



TERM	SPORT/ACTIVITY	SKILLS
<p>Autumn Term</p>	<p>Invasion Games (basketball, football, Netball)</p> <p>Net and wall games (Tennis, badminton)</p> <p>Gymnastics (Floor, apparatus and sequences)</p> <p>FUNS activities</p>	<p><u>Invasion Games</u> To be able to understand what space is and how to use it effectively, to be able to throw and catch using a variety of different throws and passes. To have a good understanding of the concept of the sports.</p> <p><u>Net & wall games</u> To be able to strike a moving ball/shuttlecock in a stationary and moving position with good accuracy, to have an understanding of the concept of net and wall sports.</p> <p><u>Gymnastics</u> To be able to perform basic rolls and jumps. To be able to use your body weight in different ways. To try and combine jumps and rolls to make a sequence. Work in small groups linking sequences together.</p> <p><u>FUNS activities</u> FUNS activities are based around your basic skill set; agility, balance and co-ordination.</p>
<p>Spring Term</p>	<p>Invasion games (Handball, tag rugby and Hockey)</p> <p>Fitness/Aerobics</p> <p>Dance</p> <p>FUNS activities</p>	<p><u>Invasion games</u> To be able to understand what space is and how to use it affectively. To be able to correctly and safely hold and use a hockey stick. To be able to perform a variety of passes and shots. To understand the concept of invasion sports. To be able to work in groups and teams with positive, encouraging attitudes.</p> <p><u>Dance</u> To be able to count steps, understand different terms i.e. unison and cannon. Learn a routine to music and be able to choreograph sequences/dances alone and with peers.</p>



		<p><u>Fitness</u></p> <p>Building strength, stamina and agility using different drills. All children to understand the effect of exercise on their bodies and what is good for them.</p>
<p>Summer Term</p>	<p>Cricket/Rounder's</p> <p>Athletics (Track & field)</p> <p>FUNS activities</p> <p>Net and wall games (volleyball)</p>	<p><u>Cricket</u></p> <p>To be able to strike a moving and stationary ball with a bat. To be able to bowl with accuracy. To have an understanding of different positions and their roles.</p> <p><u>Rounder's</u></p> <p>To be able to strike a moving and a stationary ball with a rounder bat. Have a solid understanding of the positions and the bases. To be able to throw a variety of distances with accuracy. Good team skills.</p> <p><u>Athletics</u></p> <p>For all children to have a basic understanding of a variety of throws and jumps and to be able to run short, middle and long distances. Also children should be able to measure their score through distance and time correctly. Children should have a good understanding of the different track and field events.</p> <p><u>Net & wall games- Volleyball</u></p> <p>To be able to strike a moving ball in a stationary and moving position with some accuracy, to have an understanding of the concept of volleyball.</p>

