

MANCHESTER COMMUNICATION PRIMARY ACADEMY

# INTENT AND SEQUENCING

## P.E Subject Overview

Curriculum



OVERVIEW						
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>UNIT OF WORK</b>	FUNDAMENTALS	DANCE/ GYM	INCLUSIVE TEAM GAMES	NET AND WALL GAMES	ATHLETICS	STRIKING AND FIELDING GAMES
<b>NURSERY</b>	Introduction to PE Unit 1	Fundamentals Unit 1	Gymnastics	Dance	Ball skills Unit 1	
<b>RECEPTION</b>	Fundamentals Unit 2	Gymnastics	Ball skills Unit 2	Dance (Yoga in provision)*	Athletics	Games Unit 1
<b>Y1</b>	Fundamentals	Gymnastics	Ball skills	Dance/Yoga	Athletics	Sending & Receiving
<b>Y2</b>	Fundamentals	Gymnastics	Invasion (through netball)	Net/ Wall	Athletics	Striking & fielding
<b>Y3</b>	Fitness	Gymnastics	Football	Tennis	Athletics	Rounders
<b>Y4 (SWIMMING)</b>	Fitness	Gymnastics	Goalball and Boccia	Badminton	Athletics	Cricket
<b>Y5</b>	Fitness and OAA**	Gymnastics	Football	Tennis	Athletics	Rounders
<b>Y6</b>	Fitness and OAA**	Gymnastics	Basketball	Badminton	Athletics	Cricket

\*Cosmic yoga and Go Noodle

\*\*Outdoor Adventurous Activities

NURSERY						
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
UNIT OF WORK	INTRODUCTION TO PE UNIT 1	FUNDAMENTALS UNIT 1	GYMNASTICS	DANCE UNIT 1	BALL SKILLS UNIT 1	
LESSON OBJECTIVE	<p>1. Theme: Witches and wizards. To move safely and sensibly in a space with consideration of others.</p> <p>2. Theme: Pirates. To develop moving safely and stopping with control.</p> <p>3. Theme: Mythical creature. To use equipment safely and responsibly.</p> <p>4. Theme: to the castle. To use distance travelling actions whilst following a path.</p> <p>5. Theme: Superheroes. To work with others cooperatively and play as a group.</p> <p>6. Theme: Monsters. To follow, copy and lead a partner.</p>	<p>1. Theme: Body parts. To develop balancing whilst stationary and on the move.</p> <p>2. Theme: Feelings. To develop running and stopping.</p> <p>3. Theme: Our senses. To develop a changing direction.</p> <p>4. Theme: Ways we look after ourselves. To develop jumping and landing.</p> <p>5. Theme: My favourite things. To develop hopping and landing with control.</p> <p>6. Theme: It's good to be me. To explore different ways to travel.</p>	<p>1. I can show a straight shape, a tuck shape, and a star shape.</p> <p>2. I can jump from 2 feet and land on 2 feet.</p> <p>3. I can complete a log roll with control in a straight shape.</p> <p>4. I can explore a variety of balances: 4 points, 2 points and 1 point and hold for 2 seconds.</p> <p>5. I can move along a bench or beam unaided.</p> <p>6. I can climb on a small vault and bench and jump off landing safely on two feet.</p> <p>7. I can use my upper body strength to hang and swing on a bar.</p>	<p>1. Theme: Exploring my space. To use counts of 8 to know when to change action.</p> <p>2. Theme: Head, shoulders, knees and toes. To explore different body parts and how they move.</p> <p>3. Theme: Head, shoulders, knees and toes. To explore different body parts and how they move and remember and repeat actions.</p> <p>4. Theme: Transport. To express and communicate ideas through movement exploring directions and levels.</p> <p>5. Theme: Morning routine. To copy and repeat actions showing confidence and imagination</p> <p>6. Theme: My journey to school. To move with control and coordination, linking, copying and repeating actions.</p>	<p>1. Theme: Beetles. To develop rolling a ball to a target.</p> <p>Theme: Busy bees. To develop stopping a rolling ball.</p> <p>Theme: Ladybirds and butterflies. To develop accuracy when throwing to a target.</p> <p>Theme: Grasshoppers. To develop bouncing and catching a ball.</p> <p>Theme: Caterpillars. To develop dribbling a ball with your feet.</p> <p>Theme: Spiders. To develop kicking a ball</p>	

RECEPTION						
	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>UNIT OF WORK</b>	FUNDAMENTALS UNIT 2	GYMNASTICS	BALL SKILLS UNIT 2	DANCE UNIT 2	ATHLETICS	GAMES UNIT 1
<b>LESSON OBJECTIVE</b>	<p>1. Theme: Witches and wizards. To move safely and sensibly in a space with consideration of others.</p> <p>2. Theme: Pirates. To develop moving safely and stopping with control.</p> <p>3. Theme Mythical creature. To use equipment safely and responsibly.</p> <p>4. Theme: to the castle. To use distance travelling actions whilst following a path.</p> <p>5. Theme: Superheroes. To work with others cooperatively and play as a group.</p> <p>6. Theme: Monsters. To follow, copy and lead a partner.</p>	<p>1. Theme: Body parts. To develop balancing whilst stationary and on the move.</p> <p>2. Theme: Feelings. To develop running and stopping.</p> <p>3. Theme: Our senses. To develop a changing direction.</p> <p>4. Theme: Ways we look after ourselves. To develop jumping and landing.</p> <p>5. Theme: My favourite things. To develop hopping and landing with control.</p> <p>6. Theme: It's good to be me. To explore different ways to travel.</p>	<p>1. I can show a straight shape, a tuck shape, and a star shape.</p> <p>2. I can jump from 2 feet and land on 2 feet.</p> <p>3. I can complete a log roll with control in a straight shape.</p> <p>4. I can explore a variety of balances: 4 points, 2 points and 1 point and hold for 2 seconds.</p> <p>5. I can move along a bench or beam unaided.</p> <p>6. I can climb on a small vault and bench and jump off landing safely on two feet.</p> <p>7. I can use my upper body strength to hang and swing on a bar.</p>	<p>1. Theme: Exploring my space. To use counts of 8 to know when to change action.</p> <p>2. Theme: Head, shoulders, knees and toes. To explore different body parts and how they move.</p> <p>3. Theme: Head, shoulders, knees and toes. To explore different body parts and how they move and remember and repeat actions.</p> <p>4. Theme: Transport. To express and communicate ideas through movement exploring directions and levels.</p> <p>5. Theme: Morning routine. To copy and repeat actions showing confidence and imagination</p> <p>6. Theme: My journey to school. To move with control and coordination, linking, copying and repeating actions.</p>	<p>1. Runs skillfully and negotiates space successfully adjusting speed or direction to avoid obstacles</p> <p>2. Negotiates space successfully when playing racing and chasing games with other children</p> <p>3. Travels with confidence and skill around, under, over and through balancing and climbing equipment</p> <p>4. Shows increased control over an object in pushing, patting, throwing, catching or kicking it.</p>	<p>1. Theme: Cars. To work safely and develop running and stopping.</p> <p>2. Theme: Aeroplanes. To develop throwing and learn how to keep score.</p> <p>3. Theme: Cyclists. To be able to play games showing an understanding of the different roles within it.</p> <p>4. Theme: Buses. To follow instructions and move safely when playing tagging games.</p> <p>5. Theme: Boats. To work cooperatively and learn to take turns.</p> <p>6. Theme: Trains. To work with others to play team games.</p>

Y1

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>UNIT OF WORK</b>	FUNDAMENTALS	GYMNASTICS	BALL SKILLS	DANCE/YOGA	ATHLETICS	SENDING AND RECEIVING
<b>LESSON OBJECTIVE</b>	<ol style="list-style-type: none"> <li>1. To explore balance, stability and landing safely.</li> <li>2. To explore how the body moves differently when running at different speeds.</li> <li>3. To explore changing direction and dodging.</li> <li>4. To explore jumping, hopping and skipping actions.</li> <li>5. To explore co-ordination and combining jumps.</li> <li>6. To explore combination jumping and skipping in an individual rope.</li> </ol>	<ol style="list-style-type: none"> <li>1. I can copy gymnastics based warm up and explain the importance of stretching.</li> <li>2. I can show a straight shape, a tuck shape, a star shape, straddle shape and a pike shape with elegance.</li> <li>3. I can run and jump on a springboard from 1 foot to two feet in a straight shape before landing.</li> <li>4. I can complete a log roll and a forward roll to stand safely on a mat with elegance and control.</li> <li>5. I can show a balance on one foot, holding it still for 3 seconds and complete this on a bench.</li> <li>6. I can move along a bench or beam in a variety of ways unaided with elegance.</li> <li>7. I can climb on a vault and bench and jump off in a straight position before landing safely on two feet.</li> <li>8. I can use my upper body strength to hang upside down on a bar.</li> <li>9. I can jump up to front support on the bar and circle forwards safely with control.</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop control and coordination when dribbling a ball with your hands.</li> <li>2. To explore accuracy when rolling a ball.</li> <li>3. To explore throwing with accuracy towards a target.</li> <li>4. To explore catching with two hands.</li> <li>5. To explore control and coordination when dribbling a ball with your feet.</li> <li>6. To explore tracking a ball that is coming towards me.</li> </ol>	<p>Dance:</p> <ol style="list-style-type: none"> <li>1. Theme: Counting. To explore travelling actions and use counts of 8 to move in time with the music.</li> <li>2. Theme: Trees and Leaves. To remember and repeat actions and respond imaginatively to a stimulus.</li> <li>3. Theme: Pirates. To copy, remember and repeat actions that represent the theme.</li> </ol> <p>Yoga:</p> <ol style="list-style-type: none"> <li>1. To explore yoga and mindfulness.</li> <li>2. To be able to copy and remember poses.</li> <li>3. To develop flexibility when holding poses.</li> </ol>	<ol style="list-style-type: none"> <li>1. To learn how to move at different speeds for varying distances.</li> <li>2. To develop a foundation for balance and stability.</li> <li>3. To develop agility and coordination.</li> <li>4. To explore hopping, jumping and leaping for distance.</li> <li>5. To develop throwing for distance.</li> <li>6. To develop throwing for accuracy.</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop rolling and throwing a ball towards a target.</li> <li>2. To develop receiving a rolling ball and tracking skills.</li> <li>3. To be able to send and receive a ball with your feet.</li> <li>4. To develop throwing and catching skills over a short distance.</li> <li>5. To develop throwing and catching skills over a long distance.</li> <li>6. To apply sending and receiving skills to small games.</li> </ol>

Y2

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>UNIT OF WORK</b>	FUNDAMENTALS	GYMNASTICS	INVASION (THROUGH NETBALL)	NET/ WALL	ATHLETICS	STRIKING & FIELDING
<b>LESSON OBJECTIVE</b>	<ol style="list-style-type: none"> <li>1.To develop balance, stability and landing safely</li> <li>2. To explore how the body moves differently when running at different speeds</li> <li>3. To develop changing direction and dodging</li> <li>4. To develop and explore jumping, hopping and skipping actions</li> <li>5. To develop coordination and combining jumps</li> <li>6. To develop combination jumping and skipping in an individual rope</li> </ol>	<ol style="list-style-type: none"> <li>1. I can complete a gymnastics based warm-up stretching the different parts of the body.</li> <li>2. I can show a straddle shape, a dish and an arch shape.</li> <li>3. I can show a range of rolls (log roll, forward roll to stand, teddy bear roll, ¾ backward roll) and I can roll off an object such as a bench or springboard.</li> <li>4. I can complete a range of balances and perform balances on a bench or beam.</li> <li>5. I can squat on a bench and walk along a bench or beam and demonstrate a jump off the end (straight, tuck, star) showing control on the landing and landing on two feet.</li> <li>6. I can jump on a springboard, jumping from 1 foot to 2 feet.</li> <li>7. I can squat on a vault on to my knees or feet and jump off in a straight shape landing safely on two feet.</li> <li>8. I can jump up to front support on the bar and circle forwards safely with control.</li> </ol>	<ol style="list-style-type: none"> <li>1. To understand what being in possession means and support a teammate to do this.</li> <li>2. To use a variety of skills to score points.</li> <li>3. To develop stopping the other team scoring.</li> <li>4. To learn how to gain possession of the ball.</li> <li>5. To develop an understanding of marking an opponent.</li> <li>6. To learn to apply simple tactics for attacking and defending</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop racket familiarisation</li> <li>2. To develop placing an object</li> <li>3. To use the ready position to defend space on court</li> <li>4. To develop returning a ball with hands</li> <li>5. To develop returning a ball using a racket</li> <li>6. To move an opponent to win a point</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop the sprinting action</li> <li>2. To develop jumping for distance</li> <li>3. To develop technique when jumping for height</li> <li>4. To develop throwing for distance</li> <li>5. To develop throwing for accuracy</li> <li>6. To develop technique when taking part in an athletics carousel</li> </ol>	<ol style="list-style-type: none"> <li>1. To be able to track a rolling ball and collect it</li> <li>2. To develop accuracy in underarm throwing and consistency in catching when fielding a ball</li> <li>3. To develop accuracy with overarm throwing to send a ball over a greater distance and limit a batter's score</li> <li>4. To develop striking for distance and accuracy</li> <li>5. To develop decision making to get the batter out</li> <li>6. To develop decision making when under pressure</li> </ol>

Y3

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>UNIT OF WORK</b>	<b>FITNESS</b>	<b>GYMNASTICS</b>	<b>FOOTBALL</b>	<b>TENNIS</b>	<b>ATHLETICS</b>	<b>ROUNDERS</b>
<b>LESSON OBJECTIVE</b>	<ol style="list-style-type: none"> <li>1. To develop an awareness of what your body is capable of.</li> <li>2. To develop strength and speed.</li> <li>3. To complete actions to develop coordination.</li> <li>4. To complete actions to develop agility.</li> <li>5. To complete actions to develop balance.</li> <li>6. To complete actions to develop aerobic endurance.</li> </ol>	<ol style="list-style-type: none"> <li>1. I can show a front support and back support position and hold it still for 3 seconds.</li> <li>2. I can squat on a bench.</li> <li>3. I can walk backwards along a bench or beam unaided.</li> <li>4. I can tip-toe turn on a bench or beam.</li> <li>5. I can jump off the end of a bench or beam showing a straight, tuck or star tuck shape.</li> <li>6. I can show a shoulder stand and a forward roll that reaches long before tucking up to stand.</li> <li>7. I can show a range of walks along a beam unaided (dip steps, tip-toe walking, leg lifts)</li> <li>6. I can jump on to a springboard with two feet and squat on to the vault on my feet.</li> <li>7. I can jump off a vault demonstrating (straight, tuck, star shapes) and landing safely on two feet.</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop controlling the ball and dribbling under pressure.</li> <li>2. To develop passing to a teammate.</li> <li>3. To be able to control the ball with different parts of the body.</li> <li>4. To develop changing direction with the ball using an inside and outside hook.</li> <li>5. To be able to jockey/ track an opponent.</li> <li>6. To be able to apply the rules and tactics you have learnt to play in a football tournament.</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop racket and ball control.</li> <li>2. To develop returning the ball using a forehand groundstroke.</li> <li>3. To be able to rally using a forehand.</li> <li>4. To develop the two handed backhand.</li> <li>5. To learn how to score. (To develop playing against an opponent.)</li> <li>6. To work collaboratively with a partner and compete against others.</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop the sprinting technique and improve on your personal best.</li> <li>2. To develop changeover in relay events.</li> <li>3. To develop jumping technique in a range of approaches and take off positions.</li> <li>4. To develop throwing for distance and accuracy.</li> <li>5. To develop throwing for distance in a pull throw.</li> <li>6. To develop officiating and performing skills.</li> </ol>	<ol style="list-style-type: none"> <li>1. To play different roles in a game and begin to think tactically about each role.</li> <li>2. To develop the bowling action and learn the rules of bowling.</li> <li>3. To run around the outside of the boxes and make decisions about when to stop and when to run.</li> <li>4. To field a ball using a two handed pick up and a short barrier.</li> <li>5. To develop batting technique and an understanding of where to hit the ball.</li> <li>6. To apply skills and rules learnt to play rounders.</li> </ol>

**Y4 (SWIMMING)**

	<b>AUTUMN 1</b>	<b>AUTUMN 2</b>	<b>SPRING 1</b>	<b>SPRING 2</b>	<b>SUMMER 1</b>	<b>SUMMER 2</b>
<b>UNIT OF WORK</b>	<b>FITNESS</b>	<b>GYMNASTICS</b>	<b>GOALBALL AND BOCCIA</b>	<b>BADMINTON</b>	<b>ATHLETICS</b>	<b>CRICKET</b>
<b>LESSON OBJECTIVE</b>	<ol style="list-style-type: none"> <li>1. To develop an awareness of what your body is capable of and the effects on the body.</li> <li>2. To develop strength and speed and apply them in different situations.</li> <li>3. To complete advanced actions to develop coordination.</li> <li>4. To complete advanced actions to develop agility.</li> <li>5. To complete advanced actions to develop balance.</li> <li>6. To complete advanced actions to develop aerobic endurance.</li> </ol>	<ol style="list-style-type: none"> <li>1. I can demonstrate a press-up lowering down from front support and push back up again.</li> <li>2. I can show a V sit starting in a straight shape and returning to a straight shape</li> <li>3. I can show a teddy bear roll with a partner</li> <li>4. I can show a forward roll to straddle stand.</li> <li>5. I can show a rocking action in preparation for a backward roll</li> <li>6. I can get from one end of the bench/beam to the other including a variety of walks and movements; squat on mount, tip-toe turn, balance, jump to land back on the bench/beam, bunny hops and a forward roll dismount.</li> <li>6. I can run, jump on a springboard and squat on to a vault on two feet and jump off in a straight shape.</li> </ol>	<p>Goalball</p> <ol style="list-style-type: none"> <li>1. To develop different ways of rolling the goalball.</li> <li>2. I can use my body to create a barrier to stop the ball.</li> <li>3. I can communicate with my team to be effective during a game</li> </ol> <p>Boccia</p> <ol style="list-style-type: none"> <li>1. To develop accuracy and power using different throwing techniques in order to be successful.</li> <li>2. To develop tactics to help my team be effective in a game.</li> <li>3. To follow the rules of boccia to play in a competition.</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop racket familiarisation and an understanding of some rules.</li> <li>2. To develop accuracy and aim with the shuttle.</li> <li>3. To develop footwork to return a shot.</li> <li>4. To develop serving and how to return a serve.</li> <li>5. To develop defending space to make it difficult for the opponent to get a point.</li> <li>6. To be able to play in a badminton competition applying the rules.</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop aerobic endurance and an understanding of speed and pace in relation to distance.</li> <li>2. To develop power and speed in the sprinting technique.</li> <li>3. To develop technique when jumping for distance.</li> <li>4. To develop power and technique when throwing for distance.</li> <li>5. To develop a pull throw for distance and accuracy.</li> <li>6. To develop officiating and performing skills.</li> </ol>	<ol style="list-style-type: none"> <li>1. To develop overarm throwing and catching.</li> <li>2. To develop underarm bowling.</li> <li>3. To learn how to grip the bat and develop batting technique.</li> <li>4. To be able to field a ball using a two handed pick up and a short barrier.</li> <li>5. To develop overarm bowling technique.</li> <li>6. To play/ apply skills learnt to mini cricket.</li> </ol>

Y5

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>UNIT OF WORK</b>	FITNESS AND OAA	GYMNASTICS	FOOTBALL	TENNIS	ATHLETICS	ROUNDERS
<b>LESSON OBJECTIVE</b>	<p>Fitness:</p> <ol style="list-style-type: none"> <li>To develop an awareness of what your body is capable of.</li> <li>To develop speed and stamina.</li> <li>To develop strength using my own body weight.</li> </ol> <p>OAA:</p> <ol style="list-style-type: none"> <li>To build communication and trust whilst showing an awareness of safety.</li> <li>To work as a team to solve problems, sharing ideas and collaborating with one another.</li> <li>To develop tactical planning and problem solving.</li> </ol>	<ol style="list-style-type: none"> <li>I can show a log roll into a front support and back into a log roll showing body tension</li> <li>I can complete a backward roll down a ramp (springboard with a mat over)</li> <li>I can show a low headstand showing a triangular base</li> <li>I can show a low handstand - one leg reaching the vertical and the other leg remaining close to the floor.</li> <li>I can complete a cartwheel.</li> <li>I can perform a beam routine including a mount, a variety of walks and movements and a dismount.</li> <li>I can complete a squat on vault.(Run, jump on a springboard correctly, squat on to a vault and jump off immediately landing safely).</li> </ol>	<ol style="list-style-type: none"> <li>To be able to dribble the ball under pressure.</li> <li>To pass the ball accurately to a target to help to maintain possession.</li> <li>To use different turns to keep the ball away from defenders.</li> <li>To develop defending skills to gain possession.</li> <li>To develop goalkeeping skills to stop the opposition from scoring.</li> <li>To be able to apply the rules and tactics you have learnt to play in a football tournament.</li> </ol>	<ol style="list-style-type: none"> <li>To develop footwork and the forehand and backhand grip.</li> <li>To develop the backhand serve over a net and to develop rallying using an overhead forehand clear.</li> <li>To develop the forehand serve over a net.</li> <li>To learn how to score points and play in competitive games.</li> <li>To develop the backhand clear and apply this to game situations.</li> <li>To show respect, honesty and fair play when competing against an opponent.</li> </ol>	<ol style="list-style-type: none"> <li>To be able to apply different speeds over varying distances.</li> <li>To develop fluency and coordination when running for speed.</li> <li>To develop technique in relay changeovers.</li> <li>To develop technique and coordination in the triple jump.</li> <li>To develop throwing with force for a longer distance.</li> <li>To develop throwing with greater control and technique.</li> </ol>	<ol style="list-style-type: none"> <li>To develop the bowling action and understand the role of the bowler.</li> <li>To develop batting technique.</li> <li>To make decisions about where and when to send the ball to stump a batter out.</li> <li>To develop a variety of fielding games and when to use them in a game.</li> <li>To develop long and short barriers in fielding and understand when to use them.</li> <li>To apply the rules and skills you have learnt to play in a rounders tournament.</li> </ol>

Y6

	AUTUMN 1	AUTUMN 2	SPRING 1	SPRING 2	SUMMER 1	SUMMER 2
<b>UNIT OF WORK</b>	FITNESS AND OAA	GYMNASTICS	BASKETBALL	BADMINTON	ATHLETICS	CRICKET
<b>LESSON OBJECTIVE</b>	<p>Fitness:</p> <ol style="list-style-type: none"> <li>To develop coordination through skipping.</li> <li>To perform actions that develop agility.</li> <li>To develop control whilst balancing.</li> </ol> <p>OAA:</p> <ol style="list-style-type: none"> <li>To share ideas and work as a team to solve problems.</li> <li>To develop navigational skills and map reading.</li> <li>To be able to use a key to identify objects and locations.</li> </ol>	<ol style="list-style-type: none"> <li>I can lead a gymnastics warm up and stretch ready for the lesson</li> <li>I can perform a beam routine including a mount, a variety of walks and movements and a dismount with confidence and elegance.</li> <li>I can individually perform a floor sequence containing 2 rolls, a cartwheel or handstand, 2 balances and a jump whilst demonstrating elegance and a starting and finishing position for each move.</li> <li>I can complete and perform a squat or straddle on vault with a straight, tuck, star or straddle dismount jump landing safely on two feet on the mat.</li> </ol>	<ol style="list-style-type: none"> <li>To develop protective dribbling against an opponent.</li> <li>To be able to move into space to support a teammate.</li> <li>To be able to choose when to pass and when to dribble.</li> <li>To be able to track an opponent and use defensive techniques to win the ball.</li> <li>To be able to perform a set shot and a jump shot.</li> <li>To be able to apply the rules and tactics you have learnt to play in a basketball tournament.</li> </ol>	<ol style="list-style-type: none"> <li>To develop footwork and the forehand and backhand grip.</li> <li>To develop the backhand serve over the net and to develop rallying using an overhead forehand clear.</li> <li>To develop the forehand serve over the net.</li> <li>To learn how to score points and play in competitive games.</li> <li>To develop the backhand clear and apply this to game situations.</li> <li>To show respect, honesty and play fair when competing against an opponent.</li> </ol>	<ol style="list-style-type: none"> <li>To work collaboratively with a partner at a steady pace.</li> <li>To develop your own and others sprinting technique.</li> <li>To develop power, control and technique for triple jump.</li> <li>To develop power, control and technique when throwing for distance.</li> <li>To develop throwing with force and accuracy for longer distances.</li> <li>To work collaboratively in a team to develop the officiating skills of measuring, timing and recording.</li> </ol>	<ol style="list-style-type: none"> <li>To develop throwing accuracy and catching skills.</li> <li>To develop batting accuracy and directional batting.</li> <li>To develop catching skills (close/deep catching and wicket keeping).</li> <li>To develop overarm bowling technique and accuracy.</li> <li>To develop a variety of fielding techniques and to use them within a game.</li> <li>To develop long and short barriers and apply them to a game situation.</li> </ol>