SPORTS COACHES / CLASS TEACHERS

WET WEATHER PROVISIONS: Dodgeball / Spyderball / Stacking Cups

	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 3	**Netball** Pass the ball in a variety of ways	**Gymnastics** Perform and sequences with contrasting actions	**Dance** Competently include props	**Fitness** Take part in exercises to raise heart rate	**Golf** Show a variety of shots with control	**Athletics** Link running and jumping activities
	Wellbeing Show flexibility and control	**Football** Use short passes to keep possession	**Handball** Send the ball using different techniques	**Hockey** Can stop and control the ball	**Outdoor Adventurous Activities (OAA)** Perform with strength, stamina & endurance	**Rounders** Bowl an underarm ball
Year 4	**Netball** Use basic shooting techniques	**Gymnastics** Demonstrate control	**Dance** Perform with increased control	**Fitness** Increase flexibility and range of motion	**Lacrosse** Attempt a variety of passes	**Athletics** Throw a variety of objects
	Wellbeing Communicate effectively	**Football** Send the ball over longer distances	**Handball** Throw a variety of objects showing accuracy	**Tag Rugby** Play using pass back and sideways rule	**OAA** Use maps, symbols and compass to navigate	**Cricket** Track and intercept the ball along the ground
Year 5	**Netball** Get into better shooting positions	**Gymnastics** Perform complex skills in isolation	**Dance** Refine and improve dances	**Fitness** Keep track of where you are in an exercise routine	**Golf** Deciding on types of shot	**Athletics** Sustaining pace over shorter and longer distances
	Wellbeing Develop collaboration and teamwork skills	**Football** Receive the ball and turn	**Handball** Use an offensive dribble	**Hockey** Dribbling and passing	**OAA** Working at a high intensity	**Rounders** Play more attacking shots
Year 6	**Netball** Anticipate, track and control a rebounding ball from a shot	**Gymnastics** Flight on and off apparatus	**Dance** Create motifs and movement patterns	**Fitness** Keep track of reps during exercise	**Lacrosse** Shoot using the correct technique	**Athletics** Combining different jumping skills to replicate the triple jump technique
	Wellbeing Perseverance and determination	**Football** Body position when defending	**Handball** Use screening in gameplay	**Tag Rugby** Use speed and agility in gameplay	**OAA** Refine and adapt ideas in group tasks	**Cricket** Track and catch high balls