

	Early Years/Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	Ball Skills Throwing & catching	Footwork & Co-Ordination Change speed & direction	Football Dribbling	Tag Rugby Passing & ball handling	Football Dribbling & turning	Hockey Dribbling
Week 2	Ball Skills Kicking & striking	Footwork & Co-Ordination Turning with a ball	Football Passing	Tag Rugby Attack v Defence - overload	Football Keeping possession	Hockey Passing
Week 3	Ball Skills Controlling a ball	Ball Skills Kicking at targets	Football Keeping possession	Tag Rugby Tactical awareness	Football Decision making games	Hockey Attack v Defence overload
Week 4	Ball Skills Tracking a ball	Ball Skills Travel with ball – using feet	Football Control	Tag Rugby Creating overloads	Football Small-sided games	Hockey Small-sided games
	-	-	-	-	4 week assessment	4 week assessment
Week 5	Footwork & Co-Ordination Changing Speeds	Ball Skills Travel with ball – using hands	Football Small-sided games	Tag Rugby Understanding game rules	Hockey Dribbling	Football Tactical awareness
Week 6	Footwork & Co-Ordination Turning	Ball Skills Throwing a ball	Football Small-sided games	Tag Rugby Match	Hockey Passing	Football 1 v 1
	6 week assessment	6 week assessment	6 week assessment	6 week assessment	-	-
Week 7	Ball Skills Rolling for targets	Footwork & Co-Ordination Change speed & direction	Tag Rugby Ball handling	Football Dribbling & running with ball	Hockey Keeping possession	Football Attack v Defence overload
Week 8	Ball Skills Throw & Catch - targets	Ball Skills Kicking at targets (2)	Tag Rugby Passing opposed	Football Attack v Defence	Hockey Small-sided games	Football Small-sided games
	-	-	-	-	4 week assessment	4 week assessment
Week 9	Ball Skills Controlling a ball (2)	Ball Skills Small-sided games	Tag Rugby Small-sided games	Football Keeping possession	Tag Rugby Passing & creating overloads	Tag Rugby Attack v Defence overload
Week 10	Footwork & Co-Ordination Changing Speeds (2)	Ball Skills Travel with ball – using hands	Tag Rugby Attack v Defence	Football Game awareness	Tag Rugby Small-sided games	Tag Rugby Game management
Week 11	Ball Skills Tracking a ball (2)	Footwork & Co-Ordination Individual & relay	Tag Rugby Understanding game rules	Football Small-sided games	Tag Rugby Conditioned games	Tag Rugby SSG - officiating
Week 12	Ball Skills Kicking & Striking (2)	Ball Skills Throwing at targets (2)	Tag Rugby Match	Football Tournament play	Tag Rugby Small-sided games	Tag Rugby Small-sided games
	End of Term assessment	End of Term assessment	End of Term assessment	End of term assessment	End of term assessment	End of term assessment

	Early Years/Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	Ball Skills Bouncing a ball	Ball Skills Strike a ball using equipment	Hockey Passing & receiving	Hockey Passing to score	Basketball Retaining possession	Basketball Dribbling to score
Week 2	Ball Skills Reactions	Footwork & Co-Ordination Individual & relay (2)	Hockey Dribbling	Hockey Retaining possession	Basketball Shooting	Basketball Shooting & rebounding
Week 3	Ball Skills Throwing & retrieving	Ball Skills Target hoops	Hockey Attack at pace	Hockey Creating space	Basketball Attack v defence	Basketball Transition play
Week 4	Ball Skills Tracking a ball	Ball Skills Throwing a ball (2)	Hockey Creating space	Hockey Attack v Defence	Netball Rules, positions & passing	Basketball/Netball Small-sided games / High 5's
Week 5	Footwork & Co-Ordination Changing Speeds	Footwork & Co-Ordination Skipping	Hockey Small-sided games	Hockey Small-sided tournament	Netball High 5's	Netball Retaining possession
Week 6	Footwork & Co-Ordination Straight line running/relays	Ball Games Throw & catch in teams	Hockey Small-sided games	Hockey Small-sided tournament	Netball High 5's	Netball High 5's
			6 week assessment	6 week assessment	6 week assessment	6 week assessment
Week 7	Ball Skills Rolling for targets	Ball Skills Throw for distance	Tennis Forehand	Tennis Serve	Cricket Batting – shot selection	Cricket Batting & bowling selection
Week 8	Ball Skills Throw a ball for distance	Ball Skills Throw at targets	Tennis Backhand	Tennis Forehand	Cricket Bowling – line, length, speed	Cricket Nets session
Week 9	Ball Games Moving a ball in teams	Ball Games Throw at target & scoring	Tennis Serve	Tennis Backhand	Cricket Fielding – close & outfield	Cricket SSG – Fielding positions
Week 10	Ball Skills Strike a ball using equipment	Footwork & Co-Ordination Running Circuits	Tennis Ground strokes & footwork	Tennis Rallying & footwork	Cricket Nets sessions	Cricket Scenarios
Week 11	Ball Skills Striking a moving ball using feet	Footwork & Co-Ordination Skipping (2)	Tennis Rallying	Tennis Match play	Cricket Small-sided games	Cricket Pairs cricket
Week 12	Ball Skills Throwing at targets	Footwork & Co-Ordination Running in teams	Tennis Match play	Tennis Match play	Cricket Small-sided games	Cricket Small-sided games

End of Term assessment

End of Term assessment

End of Term assessment

End of term assessment

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End of term assessment

	Early Years/Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	Ball Games Throwing & retrieving	Ball Games Throwing & retrieving	Cricket Bowling technique	Cricket Batting – timing & direction	Tennis Forehand – speed, direction	Tennis Forehand & backhand
Week 2	Ball Games Striking a ball - equipment	Ball Games Striking a ball, using equipment	Cricket Batting technique	Cricket Bowling – line & length	Tennis Backhand – speed, direction	Tennis Serving – speed, direction
Week 3	Ball Games Throwing at targets	Ball Games Throwing at targets	Cricket Batting & bowling	Cricket Fielding – reaction/slips	Tennis Serving & Volleys	Tennis Rally
Week 4	Ball Games Throwing at targets, scoring	Ball Games Throwing at targets, scoring	Cricket Fielding – general skills	Cricket Fielding – outfield	Tennis Rally	Tennis Match Play
	-	-	-	-	4 week assessment	4 week assessment
Week 5	SAQ & reaction	SAQ & reaction	Cricket Small-sided games	Cricket Small-sided games	Tennis Match Play	Tennis Match Play
Week 6	Running & changing direction	Running & changing direction	Cricket Small-sided games	Cricket Small-sided games	Tennis Match Play	Tennis Match Play
	6 week assessment	6 week assessment	6 week assessment	6 week assessment	-	-
Week 7	Roll Games Stopping a moving ball	Roll Games Stopping a moving ball	Athletics Running – sprints	Athletics Running – long distance	Athletics Running – long distance	Athletics Running - sprints
Week 8	Ball Games Throwing for distance	Ball Games Throwing for distance	Athletics Throwing – javelin & shot	Athletics Jumping – long & triple	Athletics Running – sprints	Tennis Running - relays
	-	-	-	-	4 week assessment	4 week assessment
Week 9	Athletics Individual running	Athletics Individual running	Athletics Jumping – long & triple	Athletics Jumping – sprints	Athletics Running – relays	Athletics Running – long distance
Week 10	Athletics Running in teams	Athletics Running in teams	Athletics Relay – baton changes	Athletics Throwing – javelin & shot	Athletics Throwing events	Athletics Jumping events
Week 11	Athletics Jumping	Athletics Jumping	Athletics Running – long distance	Athletics Running - relays	Athletics Jumping events	Athletics Throwing events
Week 12	Games Working in teams	Games Working in teams	Athletics Competition	Athletics Competition	Athletics Competition	Athletics Competition
	End of Term assessment	End of Term assessment	End of Term assessment	End of term assessment	End of term assessment	End of term assessment