

NON STOP ACTION – OUTDOOR SPORTS CURRICULUM

YEAR GROUP	FUNDAMENTAL MOVEMENT SKILLS USING TAG GAMES	DEVELOPING COORDINATION & AGILITY BLOCK 1	DEVELOPING COORDINATION & AGILITY BLOCK 2	COORDINATION GAMES	ATHLETIC-BASED MOVEMENT	DEVELOPING DRIBBLING, HITTING & KICKING
1	<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 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 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 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 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 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 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 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 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.

NON STOP ACTION – OUTDOOR SPORTS CURRICULUM

YEAR GROUP	TAG RUGBY	FOOTBALL	NETBALL	ROUNDERS	ATHLETICS	TENNIS
3	<ul style="list-style-type: none"> To be able to demonstrate basic movement skills in tag rugby. To be able to demonstrate basic ball handling skills. To be able to demonstrate correct placement of a ball to score a try. To be able to demonstrate correct technique for pop pass. 	<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"> 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 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. 	<ul style="list-style-type: none"> To be able to demonstrate sprinting using the correct part of the foot. To explore different types of throwing actions for athletics. To be able to demonstrate 2 foot jumps for distance. 	<ul style="list-style-type: none"> To understand how to control the racket and the ball. To explore and show the correct technique to hit the ball in a match. To be able to demonstrate the correct technique to play the forehand shot.
4	<ul style="list-style-type: none"> To be able to demonstrate correct technique to tag an opponent. To understand how dodging an opponent can help an attacking player. To be able to demonstrate correct technique for distance pass. To select the correct time to pass to a teammate in an attacking situation. 	<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 these whilst under pressure from an opponent To use changes of speed and direction 	<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 keeping possession as a team Execute the basic shooting technique Apply skills learned in a modified version of 	<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 correct technique to bowl the ball. 	<ul style="list-style-type: none"> To be able to demonstrate basic understanding of running over a longer distance. To show increased understanding of pacing. To be able to demonstrate throwing an object for distance (as opposed to for a partner to catch). 	<ul style="list-style-type: none"> To understand why the ready position helps players hit the ball back. To be able to demonstrate increasing control and coordination. To understand how to score matches in tennis.

NON STOP ACTION – OUTDOOR SPORTS CURRICULUM

		<p>whilst travelling with the ball</p> <ul style="list-style-type: none"> 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 	High 5 netball			
5	<ul style="list-style-type: none"> To be able to demonstrate advanced ball handling skills. To apply understanding of tagging and scoring a try to competitive situations. To be able to demonstrate understanding of backwards pass rule. To effectively use tag and roll ball in a match. 	<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 To develop an understanding of attacking principles and apply these in a small side game scenario 	<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 5 netball. Basic rules and positions 	<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. 	<ul style="list-style-type: none"> To identify the different combinations of muscles and movements involved in good sprinting technique. To be able to demonstrate how to safely pass the baton to another member of the team. To develop an understanding of the effect of exercise on the body through athletics activities. 	<ul style="list-style-type: none"> To be able to demonstrate the correct technique when playing the backhand drive. To explain ways that I might outwit an opponent in a game. To be able to demonstrate the correct technique for a volley.

NON STOP ACTION – OUTDOOR SPORTS CURRICULUM

6	<ul style="list-style-type: none"> • To use correct running and passing technique within a match. • To be able to demonstrate advanced understanding of tag rugby rules in games. • To understand the correct technique for the grubber kick. • To understand the role of the referee in tag rugby. 	<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 apply these in a small side game scenario 	<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 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. 	<ul style="list-style-type: none"> • To be able to demonstrate the correct sprinting start and technique. • To be able to demonstrate the long jump using the Mexican wave technique. • To be able to run continuously for a period of time. 	<ul style="list-style-type: none"> • To show precision and control by correctly weighting the forehand shot to your partner. • To understand when you might use the backhand slice in a game. • To perform a range of different shots and strategies to outwit an opponent.
----------	---	--	--	---	---	--