

	Autumn Term		Spring Term		Summer Term	
	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Theme	Development of Physical Literacy & Outwitting Opponents	Outwitting Opponents Continued & Decision Making	Replication & Development of Core Skills	Developing Physical & Mental Capacity	Evaluating and Improving	Replication & Development of Core hand eye coordination Skills
Key concepts	<ul style="list-style-type: none"> • To develop balanced and coordinated movement patterns • Execution of core skills (When & Where) • Outwitting Opponents in a competitive game situation 	<ul style="list-style-type: none"> • Movement with and without the ball. • Outwitting Opponents in a competitive game situation 	<ul style="list-style-type: none"> • Basic replication of movements • Develop creative thinking/decision making as a team 	<ul style="list-style-type: none"> • Basic replication of fitness/athletic movements • Developing personal bests and how to improve these. 	<ul style="list-style-type: none"> • Basic replication of core skills for running, jumping and throwing • Developing personal bests and setting targets. 	<ul style="list-style-type: none"> • Anticipation & Coordination Skills • Execution of core skills • Outwitting Opponents in a competitive game situation
Disciplinary content	<ul style="list-style-type: none"> • Baseline testing • Football • Netball 	<ul style="list-style-type: none"> • Basketball • Rugby • Ultimate Frisbee 	<ul style="list-style-type: none"> • Gymnastics • Dance • Badminton 	<ul style="list-style-type: none"> • Fitness • Athletics 	<ul style="list-style-type: none"> • Rounders • Athletics • Tennis 	<ul style="list-style-type: none"> • Athletics • Cricket • OAA
Assessment	<p>Small Sided Games</p> <p>4 vs 2 conditioned practice in a grid.</p>	<p>Small Sided Games</p> <p>3 vs 1 / 4 vs 2 situations (attacking overload)</p>	<p>Development of small sequences/routines</p> <p>Detail and quality of peer and self assessment.</p>	<p>Replication of core skills in a variety of settings.</p> <p>Demonstrate a log of records to show improvement in a particular discipline.</p>	<p>Replication and development of the skills against Bronze, Silver, Gold and Platinum standard</p>	<p>Small sided games</p> <p>Conditional competitive situations <i>i.e. 2 batsmen and 6 fielders – what do I do?</i></p>