

NON STOP ACTION – OUTDOOR SPORTS CURRICULUM

YEAR GROUP	ATHLETIC-BASED MOVEMENT	DEVELOPING COORDINATION & AGILITY BLOCK 1	DEVELOPING COORDINATION & AGILITY BLOCK 2	FUNDAMENTAL MOVEMENT SKILLS USING TAG GAMES	COORDINATION GAMES	DEVELOPING DRIBBLING, HITTING & KICKING
1	<ul style="list-style-type: none"> To understand how a team runs a relay race. To be able to throw an object towards a target using an overarm technique. To be able to demonstrate jumping off one leg to jump for height. 	<ul style="list-style-type: none"> To be able to send a ball towards a target To be able to release a ball towards a moving target To move with a ball using our feet To change direction with a ball using our feet To dribble with a ball using our hands To move with a ball and keep it away from another player using our hands 	<ul style="list-style-type: none"> To be able to demonstrate throwing and catching an object safely. To be able to demonstrate throwing a ball at a target. To be able to demonstrate the overhead throw. 	<ul style="list-style-type: none"> To be able to demonstrate the ability to hit a ball with a racket. To be able to demonstrate control of a moving object using a stick. To be able to demonstrate increasing control of body movements in coordination games. 	<ul style="list-style-type: none"> To be able to move in a controlled way in a space. To understand how to tag safely in a tag game To move safely and to avoid being tagged in a tag game To be able to react quickly in a tag game To help others escape when caught in a tag game To demonstrate a combination of skills learned in this unit 	<ul style="list-style-type: none"> To be able to demonstrate kicking a ball with some power. To be able to demonstrate hitting a ball with a racket. To be able to demonstrate hitting in competitive games.
2	<ul style="list-style-type: none"> To be able to perform a push technique. To experiment with different ways of starting a race. To consider things that help athletes run faster, throw and jump further. 	<ul style="list-style-type: none"> To roll a ball along the floor and hit a target To throw a ball underarm and hit a moving target in a game To dribble with a football and avoid others To dribble with a football and get past a guard To dribble a basketball using both right and left hands To dribble a basketball and protect it from other players 	<ul style="list-style-type: none"> To be able to demonstrate throwing and catching an object under pressure. To be able to demonstrate throwing accurately over an increasing distance. To use different types of throwing in competitive games. 	<ul style="list-style-type: none"> To be able to demonstrate increasing understanding of rules of different tag games. To understand how to preserve energy in a tag game. To communicate with teammates to try to win a game. 	<ul style="list-style-type: none"> To be able to demonstrate advanced control of body movements in coordination games. To be able to demonstrate advanced co-ordination by using more than one object at a time. To understand what co-ordination is and what sports it would be used in. 	<ul style="list-style-type: none"> To develop dribbling using hands. To be able to demonstrate kicking a ball with varying power. To be able to demonstrate hitting a ball with another implement.

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YEAR GROUP	ATHLETICS	FOOTBALL	HOCKEY	NETBALL	TENNIS	ROUNDERS
3	<ul style="list-style-type: none"> To be able to run with good posture Demonstrate basic running for speed Explore a variety of jumping styles To spring over short distances To explore the two handed push throw To throw and retrieve object safely To explore running over a medium distance 	<ul style="list-style-type: none"> To execute basic dribbling technique to travel with the ball Basic shielding technique To execute two basic types of turn with the ball To execute quick changes of direction whilst moving with the ball To evade a defender in a 1v1 situation To apply individual possession skills in opposed games 	<ul style="list-style-type: none"> Develop basic dribbling skills with a stick and ball in hockey Develop increasing control of the hockey stick and ball in competitive situations Dribble past a defender to create a goal scoring opportunity Explore shooting at the goal using power & accuracy. Develop the basic passing technique (push pass) 	<ul style="list-style-type: none"> To execute a basic chest pass To execute a two handed bounce pass To develop movement and recognise space To execute a basic overhead and shoulder pass To explore basic understanding of possession Moving with the ball as a group 	<ul style="list-style-type: none"> To develop basic tennis specific movements To explore basic control of the tennis racket To develop increasing control of the tennis racket whilst on the move To explore the basic forehand shot To control the direction and power of the forehand shot 	<ul style="list-style-type: none"> To be able to demonstrate throwing and catching skills needed for rounders. To be able to demonstrate retrieving a ball quickly in a fielding situation. To be able to demonstrate a long barrier.
4	<ul style="list-style-type: none"> To develop reaction speed required for sprinting To explore running with rhythm and coordination over obstacles To jump for distance from 2 feet landing on 2 feet 	<ul style="list-style-type: none"> To dribble in tight spaces and recognise when to take smaller or bigger touches To develop shielding techniques whilst under pressure from an opponent To develop three different ways to turn with the ball and apply 	<ul style="list-style-type: none"> Dribble with and keep possession of the ball in small spaces Develop ways to change direction and speed to evade a defender in a 1v1 situation Develop shooting with power from a medium 	<ul style="list-style-type: none"> Develop the chest pass and bounce pass Develop the overhead and shoulder pass techniques Develop movement skills in order to evade a defender To develop understanding of 	<ul style="list-style-type: none"> To further develop tennis specific movements used in the game To recap and develop increasing control of the tennis racket To develop the forehand drive shot 	<ul style="list-style-type: none"> To understand how to return a ball efficiently. To be able to demonstrate the correct technique to bat the ball in rounders. To be able to demonstrate the

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	<ul style="list-style-type: none"> To develop the one-handed push throw To develop awareness of pacing over a longer distance run 	<ul style="list-style-type: none"> these whilst under pressure from an opponent To use changes of speed and direction whilst travelling with the ball To develop ways of beating an opponent in a 1v1 scenario whilst facing the defender To apply a range of individual possession skills in opposed game-based situations 	<ul style="list-style-type: none"> range following a dribble Develop an understanding of basic defending techniques in hockey 	<ul style="list-style-type: none"> keeping possession as a team Execute the basic shooting technique Apply skills learned in a modified version of High 5 netball 	<ul style="list-style-type: none"> To explore the two-handed backhand shot To explore the forehand volley shot Work in a small group effectively 	<ul style="list-style-type: none"> correct technique to bowl the ball.
5	<ul style="list-style-type: none"> To develop an understanding of the effect of exercise on the body through athletics activities Develop quick reactions and rapid acceleration from a variety of static positions Jump for distance from one foot to two feet Develop the controlled pull throw action Execute a single arm push throw to reach a target To throw an object using the heave throw technique 	<ul style="list-style-type: none"> Travelling with the ball whilst under pressure To apply a variety of turning and shielding skills in opposed scenarios To apply various dribbling skills in order to beat a defender in a variety of 1v1 scenarios To pass the ball accurately over a short distance. Develop basic receiving skills whilst under pressure from an opponent. To develop an understanding of how and when to pass forward over a medium to long distance To explore principles of keeping possession as a team 	<ul style="list-style-type: none"> To revisit controlled dribbling technique and change direction fluently whilst under pressure from an opponent To dribble with the ball and recognise how to create space as an individual To revisit the push pass technique to further develop passing over short and medium range To pass the ball whilst under pressure and keep possession of the ball when playing against an opponent To develop a variety of shooting techniques after 	<ul style="list-style-type: none"> Develop a variety of passing techniques and apply them in opposed games To develop intermediate passing techniques including one-handed techniques and applying disguise Explore and understand basic pivoting technique and footwork rule Introduce basic defensive techniques screening and intercepting Develop shooting whilst under pressure from an opponent Develop understanding of High 	<ul style="list-style-type: none"> To develop reaction speed, footwork and movement required for tennis To revisit the correct stance and grip for the basic forehand shot To develop the forehand drive and develop decision making about how and when to use the shot To develop the two-handed backhand drive and develop decision making around how and when to play the shot To develop the forehand and backhand volley technique 	<ul style="list-style-type: none"> To be able to demonstrate the long barrier in competitive situations. To be able to demonstrate throwing and catching under pressure. To be able to demonstrate an understanding of a range of different fielding positions and roles.

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	<ul style="list-style-type: none"> To pass a baton using a push pass in a relay race 	<ul style="list-style-type: none"> To develop an understanding of attacking principles and apply these in a small side game scenario 	<p>receiving the ball from a teammate</p>	<p>5 netball. Basic rules and positions</p>	<ul style="list-style-type: none"> To understand how to score points in tennis and to take part in some fun competitive activities 	
6	<ul style="list-style-type: none"> To execute a scissor jump technique To sprint over and between obstacles using consistent stride lengths To develop coordination and rhythm when sprinting over hurdles To demonstrate a dynamic sling throw To perform a triple jump combination with balance and control Sustain running at a consistent pace over a medium distance Develop the one-handed pull throw technique in a competition Apply running, jumping and throwing techniques in competition 	<ul style="list-style-type: none"> To revisit dribbling techniques and explore when to use small or bigger touches according to the space available To stay on the ball whilst under pressure from an opponent and recognise how and when to escape in to space To use a variety of individual skills and tricks in order to beat a defender in a variety of situations To connect and combine with team mates using short passing and receiving techniques To connect and attack effectively by using longer passes To keep possession and attack effectively using combinations of both short and long passes in opposed situations To develop an understanding of attacking principles and 	<ul style="list-style-type: none"> Demonstrate a controlled dribbling technique, including the 'Indian Dribble' Dribble and keep possession of the ball as an individual in game-based scenarios Develop tackling an opponent safely in order to regain possession To select and apply various passing techniques to pass over short, medium and longer distances To apply shooting skills whilst under pressure in game-based situations To create space and support teammates whilst your team is in possession using attacking principles of play 	<ul style="list-style-type: none"> Revisit and develop passing techniques and apply them in opposed situations Develop movement and support play in order to attack effectively To further develop pivoting techniques and apply them in opposed games To develop an understanding of attacking play and attacking principles To explore advanced shooting techniques such as step-back shot and side-step shot and apply them in opposed games To apply a range of techniques learned and apply them in constrained and full High 5 netball matches 	<ul style="list-style-type: none"> To perform a range of different shots and strategies to outwit an opponent To develop advanced tennis specific movement, footwork and reaction speed To explore different ways of playing the forehand shot to win a point To develop different ways of playing the two-handed backhand drive including cross court and down the line To understand the five different ways to win a point in tennis To carry out the role of an umpire 	<ul style="list-style-type: none"> To be able to demonstrate consistent batting technique in competitive games. To perform as both a fielder and a batter in competitive matches. To explore different batting techniques in match play.



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	<ul style="list-style-type: none">• Record and measure performance of self and others• Describe the basic techniques which make for good performance	apply these in a small side game scenario				
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