



## The Echelford Primary School - PE Progression Document


Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
<b>Dance</b>						
<p>Show good control and co-ordination in large and small movements.</p> <p>Move confidently in a range of ways, safely negotiating space.</p> <p>Sing songs, make music and dance and experiment with ways of changing them.</p> <p>Represent their own ideas, thoughts and feelings through design and technology, art, music, dance, role-play and stories.</p> <p>Move to music.</p> <p>Copy dance moves.</p> <p>Perform some dance moves.</p> <p>Move around the space safely.</p>	<p>Discuss own performances.</p> <p>Discuss how to improve in different physical activities.</p> <p>Practise basic movements including running, jumping, throwing and catching.</p> <p>Perform simple dances.</p> <p>Develop balance and agility.</p> <p>Copy dance moves.</p> <p>Make up a short dance, after watching one.</p> <p>Dance imaginatively.</p> <p>Change rhythm, speed, level and direction.</p> <p>Say something I like and something that could be improved about a dance</p>	<p>Evaluate own and others' performances.</p> <p>Identify how to improve in different physical activities.</p> <p>Perform dances using simple movement patterns.</p> <p>Develop and apply balance, agility and co-ordination.</p> <p>Change rhythm, speed, level and direction with consistency.</p> <p>Dance with control and co-ordination.</p> <p>Make a sequence by linking sections together.</p> <p>Link some movement to show a mood or feeling.</p> <p>Compare his/her performance with others.</p>	<p>Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Understand how to improve own and others' performances</p> <p>Demonstrate improvement to achieve personal best</p> <p>Perform pair/group dance involving canon &amp; unison, meet &amp; part</p> <p>Respond to music in time &amp; rhythm to show like/unlike actions</p> <p>Respond to music to express a variety of moods &amp; feelings</p> <p>Give and respond to peer feedback to improve (compare and contrast)</p>	<p>Perform dances and gymnastic routines on own and with others using movement patterns</p> <p>Understand how to improve own and others' performances</p> <p>Respond imaginatively to stimuli related to character/music/story</p> <p>Perform clear &amp; fluent dances that show sensitivity to idea/stimuli</p> <p>Make up dance within a small group</p> <p>Give peer feedback to improve with suitable dance terminology</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p> <p>Develop mastery of flexibility, strength, technique, control and balance</p> <p>Show fluency/control in chosen dances in response to stimuli</p> <p>Perform fluent dances with characteristics of different styles/eras</p> <p>Adapt &amp; refine (in pair/group), dances that vary direction, space &amp; rhythm</p>	<p>Perform dances and gymnastic routines on own and with others using a range of movement patterns</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p> <p>Create &amp; perform dances in a variety of styles consistently</p> <p>Be aware of &amp; use musical structure, rhythm &amp; mood &amp; can dance accordingly</p> <p>Use appropriate criteria &amp; terminology to evaluate performances</p>



					Give peer feedback to improve with suitable dance terminology	
<p>Dancing is moving the body to music.</p> <p><b>Travelling</b> To move from one place to another place.</p> <p><b>Ways to travel in a space:</b> Skipping Jumping Hopping Sliding Turning Gallop</p>	<p>Dancing is moving the body to a musical rhythm.</p> <p><b>Rhythm</b> is a strong regular repeated pattern of movement or sound.</p> <p><b>Speed</b> is how quickly or slowly I move.</p> <p><b>Level</b> is how high or low I am.</p> <p><b>Direction</b> is which way I face and move.</p> <p>I like... about a dance because...</p> <p>I think... could be improved in the dance because...</p>	<p><b>Control</b> involves tensing muscles, balancing.</p> <p><b>Balancing</b> To hold a body position with control.</p> <p><b>Coordination</b> is using the different parts of your body together smoothly.</p> <p><b>Transition</b> is moving from one move to another.</p> <p><b>Sequence</b> - To put actions together: skipping, jumping, hopping, sliding, turning, gallop, grapevine,</p> <p>You can change the <b>levels</b> and <b>speed</b> of a sequence to make it more interesting for your audience.</p> <p>... is similar between mine and my peers' performance.</p>	<p>In dance, we explore space, and consider how we can use our bodies to show <b>ideas, moods, characters and feelings</b>.</p> <p>A dance in <b>unison</b> is dancing the same sequence of movements at the same time.</p> <p>A dance in <b>canon</b> is dancing the same sequence of movements which start at different times.</p> <p><b>Mirroring</b> - reflected, as in a mirror</p> <p><b>Respond</b> - do something as a reaction to someone or something.</p> <p><b>Improvise</b> - To perform without planning or practise</p> <p>I know how to use a <b>complementary movement</b> e.g using the same arms as my partner at a different level.</p> <p><b>Motif</b> - short sequence of linked movement (that repeats throughout the dance)</p>	<p>Precision - exactness of performance</p> <p>When turning I can use a <b>spotting technique</b> to ensure balance and to prevent dizziness.</p> <p><b>Dynamics:</b> Fast, sharp, slow,</p> <p><b>Modifying</b> means to change or adapt to suit a specific purpose or audience.</p> <p>Know how to use <b>canon, mirroring, unison, 'question and response'</b> to build a dance.</p> <p><b>Feedback</b> Getting feedback from others about your dance is vital in improving your dance actions, moves and routines. Be constructive when feeding back to others.</p>	<p>To <b>emphasise</b> movements you can add in moments of stillness and change the size of your movements.</p> <p><b>Flexibility</b> is range of movement around a joint</p> <p>How to present a dance to make it <b>aesthetically pleasing</b> (look good) for the audience.</p> <p>Vocabulary: Arabesque, Plie, Pirouette, leap,</p> <p>To join a sequence of <b>leaps</b> (to make a large jump from one foot to one foot), I can use a step between each one.</p> <p>Gallop requires fluid motion and momentum.</p>	<p><b>Choreography:</b> the composition and arrangement of dances It is designing sequences of actions and movements in order to create routines. Choreography maybe revisited when something isn't working.</p> <p><b>Expression</b> the act of making your thoughts, feelings, etc.</p> <p><b>Quality</b> is making sure that actions and movements are clear and confident. We should concentrate on each individual action to maintain quality.</p> <p><b>Control</b> is when you hold positions carefully. Tense muscles to help control movements and balances and keep good posture.</p> <p><b>Consider space</b> (e.g. how the space is used, how far apart dancers are) and timing (when/where actions happen, tempo, and how fast or slow movements are performed) to add quality and control to dances.</p> <p><b>Timings</b></p>

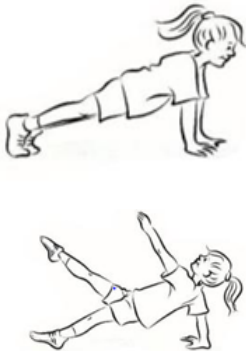
			<p>A <b>leap</b> to make a large jump from one foot to one foot.</p> <p>... is similar between mine and my peers' performance.</p> <p>... is different/contrasting between mine and my peers' performance.</p>			Half-time, double time, unison, canon
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## Gymnastics

<p><b>Show good control and co-ordination in large and small movements.</b></p> <p><b>Move confidently in a range of ways, safely negotiating space.</b></p> <p>Make your body tense, relaxed, curled and stretched.</p> <p>Balance on small/large body parts &amp; understand stillness</p> <p>Make large and small body shapes</p> <p>Climb &amp; hang from apparatus</p> <p>Perform basic travelling actions on various body parts</p>	<p><b>Discuss own performances.</b></p> <p><b>Discuss how to improve in different physical activities.</b></p> <p><b>Practise basic movements including running, jumping, throwing and catching.</b></p> <p><b>Develop balance and agility.</b></p> <p>Make the body tense, relaxed, curled and stretched, showing some tension.</p> <p>Begin to work alone/with someone to make a sequence of shapes/travels</p>	<p><b>Evaluate own and others' performances.</b></p> <p><b>Identify how to improve in different physical activities.</b></p> <p><b>Master basic movements including running, jumping, throwing and catching.</b></p> <p><b>Develop and apply balance, agility and co-ordination.</b></p> <p>Make the body tense, relaxed, curled and stretched, in a range of movements.</p> <p>Perform a sequence with changes in speed &amp; direction including 3 different actions</p>	<p><b>Perform dances and gymnastic routines on own and with others using movement patterns</b></p> <p><b>Further develop flexibility, strength, technique, control and balance</b></p> <p>Use a greater number of your own ideas for movement in response to a task.</p> <p>Combine arm actions with skips/leaps/steps/jumps &amp; spins in travel</p> <p>Travel while using various hand apparatus, (ribbon/hoop/ rope/ball)</p>	<p><b>Perform dances and gymnastic routines on own and with others using movement patterns</b></p> <p><b>Compare performances with previous ones</b></p> <p><b>Further develop flexibility, strength, technique, control and balance</b></p> <p><b>Understand how to improve own and others' performances</b></p> <p>Share ideas and give positive criticism/advice to self &amp; others.</p> <p>Create &amp; perform matching/mirroring sequences explaining how it could be improved</p>	<p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Perform dances and gymnastic routines on own and with others using a range of movement patterns</b></p> <p><b>Evaluate and recognise own and others' success and identify strategies for improvement</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p><b>Master flexibility, strength, technique, control and balance</b></p>	<p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Perform dances and gymnastic routines on own and with others using a range of movement patterns</b></p> <p><b>Evaluate and recognise own and others' success and identify strategies for improvement</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p><b>Master flexibility, strength, technique, control and balance</b></p>
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	<p>Climb safely, showing some shapes and balances when climbing.</p> <p>Keep balance travelling in a range of ways along bench, spots, mat etc</p> <p>Roll in stretched/curled positions e.g. 'log</p> <p>Describe and comment on performance.</p>	<p>(sometimes giving advice to others)</p> <p>Be still on single/two + points of contact on floor/apparatus showing tension &amp; control</p> <p>Link known shape/travel/roll/jump to a balance using floor &amp; on apparatus</p> <p>Jump/land with control using different body shapes in flight</p>	<p>Know principles of balance and apply them on floor &amp; apparatus</p>	<p>Perform at least 3 different rolls (shoulder, forward, back) with some control</p> <p>Link a roll with travel and balance using floor and apparatus with good body control</p>	<p>Combine your own work with that of others, identifying strengths &amp; weaknesses.</p> <p>Include change of speed, direction and shape in movements.</p> <p>Follow a set of 'rules' to produce a sequence, possibly made by peers.</p> <p>Create mirror/matching /cannon (pair) sequence varying dynamics/levels /direction etc.</p>	<p>Select a suitable routine to perform to different audiences, bearing in mind who the audience is.</p> <p>Transfer sequence above onto suitably arranged apparatus &amp; floor</p> <p>Demonstrate 3 paired balances in sequence using various skills/actions</p> <p>Consider how specific aspects of an activity or performance can influence the outcome and suggest the best possible strategy.</p>
<p>I know the difference between my <b>right and left</b>.</p> <p><b>Stretching</b> means extending my body as far as it can possibly go. This helps a person have better control of their muscles and be more flexible.</p> <p><b>Balance</b> is an equal sharing of weight so that someone is able to stay upright and still.</p> <p>I can turn left I can turn right</p> <p>I know how to make:</p>	<p><b>Jump</b> is taking off from two feet and landing on two feet. Bend your knees when you land.</p> <p>Jumps can be formed in a pencil, straddle, star, tuck position</p> <p>I can mount and dismount safely either by jumping or climbing.</p> <p>When using equipment, I must wait my turn so that it is safe.</p> <p>I know I can link actions using the following movements</p> <p>Skipping</p>	<p><b>Apparatus</b> The equipment on which gymnastic moves are performed, e.g. mats, beams, springboards.</p> <p><b>Vault</b> A piece of gymnastic equipment that is designed to be either jumped on or jumped over. It is often used together with a springboard.</p> <p><b>Springboard</b> A platform that a gymnast jumps on to propel themselves further. There are different ways to use equipment e.g: I</p>	<p><b>Roll</b> Moving by turning on the ground.</p> <p>Definitions of and how to perform:</p> <p><u>forward roll</u>: move from the starting position into a roll and get back on your feet all in one motion. Place your feet together and bend your knees so that you're squatting. Place your hands on the ground in front of you with your elbows bent. Your hands should be evenly spaced at shoulder width. Be sure to tuck in your chin like a hedgehog. As you move into the roll, you don't</p>	<p><b>Sequence</b> To put moves together.</p> <p>Definitions of and how to perform:</p> <p>cartwheel backward roll,</p> <p>I can explain the steps to perform these movements</p> <p><b>Coordination</b> is the ability to move two or more body parts under control, smoothly and efficiently.</p> <p>When accurately performing a forward</p>	<p>Definitions of and how to perform:</p> <p><b>Inverted Movements</b> An action where your hips go above your head.</p> 	<p><b>Definitions of and how to perform:</b> Cartwheel, Handstand, Headstand, Forward roll, Backwards roll, Shoulder roll, counter balance, counter tension, jumps (full turn, half turn, pike, straddle, tuck).</p> <p><b>Sequencing</b> When movements are put together one after the other. Each movement has a clear entrance and exit into the next movement. For example – a headstand into a forward roll.</p> <p><b>Balance</b> Defined as the ability to maintain a centre of mass</p>

<p>star shape pike straddle T Pencil dish bowl tuck</p> <p>I know how to: Skip Jump Hop Slide Turn Gallop</p> <p>You can put your arms out to the side or make my base wider to help me balance.</p>	<p>Jumping Hopping Sliding Turning Gallop</p>	<p>can walk along, bunny hop over, step and kick, slide.</p> <p><b>Control</b> is when you hold positions carefully. Tense your muscles to help control your movements and balances.</p> <p><b>Quality</b> is about making sure that your movements look good.</p> <p>Use good posture and point your fingers and toes to show quality</p>	<p>want to place weight on your neck - it should move directly onto your upper back. Tucking in your chin will help ensure that you don't put pressure on your neck. Push over onto your upper back, so that your body rolls forward and your hips are pushed over your head. Follow the curve of your spine as you roll. Have straight legs and pointed toes. Stand without using your hands for support.</p> <p><u>shoulder stand.</u> Lay on your mat, with your arms alongside your body, and your knees bent so you feet are flat. Press your hands into your mat, and lift your feet up, as your bring your knees towards your face. Bring your hands to your lower back for support. Straighten your legs up towards the ceiling. Hold this position by tensing your muscles. Bend your knees back to your chest and release to laying flat.</p> <p><u>plank, side plank</u></p>	<p>roll, I must land on my feet without using my hands.</p> <p>Engaging my muscles; creating tension in my body allow me to have control over my movements.</p> <p>To make my routine effective I must link movement fluidly (smoothly, with control)</p>	<p>over the base of support. Each balance held should be held for 3-5 seconds.</p> <p><b>Counter Balance/ Counter Tension</b> Different forces between performers are spread equally to create balance.</p>  <p><b>Flight from Hands</b> To travel in the air by propelling/ supporting weight with hands.</p> 
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			 <p>I can improve my flexibility (range of movement at a joint) by stretching.</p>			
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## Athletics

<p>Show good control and co-ordination in large and small movements.</p> <p>Move confidently in a range of ways, safely negotiating space.</p> <p>Explore different ways of moving.</p> <p>Practise running.</p>	<p>Discuss own performances.</p> <p>Discuss how to improve in different physical activities.</p> <p>Practise basic movements including running, jumping, throwing and catching.</p> <p>Develop balance and agility.</p> <p>Use varying speeds when running.</p> <p>Practise short distance running.</p>	<p>Evaluate own and others' performances.</p> <p>Identify how to improve in different physical activities.</p> <p>Master basic movements including running, jumping, throwing and catching.</p> <p>Develop and apply balance, agility and co-ordination.</p> <p>Run with agility and confidence.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare performances with previous ones</p> <p>Understand how to improve own and others' performances</p> <p>Run in different directions and at different speeds, using a good technique.</p> <p>Choose and understand appropriate running techniques.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Compare performances with previous ones</p> <p>Understand how to improve own and others' performances</p> <p>Select and maintain a running pace for different distances.</p> <p>Demonstrate good running technique in a competitive situation.</p>	<p>Demonstrate improvement to achieve personal best</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p> <p>Evaluate and compare performances with previous ones</p> <p>Use correct technique to run at speed.</p> <p>Develop the ability to run for distance.</p>	<p>Demonstrate improvement to achieve personal best</p> <p>Evaluate and recognise own and others' success and identify strategies for improvement</p> <p>Evaluate and compare performances with previous ones</p> <p>Investigate running styles and changes of speed.</p> <p>Practise throwing with power and accuracy.</p>
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	<p>Explore footwork patterns.</p> <p>Explore arm mobility.</p> <p>Explore different methods of throwing.</p>	<p>Run for distance.</p> <p>Learn the best jumping techniques for distance.</p> <p>Throw different objects in a variety of ways.</p> <p>Hurdle an obstacle and maintain effective running style.</p> <p>Complete an obstacle course with control and agility.</p>	<p>Improve throwing technique.</p> <p>Reinforce jumping techniques.</p> <p>Understand the relay and passing the baton.</p>	<p>Practise throwing with power and accuracy.</p> <p>Throw safely and with understanding.</p> <p>Explore different footwork patterns</p> <p>Understand which technique is most effective when jumping for distance.</p>	<p>Throw with accuracy and power.</p> <p>Identify and apply techniques of relay running.</p> <p>Explore different footwork patterns. Understand which technique is most effective when jumping for distance.</p> <p>Learn how to use skills to improve the distance of a pull throw</p>	<p>Explore different footwork patterns.</p> <p>Understand which technique is most effective when jumping for distance.</p>
<p><u>Running</u> Running is quicker than walking. Look in the direction in which you are running.</p> <p><u>Throwing</u> Throwing means that I release the ball from my hand in an upwards and forwards direction.</p> <p><u>Jumping</u> I bend my knees and push myself off the ground so both my feet leave the floor. I land with bent knees.</p> <p>Hopping is jumping on one foot.</p> <p>Skipping is jumping from one foot to another.</p>	<p><u>Running</u> There is a difference in speed between jogging and sprinting.</p> <p><u>Throwing</u> I stand with my feet shoulder width apart and push the ball away from my chest, extending from my elbows.</p> <p>I need more force to throw the ball further.</p> <p><u>Jumping</u> Jumping can be a method of travel.</p> <p>I bend my elbows and use my arms to propel my body upwards when I jump.</p>	<p><u>Running</u> Slow down to a jog before changing direction.</p> <p><u>Throwing</u> When I throw with one hand, I have the opposite leg forward to my throwing arm and my fingers point in the direction of my target.</p> <p>I know to stand with my body side-on with my face looking at my target when throwing for distance.</p> <p><u>Jumping</u> I stand with my feet hip width apart, bend my knees and my elbows in</p>	<p><u>Running</u> Walking is moving at a slow and steady pace by stepping.</p> <p>Striding is moving at a steady pace with a further distance between steps.</p> <p>Jogging is a form of trotting or running at a slow or leisurely pace</p> <p>Sprinting is running at top speed for a short distance.</p> <p><u>Throwing</u> I transfer my body weight from the back foot to the front foot in order to increase power.</p>	<p><u>Running</u> In order to run effectively, you slightly lean forward, cup your hands, stand tall and breathe steadily. As one leg goes forward, the opposite arm also goes forward.</p> <p><u>Throwing</u> I hold a javelin vertically and below my shoulders when I'm not throwing it. I hold a shot put with two hands when I'm not throwing it.</p> <p><b>Power</b> is the ability to perform strength based movements quickly.</p> <p><b>Coordination</b> is the ability to move two or</p>	<p><u>Running</u> To sprint, I move my arms and legs with more power. To start, I put my stronger leg behind me and continue at top speed until I have passed the finish line.</p> <p>When jogging, I inhale through my nose and exhale through my mouth. My upper body is more relaxed than when I sprint.</p> <p><u>Throwing</u> I can recognise areas for improvement in myself and others' techniques.</p> <p><u>Jumping</u> To generate momentum and power, I need a smooth transition</p>	<p><u>Running</u> Being streamlined (preventing areas that can create wind resistance) affects the speed of your sprinting</p> <p><b>Short distance</b> races such as 100m, 200m, 300m – know the correct starting position (2, 3 or 4 point starts).</p> <p><b>Long distance</b> races such as 600m, 1000m. The start and finish parts of the race require more energy and speed than the middle parts of the race.</p> <p><b>Pacing</b> is being able to run at a consistent pace and maintain this throughout the duration of the race</p>

Jumping means both feet leave the floor.	<p>I start my jump with my toes behind the cone/line.</p> <p>I hop on my stronger leg.</p>	<p>order to balance and jump successfully.</p> <p>I transfer my weight upwards and forwards to spring off the floor. When I land, I bend my knees, have my arms straight out in front of me and lean forwards.</p> <p>I contract my muscles to help me to control my jump and landing.</p>	<p>I adapt my technique based on the equipment I am using and the size and distance to my target.</p> <p><u>Jumping</u> Momentum is to keep moving in the same direction.</p> <p>I do not stop between my run and my jump.</p> <p>My take-off leg is my stronger leg.</p>	<p>more body parts under control, smoothly and efficiently.</p> <p><u>Jumping</u> The components of a triple jump are hopping, skipping and jumping.</p>	<p>between my hop, skip and jump.</p> <p><b>Momentum:</b> consistent motion/moving</p> <p>I hop with my weakest leg. I skip onto my stronger leg to build momentum for my final jump.</p>	<p><u>Throwing</u> Transfer of weight and the position at which I throw the ball will affect the power and accuracy of the throw.</p> <p>Throwing a shot put is a push action..</p>  <p>Throwing a javelin is a pull action.</p>  <p>Any throwing event requires power and position of the body.</p> <p>Use a different technique for both throws.</p> <p><u>Jumping</u> To generate momentum and power, I need a smooth transition between my hop, skip and jump.</p> <p>I hop with my weakest leg. I skip onto my stronger leg to build momentum for my final jump.</p> <p>Long Jump – take off one foot and land on two feet.</p> <p>Triple Jump – hop, step, jump motion.</p>
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						For both triple and long jump, choose a foot to take off of. Have a 6-8 step run up, measured from the take off line away from the pit
<b>Invasion Games KS1</b>						
<p><b>Show good control and co-ordination in large and small movements.</b></p> <p><b>Move confidently in a range of ways, safely negotiating space.</b></p> <p>Send &amp; receive a ball by rolling from hand &amp; striking with foot</p> <p>Aim &amp; throw object underarm</p> <p>Catch balloon/bean bag/scarf &amp; sometimes a bouncing ball</p> <p>Move and stop safely in a specific area</p> <p>Play a passing &amp; target game alone and with a partner</p>	<p><b>Discuss own performances.</b></p> <p><b>Participate in team games.</b></p> <p><b>Discuss how to improve in different physical activities.</b></p> <p><b>Begin to develop simple tactics for attacking and defending.</b></p> <p><b>Practise basic movements including running, jumping, throwing and catching.</b></p> <p><b>Develop balance and agility.</b></p> <p>Throw underarm, bounce &amp; catch ball by self &amp; with partner</p> <p>Kick/stop a ball using a confident foot while static</p> <p>Run straight and on a curve and sidestep with correct technique</p>	<p><b>Evaluate own and others' performances.</b></p> <p><b>Participate in team games following simple rules.</b></p> <p><b>Identify how to improve in different physical activities.</b></p> <p><b>Develop simple tactics for attacking and defending.</b></p> <p><b>Master basic movements including running, jumping, throwing and catching.</b></p> <p><b>Develop and apply balance, agility and co-ordination.</b></p> <p>Perform some dribbling skills with hands and feet using space</p> <p>Pass a ball accurately (hands &amp; feet) over longer distances to a team mate</p>				

	Begin to follow some simple rules	Combine stopping, pick up/collect & send a ball accurately to other players  Make simple decisions about when /where to move in game to receive a ball				
Striking means to hit.  An underarm throw starts from behind the leg with the palm facing up. Extend under and move straight forward.  Passing is moving an object from one person to another.	An underarm throw starts from behind the leg with the palm facing up. Extend under and move straight forward.  A bounce pass starts at your chest and is thrown onto the floor. This is then received.  The side step involves the body moving sideways as it faces forwards.	Dribbling means moving with a ball. This could be achieved by bouncing a ball or kicking it.  In order to stop a ball when kicking it, I need to place my foot on top of it.  To pass accurately, I need to be in control of the ball.  To receive a ball, I need to be in a space.				

### Invasion Games KS2 - Netball

			<p>Understand basic principles suitable for attacking and defending</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Communicate and compete with each other</p> <p>Make a series of passes to team mates moving towards a scoring area.</p>	<p>Understand basic principles suitable for attacking and defending</p> <p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Use a chest pass and shoulder pass to support team in scoring.</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p>
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			<p>Show some signs of using a chest pass and shoulder pass.</p> <p>Show a target to indicate where I'd like to pass to.</p> <p>Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p>Make decisions regarding which is the best type of pass to use.</p> <p>Begin to use a bounce pass, which only bounces once.</p> <p>Identify space to move into and show a clear target to receive a pass.</p> <p>Mark another player and begin to attempt interceptions.</p> <p>Know where positions are allowed on a court.</p>	<p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Use all three passes (chest, shoulder &amp; bounce) correctly.</p> <p>Use a range of speeds within a game to support a team in scoring.</p> <p>Begin to use square (across the court) &amp; straight (up &amp; down the court) passes to achieve pace.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions (snatch &amp; catch) when playing as a team.</p>	<p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Know which pass is best to use and when in a game.</p> <p>Use a range of square &amp; straight passes to change direction of the ball.</p> <p>Use landing foot to change direction to lose a defender.</p> <p>Draw defender away to create space for self or team.</p> <p>Position body to defend effectively, making successful interceptions.</p>
			<p><b>Netball</b> is a type of invasion game in which two teams play against each other. The aim of netball is to try and shoot the ball through the opposition team's hoop, using the hands to manoeuvre the ball. You cannot bounce or</p>	<p><b>Interception</b> -Catching a pass made by a player on the opposite team.</p> <p>I can use a chest pass to enable my team to move quickly up a court in a precise and accurate fashion.</p>	<p>A <b>pivot</b> is a swivel movement that allows the player to move on a fixed axis to either pass or shoot</p> <p><b>To perform a pivot:</b></p> <ul style="list-style-type: none"> <li>- Land on the ball of one foot on the ground.</li> </ul>	<p>A shoulder pass may not be thrown from the defensive third to the attacking third without being handled in the middle third.</p> <p>Key rules:</p> <p><b>Double Bounce Rule:</b> A player cannot bounce the</p>

			<p>move with the ball (they can only step when they don't have the ball).</p> <p><b>Space</b> - An area that is free and where there is nobody else.</p> <p><b>Defending</b> - Guarding a player to stop or reduce the chance of the other team scoring</p> <p><b>Attacking</b> - Creating space to create scoring opportunities</p> <p><b>Ball Handling</b> To comfortably gain and keep control of the ball.</p> <p>A <b>chest pass</b> is a very fast and flat pass.</p> <p><b>To perform a chest pass:</b></p> <ul style="list-style-type: none"> <li>- The ball should be held in front of the chest with the elbows tucked in.</li> <li>- Step in the direction of the pass, by extending their legs, back, and arms.</li> <li>- Push the ball from the chest with both arms (not from one shoulder).</li> <li>- Fingers are rotated behind the ball</li> </ul>	<p>I can use a shoulder pass to enable my team to switch positions on court very quickly to either find a player in space or break defensive screens.</p> <p>I can use a bounce pass to find a teammate in a crowded area. The height of the ball makes it difficult for the opposition to reach and intercept.</p> <p>There are <b>7 players</b> in a netball team. They have designated <b>positions</b> on the court, they are not allowed to go everywhere:</p> <p>GS - goal shooter GA - goal attack WA - wing attack C - centre WD - wing defence GD - goal defence GK - goalkeeper</p>  <p>Scoring in netball - shooting (only GS and GA)</p> <p><b>Shooting</b> To attempt to throw the ball through the opposition hoop.</p>	<ul style="list-style-type: none"> <li>- Pivot by rotating yourself on the ball of your landing foot.</li> <li>- Keep your upper body straight and head up.</li> <li>- Make sure the hip of your pivoting leg is pointing in the direction you are aiming to pass the ball in.</li> <li>- You can move or step with the other foot any number of times.</li> <li>- You are not allowed to lift the foot you are pivoting on before you release the ball.</li> </ul> <p><b>Technique for defending:</b></p> <ul style="list-style-type: none"> <li>• On your toes, knees slightly bent ready to catch or intercept the ball.</li> <li>• Keep close to our opponent</li> <li>• Make sure you are always ball side</li> <li>• Mark in a sideways stance so you can see the player and the ball</li> <li>• Keep close to you opponent</li> </ul> <p><b>Technique for attacking:</b> Create space by:</p> <ul style="list-style-type: none"> <li>• Changing speed</li> <li>• Changing direction</li> <li>• Driving (sprint) into the space</li> </ul>	<p>ball twice to gain control to catch.</p> <p><b>Footwork:</b> A player must land with one or two feet on the ground. A player is only then allowed to move the second foot to contact the ground. If the player lands with both feet at the same time, they are able to choose which foot to move.</p> <p><b>Obstruction:</b> A player marking an opponent holding the ball must be 1m or more away.</p> <p><b>Contact:</b> A player is not allowed to contact another player at any point during the game.</p> <p>High ability students will be able to understand and teach these rules to their peers.</p> <p>Their are different techniques I can use to draw a defender away to create space for myself or term such as:</p> <ol style="list-style-type: none"> <li>1. <b>Sprint</b>— sprint then slow down when the player marking you mirrors your movement then sprint again calling for the ball from the feeder</li> <li>2. <b>Dodge</b>—Keep weight over both feet and use the</li> </ol>
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			<p>and the thumbs are turned down.</p> <p>A <b>shoulder pass</b> is a very dynamic, fast and long pass.</p> <p><b>To perform a shoulder pass:</b></p> <ul style="list-style-type: none"> <li>- Player's feet should be shoulder width apart in opposition.</li> <li>- Opposite foot forward to throwing arm.</li> <li>- Stand on balls of feet with toes pointing toward target, and knees slightly bent.</li> <li>- Hold the ball at head height, slightly behind your head.</li> <li>- Elbow should be at a 90° angle.</li> <li>- Fingers spread behind the ball.</li> <li>- Point your fingers in the same direction as the pass, with palms facing down.</li> </ul> <p>A <b>bounce pass</b> is a short pass.</p> <p><b>To perform a bounce pass:</b></p> <ul style="list-style-type: none"> <li>- Place hands each side and slightly behind the ball, with the fingers</li> </ul>	<p><b>To perform a standing shot in netball:</b></p> <ul style="list-style-type: none"> <li>- Stand with feet shoulder width apart on the balls of your feet.</li> <li>- Keep the body straight in a forward-facing position.</li> <li>- Place the non-shooting hand on the side of the ball and the shooting hand at the back of the ball.</li> <li>- Fingers are slightly open, with the ball resting in the fingers, holding the ball high above the head.</li> <li>- Elbows slightly flexed, lined in the direction of the post.</li> <li>- Extend the ankles, knees and elbows.</li> <li>- Flex the wrists as the ball is released off the fingers.</li> <li>- Straighten your legs by extending the knees at the same time as you release the ball.</li> <li>- End the shot standing on tiptoes with your arms</li> </ul>	<p><b>Dodging</b> helps me to lose a defender. I can do this by quickly bursting forwards away from your marking player calling for the ball.</p> <p>When marking a player, I must be at least 1 metre away from them.</p> <p>I can only hold the ball for 3 seconds before passing it to another player.</p>	<p>balls of your feet to push off, quickly change direction when you can see your opponent has put their weight to one side to follow you</p> <p>3. <b>Double Dodge</b>— keep weight over both feet and use the balls of your feet, this time when you have seen your marker has put weight on one side to follow, you then move your weight to the other side as soon as your opponent stops or slows to follow your movement you quickly sprint back the other way.</p> <p>4. <b>Sudden Sprint</b>—From stationary, a sudden sprint is a good way to get free from your marking player</p> <p><b>Basic Netball Rules</b></p> <p><b>Contact</b> – touching another player.</p> <p><b>Penalty pass:</b> Stand next to the opposition until they have passed ball.</p> <p><b>Obstruction</b> – less than 3 feet from the opposition player in possession.</p> <p>Penalty pass (as above)</p> <p><b>Held Ball</b> – holding ball for longer than 3 seconds. Free pass (ball is given to the opposition. Offender not out of play).</p>
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			<p>comfortably spread.</p> <ul style="list-style-type: none"> <li>- Hold the ball at waist level, with elbows tucked in.</li> <li>- Step in the direction of the pass, through extending your legs, back and arms.</li> <li>- The wrist and fingers should be forced through the ball releasing it off the first and second fingers of both hands.</li> <li>- Follow through with the arms fully extended, fingers pointing at the target and thumbs pointing to the floor.</li> </ul> <p>I can put my hand out as a target to show my teammates where I would like to receive a pass.</p>	<p>extended and fingers pointing towards the ring.</p>		<p><b>Footwork</b> – no stepping in possession of ball. Free pass (as above). If a shooter attempts a shot, but misses the hoop without touching it, they must wait until another player has touched the ball before they touch it again.</p>
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## Invasion Games KS2 - Basketball

			<p><b>Understand basic principles suitable for attacking and defending</b></p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p>	<p><b>Understand basic principles suitable for attacking and defending</b></p> <p><b>Use running, jumping, throwing and catching in isolation and in combination</b></p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p>
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			<p><b>Communicate and compete with each other</b></p>	<p>To develop the attacking skill of dribbling.</p> <p>To be able to use protective dribbling against an opponent.</p> <p>To develop the bounce and chest pass and begin to recognise when to use them.</p> <p>To develop a jump stop and pivot to protect the ball in attack.</p> <p>To be able to lose a defender.</p> <p>To develop tracking and defending an opponent.</p> <p>To develop the technique for the set shot.</p> <p>To be able to apply the skills, rules and tactics you have learnt to a mini tournament.</p>	<p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>To be able to dribble the ball abiding by the double dribble and travelling rules.</p> <p>To develop protective dribbling against an opponent.</p> <p>To use a variety of passes in a game situation.</p> <p>To be able to move into a space to support a teammate.</p> <p>To be able to choose when to pass and when to dribble.</p> <p>To be able to track an opponent and use defensive techniques to win the ball.</p>	<p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>To be able to dribble the ball abiding by the double dribble and travelling rules.</p> <p>To develop protective dribbling against an opponent.</p> <p>To use a variety of passes in a game situation.</p> <p>To be able to move into a space to support a teammate.</p> <p>To be able to choose when to pass and when to dribble.</p> <p>To be able to track an opponent and use defensive techniques to win the ball.</p>
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					<p>To be able to perform a set shot and a jump shot.</p> <p>To be able to apply the rules and tactics you have learnt to play in a basketball tournament.</p>	<p>To be able to perform a set shot and a jump shot.</p> <p>To be able to apply the rules and tactics you have learnt to play in a basketball tournament.</p>
			<p><b>Basketball</b> is an invasion game where two teams play against each other. Like netball, the aim of basketball is to try and shoot the ball through the opposition team's hoop, using the hands to manoeuvre the ball. However, unlike netball, basketball players can bounce or move with the ball.</p> <p><b>Defending</b> - To prevent the opposition from getting the ball to the hoop.</p> <p><b>Attacking</b> - Creating space to create scoring opportunities</p> <p><b>Ball Handling</b> To comfortably gain and keep control of the ball.</p> <p><b>Passing</b> - to give possession of the ball to a teammate.</p> <p><b>Dribbling</b> - Moving with the ball while at the same time bouncing the ball.</p>	<p><b>Vocabulary:</b> throw , catch, dribble, intercept, direction, speed, footwork, tracking, chest pass, bounce pass, shoulder pass, double dribble. backboard/hoop</p> <p><b>How to pass:</b> Chest pass - throw from chest height. Step forward with one foot as you throw. Point fingertips at your target. Bounce pass - as above, but push ball to floor, just over half way to partner. Point fingertips at your target. Shoulder pass - elbow in line with shoulder. Throw the ball with one hand. Throwing hand finishes pointing at target.</p> <p><b>How to dribble:</b> one hand at a time (either hand can be used). A lot of the time this will be with your dominant hand. Try and look up when dribbling and not down at the ball. Push the ball and cushion it rather than slapping it.</p>	<p><b>Vocabulary:</b> tactics, control, foul, pressure, support, obstruction, free-throw, rebound.</p> <p><b>Basketball</b> is an invasion game where two teams, of 5 players, play against each other. Players cannot hold the ball for longer than 5 seconds. If the ball goes out of play then a side line ball is taken from the opposite team.</p> <p>Once the offense (attacking team) has brought the ball across the mid-court line, they cannot go back across the line during possession.</p> <p>Fouls are given for hitting, holding or pushing an opponent. If a player fouls the shooter, then 1-3 free throws can be awarded.</p> <p><b>Scoring</b> <b>3 points</b> - ball successfully shot through the hoop from behind the three-point line.</p>	<p><b>Vocabulary:</b> consistently, technique, collect, persevere, release, space, target, select, control, basket hoop interception</p> <p><b>Set shot is a two handed shot from a stationary position:</b></p> <ul style="list-style-type: none"> <li>- Shooting hand behind ball, non-hand at side / underneath.</li> <li>- Elbow in with the ball between ear and shoulder, extending legs and elbow to shoot and the ball should come directly back</li> <li>- Knees flexed and feet shoulderwidth apart.</li> <li>- Look at target, extend legs, shoulders and elbow to release the ball off the index finger</li> <li>- The arm extends, the hand points to target palm down</li> </ul> <p><b>Jump shot is a shot whilst on the move.</b></p> <ul style="list-style-type: none"> <li>- Start with your knees bent and</li> </ul>

			<p><b>Shooting</b> - To attempt to throw the ball through the opposition hoop.</p>	<p>Bounce the ball elbow to fingertips. A double dribble is illegal in basketball and occurs when a player ends dribbling by catching or causing the ball to come to a rest and then dribbles again.</p> <p><b>How to defend:</b> When marking an attacker, stay close to them. Ensure you can see both the ball carrier and attacker. Feet shoulder width apart, look for clues of dodging (e.g. shoulder movement). Quick, small steps. Drive onto ball and take with two hands when intercepting.</p> <p><b>How to shoot:</b> Ensure that you are in the best position possible for shooting. Begin with your feet shoulder-width apart. Hold the ball in both hands, high above head. Bend knees and elbows and then extend pushing the ball high. Try to concentrate and take your time</p>	<p><b>2 points</b> - ball successfully shot through</p> <p><b>1 point</b> - if foul is committed. They have a free attempt to shoot their ball through the hoop. A player is gen one point for every successful foul shot.</p>	<p>the ball in front of your forehead, with feet and elbows pointed at the basket.</p> <ul style="list-style-type: none"> <li>- If right-handed, have your right hand under the ball and your left hand on the side of the ball. If left-handed, do the opposite.</li> <li>- Jump straight up. Don't go forward or backward.</li> <li>- At the top of your jump, snap your wrist and extend your arm. This will send the ball upward to the basket. The higher the shot the better.</li> <li>- Finish your follow-through on your shot and land in the same spot. Be ready for the next play.</li> </ul> <p><b>Cooperation</b> - working together and helping others. Strong teams need each individual to cooperate with their teammates effectively.</p> <p><b>Communication</b> - speaking, listening , body</p>
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						<p>language and facial expressions. It is important to listen, build on and challenge the ideas of others.</p> <p>Communicate clearly and appropriately.</p>
<b>Invasion Games KS2 - Hockey</b>						
			<p><b>Understand basic principles suitable for attacking and defending</b></p> <p>Begin to show how to hold a hockey stick and which side to use.</p> <p>Use a simple push pass to another team mate.</p> <p>Dribble the ball keeping it close to me using the correct side of stick.</p> <p>Show some signs of an approaching a player to tackle and cause pressure.</p> <p>Begin to attempt to score a goal from anywhere.</p>	<p><b>Understand basic principles suitable for attacking and defending</b></p> <p>Sometimes change direction of travel by rotating and turning stick to support this.</p> <p>Use a push pass to make a direct pass.</p> <p>Begin to use a slap pass (bringing stick back and causing more power).</p> <p>Use speed to dribble the ball into space.</p> <p>Maintain defence and keep the pressure until possession is gained.</p> <p>Attempt to score inside a designated scoring area.</p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p> <p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Change direction and use the correct side of stick, sometimes using Indian dribbling (alternating sides of stick while dribbling) to avoid defenders.</p> <p>Choose between the two passes (push/slap) and explain simply why.</p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p> <p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Use speed, changing of direction and Indian dribbling to advance towards team's goal.</p> <p>Use a range of passes knowing which one depending on the distance of the pass.</p>

					<p>Make a direct pass while dribbling.</p> <p>Begin to use stick to mark a player from the side line causing them difficulty.</p> <p>Successfully score while in the scoring area.</p>	<p>Dribble and change direction by making a square pass (across the pitch) or straight pass (up/down the pitch).</p> <p>Know when to defend and what defence skills could be used.</p> <p>Seize an opportunity to score, sometimes quite quickly.</p>
			<p><u>Hockey</u></p> <ul style="list-style-type: none"> <li>- invasion game</li> <li>- speed, endurance, technical prowess and physical toughness</li> <li>- two teams of 11 players</li> <li>- one team attacking another team's territory with the aim of scoring a goal</li> <li>- Wooden sticks and a hard plastic ball</li> </ul> <p>Players must not raise the hockey stick above waist height.</p> <p><u>Hold a hockey stick</u> by placing the hockey stick flat on the ground, with the toe pointing up. Lay both hands on top of the stick with the</p>	<p>You can use a <b>push pass</b> to quickly maintain possession as it is an effective and accurate short pass.</p> <p><u>Slap pass</u> - The set up is the same as the push pass.</p> <ul style="list-style-type: none"> <li>- hands are apart as for the push pass but the ball is slap hit towards the target. This is a safer form of hitting, the length of the swing to hit the ball is short and the stick is kept low.</li> </ul> <p><u>Rules</u></p> <ul style="list-style-type: none"> <li>- two teams of 11 players</li> <li>- all players have a hockey stick.</li> <li>- Players may only use one side of the stick to hit the ball.</li> </ul>	<p><u>Indian dribbling</u> - Used to get past opponents easily, as it is one of the most difficult dribbles to defend due to the constant movement of the ball. It is used to keep control over the ball within a small area.</p> <p>Using a basic grip, use your left hand to rotate the stick 180 degrees but keep your right hand loosely in place for control. With the ball and stick in front of your body, push your ball flat to the left. Rotate your stick again and push your ball flat to the right. To dribble, just keep pushing the ball to the left and right.</p> <p>You can use a <b>slap pass</b> is an effective way of</p>	<p><u>Sweep pass</u> - sweeping the whole length of the stick along the ground. The hands are at the top of the stick and power is generated by the swing of the wrists.</p> <p><u>Drive Pass</u> -used when trying to get the ball to a teammate who is further away on the field or to making a shot attempt on goal.</p> <ul style="list-style-type: none"> <li>-both hands together at the top of the stick</li> <li>-be perpendicular to their target and have the ball a sticks length away from your body</li> <li>-take a back swing no higher than the middle of your chest (for safety remain at hip height), making contact with the ball on the down swing and following through</li> </ul>

			<p>right hand lower on the grip than the left hand. Ensure the palms are facing down and fingers are touching the ground next to the stick. Pick up the stick using a handshake technique.</p> <p>The flat side of the hockey stick should always face forwards/touch the ball.</p> <p><b>Stopping the Ball:</b></p> <ul style="list-style-type: none"> <li>- Knees bent but head high</li> <li>- Hands apart</li> <li>- Stick flatter to the ground</li> <li>- Left foot in front of right foot</li> </ul> <p><b>Push Pass -</b></p> <ol style="list-style-type: none"> <li>1) A push pass requires you to use a basic grip just like how you'd normally grip the stick when you're dribbling the ball.</li> <li>2) Position your body such that it is perpendicular to the target. This means that the left side of your body should be facing your target.</li> <li>3) Place the ball to the right side of your body, in line</li> </ol>	<ul style="list-style-type: none"> <li>- The ball can only be passed or dribbled using the stick.</li> <li>- players (goalkeeper excluded) cannot intentionally play the ball with other body parts.</li> <li>- A foul is awarded to the opposition if a player purposely tries to hit the ball off another player with the intent of causing harm.</li> <li>- Players are not permitted to hit the ball with the rounded side of their hockey stick.</li> <li>- Players must not raise the hockey stick above waist height.</li> </ul>	<p>generating more pace. This technique is most commonly used from a stationary position and is particularly prevalent among those players operating in defensive positions.</p> <p><b>Hockey Positions</b> A hockey team consists of 11 players per side and is divided into forward, midfield, defending and goalkeeping positions.</p> <p><b>Roles:</b> <u>Goalkeeper</u> - should support the leadership of the defence and defend the goal/defensive circle. <u>Defenders</u> - similar to all invasion games, the defence must work as a unit and limit the opposition's chances of scoring. Defence positions include: right half; left half; right back; left back. <u>Midfielders</u> - support and contribute to the attack whilst maintaining key defensive responsibilities. Be good distributors of the ball. Midfield positions include: inside right; inside left; centre half. <u>Attackers</u> - generating and scoring opportunities, but they are also the first line of defence. A team's</p>	<p>with the stick pointing to the target.</p> <p>You can use a sweep and a drive pass to move the ball over longer distances.</p> <p><b>Jab tackle</b></p> <ul style="list-style-type: none"> <li>- Step your left foot forward to get nearer to the ball</li> <li>- jab your stick straight at the ball to knock it out of your opponent's path.</li> <li>- sure the flat side of the stick is facing up when you are making a jab.</li> <li>- Avoid committing a foul by not hitting your opponent's hockey stick before jabbing the ball</li> </ul> <p><b>Block Tackle</b></p> <ul style="list-style-type: none"> <li>- knocking the ball out of the opponent's possession by placing the hockey stick on the ground, parallel to the ball</li> <li>- keep the opponents on your right, so the front of the stick is blocking the ball</li> <li>- lunge forward with the left foot first</li> <li>- Both hands should be holding onto the stick</li> </ul>
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			<p>with your back foot. Remember to keep your knees bent and your body low.</p> <p>4) As you push the ball forward towards your target, shift your weight from your back foot to your front foot. Rotate your hips as well in order to produce a more powerful hit.</p> <p>5) Remember that you shouldn't lose contact between the ball and the stick! After you release the ball, make sure to follow through - your stick should be pointing towards your target.</p> <p><b><u>Dribble</u></b> - Good dribbling skills enable a player to keep control of the ball, travel past a defender or to simply move the team forward. To stop the ball whilst dribbling, the player needs to hop the stick over in front of the ball having twisted the stick into reverse.</p>		<p>ability to 'reverse press' (putting defenders under pressure) is an essential part of the modern game. Attacking positions include: right wing; left wing; centre forward.</p> 	<p>- You should not attempt to sweep the ball, or make contact with the opponent's body or stick at any point in time as this could result in a foul.</p> <p><b><u>How to evaluate own and others performances - questions:</u></b></p> <p><b>How are you going to ensure accuracy in your passes?</b> Point stick in the intended direction of the pass/the target</p> <p><b>Think about the distance of your target – what type of pass will be most effective?</b> Push/slap pass (shorter distance) Drive/sweep (longer distance)</p> <p><b>How should we pass and receive a ball in hockey?</b> - Ball in line with front foot. Shoulder in line with the direction you want the ball to move in. Be ready to receive the ball by holding the stick tight and moving your stick in the direction of the ball to cushion the force/speed.</p> <p><b>How do we perform a push pass?</b> - Ball and</p>
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			<p><b>Shadow/straight dribbling</b> is used for best control. The ball never leaves your stick, allowing you to protect it from the grasp of your opponents.</p> <ul style="list-style-type: none"> <li>- Use the basic grip</li> <li>- Stick must be in front of you but slightly to the right of your body.</li> <li>- Do not let the ball lose contact with your stick.</li> <li>- Run forward while keeping your head up so you'd know where to pass.</li> </ul> <p><b>Tackle</b>- The safe place to tackle is facing an oncoming player, right shoulder to right shoulder. All tackles from behind leave the tackler open to injury from a swinging stick.</p> <p><b>Shoot-</b></p> <ul style="list-style-type: none"> <li>- push pass technique</li> <li>- no backswing</li> <li>- player's body powers the pass</li> <li>- player is able to aim better</li> <li>- use body, flick wrist and follow through the pass towards the target</li> </ul>			<p>stick start in line with your back foot. Your back leg is bent. As you push the ball the weight moves into the front left before releasing the ball (transfer weight from back to front leg). Keep stick in contact with the ball for as long as possible. During a push pass you should not hear any hitting sound on the ball and you should finish in a position with your stick pointing straight to your target.</p> <p><b>.Strategies</b> – A strategy is your team's overarching approach to being successful within the game, for example to try and soak up opposition pressure and play on the counter attack.</p> <p><b>Tactics</b> – Tactics are the specific actions or steps that the team takes to achieve the strategy, for example to pass the ball to the fast wingers, or for the attackers to support the defense in defensive situations.</p>
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<b>Invasion Games KS2 – Football</b>						
			<p><b>Understand basic principles suitable for attacking and defending</b></p> <p><b>Communicate and compete with each other</b></p> <p>Begin to dribble a ball making small touches</p> <p>Begin to send a football to someone on team.</p> <p>Keep a ball under control. Know where space is and try to move into it.</p> <p>Mark another player and defend when needed.</p>	<p><b>Understand basic principles suitable for attacking and defending</b></p> <p><b>Communicate and compete with each other</b></p> <p>Dribble with small touches into space.</p> <p>Send a football to someone on the team, using different parts of foot.</p> <p>Keep a ball under control when receiving a range of passes from team.</p> <p>Understand where the space is and can move into it.</p> <p>Mark another player and begin to attempt interceptions.</p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p> <p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Dribble making small touches into space with speed.</p> <p>Send a football to someone on the team, using different parts of foot accurately.</p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p> <p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Dribble making small touches into space with speed, to beat defenders.</p> <p>Make decisions regarding how and when to send a football to someone in team.</p>

					<p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from).</p> <p>See space, and use it effectively.</p> <p>Lose a defender to receive a pass.</p> <p>Defend a player and make some successful interceptions for team</p>	<p>Use a range of ways to keep a ball under control (foot, knee, head, and knowing which one due to where ball is coming from) when under pressure from a defender.</p> <p>Know how space changes within a game and when and how to move into changing spaces.</p> <p>Draw defender away to create space.</p> <p>Position body to defend effectively</p>
			<p><b>Football</b> An invasion game in which two teams play against each other. In football, players dribble or pass the ball using their feet. To score a goal, the aim is to shoot the ball past the goalkeeper who is defending a goal. A goalkeeper can touch the ball with his hands.</p> <p><b>Dribble</b> Dribbling allows you to move the ball around the field without losing possession.</p> <p><b>How to dribble:</b> Keep the ball close to your feet at all times, when</p>	<p><b>Tackling</b> Tackles are used to make interceptions to regain possession of the ball for your team.</p> <p><b>How to tackle:</b> Get to your opponent quickly to deny them time and space on the ball. When you think you can win the ball, your weight should move forward as you prepare to tackle with the inside of your foot. If the ball becomes stuck between your feet and your opponent's then get your foot under the ball to lift it away. Make sure you keep your ankle and leg firm throughout the tackle</p>	<p><b>Dribble a football between cones accurately to use in a game situation to throw defender off balance and to create space:</b></p> <ul style="list-style-type: none"> <li>- Keep the ball close to your feet</li> <li>- Practise with the inside, outside of the foot and with rolling the foot over the ball, using the sole.</li> <li>- Use both the left and right foot</li> <li>- Shift your body weight to navigate between cones and change direction.</li> </ul> <p><b>Agile</b> - able to move quickly and easily.</p>	<p><b>Volley</b> The volley involves striking a ball that is still in the air.</p> <p><b>How to volley</b> Focus eyes upon the ball. Arms out for balance. Keep eyes focused on the ball as you get into the line of flight. Head still. Non kicking foot on the floor and lead with kicking leg forward.</p> <p><b>Rules:</b> Both feet need to remain on the ground during a <b>throw in</b>. A throw in is take by an overhead through on the side-line once the ball has gone off the pitch.</p>

			<p>running with it. Use the inside of your foot to control the ball when moving. Don't look down when running with the ball. Try to keep your head up.</p> <p><b>Pass</b> To send the ball to a teammate by kicking it to them.</p> <p><b>How to pass:</b> Non-kicking foot is closest to the ball. Kicking foot needs to be at a right angle to the ball. Body over the ball. Eyes focused upon the ball and arms are to be used for balance</p> <p><b>Control</b></p> <p><b>Space</b></p> <p><b>Mark/defend</b></p> <p><b>Managing Emotions</b> Whilst it is important try your hardest, you should remember that games and sports should be fun. Be considerate to others in victory and be respectful and gracious in defeat.</p>	<p><b>Shooting</b> To strike the ball with either foot to try and score a goal</p> <p><b>How to shoot:</b> Non kicking foot needs to be next to the ball and player needs to keep their body balanced with their head slightly over the top of the ball. Contact the ball either with the side of the foot or top of the foot. Both legs need to be flexed but when striking the ball, kicking foot needs to be fully extended on the follow-through.</p> <p>To win a game, you need to score goals, usually by shooting at the goal. Being able to shoot accurately and powerfully is what you are trying to achieve.</p> <p><b>Respect and Kindness</b> Giving attention and showing care to others. It is important to be respectful to teammates, opponents, referees and coaches. It is important to be inclusive of others, respecting people of all abilities and experience levels.</p>	<p><b>Balance</b> - having an even distribution of weight on each side of a vertical axis - engage core muscles (tense abdominals and muscles in the back), put arms out slightly.</p> <p>Aiming away from the goalkeeper and into the corners of the net give the best chance for scoring a goal. To get to a shooting position you need to dribble and pass the ball, working as team to get the ball near to the opponents goal.</p>	<p>A <b>corner</b> is taken if the ball is kicked off the back line by the opposition defending that goal.</p> <p>A <b>goal kick</b> must be taken from the floor at the 6-yard box if it goes off the back line.</p> <p>Offside is NOT played during 7 or 9 a-side matches.</p> <p>Players must not tackle another opponent if their intention is not to win the ball.</p> <p>Players must stand on their own half when the centre kick is being taken.</p> <p>When a goal is scored, the ball is restarted from the centre of the pitch.</p> <p>Students should be playing at 7 (girls) and 9 (boys) a-side by the end of KS2.</p> <p><b>Tactical understanding:</b> The basic positions in Football:goalkeeper, defenders, midfielders, forwards. Different positional play set ups for attacking and defending. How to use a formation, for example = 4-3-3.</p>
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## Invasion Games KS2 – Tag Rugby

			<p><b>Understand basic principles suitable for attacking and defending</b></p> <p>Move holding a rugby ball</p> <p>Know where to score a try and how to position the ball to score a try</p> <p>Move into spaces to avoid defenders</p> <p>Make a backward pass to team mates, using the direction most comfortable</p> <p>Know to tag team mates when to defend</p>	<p><b>Understand basic principles suitable for attacking and defending</b></p> <p>Move with speed (and change of) with the ball and without</p> <p>Use speed and space to avoid defenders</p> <p>Pass backwards and in both directions and sometimes on the move</p> <p>Tag the person who has the ball, but can mark a player who doesn't have the ball</p> <p>Begin to make a high pop pass to avoid a defender</p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p> <p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Be able to evade and tag opponents.</p> <p>Be able to pass and receive a pass at speed.</p> <p>Be able to pass and receive a pass at speed in a game situation.</p> <p>Refine attacking and defending skills.</p> <p>Develop tactics as a team.</p> <p>Apply learned skills in a game of tag rugby.</p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p> <p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p> <p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Be able to evade and tag opponents.</p> <p>Running at speed, changing direction at speed.</p> <p>Play effectively in attack and defence</p> <p>Score points against opposition</p> <p>Support player with the ball</p>
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			<p><b>Tag Rugby</b> An invasion game in which two teams play against each other. In tag rugby, players carry the ball using their hands. The aim is to ground the ball in goal areas</p> <p>Teams have six plays to do so: being 'tagged' when in possession of the ball ends one play.</p> <p>The ball can only be passed backwards or sideways to teammates, but can be kicked forwards (the receiver must be behind the ball).</p> <p><b>Carrying</b> To move with the ball in your hands.</p> <p>Carry the ball in two hands, allowing for quicker passes in any direction. Run when defenders are not too close. Where needed, try to dodge past defenders by pushing off your outside foot to change direction. You can't block your tag. Run to spaces where there are no defenders.</p> <p><b>Passing</b> To send the ball to a teammate by throwing it to them.</p> <p>Create a W shape with hands on the ball. Hands on the side of the ball, fingers spread out. Stand sideways on to your receiver. Swing your arms back and forth like a pendulum. Release the ball with your arms pointing towards the receiver.</p> <p><b>Catching</b> To receive and hold possession of the ball with the hands.</p>	<p><b>Supporting</b> <b>To help a teammate who has the ball.</b></p> <p>Move with your teammate as they are running with the ball, so that you are ready to receive a pass. Keep space between yourself and the ball carrier, so that they have space to pass. Stay behind/ sideways to ball.</p> <p><b>Goal Area</b> The area in which your team needs to ground the ball in order to get points.</p> <p><b>Forward Pass</b> An illegal pass in which the ball is passed forwards through the hands to a teammate. Penalised with a free pass to the other team.</p> <p><b>Offside</b> When a tag is made, all defenders must get back in front of the ball. Players behind are 'offside.' Defenders cannot block or intercept the first pass after a tag.</p> <p><b>Tag Belt</b> A Velcro belt to which tags are attached.</p> <p>Success in rugby is about finding the right strategies to succeed against your opponents. Attack space and do not run directly at defenders. The most important idea is to run forward!</p> <p>When others have the ball, don't switch off! Move into space to help your teammates. When defending, ensure that you stay onside, and close off the space to minimise point-scoring opportunities.</p>	<p><b>Rules</b> <a href="https://www.manchesterschools.co.uk/wp-content/uploads/2016/07/Primary-Tag-Rugby-Rules.pdf">https://www.manchesterschools.co.uk/wp-content/uploads/2016/07/Primary-Tag-Rugby-Rules.pdf</a></p> <p><b>Drawing Defenders</b> To tempt defenders out of position.</p> <p>Holding onto the ball and running for space will tempt defenders out of position in the defensive line. Dodge or pass in order to attack the space they have left. Make quick decisions based on defensive positions.</p> <p><b>Defending</b> To stop the opposition scoring points and win position.</p> <p>Spread out as a defensive line across the pitch. Keep feet shoulder width apart so you can change direction. Make sure you are close enough before reaching for the tag. When successful, hold the tag in the air and shout 'tag.'</p> <p><b>Balance</b> The ability to maintain a controlled body position during task performance,</p> <p><b>Agility</b> The ability to change the direction of the body in an efficient and effective manner. In rugby you need to be able to change direction quickly to avoid being tagged. You also need to do this while holding a ball.</p> <p><b>Moving with the ball</b> Loop- Pass the ball to my teammate, run behind them and receive the next pass.</p>	<p><b>A drop kick technique -</b> • Hold the ball so when it is dropped to the ground, it bounces up straight. Extend your arms and keep your elbows straight. • Flex your leg at the hip and knee. • Turn so that the shoulder of your non-kicking side is facing towards the target. • Drop the ball to the ground in front of your kicking foot.</p> <p><b>Rules:</b> Players are only allowed to pass backwards.</p> <p>Players must tag their opponents with 2 hands by the hip.</p> <p>If a player is tagged, they stop running with the ball, place the ball on the ground in-between their feet and one teammate will come to collect the ball from their feet to restart play.</p> <p>A team must defend using a straight defensive horizontal line.</p> <p>A team must attack using a diagonal arrow shaped.</p> <p><b>Pick up</b> - If the ball is legally passed but goes to ground, play will continue and either team may pick up the ball</p> <p><b>Consecutive</b> - One after another - e.g in an adapted game you may have to get 5 consecutive tags in a row before you can regain possession of the ball</p> <p><b>Timing</b> - You get your timing right when you start running at the correct moment, and you're able to control your</p>
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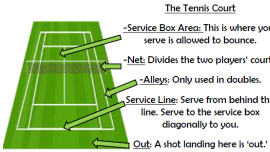
			<p>Move your feet to get in line with the ball. Eyes on the ball. Hands out to meet the ball. Catch the ball on its width (sides). Bring it under control by moving the ball in towards your body.</p> <p><b>Tagging</b> To touch the player in possession of the ball.</p> <p>Make sure that you are close enough to the player in possession before reaching for the tag. When successful, hold the tag in the air and shout 'tag.' Hand back the tag to the player when they return.</p>		<p><b>Moving without the ball</b> Underlapping - To support play by running behind your teammate</p> <p><b>Out of play</b> If the ball goes o the pitch it is a free pass to the appropriate team</p> <p><b>Strategies</b> – A strategy is your team's overarching approach to being successful within the game.</p> <p><b>Tactics</b> – Tactics are the specific actions or steps that the team takes to achieve the strategy, e.g. pass the ball to fast wingers.</p>	<p>speed, acceleration and direction. It doesn't just happen, you have to practice!</p>
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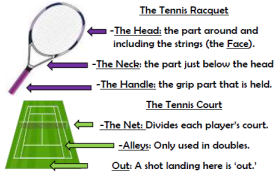
## Striking and Fielding KS1

<p>Show good control and co-ordination in large and small movements.</p> <p>Move confidently in a range of ways, safely negotiating space.</p> <p>Aim &amp; throw object underarm</p> <p>Catch balloon/bean bag/scarf &amp; sometimes a bouncing ball</p> <p>Use hand to strike a bean bag or ball and move towards a scoring area</p> <p>Begin to use a bat to hit a ball or bean bag</p>	<p>Discuss own performances.</p> <p>Participate in team games.</p> <p>Discuss how to improve in different physical activities.</p> <p>Begin to develop simple tactics for attacking and defending.</p> <p>Practise basic movements including running, jumping, throwing and catching.</p> <p>Develop balance and agility.</p>	<p>Evaluate own and others' performances.</p> <p>Participate in team games following simple rules.</p> <p>Identify how to improve in different physical activities.</p> <p>Develop simple tactics for attacking and defending.</p> <p>Master basic movements including running, jumping, throwing and catching.</p>				
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	<p>Show some different ways of hitting, throwing and striking a ball</p> <p>Hit a ball or bean bag and move quickly to score a range of points (further distance scores more points)</p> <p>Play as a fielder and get the ball back to a STOP ZONE</p> <p>Begin to follow some simple rules (carrying the bat, not over taking someone)</p>	<p><b>Develop and apply balance, agility and co-ordination.</b></p> <p>Send a ball off a tee using a bat or a racket</p> <p>Play two types of games to score: running around a series of hula hoops or forwards and backwards between hula hoops</p> <p>Stop moving when the ‘bowler’ has the ball</p> <p>Play as a fielder and pass the ball back to the bowler to make the runner stop</p> <p>Follow rules for a game (carry the bat, don’t overtake, run around the outside of the hula hoops)</p>				
<p>You can catch an object by scooping it into your hand. You can catch an object by pulling it close to your body.</p> <p>You bounce a ball by dropping it to the floor and scooping it back into your hand.</p>		<p>There are rules I need to follow to play a game successfully.</p>				
<b>Striking and Fielding – Tennis</b>						

			<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Communicate and compete with each other</p> <p>Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect</p> <p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control. Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Communicate and compete with each other</p> <p>Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect</p> <p>Develop the range of tennis skills they can apply in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Consolidate existing skills and apply with consistency</p> <p>Play in a tournament and work as team, using tactics in order to beat another team</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Apply range of principles suitable for attacking and defending</p> <p>Use a broad range of skills in isolation and in combination to become physically confident</p> <p>Develop mastery of flexibility, strength, technique, control and balance</p> <p>Link together a range of skills and use in combination</p> <p>Collaborate as a team to choose, use and adapt rules in games</p> <p>Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Apply range of principles suitable for attacking and defending</p> <p>Use a broad range of skills in isolation and in combination to become physically confident</p> <p>Apply with consistency standard cricket rules in a variety of different styles of games</p> <p>Attempt a small range of recognised shots in isolation and in competitive scenarios</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>
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			<p>Tennis is a fast-paced net game played using a stringed racquet and a tennis ball.</p> <p>The goal of tennis is to strike the ball with the racquet over the net and into the opponent's court. A point is won when the opponent cannot return the ball.</p> <p>Playing tennis requires perseverance, honesty and fair play.</p> <p><b>The Ready Position</b> To be prepared to act when the ball is approaching you.</p> <p>The ready position is used in net and wall games when waiting for the ball. It allows for quick movement and change of direction. Keep your eyes on the ball. Feet apart. Knees bent. Move your feet (small quick steps) to get in line with ball. Return to ready position after each shot.</p> <p><b>Forehand</b> A shot with the palm of the hand facing in the direction of the target.</p> <p>Start in the ready position. Move from this position to sideways on to the ball. Swing the racket from low with one hand, over to the other shoulder high. Make contact with the ball when the racquet face is facing your target. Try to hit the ball in the centre of the racquet face.</p> <p><b>Two-handed Backhand</b> A shot with the back of the hand facing the target.</p> <p>From ready position, move</p>	<p>Tennis can be played between two people (singles) or four people in teams of two (doubles).</p> <p>Tennis can be played on grass, clay and hard courts.</p> <p>A tennis court has different markings for singles and doubles matches.</p> <p>Tennis has an unusual scoring system.</p> <p><b>Selecting and Applying Actions</b> There are a number of different shots that we can use in tennis. We should select and apply those that are most effective at different times, so that the ball is directed in the best place with the correct amount of power.</p> <p><b>Underarm Serve</b> Starting a point fairly.</p> <p>Stand behind service line (normally back of court, but may be closer for children). Hit a forehand shot into the service box on the opposite side of opponent's court.</p> <p><b>Placing Shots</b> Aiming your shots in difficult places for the opponent to return.</p> <p>Hit the ball away from where your opponent is standing, but within the court. Try to think about the power you use (it needs to go over the net, but not bounce outside the court) and direction (too far wide and it will be out!)</p>	<p><b>Volley</b> To strike a ball before it bounces.</p> <p>Volleys give a chance to get the ball back to the opponent quickly, so they have little time to react. Move towards the ball before it bounces. Use a punchy action to strike the ball (not a big swing). Hit the ball downwards over net. Firm grip is needed to control racquet and ball.</p>  <p><b>Winning Points</b> A point is won if: -The ball bounces twice before the opponent can hit it. -Opponent hits the ball into the net. -Opponent hits ball out of the court.</p> <p><b>Scoring System</b> Points are awarded as follows: 15, 30, 40, Game won. If both players reach 40 then game is deuce. A player scoring a point from deuce gains 'advantage.' A point won from advantage is game won.</p>	<p><b>Tactics for defending</b></p> <ul style="list-style-type: none"> <li>- Give yourself more time to recover by hitting the ball higher over the net and deeper in to the court</li> <li>- Hitting crosscourt is often the best option as the net is lower in the centre</li> <li>- If your opponent is attacking by approaching the net, you can hit it over them, past them or to their feet so they have to hit it up.</li> </ul> <p><b>Tactics for attacking</b></p> <ul style="list-style-type: none"> <li>- Choosing the right time to attack is key. For example, if you have managed to move your opponent off the court with a deep or wide shot, this is a good time to attack</li> <li>- You can attack by hitting the ball harder which takes time away from your opponent and puts them under pressure</li> <li>- You can hit the ball into the space away from your opponent. Players make more mistakes when on the run</li> <li>- When attacking you should generally be inside the court and moving forwards towards the net putting pressure on your opponent</li> <li>- Identify your opponent's</li> </ul>
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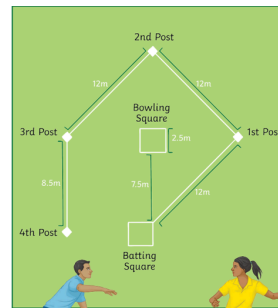
			<p>racket backwards and turn side on. With both arms, racquet is swung from low position on non-dominant side towards high on shoulder of stronger side. Make contact with the ball when the racquet face is facing your target. Hit the ball in centre of racquet face.</p>	 <p><b>Winning Points</b> A point is won if: -The ball bounces twice before the opponent can hit it (the first bounce must be inside the opponent's court). -Opponent hits the ball into the net. -Opponent hits ball out of the court. You should use your thinking and strategy skills to consider ways that you can place your shots so that your opponent cannot return them. Think about the power and direction of shots.</p>	<p>weaknesses. Hitting the ball to your opponents weaker side should win you more points</p>
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## Striking and Fielding – Rounders

			<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Communicate and compete with each other</p> <p>Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect</p> <p>Be able to play simple rounders games</p> <p>Apply some rules to games</p>	<p>Use running, jumping, throwing and catching in isolation and in combination</p> <p>Communicate and compete with each other</p> <p>Play competitive games and demonstrate their sense of sportsmanship eg fairness and respect</p> <p>Develop the range of rounders skills that can apply in a competitive context</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Apply range of principles suitable for attacking and defending</p> <p>Use a broad range of skills in isolation and in</p>	<p>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</p> <p>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</p> <p>Apply range of principles suitable for attacking and defending</p> <p>Use a broad range of skills in isolation and in</p>
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			Develop and use simple rounders skills	<p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Identify different positions in rounders and the roles of those positions.</p>	<p><b>combination to become physically confident</b></p> <p><b>Develop mastery of flexibility, strength, technique, control and balance</b></p> <p>Link together a range of skills and use in combination.</p> <p>Collaborate as a team to choose, use and adapt rules in games.</p> <p>Recognise how some aspects of fitness apply to rounders e.g. power, flexibility and cardiovascular endurance</p> <p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control.</p> <p>Use Skills/Tactics in game</p>	<p><b>combination to become physically confident</b></p> <p>Apply consistently rounders rules in conditioned games</p> <p>Play small sided games using standard rounders pitch layout</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>
			Rules - <a href="https://simplerounders.co.uk/rules-of-the-game/">https://simplerounders.co.uk/rules-of-the-game/</a>	Rules - <a href="https://simplerounders.co.uk/rules-of-the-game/">https://simplerounders.co.uk/rules-of-the-game/</a>	Rules - <a href="https://simplerounders.co.uk/rules-of-the-game/">https://simplerounders.co.uk/rules-of-the-game/</a>	Rules - <a href="https://simplerounders.co.uk/rules-of-the-game/">https://simplerounders.co.uk/rules-of-the-game/</a>



There are **two teams** in rounders: a batting team and a fielding team.

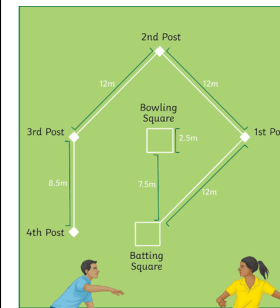
If a team is **batting**, all members of that team are 'batters'. When batting, each of the team's players will wait their turn to bat. Their aim of the batter is to hit the ball and get round all 4 bases and score 1 rounder.

#### Batting

To strike the ball away from you with the surface of the bat.

Stand slightly sideways from the person bowling/ throwing. Watch the ball carefully. Strike by moving your bat away from you. Use the centre of the bat to strike it. Look to strike the ball in space between fielders.

The **fielding team** need to try and catch the ball once the batter has hit it, before it hits the ground - the batter would then be out.  
OR  
The fielding team need to try and catch the ball and hit



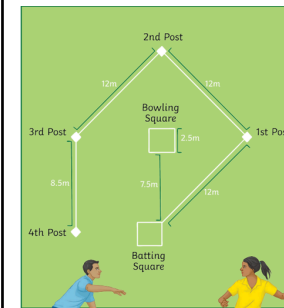
In the fielding team there are 9 positions. They are backstop; bowler; first base; second base; third base; fourth base and three deep fielders.

The bowler throws the ball towards the batter from the batting square. This is between the player's head and knees - anything outside of this area is classed as a 'no ball'.

The batter stands in the batting square and tries to hit the ball with their bat. If 'no ball' is not called, the batter must run with their bat in hand and try to get as far round the 4 bases as possible.

The backstop stands behind the batter and retrieves any balls that are not hit and returns them to the bowler.

The bases stand on the inside of the base and communicate for the ball if they think they can retrieve the ball and 'stump' the base before the batter gets there.



#### **Coordination**

The ability to control the movement of the body in co-operation with the body's sensory functions, e.g. catching a ball (ball, hand and eye co-ordination).

#### **Speed**

The ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.

#### **Power**

Measures how much strength someone can develop and exert in a short period of time

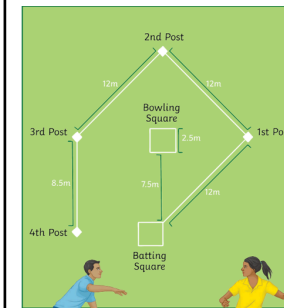
#### **Flexibility**

The range of motion around a joint.

#### **Cardiovascular endurance**

The ability of the heart, lungs and blood to transport oxygen during sustained exercise.

You can use the **Long Barrier** when fielding to effectively stop the ball:



#### **Rules:**


A **good ball** is classed when it is bowled above the knee and below the shoulder.

A player must run if they have been bowled a good ball, whether they hit it or not.

If a player hits the ball backwards, they must run to 1st base only until the ball is back in play.

If a player hits the ball and makes it to 2nd base in one go, they score ½ a rounder. If a player hits the ball and makes it all the way to 4th base in one go, they score 1 rounder.

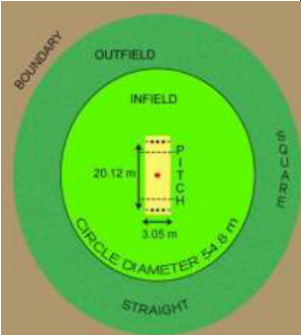
If a player does not hit it, but runs to 4th base in one go, they score only ½ rounder.

			<p>one of the 4 bases that the batter is running to, before the batter gets there - the batter would then be out.</p> <p><b><u>Fielding</u></b> To stop a ball so that it is no longer moving. To return it to teammates to prevent runs.</p> <p>Move feet to get in line with the ball. Use two hands to stop it. Make sure that your palms are facing the ball, with wide fingers. To throw, start with throwing arm behind body. Put opposite foot to throwing arm forwards, weight on back foot. Point throwing arm in direction of target.</p> <p><b><u>Bowling</u></b> To send the ball through the air from your hand.</p> <p>The ball should be bowled underarm. Step forward with opposite foot to throwing arm to stay balanced. Use your non-throwing arm to point in the direction that you want the ball to go. Point fingers at the target as you release.</p> <p><b><u>Catching</u></b> To take hold of the ball in your hands before it bounces.</p> <p>Watch the ball carefully. Hands out as the ball approaches. Bend your knees as you prepare to catch it.</p>	<p>The deep fielders retrieve any balls that have been hit and try to get them back to either one of the bases or the bowler efficiently.</p> <p>Success in rounders is about working successfully as a team. Batters cannot overtake each other on the circuit, and so all batters need to know when to run. Additionally, fielders should be organised to cover all bases and as many spaces as possible. Call so that other fielders know you are chasing a ball. This prevents collisions. When fielding, don't switch off. You never know when you are going to be needed to stop/catch/return the ball.</p> <p><b>Hand-eye coordination</b> is the way that one's hands and sight work together to be able to do things that require speed and accuracy (such as catching or hitting a ball)</p>	 <p>Body behind the ball. Hands low to the ground to 'safely' pick up the ball.</p>	
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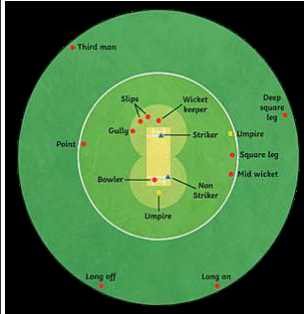
			<p>Use wide fingers, eyes on the ball, soft hands to catch. Close your hands around the ball and pull it in to your body.</p> <p><b>Running Between Bases</b> To hit the ball with your hand or equipment.</p> <p>After striking, look carefully at where the ball has gone, and the fielders who are close to it. Run around the outside of the bases. Stay close to the cones, keeping them on the left-hand side. Stop at a cone if you can see that a fielder could stump you out at the next cone.</p>			
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## Striking and Fielding – Cricket

			<p>Throw and catch under pressure.</p> <p>Use fielding skills to stop the ball effectively.</p> <p>Learn batting control. Learn the role of backstop.</p> <p>Play in a tournament and work as team, using tactics in order to beat another team.</p>	<p>Develop the range of Cricket skills they can apply in a competitive context</p> <p>Choose and use a range of simple tactics in isolation and in a game context</p> <p>Consolidate existing skills and apply with consistency</p> <p>Play in a tournament and work as team, using</p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p> <p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p>	<p><b>Play competitive games showing good communication and collaboration to demonstrate their sense of sportsmanship</b></p> <p><b>Communicate, collaborate and compete with each other in order to inspire self and others to succeed and excel</b></p> <p><b>Apply range of principles suitable for attacking and defending</b></p>
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				<p>tactics in order to beat another team.</p>	<p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p><b>Develop mastery of flexibility, strength, technique, control and balance</b></p> <p>Link together a range of skills and use in combination</p> <p>Collaborate as a team to choose, use and adapt rules in games</p> <p>Recognise how some aspects of fitness apply to cricket e.g. power, flexibility and cardiovascular endurance</p>	<p><b>Use a broad range of skills in isolation and in combination to become physically confident</b></p> <p>Apply with consistency standard cricket rules in a variety of different styles of games</p> <p>Attempt a small range of recognised shots in isolation and in competitive scenarios</p> <p>Use a range of tactics for attacking and defending in role of bowler, batter and fielder</p>
			<p>Cricket is a bat and ball game played between two teams. It is a striking and fielding game.</p> <p>It involves batting. Batters try to protect their wicket and score runs. They can score runs either by striking the ball past the boundary, or by running between the creases without being stumped.</p> <p>Opponents use bowling and fielding to try to get the batter out, and to try and</p>	 <p><b>Scoring Runs</b> -1 run for each time running between the wickets. -4 runs for hitting the ball past the boundary</p>	<p><b>Coordination</b> The ability to control the movement of the body in co-operation with the body's sensory functions, e.g. catching a ball (ball, hand and eye co-ordination).</p> <p><b>Speed</b> The ability to move parts of your body quickly, or the rate at which someone can perform a movement or cover a distance.</p> <p><b>Power</b></p>	<p><b>Rules:</b> A player must bowl the ball in between the two cones (the crease) and aim for the wicket.</p> <p>A batter can hit a 4 (if the ball rolls over the boundary) or a 6 (if the ball flies over the boundary in the air).</p> <p>A batter can gain 2 points if they receive a wide ball. A bowler bowls 6 balls to the batter and then they rotate.</p>

			<p>prevent runs. This involves catching, tracking and stopping the ball, and throwing it to others.</p> <p>Cricket involves working as a team, thinking about our position &amp; the position of others.</p> <p><b>Batting</b> To strike the ball away from you with the surface of the bat.</p> <p>Fingers and thumbs wrapped around the bat handle. Make a 'V' using thumb and forefinger. Dominant hand at the bottom. Feet parallel, shoulder-width apart. Push the bat straight, swinging arms away from the body. Keep head and the rest of the body still. Keep eye on the ball.</p> <p><b>Fielding</b> To stop a ball so that it is no longer moving. To return it to teammates to prevent runs.</p> <p>Move feet to get in line with the ball. Use two hands to stop it. Make sure that your palms are facing</p>	<p>(hitting the ground first). -6 runs for hitting the ball past the boundary without bouncing.</p> <p><b>Ways to get a batter out</b> -<b>Bowled</b>: Bowling the ball at the stumps, past the batter, and knocking off the wicket. -<b>Caught</b>: Catching the ball after it has been struck by the batter's bat (without it bouncing). -<b>Run-out</b>: The ball knocks the wicket down whilst the batter is not in the batting crease (e.g. if they are trying to run between the creases).</p> <p><b>Cooperation</b> Working together and helping others. Strong teams need each individual to cooperate with teammates. Make sure your fielding is appropriately organised so there are few gaps.</p> <p><b>Supporting and Encouraging</b> Helps others to feel good and perform well. Try to help everyone stay positive.</p> <p><b>Honesty and Fair Play</b> Learning the rules of</p>	<p>Measures how much strength someone can develop and exert in a short period of time</p> <p><b>Flexibility</b> The range of motion around a joint.</p> <p><b>Cardiovascular endurance</b> The ability of the heart, lungs and blood to transport oxygen during sustained exercise.</p> <p><b>Reflection</b> Looking back at what we did well and what we can still do to improve. This is an essential skill in cricket. For example, a fielding team should reflect if there is a hole in the field. Batters may reflect on when they should have stopped running. etc.</p> <p><b>Perseverance</b> Continuing with tasks even through setbacks or when they are difficult. We should aim to learn from mistakes, rather than dwelling on them. Remember that all successful sportspeople started somewhere, and made lots of mistakes on their way to success! When it gets hard, keep digging in and working to be better.</p>	<p>A batter will score as many runs as possible until they are out.</p> <p>A player can be caught out, bowled out (if the ball hits the wicket), stumped out (if a fielder or wicket keeper throws the ball to the stumps when the batter is not in the crease – in between the two cones).</p>
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			<p>the ball, with wide fingers. To throw, start with throwing arm behind body. Put opposite foot to throwing arm forwards, weight on back foot. Point throwing arm in direction of target.</p> <p><b>Throwing</b> To send the ball through the air from your hand.</p> <p>You should now be developing overarm throwing. Step forward with opposite foot to throwing arm to stay balanced. Use non-throwing arm to point in direction that the ball should go. Point fingers at target as you release.</p> <p><b>Catching</b> To take hold of the ball in your hands before it bounces.</p> <p>Watch the ball carefully. Hands out as the ball approaches. Bend your knees as you prepare to catch it.</p> <p>Use wide fingers, eyes on the ball, soft hands to catch. Close your hands around the ball and pull it in to your body.</p>	<p>the game and putting them into practice honestly. Winning only feels as good as it should when you know that you have won fairly. E.g. be honest if you are run out.</p> <p><b>Communication</b> Give and receive information from our teammates. We can do this through speaking, listening and body language. For example, communicate with batters when they should run.</p>	 <p><b>Scoring Runs</b> -1 run for each time running between the wickets. 4 runs for hitting the ball past the boundary (hitting the ground first). 6 runs for hitting the ball past the boundary without bouncing. You can also be given additional runs if the bowler bowls the ball too wide or high.</p> <p><b>Ways to get a batter out</b> <b>Bowled:</b> Bowling the ball at the stumps, past the batter, and knocking off the wicket. <b>Caught:</b> Catching the ball after it has been struck by the batter's bat (without it bouncing). <b>Run-out:</b> The ball knocks the wicket down whilst the batter is not in the batting crease (e.g. if</p>	
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			<p><b><u>Underarm Bowling</u></b></p> <p>To send the ball underarm towards the wicket from your hand.</p> <p>Step forward with the opposite foot to your bowling arm in order to stay balanced. Keep your bowling arm straight so that the ball travels straight. Release the ball with fingertips pointing towards the target.</p>		<p>they are trying to run between the creases). Consider how to position your fielders in order to give your team the best chance of getting a batter out.</p>	
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