

PE Curriculum Map

EYFS	<p>Managing self: Children know the importance for good health of physical exercise and a healthy diet, and talk about ways to keep healthy and safe. They manage their own basic hygiene and personal needs successfully, including dressing and going to the toilet independently.</p> <p>Moving and handling: Children show good control and coordination in large and small movements. They move confidently in a range of ways, safely negotiating space. They handle equipment and tools effectively, including pencils for writing.</p> <p>Gross motor skills: Introduction to play equipment in the outdoor area such as stilts, stepping stones, obstacle course. Introduction to play equipment that encourages climbing, balancing, jumping leading to confident and proficient use of play equipment.</p> <ul style="list-style-type: none">• Yoga <p>Fine motor skills: Posture and core muscle strength.</p> <p>These skills will be underpinning the rest of the curriculum to follow.</p>		
Year 1	<p>1.1a Fundamentals</p> <ul style="list-style-type: none">• Changing direction• Controlled movements• Basic changes during exercise <p><i>National curriculum links:</i></p> <ul style="list-style-type: none">• Master basic movements including running and develop balance, agility and coordination, and begin to apply these in a range of activities. <p>Foundation for future topics. Supports learning in</p> <p>1.1b Balls Skills</p> <ul style="list-style-type: none">• Controlling a ball• Sending and receiving• Tracking a moving object <p><i>National curriculum links:</i></p> <ul style="list-style-type: none">• Master basic movements including throwing and catching and develop coordination, and begin to apply these in a range of activities. <p>Foundation for future topics. Supports learning in</p> <p>Team Building</p>	<p>1.2a Invasion Games</p> <ul style="list-style-type: none">• Attacking and defending• Finding space• Following simple rules <p><i>National curriculum links:</i></p> <ul style="list-style-type: none">• Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities.• Participate in team games, developing simple tactics for attacking and defending. <p>Foundation for future topics. Supports learning in</p> <p>1.2b Health and Fitness</p> <ul style="list-style-type: none">• Warming up• Warming down• Recognising how exercise makes me feel• Fitness challenges <p><i>National curriculum links:</i></p> <ul style="list-style-type: none">• Master basic movements including running and jumping and develop balance, agility and	<p>1.3a Target Games</p> <ul style="list-style-type: none">• Rolling a ball• Overarm throws <p><i>National curriculum links:</i></p> <ul style="list-style-type: none">• Master basic movements including throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. <p>Foundation for future topics. Supports learning in</p> <p>1.3b Athletics</p> <ul style="list-style-type: none">• Participate in competitive activities• Running• Jumping• Throwing <p><i>National curriculum links:</i></p> <ul style="list-style-type: none">• Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities.

	<ul style="list-style-type: none"> Cooperation <p>1.1.c Gymnastics</p> <ul style="list-style-type: none"> Controlled movements Balance Hopping and jumping Performing to an audience <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Develop balance, agility and coordination, and begin to apply these in a range of activities. <p>Foundation for future topics. Supports learning in</p>	<p>coordination and begin to apply these in a range of activities.</p> <p>Foundation for future topics. Supports learning in</p> <p>1.2c Sending and receiving</p> <ul style="list-style-type: none"> Gross motor skills Catching Throwing with increasing accuracy <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. <p>Foundation for future topics. Supports learning in</p> <p>1.2d Net and wall games</p> <ul style="list-style-type: none"> Racket skills Throwing Tracking a moving object <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. Develop simple tactics for attacking and defending. <p>Foundation for future topics. Supports learning in</p>	<p>Foundation for future topics. Supports learning in</p> <p>1.3c Striking and fielding</p> <ul style="list-style-type: none"> Tracking a moving object Applying basic movements in a range of activities Hand-eye coordination <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. Participate in team games, developing simple tactics for attacking and defending. <p>Foundation for future topics. Supports learning in</p> <p>1.3d OAA</p> <ul style="list-style-type: none"> Teamwork Cooperation <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. Participate in team games. <p>Foundation for future topics. Supports learning in</p>
Year 2	<p>2.1a Fundamentals</p> <ul style="list-style-type: none"> Providing feedback to others Balance when changing direction Hopping, skipping and jumping with increasing control <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running and jumping and develop balance, agility and coordination, and begin to apply these in a range of activities. 	<p>2.2a Invasion Games</p> <ul style="list-style-type: none"> Attacking and defending Finding space Following simple rules <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. Participate in team games, developing simple 	<p>2.3a Target Games</p> <ul style="list-style-type: none"> Rolling a ball Overarm throws <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Master basic movements including throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. <p>Builds on</p>

	<p>Builds on</p> <p>2.1b Ball Skills</p> <ul style="list-style-type: none"> • Dribbling a ball with hands and feet • Sending and receiving • Tracking a ball and collecting. <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Master basic movements including throwing and catching and develop coordination, and begin to apply these in a range of activities. <p>Builds on</p> <p>2.1c Team Building</p> <ul style="list-style-type: none"> • Cooperation • Teamwork • Following instructions carefully • Providing feedback to others <p>Builds on</p> <p>2.1d Gymnastics</p> <ul style="list-style-type: none"> • Fundamental gymnastic movements • Using our bodies to make shapes • Plan and repeat simple sequences <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Develop balance, agility and coordination, and begin to apply these in a range of activities. <p>Builds on</p>	<p><i>tactics for attacking and defending.</i></p> <p>Builds on</p> <p>2.2b Health and Fitness</p> <ul style="list-style-type: none"> • Fundamentals of endurance • Skipping • Perseverance <p>Builds on</p> <p>2.2c Sending and receiving</p> <ul style="list-style-type: none"> • Trapping and cushioning a ball • Throwing and kicking to a partner • Confidently stopping a moving ball <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Master basic movements including running and throwing and catching and develop coordination, and begin to apply these in a range of activities. <p>Builds on</p> <p>2.2d Net and wall games</p> <ul style="list-style-type: none"> • Defending a space • Throwing with increasing accuracy • Sportsmanship <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. • Develop simple tactics for attacking and defending. <p>Builds on</p>	<p>2.3b Athletics</p> <ul style="list-style-type: none"> • Jump and land with control <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Master basic movements including jumping and develop balance and coordination and begin to apply these in a range of activities. <p>Builds on</p> <p>2.3c Striking and fielding</p> <ul style="list-style-type: none"> • Tracking a moving object • Understand basic rules and score games fairly • Overarm throws to increase distance <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. • Participate in team games, developing simple tactics for attacking and defending. <p>Builds on</p> <p>2.3d OAA</p> <ul style="list-style-type: none"> • Develop simple tactics • Competitive and cooperative physical activities • Develop fundamental movements <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Master basic movements including running, jumping and throwing and catching and develop balance, agility and coordination and begin to apply these in a range of activities. • Participate in team games. <p>Builds on</p>
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Year 3	<p>3.1a Fundamentals</p> <ul style="list-style-type: none"> • Fundamental movements with increasing control • Balance • Agility • Linking jumps and hops <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping in isolation and in combination. • Develop control and balance. <p>Builds on</p> <p>3.1b Ball Skills</p> <ul style="list-style-type: none"> • Catching different sized objects • Throwing, catching, dribbling and shooting with increasing control. <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running, jumping, throwing and catching in isolation and in combination. <p>Builds on</p> <p>3.1c Football</p> <ul style="list-style-type: none"> • Finding space • Tracking opponents to slow them • Attacking and defending <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate (football), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>3.1d Gymnastics</p> <ul style="list-style-type: none"> • Performing for an audience • Linking actions that flow • Move in unison with a partner • Sequences of contrasting actions 	<p>3.2a Basketball</p> <ul style="list-style-type: none"> • Learning rules and following instructions • Finding space • Tracking opponents to slow them • Attacking and defending <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate (basketball), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>3.2b Health and Fitness</p> <ul style="list-style-type: none"> • Warming up and down • Understanding changes that happen during exercise • Balance between speed and endurance <p>Builds on</p> <p>3.2c Handball</p> <ul style="list-style-type: none"> • Learning rules and following instructions • Finding space • Tracking opponents to slow them • Attacking and defending <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>3.2d Badminton</p> <ul style="list-style-type: none"> • Serving to begin a game • Forehand hitting 	<p>3.3a Athletics</p> <ul style="list-style-type: none"> • Jumping for distance • Relays • Sprinting technique <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping in isolation and in combination. • Develop flexibility, strength, technique, control and balance. • Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Builds on</p> <p>3.3b Tennis</p> <ul style="list-style-type: none"> • Racket control • Returning a ball <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate (tennis), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>3.3c Cricket</p> <ul style="list-style-type: none"> • Striking a bowled ball • Bowling a ball • Rules of a game <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate (cricket), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>3.3d OAA</p> <ul style="list-style-type: none"> • Map reading
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	<p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. <p>Builds on</p>	<p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (badminton), and apply basic principles suitable for attacking and defending. <p>Builds on</p>	<ul style="list-style-type: none"> Applying strategies to solve problems Understanding successes and failures <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team. <p>Builds on</p>
Year 4	<p>4.1a Ball Skills</p> <ul style="list-style-type: none"> Throwing a catching with both hands Tracking a ball not sent to me Dribbling with increasing control and coordination <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. <p>Builds on</p> <p>4.1b Tag Rugby</p> <ul style="list-style-type: none"> Rules of a game Changing direction under pressure Balance when moving at speed Changing speed with intention <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (rugby), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>4.1c Gymnastics</p> <ul style="list-style-type: none"> Identifying muscles used in different movements Sequences using level and shape Balancing independent and with a partner <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control 	<p>4.2a Lacrosse</p> <ul style="list-style-type: none"> Rules of a game Picking up ground balls. Sending and receiving Catching and throwing Shooting Defence vs attack <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>4.2b Health and Fitness</p> <ul style="list-style-type: none"> Identifying areas of improvement Changing direction at speed Perseverance Understanding how different activities put different strains on my body <p><i>National curriculum links:</i></p> <p>Builds on</p> <p>4.2c Hockey</p> <ul style="list-style-type: none"> Delaying opponents to prevent scoring Dribbling, passing, receiving and shooting with increasing control and accuracy Simple tactics to gain possession 	<p>4.3a Athletics</p> <ul style="list-style-type: none"> Difference between sprinting and jogging techniques Jumping for distance with balance and control Throwing with accuracy and power <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping in isolation and in combination. Develop flexibility, strength, technique, control and balance. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Builds on</p> <p>4.3b Tennis</p> <ul style="list-style-type: none"> Using the “ready position” to defend Racket skills Playing a continuous game <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (tennis), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>4.3c Rounders</p> <ul style="list-style-type: none"> Bowling with increasing accuracy Applying tactics with teammates

	<p>and balance.</p> <p>Builds on</p>	<ul style="list-style-type: none"> Simple tactics to score <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (hockey) and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>4.2d Badminton</p> <ul style="list-style-type: none"> Different shots using forehand and backhand control Trick shots <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (badminton), and apply basic principles suitable for attacking and defending. <p>Builds on</p>	<ul style="list-style-type: none"> Striking a bowled ball <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (rounders), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>4.3d Swimming</p> <ul style="list-style-type: none"> Competently, confidently and proficiently swim a distance of 25m Perform safe self-rescue in different water-based situations <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations. <p>Builds on</p>
UKS2	Year 5 & 6 lessons are split evenly between PE and Games. Each class takes part in each unit of learning, on a half termly rotation.		
	PE	Games	
Year 5	<p>5.1a Fitness</p> <ul style="list-style-type: none"> Analyse fitness scores and identify areas of improvement Understand set criteria to make judgements Strength and flexibility to improve performance <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> develop flexibility, strength, technique, control and balance. Use running, jumping, throwing and catching in isolation and in combination. <p>Builds on</p> <p>5.1b OAA</p>	<p>5.2a Fundamental Skills</p> <ul style="list-style-type: none"> Pace and control Understanding how different activities having different effects on our bodies <p>Builds on</p> <p>5.2b Netball</p> <ul style="list-style-type: none"> Shooting with control Rules of a game Positioning during attack and defence Tactics for different positions 	

- Navigation using maps and markers
- Orientation of a map
- Critical thinking
- Collaborative problem solving

National curriculum links:

- *Take part in outdoor and adventurous activity challenges both individually and within a team.*

Builds on

5.1c Gymnastics

- Sequences using apparatus and the floor
- Cannon and synchronisations
- Understand set criteria to make judgements

National curriculum links:

- *Develop flexibility, strength, technique, control and balance.*

Builds on

5.1d Athletics - Throwing

- Developing techniques to throw with increasing distance and accuracy
- Analysing performing for improvement

National curriculum links:

- *Use throwing and catching in isolation and in combination.*
- *Develop flexibility, strength, technique, control and balance.*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

Builds on

5.1e Athletics - Jumping

- Performing a range of jumps
- Controlled take off and landing
- Using feedback to improve technique

National curriculum links:

- *Use running and jumping in isolation and in combination.*
- *Develop flexibility, strength, technique, control and balance.*
- *Compare their performances with previous ones and demonstrate improvement to achieve their personal best.*

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (netball), and apply basic principles suitable for attacking and defending.*

Builds on

5.2c Football

- Communication to create space and keep possessions
- Dribbling, passing, receiving and shooting with increasing accuracy under increasing pressure.
- Making informed decisions of when to pass and who to.

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (football), and apply basic principles suitable for attacking and defending.*

Builds on

5.2d Rugby

- Passing and receiving the ball under pressure
- Rules of a game
- Understanding basic tactics for attacking and defending situations
- Closing down space

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate (rugby), and apply basic principles suitable for attacking and defending.*

Builds on

5.2e Dodgeball

- Using skills under increasing pressure
- Throwing with increasing accuracy
- Rules of a game

National curriculum links:

- *Use running and jumping, throwing and catching in isolation and in combination.*
- *Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.*

Builds on

	<p>Builds on</p>	<p>5.2f Lacrosse</p> <ul style="list-style-type: none"> • Maintaining possession • Picking up the ball and carrying it • Catching and throwing • Shooting • Dodging • Goalkeeping • Defence vs attack <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>5.2g Tennis</p> <ul style="list-style-type: none"> • Developing a wider range of skills • Analysing performances for improvement • Using tactics to control a game <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate (tennis), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>5.2h Rounders</p> <ul style="list-style-type: none"> • Striking a ball with a rounder bat • Fielding • Applying increasingly complex tactics with teammates <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • Use running and jumping, throwing and catching in isolation and in combination. • Play competitive games, modified where appropriate (rounders), and apply basic principles suitable for attacking and defending. <p>Builds on</p>
Year 6	6.1a Swimming	6.2a Netball

<ul style="list-style-type: none"> Competently, confidently and proficiently swim a distance of 25m Perform safe self-rescue in different water-based situations <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Swim competently, confidently and proficiently over a distance of at least 25 metres Use a range of strokes effectively [for example, front crawl, backstroke and breaststroke] Perform safe self-rescue in different water-based situations. <p>Builds on</p> <p>6.1b Gymnastics</p> <ul style="list-style-type: none"> Combining actions, shapes and balances with control and fluency Lead a group warm up Work collaboratively to create sequences and routines <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Develop flexibility, strength, technique, control and balance. <p>Builds on</p> <p>6.1c Fitness</p> <ul style="list-style-type: none"> Encourage and motivate others to achieve their best Create ways to test different components of fitness Collect, record and analyse scores to identify improvements <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running, jumping, throwing and catching in isolation and in combination. Compare their performances with previous ones and demonstrate improvement to achieve their personal best. <p>Builds on</p> <p>6.1d OAA</p> <ul style="list-style-type: none"> Navigate a course with increasing speed and accuracy Critical thinking to inform ideas and strategies Problem solving Reflecting on outcomes and decisions <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Take part in outdoor and adventurous activity challenges both individually and within a team. 	<ul style="list-style-type: none"> Create space Passing, receiving and shooting with increasing accuracy under increasing pressure Marking Intercepting <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (netball), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>6.2b Dodgeball</p> <ul style="list-style-type: none"> Select appropriate actions for different situations Use wide range of skills with increasing control Apply game rules consistently and fairly <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (dodgeball), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>6.2c Football</p> <ul style="list-style-type: none"> Create space Dribbling, passing, shooting with increasing accuracy under increasing pressure Marking Tackling <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate (football), and apply basic principles suitable for attacking and defending. <p>Builds on</p> <p>6.2d Rugby</p> <ul style="list-style-type: none"> Create space Pass and receive the ball with increasing accuracy under increasing pressure Collaboratively create tactics and evaluate their performance. <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> Use running and jumping, throwing and catching in isolation and in combination.
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Builds on

6.1e Athletics

National curriculum links:

- Use running and jumping in isolation and in combination.
- Develop flexibility, strength, technique, control and balance.
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Builds on

- Play competitive games, modified where appropriate (rugby), and apply basic principles suitable for attacking and defending.

Builds on

6.2e Table Tennis

- Forehand and backhand grip
- Rallying
- Serving
- Rules of the game
- Grip

National curriculum links:

- Use running and jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate, and apply basic principles suitable for attacking and defending.

Builds on

6.2f Hockey

- Dribble to beat a defender
- Sending the ball with a push pass
- Receiving the ball with control
- Move into space to support a team mate
- Block tackle and jab tackle to dispossess
- Apply rules of the game across other invasion games
- Develop dribbling to beat a defender
- Send the ball using a push pass.
- Receive the ball with control.
- Move into space to support a teammate.
- Know how to perform a block and jab tackle to gain possession of the ball.
- Apply rules from invasion games to activity.

National curriculum links:

- Use running and jumping, throwing and catching in isolation and in combination.
- Play competitive games, modified where appropriate (hockey), and apply basic principles suitable for attacking and defending.

Builds on

6.2g Rounders

- Striking a ball with a rounder bat with increasing accuracy

		<ul style="list-style-type: none"> • Fielding • Applying increasingly complex tactics with teammates <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • <i>Use running and jumping, throwing and catching in isolation and in combination.</i> • <i>Play competitive games, modified where appropriate (rounders), and apply basic principles suitable for attacking and defending.</i> <p>Builds on</p> <p>6.2h Cricket</p> <ul style="list-style-type: none"> • Strike a bowled ball with increasing consistency and accuracy • Use a wide range of fielding skills with increasing control <p><i>National curriculum links:</i></p> <ul style="list-style-type: none"> • <i>Use running and jumping, throwing and catching in isolation and in combination.</i> • <i>Play competitive games, modified where appropriate (cricket), and apply basic principles suitable for attacking and defending.</i> <p>Builds on</p>
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