

















Weeks 14, 26 and 33 are assessment lessons

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
1	fitness circuit	agility 	body awareness	40	take my own pulse to check my heart rate - recognise what happens when I am tired	Improve my understanding of how my body works
2	slam ball	agility 	flexibility of movement	41	touch opposite hand to foot (both sides)	Improve my understanding of opposites and demonstrate flexibility
3	invasion/end zones	balance 	points of contact	42	balance on all fours for 10 seconds	Improve my core balance and 'holding a position' abilities
4	dodge ball	balance 	dynamic balance	43	hop on 1 leg on the spot 10 times (both sides)	Improve my dynamic balance - hopping skills
5	ball games	co-ordination 	sending	44	kick a static football (with both feet) to a partner 5m away	Improve the co-ordination of my feet
6	throwing & catching	co-ordination 	differentiating force	45	understand how to roll a ball to a partner at different speeds	Improve my understanding of controlling power
7	rugby	agility 	dodging and evading	46	travel using side steps on both sides	Improve my ability to push off from either foot with equal force
8	hockey	agility 	travelling	47	carry a rugby ball, basketball, hockey stick, football, safely and appropriately	Improve my understanding of how my body shape changes when travelling within different sports
9	football	balance 	generating force through transfer of weight	48	run and kick a ball from a cone with right and left foot 10m	Improve my balance as I move at various speeds and use either side
10	tennis	balance 	balancing equipment	49	balance a beanbag on a plastic tennis racket, right and left hand and walk 10m	improve balance through hand to eye co-ordination and interaction with equipment
11	basketball	co-ordination 	sending	50	throw a ball to a partner using an underarm throw	Improve the accuracy and technique of my throwing skills
12	netball	co-ordination 	receiving	51	catch a beanbag at a variety of heights, feet, waist, above head etc.	Improve my ability to adjust my hand position for a range of catches
13	dodge ball	agility 	dodging and evading	52	anticipate, dodge and evade others coming in opposite direction	improve the ability to change direction quickly
15	bench ball	agility 	reaction	54	receive a bean bag	improve agility through different catching skills
16	gymnastics	agility 	body awareness	56	identify right and left hand and right and left foot	Learn left and right
17	gymnastics	balance 	understanding base	55	bring my arms up when balancing	Improve my balance in various positions
18	dance	co-ordination 	organising limbs	57	increase the tempo of my dancing in time with a change in speed of a rhythm	improve my understanding of rhythm and how it effects my movements
19	dance	co-ordination 	timing	58	perform claps in time with a musical beat	improve my control of rhythm
20	dodge ball	balance 	static balance	59	kneeling down, balance a beanbag on your head and on a plastic tennis racket in each hand, with a straight arm for 10 seconds	Improve the ability to control the body and hold a position
21	small sided cricket	agility 	rotation	60	throw a ball over arm with both left and right hand	Improve my ability to throw with both hands

DELIVERY SCHEDULE by year

Weeks 14, 26 and 33 are assessment lessons

Year 1

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
22	rounders	balance 	balancing equipment	61	balance a beanbag on your head and a bean bag on a plastic racket and walk 5m	Improve my balance and control
23	rounders	balance 	dynamic balance	62	catch a bean bag standing on one leg (both sides)	Improve my balance (and my understanding of balance)
24	small sided cricket	co-ordination 	combination of skills	63	catch a bounced tennis ball	Improve catching skills
25	tennis	co-ordination 	timing	64	strike a bouncing sponge ball with my hand (both sides)	Improve my timing when striking an object
27	end zone games	co-ordination 	receiving	77	move to receive a thrown beanbag and hold hands ready in cup position	Improve my catching technique
28	throwing & catching	co-ordination 	organising limbs	78	move to get in line to receive a rolled ball	Improve my ability to receive objects
29	running	balance 	points of contact	68	set off running from an all fours position	Understand balancing and how points of contact affects balance
30	jumping	balance 	generating force through transfer of weight	69	perform a standing jump off two feet and land on two feet	Improve my ability to perform a balanced take off and landing
31	jumping	co-ordination 	combination of skills	70	run and jump over a number of hurdles/obstacles in a relay race	Improve my co-ordination through combining skills
32	throwing & catching	co-ordination 	differentiating force	71	change how you throw a ball at targets 2m, 4m, 6m away	Improve my understanding of how and when to adjust throwing styles
34	rugby	agility 	rotation	73	pass a ball to someone behind me, by swivelling at the waist	Improve the control and rotation of my hips
35	fitness circuit	agility 	flexibility of movement	74	jump off two feet and land on one foot (both left and right)	Improve my ability to perform a co-ordinated jump and one footed landing
36	cricket	balance 	static balance	75	stand on one leg for 5 seconds (on both sides) with eyes closed and finger on nose	Improve my balance
37	end zone games	balance 	understanding base	76	exert power through pushing/throwing an object	Improve my ability to understand what happens to balance when I face a force
38	outdoor and adventurous	agility 	travelling	66	run continuously for 30 seconds	Improve my ability to run continuously
39	outdoor and adventurous	agility 	reaction	67	Get body in a start position and start running on command, ready; steady; go	Improve my ability to react quickly to commands












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WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
1	fitness circuit	agility 	body awareness	79	recover my breathing and lower my heart rate after exercise	Improve my understanding of how my body works and how to recover
2	slam ball	agility 	flexibility of movement	80	mirror the actions of a partner	Improve my speed of movement to mimic actions
3	invasion/end zones	balance 	points of contact	81	stay in a 2 arm press up position for 5 seconds	Improve my understanding of the roles points of contact play in balance
4	dodge ball	balance 	dynamic balance	82	hop 5m on right leg, and 5m on left leg	Improve my dynamic balance - hopping skills
5	ball games	co-ordination 	sending	83	kick a static football (with both feet) to a partner 7m away	Improve the co-ordination of my feet
6	throwing & catching	co-ordination 	differentiating force	84	understand how to change the power I use to throw a bean bag to different targets (all underarm)	Improve my understanding of when to use different types of throw
7	rugby	agility 	dodging and evading	85	demonstrate when to change direction whilst running	Improve my ability to change direction to move into space
8	hockey	agility 	travelling	86	dribble a rugby ball, basketball, hockey stick, football, safely and appropriately	Improve my ability to navigate through obstacles with different sports equipment
9	football	balance 	generating force through transfer of weight	87	kick a moving ball with both feet 10m	Improve my ability to generate force through momentum and swing
10	tennis	balance 	balancing equipment	88	balance a beanbag on a plastic tennis racket, right and left hand and run through a 15m zig zag circuit	improve balance through hand to eye co-ordination and interaction with equipment
11	basketball	co-ordination 	sending	89	bounce pass a large bouncy ball to a partner	Improve the accuracy and technique of my passing skills
12	netball	co-ordination 	receiving	90	catch a bouncing ball at a variety of heights and angles	Improve my ability to track and adjust my body position for a range of catches
13	dodge ball	agility 	dodging and evading	91	anticipate, dodge and evade others coming in multiple directions	improve agility and control of movements by exploring the ability to react quickly to others
15	bench ball	agility 	reaction	93	receive a bouncing ball	improve agility through different catching and reaction tasks
16	gymnastics	agility 	body awareness	95	turn to the left and right quickly in a fluid movement	improve my ability to change direction quickly and smoothly
17	gymnastics	balance 	understanding base	94	widen my base to maintain stability	Improve my ability to generate force through momentum and swing
18	dance	co-ordination 	organising limbs	96	create a short individual dance sequence to music	improve the way I link a sequence of movements
19	dance	co-ordination 	timing	97	follow musical cues	improve my ability to perform a dance movement on a cue
20	dodge ball	balance 	static balance	98	standing on one leg, balance a beanbag on your head and on a plastic tennis racket in each hand, with a straight arm for 10 seconds	Improve the ability to control the body and hold a position for a sustained period
21	small sided cricket	agility 	rotation	99	hit a moving tennis ball with a racket - with both hands	Improve the smoothness of my rotation when striking a tennis ball

DELIVERY SCHEDULE by year

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Year 2

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
22	rounders	balance 	balancing equipment	100	balance a beanbag on your head and a bean bag on a plastic racket in both hands at the same time and walk through a 15 m zig zag circuit	Improve my balance and control
23	rounders	balance 	dynamic balance	101	catch a bouncing ball standing on one leg (both sides)	Improve my balance (and my understanding of balance)
24	small sided cricket	co-ordination 	combination of skills	102	throw a tennis ball up, clap twice and catch it with one hand (both sides)	Improve catching skills and hand to eye co-ordination
25	tennis	co-ordination 	timing	103	strike a bouncing ball with a racket with a forehand (both sides)	Improve my timing when striking an object
27	end zone games	co-ordination 	receiving	116	run to receive a bounced ball and get hands ready, cup position or inverted cup position	Improve my catching technique
28	throwing & catching	co-ordination 	organising limbs	117	run to get in line to receive a bounced ball	Improve my ability to make adjustments based on my judgement when receiving
29	running	balance 	points of contact	107	chose the best position to set off running	Understand when different points of contact can be used in sport
30	jumping	balance 	generating force through transfer of weight	108	perform standing two foot jump and use arms and legs to gain momentum	Improve my ability to perform a balanced take off and landing
31	jumping	co-ordination 	combination of skills	109	run and jump over a number of low obstacles in a relay race whilst travelling with a variety of balls	Improve my co-ordination through combining skills
32	throwing & catching	co-ordination 	differentiating force	110	understand the power needed to throw a shuttlecock, a tennis ball and a beanbag the same distance	Improve my understanding of the relationships between power and weight
34	rugby	agility 	rotation	112	pivot on one foot to pass and receive a ball	Improve the control and rotation of my body
35	fitness circuit	agility 	flexibility of movement	113	speed bounce for 1 minute	Improve my ability to co-ordinate multiple jumps and landings over a sustained period
36	cricket	balance 	static balance	114	stand on one leg (both sides) for 10 seconds and change position of other limbs - controlling balance i.e. bend knees, rotate arms etc.	Improve my ability to make small movements to maintain my balance
37	end zone games	balance 	understanding base	115	exert power to pull an object from an opponent	Improve my ability to understand what happens to balance when I face contrasting forces
38	outdoor and adventurous	agility 	travelling	105	run a continuous relay with a partner 2 minutes	Improve my stamina and my understanding of the importance of rest opportunities
39	outdoor and adventurous	agility 	reaction	106	jump over a hurdle when running at pace	Improve my ability to react quickly to obstacles

DELIVERY SCHEDULE by year

Weeks 14, 26 and 33 are assessment lessons


Year 3

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
1	fitness circuit	physical 	power	118	perform 5 sit ups	Improve my understanding of my own physical strength
2	slam ball	cognitive 	peer mentoring	119	identify good and bad technique in others	Improve my observation skills
3	invasion/end zones	manipulation 	dribbling	120	understand the different techniques of dribbling a basketball	Improve my dribbling skills with a basketball
4	dodge ball	cognitive 	tactical variation	121	demonstrate a block, a dodge, and a catch and understand their roles in dodge ball	Improve my understanding of different movements and their place in sports
5	ball games	manipulation 	passing	122	accurately throw a ball to a partners hands, aiming between their shoulders and their waist	Improve my throwing technique
6	throwing & catching	cognitive 	team work	123	identify the elements of good team work and why they are important	Improve my understanding of teamwork
7	rugby	physical 	agility	124	demonstrate a sidestep technique off both sides whilst carrying a rugby ball	Build on previous learning and demonstrate sidestepping technique
8	hockey	cognitive 	understanding rules	125	maintain a two handed grip on my hockey stick	Improve my ability to concentrate and focus on a basic task
9	football	manipulation 	shooting	126	kick a static ball through a gate that is 5m away and is 2m wide (with both feet)	Improve the relationship between body position and accuracy
10	tennis	physical 	control	127	perform a controlled volley (forehand and backhand)	Improve the control children are able to exert - does their body do what their brains tell it to do?
11	basketball	manipulation 	passing	128	perform the technique of a chest pass, a lob pass and a bounce pass over 5m	Improve my control of objects and my ability to use items in different ways to achieve different results
12	netball	cognitive 	anticipation	136	catch a ball whilst travelling	Improve my ability to anticipate actions
13	dodge ball	manipulation 	shooting	130	hit a range of static targets with a bean bag	Introduce shooting techniques - which sports do we shoot in?
15	bench ball	physical 	physical processing	132	adjust my body position to catch a netball whilst travelling	Improve how quickly the brain tells the body what to do - decision making
16	gymnastics	physical 	strength	133	hold a strong body position for 1 minute with two feet together and arms wide apart	Improve my ability to hold my body still and in tension in a fixed position
17	gymnastics	cognitive 	team work	134	co-operate with team mates	Improve my ability to watch and communicate with others
18	dance	physical 	physical processing	145	quickly process information and mirror a partners actions	Improve my ability to react and mimic
19	dance	cognitive 	evaluation	144	award points in a small dance competition	improve my ability to judge the performance of others
20	dodge ball	manipulation 	accuracy	137	accurately throw a dodge ball at a static target from 3m (with either hand)	Improve accuracy in passing, shooting and aiming at targets
21	small sided cricket	cognitive 	tactical variation	138	understand the role each player has in cricket (batter, bowler, fielder, wicket keeper)	Improve my understanding of the roles of different positions in sport

DELIVERY SCHEDULE by year

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Year 3

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
22	rounders	physical 	power	139	throw a ball 10 yards (with both arms)	Improve my throwing power by being explosive
23	rounders	physical 	speed	140	perform 4 x 10m shuttles in under 10 seconds	Improve my running technique to increase my speed
24	small sided cricket	manipulation 	fielding and catching	141	repeatedly and successfully perform upward facing basket catches	Improve my catching skills for deep fielding
25	tennis	manipulation 	striking	142	strike a bouncing ball with a racket on my forehand and backhand (both sides)	Improve my timing and power when striking an object
27	end zone games	manipulation 	dribbling	155	dribble a hockey ball around a cone 5m away and back, keeping the ball under control	Improve my dribbling skills
28	throwing & catching	manipulation 	fielding and catching	156	use the correct technique to catch a bean bag at a variety of heights	Improve my catching technique
29	running	cognitive 	anticipation	146	build up my readiness and complete a sprint start on 'Ready, Steady, Go' command	Improve my ability to anticipate and react to a command
30	jumping	physical 	speed	147	perform a running jump, take off from one foot and land on two feet, using arms and legs to gain momentum	Improve my understanding of how to use different parts of my body to create speed
31	jumping	physical 	strength	148	understand the roles arms and legs play in good sprint/jumping technique	Improve my understanding of explosive strength
32	throwing & catching	manipulation 	accuracy	149	demonstrate a good javelin technique from a standing position	Improve my throwing technique with a javelin
34	rugby	physical 	agility	151	perform a 5m shuttle run	Improve my ability to move at speed
35	fitness circuit	cognitive 	evaluation	152	identify my own sporting strengths and weaknesses	Improve evaluation of my own techniques
36	cricket	manipulation 	striking	153	hit a ball off a tee with a cricket bat	Improve my ability to strike a ball off a tee
37	invasion games	physical 	control	154	catch a football passed to me at a variety of heights	Improve my ability to control my movements
38	outdoor and adventurous	cognitive 	peer mentoring	136	Work with a small team to follow a simple map	Improve my ability to give instructions.
39	outdoor and adventurous	cognitive 	understanding rules	135	listen and follow instructions	Improve my ability to listen to and follow new instructions

DELIVERY SCHEDULE by year

Weeks 14, 26 and 33 are assessment lessons














Year 4

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
1	fitness circuit	physical 	power	157	perform 5 press ups, keeping my back straight	Improve my understanding of how to improve my own physical strength
2	slam ball	cognitive 	peer mentoring	158	communicate suggestions for improvements to others	Improve my observation and communication skills
3	invasion/end zones	manipulation 	dribbling	159	understand the correct technique of dribbling with a hockey stick	Improve my dribbling skills with a hockey stick
4	dodge ball	cognitive 	tactical variation	160	demonstrate an understanding of the difference between an attacking and a defensive approach	Improve the way that I approach game situations based on the circumstances
5	ball games	manipulation 	passing	161	understand the different techniques of passing a rugby ball, football, hockey ball and a basketball over 3m	Improve my understanding of the different passing techniques in sport
6	throwing & catching	cognitive 	team work	162	demonstrate good team work skills	Improve my ability to work as part of a team
7	rugby	physical 	agility	163	catch a rugby ball arriving at a variety of heights	Improve the speed at which I can change positions
8	hockey	cognitive 	understanding rules	164	understand the importance rules play in the safety of sport	Improve my understanding of why rules exist in sports
9	football	manipulation 	shooting	165	kick a moving ball through a gate that is 7m away and is 2m wide	Improve the relationship between body position and accuracy (increase in difficulty on Y3)
10	tennis	physical 	control	166	perform a drop shot	Improve the understanding of what a drop shot is and the control needed to play one
11	basketball	manipulation 	passing	167	understand how to create a passing opportunity	Improve my timing and reading of game situations
12	netball	cognitive 	anticipation	168	defend appropriately when a direct opponent is shooting	Improve my ability to read fakes and focus on the ball
13	dodge ball	manipulation 	shooting	169	hit a static target with a dodge ball from 3m away	Improve understanding of the relationship between accuracy and distance and power
15	bench ball	physical 	physical processing	171	catch and pass a netball in one fluid movement	Improve the speed of thought to benefit game play
16	gymnastics	physical 	strength	172	hold a strong body position for 1 minute with two feet together and arms straight up, pointing up	improve my strength and stamina to hold a position
17	gymnastics	cognitive 	team work	173	be part of an effective team	Improve my ability to watch and communicate with others
18	dance	physical 	physical processing	184	work with a partner on a sequence of movements	Improve my ability to work with a partner to create a simple sequence of movements
19	dance	cognitive 	evaluation	183	Observe others and get ideas to take into my own performances	Improve my ability to observe and learn from others
20	dodge ball	manipulation 	accuracy	176	accurately throw a dodge ball at a static target from 5m (with either hand)	Improve accuracy and power when aiming at targets - both hands will be tested

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Year 4

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
21	small sided cricket	 cognitive	tactical variation	177	demonstrate that I can vary my shots to hit into the space	Improve my understanding of shot placement
22	rounders	 physical	power	178	throw a ball from 1st base to 4th base (with both arms)	Improve my throwing power by being explosive
23	rounders	 physical	speed	179	run 60m in a straight line in under 12 seconds	Improve my running technique to increase my speed
24	small sided cricket	 manipulation	fielding and catching	180	catch a ball at a variety of heights and speeds	Improve my catching skills for a variety of fielding
25	tennis	 manipulation	striking	181	perform a rally with a partner using my hands to strike a soft ball (both hands)	Improve my ability to adjust my position to complete a rally
27	end zone games	 manipulation	dribbling	194	outwit an opponent by using fakes and dummies when dribbling a basketball	Improve my dribbling skills and use fakes and disguises
28	throwing & catching	 manipulation	fielding and catching	195	use the correct technique to catch a soft ball at a variety of heights	Improve my catching technique
29	running	 cognitive	anticipation	185	successfully compete in a 4 man relay team, with a smooth baton handover	Improve my ability to react to others
30	jumping	 physical	speed	186	run 10m stepping/jumping over a cone at 1m intervals	Improve the Speed, Agility and Quickness of my feet
31	jumping	 physical	strength	187	perform a vertical standing jump to a height above my own knees	Improve my explosive strength
32	throwing & catching	 manipulation	accuracy	188	demonstrate a good shot put technique	Improve my throwing technique with a shot put
34	rugby	 physical	agility	190	demonstrate a controlled change of direction on command	Improve my reaction times to execute a turn
35	fitness circuit	 cognitive	evaluation	191	measure my own performance against that of my peers	Improve my ability to measure my score and obtain my position in the group
36	cricket	 manipulation	striking	192	throw a ball up and hit it with a cricket bat (no bounce)	Improve my ability to strike a moving ball with a bat
37	invasion games	 physical	control	193	control and retain possession of a hockey ball which is passed to me	Improve how I use my body to control the ball in hockey
38	outdoor and adventurous	 cognitive	peer mentoring	175	help a 'blindfolded' team mate navigate a course with clear instructions	improve my understanding of how maps work
39	outdoor and adventurous	 cognitive	understanding rules	174	create a task and explain the rules to others	Improve my understanding of rules and how to explain them

Weeks 14, 26 and 33 are assessment lessons

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
1	fitness circuit	physical 	power	196	throw a basketball over 6m using a chest pass	Improve my understanding of the importance of combining technique and power
2	slam ball	cognitive 	peer mentoring	197	observe, review and feedback to others	Improve my observation and communication skills
3	invasion/end zones	manipulation 	dribbling	198	demonstrate an understanding of when to dribble and when to pass	Improve my understanding of dribbling opportunities
4	dodge ball	cognitive 	tactical variation	199	demonstrate good decision making	Improve my decision making based on a variety of in-games situations
5	ball games	manipulation 	passing	200	understand the different techniques of passing over a variety of distances	Improve my understanding of how to pass over different distances
6	throwing & catching	cognitive 	team work	201	use teamwork to solve problems	Improve my participation as part of a team
7	rugby	physical 	agility	202	pass a rugby ball to children on either side of me	Improve my passing on both sides
8	hockey	cognitive 	understanding rules	203	play a small sided game of uni hock to the rules I have learned	Learn to react appropriately to refereeing decisions
9	football	manipulation 	shooting	204	turn and shoot into two alternating targets, changing feet and body position as appropriate	Improve my ability to repeat accuracy and power on both sides
10	tennis	physical 	control	205	alternate between a long shot (baseline) and a short shot (drop shot)	Improve the ability to change power for each shot
11	basketball	manipulation 	passing	206	perform a range of passes to children in different positions - understand passing for retention and passing for attack	Improve my understanding of when to pass and when not to pass
12	netball	cognitive 	anticipation	207	understand how to anticipate and perform an interception	Improve my ability to predict opponents play
13	dodge ball	manipulation 	shooting	208	hit a moving target with a dodge ball from 3m away	Improve anticipation and tracking in shooting activities
15	bench ball	physical 	physical processing	210	react quickly to a number of moving objects	Improve the speed of thought and reduce reaction time to benefit game play
16	gymnastics	physical 	strength	211	hold a strong body position for 1 minute with one foot on the floor, and other 3 limbs extended with the torso tipped forwards.	improve my ability to be still in a position with tension in my body
17	gymnastics	cognitive 	team work	212	perform a synchronised gymnastics phrase with a team	Improve my ability to communicate and lead a group
18	dance	physical 	physical processing	223	remember and perform a 5 move dance routine in a small group	Improve my ability to send messages from my brain to my body
19	dance	cognitive 	evaluation	222	observe others and identify areas for improvement	Improve my communication skills through teaching

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Year 5

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
20	dodge ball	manipulation 	accuracy	215	accurately throw a dodge ball at moving targets (with either hand)	Improve accuracy in passing, shooting and aiming at targets - both hands will be tested even the best
21	small sided cricket	cognitive 	tactical variation	216	set the field to predict or restrict play	Improve my understanding of positions and tactics
22	rounders	physical 	power	217	strike a ball with a bat so that the ball goes beyond a rounders square	Improve my striking power by being explosive
23	rounders	physical 	speed	218	run a full rounder at full speed	Improve my running technique in a sporting situation
24	small sided cricket	manipulation 	fielding and catching	219	demonstrate that I can get in line with the ball and use the long barrier technique	Improve my fielding skills
25	tennis	manipulation 	striking	220	perform a 4 shot tennis rally with a partner using tennis rackets	Improve my ability to maintain racket control
27	end zone games	manipulation 	dribbling	233	dribble a football at pace, incorporating some tricks (step over, chop, cruyff turn etc.).	Increase the speed of my dribbling skills
28	throwing & catching	manipulation 	fielding and catching	234	use the correct technique to catch a variety of balls at a variety of heights	Improve my catching technique and make adjustments as required
29	running	cognitive 	anticipation	224	pace my self over a 400m run.	Improve my ability to anticipate and predict the actions of others and adapt my own performance accordingly
30	jumping	physical 	speed	225	run 60m jumping over hurdles at 5m intervals	Improve my core speed
31	jumping	physical 	strength	226	perform a vertical standing jump to a height above my own waist	Improve my explosive strength
32	throwing & catching	manipulation 	accuracy	227	throw a tennis ball further than 15m	Improve my throwing technique
34	rugby	physical 	agility	229	perform a variety of 'fast feet' drills	Improve my speed of thought and my co-ordination to increase speed
35	fitness circuit	cognitive 	evaluation	230	complete a fitness circuit forwards and backwards and identify reasons for variations in performance on each station	Improve my understanding of the things that affect performance
36	cricket	manipulation 	striking	231	kick a range of balls out of my hands (both feet)	Improve my ability to strike moving balls with my feet
37	invasion games	physical 	control	232	demonstrate an understanding of the tension of a surface in control	Improve my ability to use cushion control
38	outdoor and adventurous	cognitive 	peer mentoring	214	devise, understand and execute a team plan	Improve my ability to work with team mates
39	outdoor and adventurous	cognitive 	understanding rules	213	Think flexibly and creatively as part of a team	Improve my ability to work with others within a set of rules.

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WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
1	fitness circuit	physical 	power	235	use power to pull a ball out of an opponents grip	Improve my determination, power and physicality
2	slam ball	cognitive 	peer mentoring	236	organise and manage a team in a game situation	Improve my leadership skills
3	invasion/endzones	manipulation 	dribbling	237	incorporate dribbling techniques into game situations	Improve the effectiveness of dribbling in competitive situations
4	dodge ball	cognitive 	tactical variation	238	suggest formations/tactics in a dodge ball game	Improve my understanding of how to lead a team and dictate tactics
5	ball games	manipulation 	passing	239	incorporate passing techniques into game situations	Improve my use of passing techniques in competitive situations
6	throwing & catching	cognitive 	team work	240	work with team mates to solve problems in a competitive situation	Improve my ability to work with teammates to make and execute a plan
7	rugby	physical 	agility	241	use swerves, dodges and sidesteps within a game situation	Improve range of movements to deceive an opponent and capitalise on situations
8	hockey	cognitive 	understanding rules	242	referee a small sided game of uni hoc	Improve my leadership skills
9	football	manipulation 	shooting	243	react to balls served at different heights to get a first time shot	Improve my combination of skills to capitalise on opportunities to shoot early
10	tennis	physical 	control	244	perform a range of different shots with different power and target areas	Improve understanding of when and why to choose a certain shot
11	basketball	manipulation 	passing	245	select the correct pass in a game situation	Improve understanding of pass selection
12	netball	cognitive 	anticipation	246	read the play - I can predict where the ball will go next when I am not in possession	Improve my ability to predict opponents play
13	dodge ball	manipulation 	shooting	247	use a variety of thrown shots, incorporating fakes, delays and aiming for legs/ feet	Improve decision making in terms of shot choice
15	bench ball	physical 	physical processing	249	assess and select the best option in a fast paced game situation	Improve decision making and opportunity taking
16	gymnastics	physical 	strength	250	hold a strong body position for 1 minute, parallel to the floor, feet together, with one arm stretched upwards	improve my ability to be still in a position with tension in my body
17	gymnastics	cognitive 	team work	251	select and lead a short gymnastics performance routine	Improve my leadership skills
18	dance	physical 	physical processing	262	remember and perform an 8 piece dance routine in a small group	Improve my ability to perform a sequence of dance movements to music
19	dance	cognitive 	evaluation	261	lead and help others to improve	Improve my creativity and leadership skills
20	dodge ball	manipulation 	accuracy	254	Accurately throw a dodge ball at moving targets (with either hand) from the back of the dodge ball court	Improve accuracy by increasing range of shot
21	small sided cricket	cognitive 	tactical variation	255	demonstrate tactical understanding within a game situation	Improve my application of positions and tactics

Weeks 14, 26 and 33 are assessment lessons

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
22	rounders	physical 	power	256	demonstrate powerful play (throwing/running/hitting) in a game of rounders	Improve my transferable power
23	rounders	physical 	speed	257	demonstrate speed of running and speed of throwing in a game	Learn about transferable speed
24	small sided cricket	manipulation 	fielding and catching	258	perform a catch, turn and throw back to a wicket	Improve my fielding skills to perform a run out
25	tennis	manipulation 	striking	259	demonstrate that I can strike the ball using a number of different tennis shots in a match	Improve my shot selection to win a game
27	end zone games	manipulation 	dribbling	272	competently demonstrate that I have good transferable dribbling skills in hockey, basketball and football	Improve my ability to demonstrate good dribbling techniques across a range of invasion games
28	throwing & catching	manipulation 	fielding and catching	273	perform catches and accurate throws in quick succession	Improve my catching technique and manipulation of the ball
29	running	cognitive 	anticipation	263	successfully complete a 40m hurdle course with hurdles spaced out intermittently	To improve my ability to judge space and distance - improving my anticipation
30	jumping	physical 	speed	264	perform a triple jump (run up, hop, skip, jump & landing)	Improve my ability to preform complex co-ordination at speed
31	jumping	physical 	strength	265	perform a running jump of 1.5m in height	Improve my explosive strength
32	throwing & catching	manipulation 	accuracy	266	demonstrate a good javelin technique incorporating a run up	Improve my understanding of and manipulation of a javelin
34	rugby	physical 	agility	268	change from an attacking run to a defensive position quickly in a game situation	Improve my performance of tactical agility
35	fitness circuit	cognitive 	evaluation	269	create a programme of practices to help me to improve my weaker areas	Improve my ability to improve my own performance
36	cricket	manipulation 	striking	270	demonstrate a good range of transferable striking skills - tennis/football/cricket/rounders	Demonstrate that I have transferable striking skills
37	invasion games	physical 	control	271	understand how to control a football with various parts of my body to set up my next movement	Improve my ability to use control a football into the next position
38	outdoor and adventurous	cognitive 	peer mentoring	253	build team relationships and create sub teams to solve multiple problems	improve my team working skills to solve problems
39	outdoor and adventurous	cognitive 	understanding rules	252	work as a team to plan and manage a competition for others	Improve my ability to work as a team member to establish and enforce competition rules

DELIVERY SCHEDULE by year

Reception





Weeks 14, 26 and 33 are assessment lessons

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
1	fitness circuit	agility 	body awareness	1	assume different positions - stand, sit & crouch	Improve the control of my body
2	slam ball	agility 	flexibility of movement	2	touch right hand to right foot, and left hand to left foot	Improve my understanding of left and right
3	invasion/end zones	balance 	points of contact	3	balance on 1 leg for 3 seconds	Improve my core balance (and being 'still') abilities
4	dodge ball	balance 	dynamic balance	4	bounce from one foot to the other and back	Improve my dynamic balance - hopping skills
5	ball games	co-ordination 	sending	5	kick a static football (with both feet) to a partner 3m away	Improve the co-ordination of my feet
6	throwing & catching	co-ordination 	differentiating force	6	change how you throw a beanbag at targets 2m, 4m, 6m away	Improve my understanding of distances
7	rugby	agility 	dodging and evading	7	zig zag from one side of a zone to another	Improve my ability to change direction
8	hockey	agility 	travelling	8	identify different equipment rugby ball, basketball, hockey stick, football etc.	Improve my understanding of different types of PE and Sporting equipment
9	football	balance 	generating force through transfer of weight	9	kick a ball off a cone	Improve my kicking technique
10	tennis	balance 	balancing equipment	10	balance a beanbag on a plastic tennis racket and walk 5m	improve balancing skills and hand to eye co-ordination
11	basketball	co-ordination 	sending	11	roll a ball to a partner	Improve the accuracy and technique of my rolling skills
12	netball	co-ordination 	receiving	12	catch a beanbag at waist height	Improve my catching skills
13	dodge ball	agility 	dodging and evading	13	travel safely from one zone to another	improve travelling skills
15	bench ball	agility 	reaction	15	receive a rolling ball	improve reactions by working with ball catching skills
16	gymnastics	agility 	body awareness	17	identify part of the body - knees, head, arms, hands, legs, back	Improve understanding of parts of the body to help me follow physical instructions
17	gymnastics	balance 	understanding base	16	understand what happens when I lean too far	Improve my understanding of the different parts of my body and how they affect balance
18	dance	co-ordination 	organising limbs	18	understand how to move to a rhythm	improve my understanding of rhythm
19	dance	co-ordination 	timing	19	stop and start a simple movement action to music	improve my control and reactions to a cue
20	dodge ball	balance 	static balance	20	standing still, balance a beanbag on your head and on a plastic tennis racket held out in front of you with a straight arm (repeat on both sides) for 10 seconds	improve balancing skills and control of your body
21	small sided cricket	agility 	rotation	21	move both arms at the same time in a circular motion	Improve my ability to rotate my arms (and when I would use it)

DELIVERY SCHEDULE by year

Weeks 14, 26 and 33 are assessment lessons

Reception

WEEK	ACTIVITY	FOCUS	SKILL AREA	ref	Can I...	Learning objective...
22	rounders	balance 	balancing equipment	22	balance a beanbag on your head and walk 5m	Improve my ability to hold my head still whilst moving my limbs
23	rounders	balance 	dynamic balance	23	walk along a straight line on the floor (heel to toe - like a tightrope)	Improve my balance and control of my limbs
24	small sided cricket	co-ordination 	combination of skills	24	bounce a large ball and catch it with two hands	Improve catching skills
25	tennis	co-ordination 	timing	25	throw and catch a sponge ball - 1 bounce - to a partner	Improve the timing of my catching skills
27	end zone games	co-ordination 	receiving	38	receive a bean bag and hold hands ready in cup position	Improve my catching technique
28	throwing & catching	co-ordination 	organising limbs	39	move to get in line to receive a bean bag	Improve my ability to receive objects
29	running	balance 	points of contact	29	set off running from a sitting down position	Improve my understanding of balance
30	jumping	balance 	generating force through transfer of weight	30	move weight from one foot to the other (with both feet on the floor)	Improve my understanding of balance and how to make adjustments
31	jumping	co-ordination 	combination of skills	31	run from one zone to another zone jumping over cones as you move	Improve my ability to combine movements
32	throwing & catching	co-ordination 	differentiating force	32	understand how to slide a bean bag along the floor to a partner at different speeds	Improve my understanding of different power
34	rugby	agility 	rotation	34	take a ball passed into one hand and put into the other hand to pass it on	Improve my ability to perform rotation of various parts of my body
35	fitness circuit	agility 	flexibility of movement	35	jump up on the spot and land on two feet	Improve my ability to perform a secure jump and landing
36	cricket	balance 	static balance	36	stand on one leg for 5 seconds (on both sides)	Improve my balance
37	end zone games	balance 	understanding base	37	stand on one leg pushing a hula hoop with a partner (both legs)	Understand why I fall over sometimes
38	outdoor and adventurous	agility 	travelling	27	run in a straight-line from one zone to another	Improve my understanding of how to travel safely
39	outdoor and adventurous	agility 	reaction	28	Follow a simple instruction, run to a line and STOP.	Improve my ability to react quickly to commands