outwitting opponents using the skills such as dribbling and passing, Leveling assessment. Swimming: Develop control and precision in four basic strokes: Students also focus on competitive swimming. Leveling assessment.</p>	<p>Swimming: Refine all water skills, advanced breathing, buoyance, and propulsion and streamlining, as well as all 4 strokes. Accurate Football: The children to develop football skills. This will include kicking of a ball, passing, heading and dribbling. Leveling assessment. Netball: Children to develop ball handling with particular emphasis on passing, receiving with accuracy in the four basic passing techniques. The rules are introduced.</p>	<p>Hockey: Develop dribbling, passing and shooting skills. The children are expected to show a general improvement in the accuracy and control of these skills. Leveling assessment. Athletics: Children develop confidence in running, throwing and jumping activities.</p>
<p>Year 6</p>	<p>Basketball: Children participate in a range of activities such as the art of bouncing; throwing, catching and pivoting. Children continue to develop ball handling with particular emphasis on accuracy in the four basic passing techniques. Swimming: Children develop the four basic strokes: front-crawl, breaststroke, backstroke and butterfly. They learn to refine their strokes for competition.</p>	<p>Basketball: Baseline assessment. Develop basic game-playing skills, in particular outwitting opponents using the skills such as dribbling and passing, and catching. Leveling assessment. Swimming: Combine skill techniques and ideas and apply them accurately and appropriately in swimming. Students also focus on competitive swimming. Leveling assessment.</p>	<p>Swimming: Refine all water skills, advanced breathing, buoyance, propulsion and streamlining, water entry and exit and other water skills as well as the 4 stroke development. Assessment. Football: children develop football skills, emphasis on dribbling, passing and receiving accuracy. They are introduced to seven-side team games. Leveling assessment. Netball: Children to develop ball handling with particular emphasis on passing, receiving with accuracy in the four basic passing techniques. The rules are introduced.</p>	<p>Hockey: Learn how to use appropriate technique for defensive and offensive play. Outwit using different passing and receiving techniques. Leveling assessment. Athletics: baseline assessments. In throws, jumps and sprints.</p>