



**Primary Schools  
PE Curriculum 2024-25**

# Primary Schools PE Curriculum 2024-25

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# Schools Strategy 2024-25

We aim to deliver a high-quality and varied programme that meets the needs of our partner schools and provides a positive and enjoyable experience for all.

## Primary School Programme

- CITC's Primary School Programme uses Manchester City Football Club to inspire and engage pupils to be active and develop essential life skills.
- Support pupils and teachers' development across a variety of curriculum areas including National Curriculum PE, PSHE, youth social action, anti-discrimination and mental wellbeing.

## SEND School Programme

- CITC's SEND School Programme uses Manchester City Football Club to inspire and engage pupils to be active.
- Provide an inclusive and nurturing environment to support pupils physical and social development through explorative play and tailored activities.

# OUR OUTCOMES



**HEALTHY  
PEOPLE**



**HEALTHY  
FUTURES**



**HEALTHY  
COMMUNITIES**

1. Improve physical health and wellbeing.
2. Improve mental health and wellbeing.
3. Feel inspired and engaged.
4. Develop skills and knowledge.
5. Improve confidence and self-esteem.

# PE National Curriculum

## Purpose of Study

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect.

## Aims

The national curriculum for physical education aims to ensure that all pupils:

- Develop competence to excel in a broad range of physical activities
- Are physically active for sustained periods of time
- Engage in competitive sports and activities
- Lead healthy, active lives

## Attainment Targets

By the end of each key stage, pupils are expected to know, apply and understand the matters, skills and processes specified in the relevant programme of study

# PE National Curriculum

## Key Stage 1

Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others. They should be able to engage in competitive (both against self and against others) and co-operative physical activities, in a range of increasingly challenging situations.

### Pupils should be taught to:

- Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities
- Participate in team games, developing simple tactics for attacking and defending
- *Perform dances using simple movement patterns*

NB: *Areas in italic are not delivered as part of CITC's PE Programme.*

# PE National Curriculum

## Key Stage 2

Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement. They should enjoy communicating, collaborating and competing with each other. They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.

Pupils should be taught to:

- Use running, jumping, throwing and catching in isolation and in combination
- Play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending
- Develop flexibility, strength, technique, control and balance [for example, through athletics and *gymnastics*]
- *Perform dances using a range of movement patterns*
- *Take part in outdoor and adventurous activity challenges both individually and within a team*
- Compare their performances with previous ones and demonstrate improvement to achieve their personal best.

Schools are not required by law to teach the example content in [square brackets].

NB: *Areas in italic are not delivered as part of CITC's PE Programme.*

# CITC PE Curriculum

## Overview

The aim of CITC's PE Programme is to deliver a creative and high-quality curriculum to inspire and engage pupils in National Curriculum PE.

**Intent** – develop pupils' knowledge and competency across the three topic areas of invasion games, non-invasion games and fundamental movement skills

**Implementation** – through progressive PE lessons pupils will build a range of skills that are transferable across multiple sports and physical activities. Curriculum lessons support pupils' development across 3 core areas; technical, social and emotional, and thinking skills.

- **Technical** – coaching points to breakdown physical skills
- **Social and Emotional** – communication and teamwork to achieve a team objective, regulating emotions in an active and competitive environment
- **Thinking** – decision making, understanding and implementing skills into game contexts, developing strategies and self-reflection.

**Impact** – pupils improve across CITC 5 core outcomes



# CITC PE Curriculum

## Overview

For each topic and age group, the CITC curriculum follows 3 key steps:

1. **Learning Objective** – an overall goal that pupils will be aiming to achieve or work towards during the lesson.
2. **Lesson Stages** – 3x sub-objectives that support pupils in working towards the main learning objective
3. **Coaching Points** – breakdown of the skills and techniques being taught during the lesson. Coaching points will focus on technical, social and emotional, and thinking skills

# CITC PE Curriculum

## Topics

CITC's PE Curriculum covers the following topics across years 1-6, these can be delivered through various sports and activities to ensure pupils can explore a broad curriculum:

Topic	Relevant Sports
Fundamental movement skills – movement and travelling	<ul style="list-style-type: none"><li>• Athletics – running; sprints, hurdles, relays</li><li>• Athletics – jumping; long jump, triple jump</li></ul>
Fundamental movement skills – hand-eye coordination	<ul style="list-style-type: none"><li>• Rugby</li><li>• Netball</li><li>• Basketball</li><li>• Handball</li><li>• Athletics – javelin, shotput, discus</li></ul>
Fundamental movement skills – foot-eye coordination	<ul style="list-style-type: none"><li>• Football</li></ul>
Invasion games	<ul style="list-style-type: none"><li>• Football</li><li>• Rugby</li><li>• Hockey</li><li>• Netball</li><li>• Basketball</li><li>• Handball</li></ul>
Net and wall	<ul style="list-style-type: none"><li>• Tennis</li><li>• Badminton</li></ul>
Striking and fielding	<ul style="list-style-type: none"><li>• Cricket</li><li>• Rounders</li></ul>

# Fundamental Movement Skills –

# Movement and Travelling

## Year 1

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To use a variety of movements whilst creating space	<ol style="list-style-type: none"> <li>1. Understanding different types of movements with their bodies</li> <li>2. Control over their bodies whilst moving</li> <li>3. Look for space to move into</li> </ol>	<ul style="list-style-type: none"> <li>• Types of movement (run, jump with both feet together, skip and bring your knee high)</li> <li>• Looking and moving into different spaces</li> <li>• Keeping away from teammate – changing movements quickly</li> </ul>
2	To demonstrate ways to change speed and direction quickly	<ol style="list-style-type: none"> <li>1. Understand the changes of speed (walk, jog, run, sprint)</li> <li>2. Think about when and where to use the changes of speed</li> <li>3. Understand when to change speed</li> </ol>	<ul style="list-style-type: none"> <li>• Show how to change speed from slow to fast and fast to slow (walk, jog, run, sprint)</li> <li>• Know when to change your speed</li> <li>• Changing direction with control and speed</li> </ul>
3	Explore changes of direction and dodging others	<ol style="list-style-type: none"> <li>1. Change direction quickly</li> <li>2. Know what the changes of speed are</li> <li>3. Think about quick changes from one side to another to beat a defender</li> </ol>	<ul style="list-style-type: none"> <li>• Show how to change direction by dropping your shoulder</li> <li>• Change direction quickly to find space</li> <li>• Use changes of speed and direction to dodge past defenders</li> </ul>
4	Awareness of space and movements to get into the space	<ol style="list-style-type: none"> <li>1. Looking for space</li> <li>2. Find space and move into it</li> <li>3. Move quickly into the empty space</li> </ol>	<ul style="list-style-type: none"> <li>• Scan for where space is to move into</li> <li>• Move around slowly find spaces to move into</li> <li>• Move and find space quickly</li> </ul>
5	Demonstrate control whilst jumping and landing	<ol style="list-style-type: none"> <li>1. Perform a jump (push off from 2 feet and land on 2 feet)</li> <li>2. On landing bend knees to have balance</li> <li>3. Use arms to control the jump and landing</li> </ol>	<ul style="list-style-type: none"> <li>• Bend knees before jumping</li> <li>• Use arms whilst jumping and landing for more control</li> <li>• Bend knees and have arms out to control landing</li> </ul>
6	Select ways to throw a ball underarm and overarm at distance and control	<ol style="list-style-type: none"> <li>1. Demonstrate how to throw a ball using an underarm throw</li> <li>2. Demonstrate how to throw a ball using an overarm throw</li> <li>3. Get the children to think about which throw to make depending on how far away the target is</li> </ol>	<ul style="list-style-type: none"> <li>• Hold the ball with you palm facing upwards and swing your arm forward from your hip</li> <li>• Stand side on and bring your throwing arm and shoulder forwards after the throw</li> <li>• Select the type of throw to make depending on where to throw the ball (short or long distance)</li> </ul>

# Fundamental Movement Skills –

# Movement and Travelling

## Year 2

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Demonstrate moving at different speeds and stopping, whilst keeping balance and control of our bodies</b>	<ol style="list-style-type: none"> <li>1. Walking / Jogging around the area</li> <li>2. Stop on command and hold your balance</li> <li>3. Increase speed to run/sprint, control our body when we stop</li> </ol>	<ul style="list-style-type: none"> <li>• Reacting quickly to changing speeds and direction</li> <li>• Controlling our bodies when we stop (planting our feet and opening our arms)</li> <li>• Change speed and direction whilst controlling our bodies</li> </ul>
2	<b>Exploring ways to change speeds whilst creating and finding space</b>	<ol style="list-style-type: none"> <li>1. Understanding how to change speed (walk, jog, run, sprint)</li> <li>2. Looking for space and moving into it</li> <li>3. Change speed to move into space</li> </ol>	<ul style="list-style-type: none"> <li>• Create space quickly and look for a new space to move in to</li> <li>• Using different speeds when covering different distances</li> <li>• Changing speeds quickly to create space from a player</li> </ul>
3	<b>Use a variety of movements to create space as a pair and being aware of where my teammate is</b>	<ol style="list-style-type: none"> <li>1. Understand different types of movement to travel (sidestep, hopping, jumping, skipping)</li> <li>2. Use different movements whilst travelling and looking for space</li> <li>3. With a partner, create space away from each other</li> </ol>	<ul style="list-style-type: none"> <li>• Think of different actions to help you cover space quickly</li> <li>• Load your legs and drop your shoulders to change speed and direction</li> <li>• Look to move in different directions, staying away from your teammate by using appropriate actions</li> </ul>
4	<b>Demonstration of changes of direction, whilst avoiding defenders</b>	<ol style="list-style-type: none"> <li>1. Identify space to move into</li> <li>2. Be aware of where defenders are</li> <li>3. Use quick changes of direction to avoid defender</li> </ol>	<ul style="list-style-type: none"> <li>• Look for a big space to move in to and identify where there is little space</li> <li>• Move into space using changes of direction by dropping the shoulder</li> <li>• Change direction quickly when the defender gets close to you</li> </ul>
5	<b>Using dodging and speed changes to avoid defenders</b>	<ol style="list-style-type: none"> <li>1. Be aware of the defender</li> <li>2. Think about where the space is to move in to</li> <li>3. Use a drop of the shoulder/bend the knee, to push off and change direction</li> </ol>	<ul style="list-style-type: none"> <li>• Push off from one leg to dodge, changing direction quickly</li> <li>• Use quick changes of speed changing from slow to fast and fast to slow</li> <li>• Fake once or twice to dodge past a defender with speed</li> </ul>
6	<b>Perform a jump from a standing position and on the move</b>	<ol style="list-style-type: none"> <li>1. Bend and straighten your legs ready to push off and jump</li> <li>2. Use arms to swing back and forth to gain momentum ready to jump</li> <li>3. Jumping as far as possible</li> </ol>	<ul style="list-style-type: none"> <li>• Bending knees to push off with legs shoulder width apart</li> <li>• Use of arms to gain speed by swinging them forward when jumping</li> <li>• Step into your jump and push off using two feet and land on two feet</li> </ul>

# Fundamental Movement Skills –

# Movement and Travelling

## Year 3

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Move at different speeds and have control of our movement</b>	<ol style="list-style-type: none"> <li>1. Moving our body using different actions</li> <li>2. Turn and change direction</li> <li>3. Move at high speeds and quickly change to a standing position</li> </ol>	<ul style="list-style-type: none"> <li>• Control our actions by applying the correct speed</li> <li>• Slow down our movement before turning quickly and stay low to the floor</li> <li>• Use your arms to balance and push away with your feet</li> </ul>
2	<b>Changing my speed from slow to fast</b>	<ol style="list-style-type: none"> <li>1. Understand when to change my speed</li> <li>2. Move from a jog to a sprint</li> <li>3. Changing speed after changing direction</li> </ol>	<ul style="list-style-type: none"> <li>• Look for large spaces to move into quickly</li> <li>• Bend your knee and plant your foot forward to push off</li> <li>• Drop your shoulder and height to create a low centre of gravity</li> </ul>
3	<b>Create space using different movements</b>	<ol style="list-style-type: none"> <li>1. Find new spaces to move in to</li> <li>2. Move into space using different movements of short and long distances</li> <li>3. Use different movements to beat defenders</li> </ol>	<ul style="list-style-type: none"> <li>• Check your shoulders to find a space</li> <li>• Use sidestepping actions when changing direction into space</li> <li>• Use a sidestepping action to move away from a defender</li> </ul>
4	<b>Combine movements over long distances</b>	<ol style="list-style-type: none"> <li>1. Combine movements to change speed and direction</li> <li>2. Combine jumping actions whilst moving forward</li> <li>3. Change speed and height over long distances</li> </ol>	<ul style="list-style-type: none"> <li>• Use a drop of the shoulder/bend the knee, to push off and change direction</li> <li>• Push off your striding leg and swing your arms forward and up</li> <li>• Stay upright and keep your back straight to maintain balance when changing from movement to movement</li> </ul>
5	<b>Create height when I jump</b>	<ol style="list-style-type: none"> <li>1. Jump from a standing position</li> <li>2. Bend and straighten legs ready to push off and jump</li> <li>3. Run and jump</li> </ol>	<ul style="list-style-type: none"> <li>• Stand with your feet shoulder width apart</li> <li>• Lift your arms during your jump to give you momentum</li> <li>• Plant your standing leg and bend your knee</li> </ul>
6	<b>Jump in different directions</b>	<ol style="list-style-type: none"> <li>1. Leap forwards</li> <li>2. Jump sideways</li> <li>3. Combine jumps in different directions</li> </ol>	<ul style="list-style-type: none"> <li>• Stride forwards into your jump</li> <li>• Push off from your leading leg and drop the shoulder</li> <li>• Plant both feet before pushing off to jump</li> </ul>

# Fundamental Movement Skills –

# Movement and Travelling

## Year 4

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Change direction and move into space at speed</b>	<ol style="list-style-type: none"> <li>1. Change direction and move into space</li> <li>2. Increase your speed when turning</li> <li>3. Change direction multiple times over short distances</li> </ol>	<ul style="list-style-type: none"> <li>• Change your speed from slow to fast</li> <li>• Dip your shoulder and keep a low centre of gravity</li> <li>• Plant your feet and decrease your speed quickly to a standing position and then push away</li> </ul>
2	<b>Move from high speed to a standing position</b>	<ol style="list-style-type: none"> <li>1. Accelerate from a standing position</li> <li>2. Decelerate from a sprint into a jog</li> <li>3. Sprint at high speed and decelerate to a standing position</li> </ol>	<ul style="list-style-type: none"> <li>• Stay upright and keep your head straight to look in the direction you are traveling</li> <li>• Reduce your stride length</li> <li>• Extend your arms forwards and out to hold your balance</li> </ul>
3	<b>Use explosive actions over short distances</b>	<ol style="list-style-type: none"> <li>1. Move with a sidestepping action</li> <li>2. Gain height when jumping on the move</li> <li>3. Combine a sprint with a hurdle</li> </ol>	<ul style="list-style-type: none"> <li>• Keep a wide stance and lead with the shoulder</li> <li>• Bend your knees and keep your back straight when extending your jump</li> <li>• Push off your stride from your tiptoe and extend your non standing leg forward</li> </ul>
4	<b>Create distance when jumping from one and two feet</b>	<ol style="list-style-type: none"> <li>1. Jump on one leg from a standing position</li> <li>2. Jump on two feet and land on one leg</li> <li>3. Perform a long jump</li> </ol>	<ul style="list-style-type: none"> <li>• Swing your lead knee (the one you take off with) and your opposite arm upward</li> <li>• Extend your leading leg forward and place your foot flat on the landing and bend you knee to hold your balance</li> <li>• Extend both your arms and legs forward to make your jump longer</li> </ul>
5	<b>Combine jumping actions in sequences</b>	<ol style="list-style-type: none"> <li>1. Perform continuous single leg hops</li> <li>2. Alternate between hops and steps</li> <li>3. Perform a triple jump</li> </ol>	<ul style="list-style-type: none"> <li>• Swing your leading leg from behind you into a high knee position</li> <li>• When landing your hop, roll from your heel to toe to begin your step.</li> <li>• Bring both feet together for your jump and your feet in line with your chest</li> </ul>
6	<b>To perform explosive movements (sprints and jumps) in competition</b>	<ol style="list-style-type: none"> <li>1. Sprint Races</li> <li>2. Hurdle Races</li> <li>3. Long Jump</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your head straight and look in the direction you are running</li> <li>• Keep your balance with your lead leg being extended forward and opposite arm reached out towards your leg</li> <li>• Increase your speed gradually and run in an upright position</li> </ul>

# Fundamental Movement Skills –

# Movement and Travelling

## Year 5

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Use sidesteps and dodging actions whilst moving at speed</b>	<ol style="list-style-type: none"> <li>1. Use small explosive side-stepping actions</li> <li>2. Push off into space away from a defender whilst changing direction</li> <li>3. Perform continuous sidestep and dodging actions over short and long distances</li> </ol>	<ul style="list-style-type: none"> <li>• Stand side on and hold a wide stance to push back and forth</li> <li>• Face the defender and stay low to the floor, dropping your shoulders to push into space</li> <li>• Explode quickly into spaces, bringing your feet together as you travel</li> </ul>
2	<b>Change speed and direction over long distances</b>	<ol style="list-style-type: none"> <li>1. Increase your speed from slow to fast</li> <li>2. Explode into space from a standing position</li> <li>3. Change your direction at speed</li> </ol>	<ul style="list-style-type: none"> <li>• Push away using your tiptoes and increase your stride length</li> <li>• Keep both feet facing forward with the heel of the back foot raised</li> <li>• Plant your feet and decrease your speed quickly to a standing position and then push away</li> </ul>
3	<b>Create height and distance when jumping</b>	<ol style="list-style-type: none"> <li>1. Jump from a standing position using both feet</li> <li>2. Jump from a standing position using one foot</li> <li>3. Perform a combination that land on one and two feet</li> </ol>	<ul style="list-style-type: none"> <li>• Lower your body through bending the hips, knees, and ankles</li> <li>• Stand upright and raise your knee forwards and tuck it into your body to gain height and momentum</li> <li>• Push your hips back and cushion your landing by allowing your toes to hit the floor first</li> </ul>
4	<b>Combine running and jumping actions</b>	<ol style="list-style-type: none"> <li>1. Perform continuous strides and leaps</li> <li>2. Combine sprints and leaps</li> <li>3. Combine multiple jumps whilst running</li> </ol>	<ul style="list-style-type: none"> <li>• When landing your stride, roll from your heel to toe to begin your leap</li> <li>• Keep your back upright and lift your leading knee on your stride</li> <li>• On landing, roll from the sole of your foot to your tip toes to push off</li> </ul>
5	<b>Perform short and long-distance sprints in competition</b>	<ol style="list-style-type: none"> <li>1. Sprint Races</li> <li>2. Hurdle Races</li> <li>3. Relay races</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your head straight and look in the direction you are running</li> <li>• Keep your balance with your lead leg being extended forward and opposite arm reached out towards your leg</li> <li>• Increase your stride length and tuck in your arms keeping them close to the body</li> </ul>
6	<b>Perform jumps in isolation and combination in competition</b>	<ol style="list-style-type: none"> <li>1. Perform continuous strides and leaps</li> <li>2. Perform a running long jump</li> <li>3. Perform a running triple jump</li> </ol>	<ul style="list-style-type: none"> <li>• Increase your stride length to allow you to pull your trailing knee through and up</li> <li>• Stand upright as you plant your jumping leg and throw your arms up and push your legs forward from your hips</li> <li>• Plant your feet and bend your hips and knees to push away into the next action</li> </ul>

# Fundamental Movement Skills –

# Movement and Travelling

## Year 6

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Change speed and direction over short and long distances</b>	<ol style="list-style-type: none"> <li>1. Increase your speed from a standing position</li> <li>2. Progress from a jog into a sprint whilst moving</li> <li>3. Change direction at speed over long distances</li> </ol>	<ul style="list-style-type: none"> <li>• Push away on your tiptoes and keep your chest facing downwards</li> <li>• Increase your arm and stride length</li> <li>• Plant your feet and decrease your speed quickly to a standing position and then push away</li> </ul>
2	<b>Change direction quickly whilst moving at a fast pace</b>	<ol style="list-style-type: none"> <li>1. Change direction from standing positions and short spaces</li> <li>2. Make short and sharp actions whilst sprinting</li> <li>3. Change direction multiple times whilst moving at high speed</li> </ol>	<ul style="list-style-type: none"> <li>• Stay upright whilst keeping a slight bend in both knee</li> <li>• Plant your feet and transfer your weight onto your leg to push away</li> <li>• Decrease your stride length quickly and push away from your tip toes</li> </ul>
3	<b>Create height and distance in my jumps</b>	<ol style="list-style-type: none"> <li>1. Gain height jumping on one and two feet</li> <li>2. Jump from a standing position using both feet</li> <li>3. Perform a combination that land on one and two feet</li> </ol>	<ul style="list-style-type: none"> <li>• Throw your arms upwards above your head from a natural position</li> <li>• Lower your body through bending the hips, knees, and ankles</li> <li>• Push your hips back and cushion your landing by allowing your toes to hit the floor first</li> </ul>
4	<b>Perform short sprints in competition</b>	<ol style="list-style-type: none"> <li>1. Perform a sprint start</li> <li>2. Sprint Races</li> <li>3. Hurdle Races</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your feet close together and push the back leg forward whilst driving the arms forward</li> <li>• Keep your head straight and look in the direction you are running</li> <li>• Keep your balance with your lead leg being extended forward and opposite arm reached out towards your leg</li> </ul>
5	<b>Perform a long-distance run in competition</b>	<ol style="list-style-type: none"> <li>1. Perform a continuous run whilst changing direction</li> <li>2. Long distance running</li> <li>3. Relay Races</li> </ol>	<ul style="list-style-type: none"> <li>• Maintain a consistent pace and stride length</li> <li>• Remain upright with your arms tucked in to your sides</li> <li>• Increase your stride length and tuck in your arms keeping them close to the body</li> </ul>
6	<b>Perform running and jumping combinations in competition</b>	<ol style="list-style-type: none"> <li>1. Perform continuous two footed jumps</li> <li>2. Long Jump</li> <li>3. Triple Jump</li> </ol>	<ul style="list-style-type: none"> <li>• Swing the arms back and forth to gain forward momentum</li> <li>• Stand upright as you plant your jumping leg and throw your arms up and push your legs forward from your hips</li> <li>• Plant your feet and bend your hips and knees to push away into the next action</li> </ul>



# Fundamental Movement Skills –

# Hand-eye Coordination

## Year 1

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To throw using an underarm technique	<ol style="list-style-type: none"> <li>1. Perform an underarm throw to gain height</li> <li>2. Perform an underarm throw to gain distance</li> <li>3. Hit a target using an underarm throw</li> </ol>	<ul style="list-style-type: none"> <li>• Release the ball when the arm and palm is pointing upward</li> <li>• Release the ball when the arm is pointing forward</li> <li>• Increase your arm speed on your downswing</li> </ul>
2	Roll a ball using an underarm technique	<ol style="list-style-type: none"> <li>1. Roll the ball over short distances</li> <li>2. Roll the ball over long distances</li> <li>3. Hit a target by rolling a ball</li> </ol>	<ul style="list-style-type: none"> <li>• Push the ball softly with a slow arm speed</li> <li>• Keep your arm and hand low to the floor when releasing the ball</li> <li>• Straighten your arm release the ball when your palm faces the target</li> </ul>
3	To catch a ball with two hands	<ol style="list-style-type: none"> <li>1. Catch a small ball with two hands</li> <li>2. Catch a large ball with two hands</li> <li>3. Alternate two-handed catching techniques</li> </ol>	<ul style="list-style-type: none"> <li>• Cup your hands and place them under the path of the ball</li> <li>• Keep your palms and forearms facing upward to bring the ball into your chest</li> <li>• Keep your body in line with the ball</li> </ul>
4	To catch a ball with one hand	<ol style="list-style-type: none"> <li>1. Catch a small ball with one hand</li> <li>2. Catch a large ball with one hand</li> <li>3. Alternate one handed catching with the left and right hand</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your eyes on the where the ball is moving</li> <li>• Hold your stance and keep feet shoulder width apart</li> <li>• Reach forward with your hand cupped</li> </ul>
5	To throw the ball using an overarm technique	<ol style="list-style-type: none"> <li>1. Perform an overarm throw to gain height</li> <li>2. Perform an overarm throw to gain distance</li> <li>3. Hit a target using an overarm throw</li> </ol>	<ul style="list-style-type: none"> <li>• Lean back and bring your back swing behind the side of your head</li> <li>• Fully straighten your arm as you release the ball</li> <li>• Use your non-throwing arm to aim and point towards the target</li> </ul>
6	To throw and catch a ball using different techniques	<ol style="list-style-type: none"> <li>1. Send and receive a small ball to and from a teammate</li> <li>2. Send and receive a large ball to and from a teammate</li> <li>3. Alternate techniques to throw and catch a ball from teammates</li> </ol>	<ul style="list-style-type: none"> <li>• Aim the ball at your teammate's hands</li> <li>• Throw the ball softly to ensure the weight of pass can be caught</li> <li>• Understand the distance between you and your teammate to play and receive the correct throw</li> </ul>

# Fundamental Movement Skills –

# Hand-eye Coordination

## Year 2

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To throw and catch the ball with a teammate using underarm throwing techniques</b>	<ol style="list-style-type: none"> <li>1. Throw the ball to a teammate over a short distance</li> <li>2. Throw the ball to a teammate whilst moving</li> <li>3. Throw the ball continuously between yourself and your teammates</li> </ol>	<ul style="list-style-type: none"> <li>• Release the ball as your arm straightens and points toward your teammate</li> <li>• Keep the centre of your body in line with the centre of the ball</li> <li>• Keep your eyes on the movement of the ball</li> </ul>
2	<b>Roll and bounce the ball to a teammate</b>	<ol style="list-style-type: none"> <li>1. Roll a ball over long distances to a teammate</li> <li>2. Collect the ball whilst its rolling</li> <li>3. Bounce a ball to a teammate whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Kneel forward, keeping your hand low to the ground as roll the ball</li> <li>• Create a wall with both hands to stop the ball</li> <li>• Push the ball away from you, aiming for the space in the centre of you and your teammate</li> </ul>
3	<b>Collect the ball using a cup technique</b>	<ol style="list-style-type: none"> <li>1. Catch and receive the ball from a stationary position</li> <li>2. Catch the ball from different distances</li> <li>3. Catch the ball whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Cup both hands together to create a target for your teammate</li> <li>• Collect the ball and trap it into your chest</li> <li>• Keep your body facing the ball with your arms held out in front of you</li> </ul>
4	<b>Collect the ball a bring it into your chest</b>	<ol style="list-style-type: none"> <li>1. Catch the ball with two hands</li> <li>2. Catch the ball over short distances when moving</li> <li>3. Prepare to catch different sized items</li> </ol>	<ul style="list-style-type: none"> <li>• Use a diamond shape to catch the ball</li> <li>• Hold both hands out in front of you with your palms and forearms facing upward</li> <li>• Understand when and how to position your hands to trap and collect the correct sized ball</li> </ul>
5	<b>Throw a ball using a one-handed overarm technique</b>	<ol style="list-style-type: none"> <li>1. Throw the ball to myself by gaining height with the throw</li> <li>2. Throw the ball over long distances to a teammate</li> <li>3. Throw the ball downward to bounce at a target</li> </ol>	<ul style="list-style-type: none"> <li>• Extend your throwing arm upward, keeping your palm facing up as you release the ball</li> <li>• Aim your non-throwing arm towards your teammate and extend your throwing arm forward when throwing</li> <li>• Bring your shoulder through to face the target as you release the ball</li> </ul>
6	<b>Throw and catch the ball over short and long distances using the correct technique</b>	<ol style="list-style-type: none"> <li>1. Play multiple short distance throws using different sized equipment</li> <li>2. Receive and catch a long-distance throw whilst moving</li> <li>3. Combine short and long-distance throws and catches to hit a target</li> </ol>	<ul style="list-style-type: none"> <li>• Understand when to use one and two hands to throw at the correct speed</li> <li>• Position your hands and chest to face the ball as it moves</li> <li>• When releasing the ball, extend the arm to face the target</li> </ul>

# Fundamental Movement Skills –

# Hand-eye Coordination

## Year 3

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To throw and roll the ball using the underarm technique</b>	<ol style="list-style-type: none"> <li>1. Alternate between rolling and throwing from a standing position</li> <li>2. Alternate between rolling and throwing from a moving position</li> <li>3. To throw and roll the ball of short and long distances to a target</li> </ol>	<ul style="list-style-type: none"> <li>• Straighten the arm on the back swing, keeping the forearm and palm facing forward</li> <li>• Bend the elbow bringing the arm upward on the release of the ball</li> <li>• Maintain a consistence speed on the backswing and increase yours fore swing to throw and roll the ball</li> </ul>
2	<b>To bounce and catch the ball individually and to a teammate</b>	<ol style="list-style-type: none"> <li>1. Work individually to bounce and catch the ball using one and two hands</li> <li>2. To bounce and catch the ball between teammates using two hands</li> <li>3. To bounce and catch the ball between teammates using one hand</li> </ol>	<ul style="list-style-type: none"> <li>• Push the ball downward from your chest, returning your hands to the chest to catch</li> <li>• Push the ball away from the chest towards the ground, aiming at the centre of the space between you and your teammate</li> <li>• Place your hand forward and in front of your chest to cushion the ball into a bounce when receiving</li> </ul>
3	<b>To catch the ball using different techniques from a standing and moving position</b>	<ol style="list-style-type: none"> <li>1. Catch a tennis ball with one and two hands</li> <li>2. Catch a basketball using one and two hands whilst moving</li> <li>3. Catch a rugby ball from a standing and moving position</li> </ol>	<ul style="list-style-type: none"> <li>• Move towards the flight of the ball</li> <li>• Position your hands in front of your chest with your fingers and hands spread</li> <li>• Extend the arms forward to cushion the ball and bring it into your stomach</li> </ul>
4	<b>Successfully push the ball from your shoulder</b>	<ol style="list-style-type: none"> <li>1. Prepare the correct body position</li> <li>2. Push the ball from the shoulder in a standing position</li> <li>3. Push the ball from your shoulder whilst on the move</li> </ol>	<ul style="list-style-type: none"> <li>• Stand side on with your opposite foot forward, whilst tucking the ball into the side of your chin</li> <li>• Push through with your knees and twist your shoulders</li> <li>• Stand side on with your feet kept shoulder width apart and sidestep forwards</li> </ul>
5	<b>Throw the ball using a two-handed overhead technique</b>	<ol style="list-style-type: none"> <li>1. Create height in your two-handed overhead throw</li> <li>2. Create distance in your two-handed overhead throw</li> <li>3. Throw the ball to a teammate using a two-handed overhead throw, combining both height and distance</li> </ol>	<ul style="list-style-type: none"> <li>• Tuck the ball behind the back of your head and lead back to help aim the ball upward</li> <li>• Step forward with one leg and bring your chest and shoulders forwards as you extend your arms</li> <li>• Follow through with your wrists and fingers with your hands extending towards your teammates</li> </ul>
6	<b>Successfully throw a javelin from a static position</b>	<ol style="list-style-type: none"> <li>1. Throw a beanbag using an overarm throw</li> <li>2. Aim and throw the javelin to a short distance</li> <li>3. Create distance when throwing the javelin from a standing position</li> </ol>	<ul style="list-style-type: none"> <li>• Stand side on with your throwing arm bent at the elbow and raised above your head</li> <li>• Lean back and point your non-throwing arm upward with the javelin held above head height, pointing in the direction of your arm</li> <li>• Bring your shoulder and back leg through as you throw the javelin</li> </ul>

# Fundamental Movement Skills –

# Hand-eye Coordination

## Year 4

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To throw and catch the ball with an underarm technique using one and two hands</b>	<ol style="list-style-type: none"> <li>To throw and catch the ball using two hands</li> <li>To throw and catch the ball using one hand</li> <li>To change between throwing and catching the ball using two and one hand</li> </ol>	<ul style="list-style-type: none"> <li>Hold a wide stance with your feet shoulder width apart, keeping the ball and your chest central and facing the target</li> <li>Wrap your fingers around the front of the ball, placing your thumb in the centre of the back of the ball</li> <li>Position and place the ball in the path of your teammate, aiming at the centre of their body</li> </ul>
2	<b>Perform flat passes whilst moving with the ball</b>	<ol style="list-style-type: none"> <li>Throw the ball to from the chest to create distance</li> <li>Play a flat pass from a standing position</li> <li>Play flat passes whilst moving with the ball</li> </ol>	<ul style="list-style-type: none"> <li>Hold your hands at the side of the ball, keeping it held into your chest with your elbows pointing out</li> <li>Spread your fingers around the ball, placing your thumbs behind it to make a 'W' shape</li> <li>Transfer your weight onto your forward foot when throwing the ball</li> </ul>
3	<b>Move and throw the ball using over and underarm bounce techniques</b>	<ol style="list-style-type: none"> <li>Perform a bounce throw using an underarm technique</li> <li>Perform a bounce throw using an overarm technique</li> <li>Combine using both under and overarm bounce techniques whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>Throw the ball forward, releasing the ball when your arms are fully extended in front of you</li> <li>Throw the ball forwards at a downward angle, aiming for it to land two thirds of the distance between you and your teammate</li> <li>Step forward with a lunge to throw the ball</li> </ul>
4	<b>Create distance pushing the ball from your chest and shoulder</b>	<ol style="list-style-type: none"> <li>Throw the ball over long distances using a chest push technique</li> <li>Throw the ball over long distances using a shoulder push technique</li> <li>Throw the ball from distance at a target using both a shoulder and chest push</li> </ol>	<ul style="list-style-type: none"> <li>Step forward when throwing the ball and fully extend your arms to release</li> <li>Twist your shoulders at speed and bring your throwing shoulder through towards the target</li> <li>Spread your fingers across the surface of the ball and extend your fingertips to release and push the ball</li> </ul>
5	<b>Perform overhead throws and catches whilst moving</b>	<ol style="list-style-type: none"> <li>Throw the ball using a two-handed overhead technique to myself whilst moving</li> <li>Throw the ball using a two-handed overhead technique to a teammate in a standing position</li> <li>Throw the ball using a two-handed overhead technique to a teammate whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>Release the ball as it reaches the top of your head</li> <li>Have a short back movement and lean forward as you extend your arms forward to release the ball</li> <li>Bring the ball from your chest to the back of your head and start the throwing movement from your shoulders</li> </ul>
6	<b>Successfully throw a javelin from a seated and standing position</b>	<ol style="list-style-type: none"> <li>Throw a javelin from a seated position</li> <li>Throw a javelin from a standing position</li> <li>throw a javelin whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>Twist your shoulder and rotate your throwing shoulder forward toward the target</li> <li>Lean back, raising the javelin above your head whilst pointing your non-throwing arm forward</li> <li>Sidestep forward and kick through and forward with your back leg, releasing the javelin above your head as your arm fully extends</li> </ul>

# Fundamental Movement Skills –

# Hand-eye Coordination

## Year 5

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To throw the ball from the hip using a two-handed underarm throw</b>	<ol style="list-style-type: none"> <li>1. Throw the ball over short distances</li> <li>2. Throw the ball to the side over short and long distances</li> <li>3. Throw the ball in different directions whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Place your hands at the bottom of the ball with your thumbs placed on the top and your fingers wrapped around the sides and underneath</li> <li>• Place your hands on the side of the ball and roll your wrist over the ball as you throw it across you</li> <li>• Both arms extend and your palms open to face the direction of the target as you release the ball</li> </ul>
2	<b>Receiving the ball and collect into your chest</b>	<ol style="list-style-type: none"> <li>1. Receive and collect a ball that is rolling</li> <li>2. Receive and collect the ball from a height</li> <li>3. Receive and collect a ball that is moving at speed</li> </ol>	<ul style="list-style-type: none"> <li>• Create a wall with your hands with your fingertips pointing to the floor and palms facing the ball</li> <li>• Extend your arms upwards to collect the ball, extending your fingertips and bring it into your chest</li> <li>• Move towards the ball with your hands facing towards the ball at chest height</li> </ul>
3	<b>Perform flat and angled passes using a W shape</b>	<ol style="list-style-type: none"> <li>1. Perform a chest throw to a teammate using a W shape</li> <li>2. Perform a chest throw to a teammate, creating height in the throw</li> <li>3. Perform a bounce throw from your chest to a teammate</li> </ol>	<ul style="list-style-type: none"> <li>• Spread your fingertips around the side of the ball with your thumbs connected at the back to make a W shape. Keep the ball at your chest</li> <li>• Lean back to angle the ball upward and push the ball away from you whilst extending your arms forward and above your head</li> <li>• Step forward into your pass and push the ball down, angled from the chest and the waste</li> </ul>
4	<b>Combine bouncing and throwing the ball to a teammate whilst moving</b>	<ol style="list-style-type: none"> <li>1. Throw and the ball to a teammate at close range using the correct throwing techniques</li> <li>2. Throw and bounce the ball to a teammate over long distances using the correct techniques</li> <li>3. Change between throwing and bouncing the ball over short and long distances whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Throw the ball from waste height using two hands, aiming for your teammate's chest</li> <li>• Push the ball down and forward with your fingertips on one hand, extending them to release the ball</li> <li>• Extend your arms from your chest and straighten them to release the ball, ensuring they are positioned to throw the ball flat or cause it to bounce</li> </ul>
5	<b>To successfully perform a shoulder push throw</b>	<ol style="list-style-type: none"> <li>1. Push the ball from your shoulder at a target whilst creating height</li> <li>2. Push the ball from your shoulder at a target to create distance</li> <li>3. Push the ball from your shoulder, creating height and distance whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your fingers spread wide behind the ball and lean back to help aim the ball backwards</li> <li>• Transfer your weight forward as your throwing hand extends forward</li> <li>• Rotate your hips and shoulders quickly, twisting towards your target</li> </ul>
6	<b>To successfully throw a javelin using an overarm technique</b>	<ol style="list-style-type: none"> <li>1. Gain height when throwing a javelin</li> <li>2. Gain distance when throwing a javelin</li> <li>3. Gain height and distance when throwing a javelin whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Move your throwing arm forwards at speed, keeping your hand and wrist above your head angled upwards</li> <li>• Twist from your shoulders and hips to generate more throwing power</li> <li>• Kick through with your back leg and bring your throwing shoulder throw to face the direction you are throwing</li> </ul>

# Fundamental Movement Skills –

# Hand-eye Coordination

## Year 6

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To throw the ball from the hip in multiple directions using an underarm throw</b>	<ol style="list-style-type: none"> <li>1. Throw the rugby ball to the side over short distances</li> <li>2. Throw the rugby ball to the side over long distances</li> <li>3. Throw the rugby ball in different directions whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Place your hands at the bottom of the ball with your thumbs placed on the top and your fingers wrapped around the sides and underneath</li> <li>• Place your hands on the side of the ball and roll your wrist over the ball as you throw it across you</li> <li>• Both arms extend and your palms open to face the direction of the target as you release the ball</li> </ul>
2	<b>Receiving the ball and collect into your chest whilst moving</b>	<ol style="list-style-type: none"> <li>1. Collect a bouncing ball into your chest</li> <li>2. Collect the ball from a height</li> <li>3. Collect the ball that is moving at speed</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your eyes on the movement of the ball</li> <li>• Stand underneath and leap up towards to ball to collect it with both hands above the head</li> <li>• Move towards the ball with your hands positioned in a W shape at your chest</li> </ul>
3	<b>Perform overhead and bounce passes</b>	<ol style="list-style-type: none"> <li>1. Perform an overhead pass to a teammate</li> <li>2. Perform a bounce pass from your chest to a teammate</li> <li>3. Perform a bounce pass to a teammate using an overhead technique</li> </ol>	<ul style="list-style-type: none"> <li>• Place your hands at the side of the ball, releasing it as it reaches the top of your head</li> <li>• Use a W shape to push the ball down, releasing it between the chest and hips</li> <li>• Step forward with your leading leg and throw the ball over and downward, releasing it as it passes your head</li> </ul>
4	<b>Combine short and long throws and catches using the appropriate techniques</b>	<ol style="list-style-type: none"> <li>1. Play underarm and hip throws and catches to a teammate whilst moving</li> <li>2. Play one handed overarm and two-handed overhead throws to a teammate whilst moving</li> <li>3. Alternate between playing short and long-distance throws and catches to a teammate whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Follow the direction of the ball with your hands and chest facing the ball to bring it into your body and hip</li> <li>• Release the ball as your shoulder pull forward and when the ball is passing the top of your head</li> <li>• Keep eye contact with the players and the ball with your hands positioned at your chest, creating a target for your teammate</li> </ul>
5	<b>To create distance and power when performing a shoulder push throw</b>	<ol style="list-style-type: none"> <li>1. Push a small ball from your shoulder, creating distance in your throw</li> <li>2. Push a large ball from your shoulder, creating distance and power in your throw</li> <li>3. Push the ball from your shoulder whilst moving to create distance and power in your throw</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your arm extended with the elbow slightly bent on the follow through</li> <li>• Push through the throw from bending your knees and kicking through with the back leg</li> <li>• Lean back as you move forward and quickly rotate the hips and shoulder as you kick through the shoulder push</li> </ul>
6	<b>To create distance when throwing a javelin whilst moving</b>	<ol style="list-style-type: none"> <li>1. Throw a ball to a teammate, creating height and distance with an overarm throw</li> <li>2. Throw the javelin from a standing position, creating height and distance in the throw</li> <li>3. Throw the javelin whilst moving, creating height and distance in the throw</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your palm and the ball facing upward as you bring your arm forward to release the ball</li> <li>• Lean back, raising the javelin above your head whilst pointing your non-throwing arm forward and lean forward when releasing the javelin</li> <li>• Push off your front foot as you twist your hips to throw the javelin and kick through with the back leg and shoulder</li> </ul>

# Fundamental Movement Skills –

## Foot-eye Coordination

# Year 1

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To move the ball using the inside of the foot	<ol style="list-style-type: none"> <li>1. Strike the ball with the inside of the foot</li> <li>2. Push the ball continuously using the inside of the foot</li> <li>3. Combine pushing and striking the ball using the inside of the foot</li> </ol>	<ul style="list-style-type: none"> <li>• Place your non standing foot at the side of the ball and push your striking foot forward showing the inside face</li> <li>• Push the ball across and in front of you</li> <li>• Stay upright with your chest slightly over the ball</li> </ul>
2	To move the ball using the sole of the foot	<ol style="list-style-type: none"> <li>1. Roll the ball using both feet</li> <li>2. Change direction using the sole of the foot</li> <li>3. Keep the ball under close control over long distances</li> </ol>	<ul style="list-style-type: none"> <li>• Roll the ball across your body using the sole</li> <li>• Take small touches of the ball and use your arms for balance</li> <li>• Push the ball in front of you and take bigger steps</li> </ul>
3	To change direction whilst in control of the ball	<ol style="list-style-type: none"> <li>1. Use different parts of the foot to turn with the ball</li> <li>2. Change direction quickly</li> <li>3. Change direction at speed</li> </ol>	<ul style="list-style-type: none"> <li>• Twist your hips to help you turn</li> <li>• Take bigger touches, pushing the ball with the top of your foot</li> <li>• Dip your shoulder and use your arms to hold your balance</li> </ul>
4	Progress from dribbling to running with the ball	<ol style="list-style-type: none"> <li>1. Dribble with the ball using both the inside and outside of the foot</li> <li>2. Run with the ball over short distances</li> <li>3. Change between dribbling and running with the ball</li> </ol>	<ul style="list-style-type: none"> <li>• Push the ball softly whilst taking small but fast steps</li> <li>• Take fewer touches whilst lifting your head up to look for space</li> <li>• Push away with your non kicking leg whilst pushing the ball further in front of you to increase your speed</li> </ul>
5	Pass the ball to a teammate	<ol style="list-style-type: none"> <li>1. Pass the ball over short distances</li> <li>2. Pass the ball over long distances</li> <li>3. Pass the ball whilst dribbling</li> </ol>	<ul style="list-style-type: none"> <li>• Push the ball softly using the inside of the foot towards your teammate's feet</li> <li>• Strike the ball in the centre with using the top of your foot, with your standing leg placed at the side of the ball</li> <li>• Open your hips and foot to pass the ball using the inside of the foot</li> </ul>
6	Pass and dribble past a defender	<ol style="list-style-type: none"> <li>1. Look for space to move into</li> <li>2. Dribble past a defender</li> <li>3. Beat a defender by passing to a teammate</li> </ol>	<ul style="list-style-type: none"> <li>• Check your shoulders and look for a space to move into</li> <li>• Use your body to keep the ball on the safe side</li> <li>• Pass the ball along the floor at speed</li> </ul>

# Fundamental Movement Skills –

## Foot-eye Coordination

# Year 2

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To control and move the ball using the inside and sole of the foot</b>	<ol style="list-style-type: none"> <li>Control the ball using the inside and sole of the foot</li> <li>Turn with the ball using the inside and sole of the foot</li> <li>Move the ball continuously using the inside and sole of the foot</li> </ol>	<ul style="list-style-type: none"> <li>Keep your eyes on the ball and your body in line with its movement</li> <li>Twist your hips and keep a wide stance to hold your balance</li> <li>Take small touches at the centre and top of the ball</li> </ul>
2	<b>To dribble with the ball using the top of the foot</b>	<ol style="list-style-type: none"> <li>Push the ball forwards over a short distance with the top or your foot</li> <li>Move the ball from left to right whilst dribbling forward</li> <li>Change your dribbling speed from slow to fast</li> </ol>	<ul style="list-style-type: none"> <li>Keep your chest over the ball</li> <li>Keep the ball on the outside line of your body</li> <li>Increase your stride length and the weight that you push the ball</li> </ul>
3	<b>To turn and run with the ball in different directions</b>	<ol style="list-style-type: none"> <li>Turn with the ball from a standing position</li> <li>Turn with the ball whilst dribbling</li> <li>Turn and change direction at speed</li> </ol>	<ul style="list-style-type: none"> <li>Cushion the ball keeping contact whilst you turn</li> <li>Use your arms to maintain your balance momentum when turning</li> <li>Quickly shorten your stride length and plant your feet to push away</li> </ul>
4	<b>Pass to a teammate and move into space</b>	<ol style="list-style-type: none"> <li>Play a short distance passes to a teammate</li> <li>Play short distance passes whilst dribbling the ball</li> <li>Play a pass and quickly find a space to receive the ball</li> </ol>	<ul style="list-style-type: none"> <li>Make contact with the centre of the ball by pushing with the inside of the foot</li> <li>Plant your non-striking foot next to the ball before playing your pass</li> <li>Check your shoulders and accelerate into a space</li> </ul>
5	<b>Strike the ball at a target</b>	<ol style="list-style-type: none"> <li>Hit a target from a short distance</li> <li>Hit a target from a long distance</li> <li>Hit a target whilst moving the ball</li> </ol>	<ul style="list-style-type: none"> <li>Keep your chest in line with the target when striking the ball</li> <li>Strike the ball with the top of the foot, using your opposite arm to aim and balance</li> <li>Push the ball in front of you and stride into the strike, keeping your chest over the ball</li> </ul>
6	<b>Beat a defender from passing and dribbling</b>	<ol style="list-style-type: none"> <li>Dribble forwards into space</li> <li>Dribble and run past a defender at speed</li> <li>Beat a defender by passing to a teammate</li> </ol>	<ul style="list-style-type: none"> <li>Check your shoulders and look for a space to move into</li> <li>Use your body to keep the ball on the safe side</li> <li>Pass the ball forward into your teammate's feet at a fast pace</li> </ul>



# Fundamental Movement Skills –

## Foot-eye Coordination

# Year 3

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To control the ball using different parts of the foot	<ol style="list-style-type: none"> <li>1. Control the ball using the sole of the foot</li> <li>2. Control the ball using the inside and outside of the foot</li> <li>3. Control the ball from a moving position</li> </ol>	<ul style="list-style-type: none"> <li>• Plant the bottom of the foot at the centre of the top of the ball</li> <li>• Take small soft touches of the sides and back of the ball</li> <li>• Keep your eyes on the ball and move towards the ball to meet it as you move</li> </ul>
2	Continuously dribble with the ball over short and long distances	<ol style="list-style-type: none"> <li>1. Push the ball forwards using the laces</li> <li>2. Push the ball to the side using the inside and outside of the foot</li> <li>3. Identify small and large spaces to dribble into</li> </ol>	<ul style="list-style-type: none"> <li>• Lift your kicking foot, allowing you to point your toes down towards the floor</li> <li>• Take small, fast touches of the ball, pushing it both forward and to the side</li> <li>• Keep your head up and increase your speed as you approach the space</li> </ul>
3	Turn with the ball and move into space over short distances	<ol style="list-style-type: none"> <li>1. Turn with the ball using the inside of the foot</li> <li>2. Turn with the ball using the outside of the foot</li> <li>3. Turn with the ball using the sole of the foot</li> </ol>	<ul style="list-style-type: none"> <li>• Hook the inside of your foot around the front of the ball</li> <li>• Hook the outside of your foot around the front of the ball</li> <li>• Roll the ball underneath your body</li> </ul>
4	Pass the ball over short and long distances	<ol style="list-style-type: none"> <li>1. Push the ball using the inside of the foot</li> <li>2. Pass the ball to a teammate using the top of the foot</li> <li>3. Play a flat weighted pass over long distance</li> </ol>	<ul style="list-style-type: none"> <li>• Swing your kicking leg back and push forward through the ball to the same distance</li> <li>• Angle the foot downward and make contact with the bottom of the ball</li> <li>• Keep your chest over the ball to keep the ball low to the floor when kicked</li> </ul>
5	Strike the ball with the laces	<ol style="list-style-type: none"> <li>1. Strike the ball low</li> <li>2. Create lift when striking the ball</li> <li>3. Be capable of striking the ball to different heights</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your knee over the ball when striking it</li> <li>• Slight lean back and shift your weight to your standing leg</li> <li>• Push the ball in front of you to strike whilst in your stride</li> </ul>
6	Beat a defender in a two vs one situation	<ol style="list-style-type: none"> <li>1. Keep close control of the ball</li> <li>2. Dribble into space at speed</li> <li>3. Make runs into space to receive the ball</li> </ol>	<ul style="list-style-type: none"> <li>• Take small steps and touches of the ball pushing off from your tip toes</li> <li>• Keep the ball on your safe side away from the defender</li> <li>• Increase your stride length and keep your body open to the ball</li> </ul>

# Fundamental Movement Skills –

## Foot-eye Coordination

# Year 4

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Use both feet to control the ball whilst using different parts of the foot</b>	<ol style="list-style-type: none"> <li>1. Control the ball on the back foot</li> <li>2. Control the ball on the front foot</li> <li>3. Control the ball on the front and back foot and turn into space</li> </ol>	<ul style="list-style-type: none"> <li>• Open your hips and shoulders to let the ball roll across your body</li> <li>• Step forward into a side on position to make contact with the ball using your leading and closest foot</li> <li>• Push the ball softly using the inside and outside of your foot in the direction of your turn</li> </ul>
2	<b>Continuously dribble with the ball whilst changing different directions</b>	<ol style="list-style-type: none"> <li>1. Push the ball with the laces, alternating between the left and right foot</li> <li>2. Push the ball with both inside and outside of the feet, alternating between the left and right foot</li> <li>3. Change direction quickly and run with the ball</li> </ol>	<ul style="list-style-type: none"> <li>• Drop your inside shoulder to move forward and change direction</li> <li>• Make small side-stepping actions keeping the ball close to your foot</li> <li>• Shift your weight onto your standing foot and push away as you turn with the ball</li> </ul>
3	<b>Turn with the ball using different turning techniques</b>	<ol style="list-style-type: none"> <li>1. Hook the ball to turn</li> <li>2. Drag the ball to turn</li> <li>3. Turn multiple times over short distances</li> </ol>	<ul style="list-style-type: none"> <li>• Pull the ball across the front of your body</li> <li>• Pull the ball away to the side of your body</li> <li>• Twist your hips and shoulders to turn quickly</li> </ul>
4	<b>Play weighted passes over a variety of distances</b>	<ol style="list-style-type: none"> <li>1. Play multiple short-range passes</li> <li>2. Play a low and firm pass</li> <li>3. Play a curved pass</li> </ol>	<ul style="list-style-type: none"> <li>• Plant your non striking foot by the side of the ball</li> <li>• Make contact with the centre of the ball using the centre of the inside of the foot</li> <li>• Make contact with the bottom of the ball using the top and inside of the foot</li> </ul>
5	<b>Strike the ball at a target using different techniques</b>	<ol style="list-style-type: none"> <li>1. Strike the ball at close range</li> <li>2. Clip the ball from long range</li> <li>3. Curve the ball at a target</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your striking knee over the ball when making contact with the ball</li> <li>• Push through the ball from the underneath when making contact with the top and inside of the foot</li> <li>• Make contact with the far side of the ball with the inside of the foot with your chest angled away from the target</li> </ul>
6	<b>Beat defenders by combining passing and dribbling opportunities</b>	<ol style="list-style-type: none"> <li>1. Dribble past a defender in a one vs one situation</li> <li>2. Play passes around a defender to a teammate</li> <li>3. Combine dribbling and passes with a teammate in a two vs one situation</li> </ol>	<ul style="list-style-type: none"> <li>• Use your arms to protect the ball, keeping your body in-between the ball and the defender</li> <li>• Pass the ball and increase your speed as you sprint into space</li> <li>• Scan for space to recognise when to pass and dribble</li> </ul>

# Fundamental Movement Skills –

# Foot-eye Coordination

## Year 5

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Control the ball using different parts of the foot</b>	<ol style="list-style-type: none"> <li>1. Move from high speed to a standing position to receive the ball with the inside of the foot</li> <li>2. Gain control of the ball using the outside of the foot whilst running</li> <li>3. Control the ball whilst moving with the inside and outside of the foot</li> </ol>	<ul style="list-style-type: none"> <li>• Keep your body in line with the ball whilst you move towards it, keeping your hips open as you slow to a standing position</li> <li>• Open your hips and shoulders to let the ball roll across your body</li> <li>• Keep your eyes on the ball and move into its path, letting it run across your body</li> </ul>
2	<b>Use both feet to dribble with the ball in multiple directions</b>	<ol style="list-style-type: none"> <li>1. Push the ball using the inside and outside of the foot</li> <li>2. Combine touches changing from the left to right foot when dribbling</li> <li>3. Change direction multiple times over a short distance</li> </ol>	<ul style="list-style-type: none"> <li>• Push the ball across and in front of you allowing you to dribble forwards and side to side</li> <li>• Make small fast touches to keep the ball moving in different directions</li> <li>• Shift your body quickly to the outside of the ball</li> </ul>
3	<b>Turn with the ball whilst dribbling</b>	<ol style="list-style-type: none"> <li>1. Identify the space to turn into</li> <li>2. Change direction sharply</li> <li>3. Turn and push away with speed</li> </ol>	<ul style="list-style-type: none"> <li>• Check your shoulders before turning</li> <li>• Drop your shoulders when turning</li> <li>• Drop your weight onto your standing leg</li> </ul>
4	<b>Pass the ball at various angles</b>	<ol style="list-style-type: none"> <li>1. Play forward passes</li> <li>2. Play diagonal passes</li> <li>3. Play reverse passes</li> </ol>	<ul style="list-style-type: none"> <li>• Keep the ball in line with the centre of your body</li> <li>• Play the ball from in front of you from your side</li> <li>• Wrap your foot around the ball and twist your shoulders as you play</li> </ul>
5	<b>Combine passes with teammates to create scoring opportunities</b>	<ol style="list-style-type: none"> <li>1. Play forward passes around a defender to a teammate</li> <li>2. Play short, fast passes and move into space</li> <li>3. Play reverse passes into central areas</li> </ol>	<ul style="list-style-type: none"> <li>• Play the ball at an angle to travel away from the defenders reach</li> <li>• Play the ball firmly and step away to turn at speed</li> <li>• Dribble the ball wide to cut the ball back across your body into a central space</li> </ul>
6	<b>Beat a defender in a two vs one situation using both passing and dribbling</b>	<ol style="list-style-type: none"> <li>1. Dribble past a defender over a short distance</li> <li>2. Play passes around a defender to a teammate</li> <li>3. Combine dribbling and passes with a teammate in a two vs one situation</li> </ol>	<ul style="list-style-type: none"> <li>• Keep the ball on the safe side, away from the defender, moving it quickly with small touches</li> <li>• Create space away from the defender to pass the ball firmly to a defender</li> <li>• Dribble the ball into wide areas to create more space to pass to a teammate</li> </ul>

# Fundamental Movement Skills –

# Foot-eye Coordination

## Year 6

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Use both legs and feet to control the ball moving along the floor and in the air</b>	<ol style="list-style-type: none"> <li>Control the ball using your legs and feet from a standing position whilst the ball is in the air</li> <li>Control the ball using both your front and back foot</li> <li>Use the inside of your foot to control the ball from along the floor and in the air whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>Keep close to the ball and lift your knee to cushion the ball with your thigh</li> <li>Position yourself and a side on angle to allow you to switch from the front and the back foot</li> <li>Open the hips and ankle to show the face of the inside of the foot to the centre and bottom of the ball</li> </ul>
2	<b>Continuously dribble with the ball using forward and disguising actions</b>	<ol style="list-style-type: none"> <li>Use faint actions when dribbling with the ball</li> <li>Use forward moves to disguise the ball when dribbling</li> <li>Use faints and forward moves to move past a defender</li> </ol>	<ul style="list-style-type: none"> <li>Make stalling actions with quick dips of the shoulder and fast fake touches of the ball</li> <li>Make fast actions as you approach the target or defender</li> <li>Increase your speed to apply your action and continue at the same pace</li> </ul>
3	<b>Turn with the ball whilst moving at speed and move into space</b>	<ol style="list-style-type: none"> <li>Run with the ball across short and long distances</li> <li>Turn sharply while keeping close control</li> <li>Drive into space at speed</li> </ol>	<ul style="list-style-type: none"> <li>Push the ball in front of you, taking a big touch to allow you to stride between touches</li> <li>Check your shoulder before turning and lead your turn with the hips and shoulders</li> <li>Push away with your standing leg whilst taking heavy touches of the ball</li> </ul>
4	<b>Add disguise to passes using different parts of the foot and body</b>	<ol style="list-style-type: none"> <li>Add disguise to passes using your arms</li> <li>Add disguise by playing reverse passes</li> <li>Add disguise to passes by applying forward moves</li> </ol>	<ul style="list-style-type: none"> <li>Raise your arm forward to imitate striking the ball</li> <li>Push the ball across and behind from the way you are facing</li> <li>Time your action to keep the ball central to your body to allow you to combine a pass</li> </ul>
5	<b>Combine dribbling and passing opportunities to strike the ball at a target</b>	<ol style="list-style-type: none"> <li>Dribble forward into space to shoot the ball at a target</li> <li>Make forward passes and runs towards the goal</li> <li>Dribble into spaces to play forward passes to teammates</li> </ol>	<ul style="list-style-type: none"> <li>Push the ball out and away from your body to provide a shooting angle</li> <li>Play a weighted pass and move straight into your stride</li> <li>Scan for space whilst on the move to identify passing options and spaces</li> </ul>
6	<b>Beat a defender in a three vs two situation using disguise</b>	<ol style="list-style-type: none"> <li>Dribble past a defender over a short and long distances using forward moves</li> <li>Play reverse and disguised passes around a defender to a teammate</li> <li>Combine dribbling and passes with a teammate in a three vs two situation</li> </ol>	<ul style="list-style-type: none"> <li>Change your speed by alternating from small and big touches of the ball</li> <li>Move the ball into wide areas to create more space and reverse angles to pass to a teammate</li> <li>Limit your touches to move the ball quickly as a team</li> </ul>

# Invasion Games

## Year 1

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To pass and receive a ball to myself</b>	<ol style="list-style-type: none"> <li>1. Pass and receive a ball to yourself standing in space</li> <li>2. Find a new space to pass and receive a ball to yourself</li> <li>3. Keep moving when passing and receiving a ball to yourself</li> </ol>	<ul style="list-style-type: none"> <li>• Use an underarm technique to throw and cup technique to catch</li> <li>• Look in different directions to find space</li> <li>• Throw the ball in front of you to head height using an underarm throw when moving</li> </ul>
2	<b>To pass and receive a ball with a teammate</b>	<ol style="list-style-type: none"> <li>1. Pass and receive a ball to a teammate standing in space</li> <li>2. Find new spaces to pass and receive a ball to a teammate</li> <li>3. Being able to pass to a teammate and receive the ball in a new space</li> </ol>	<ul style="list-style-type: none"> <li>• Use an underarm and bounce technique to throw the ball</li> <li>• Have your hands ready to receive</li> <li>• Try different passes to a partner when moving depending on distance</li> </ul>
3	<b>Find new spaces whilst using a ball</b>	<ol style="list-style-type: none"> <li>1. To find and move into space</li> <li>2. To find and move into a space with a ball</li> <li>3. To keep moving with a ball into space</li> </ol>	<ul style="list-style-type: none"> <li>• Look for new spaces before moving</li> <li>• Hold the ball at your chest with both hands on the side of the ball</li> <li>• Bounce the ball from your chest after taking a step forward</li> </ul>
4	<b>To learn how to score and hit targets</b>	<ol style="list-style-type: none"> <li>1. To hit a target whilst standing still</li> <li>2. To hit a target from short and long range</li> <li>3. To hit a target whilst moving</li> </ol>	<ul style="list-style-type: none"> <li>• Have a wide stance to hold your balance</li> <li>• Use an underarm for short and overarm for throwing long distances</li> <li>• Look at the target and think about your distance</li> </ul>
5	<b>To help my teammates score</b>	<ol style="list-style-type: none"> <li>1. To pass to my teammates to help them score</li> <li>2. To move to the target as a team</li> <li>3. To create space to score and pass to my teammate</li> </ol>	<ul style="list-style-type: none"> <li>• Pass the ball forward</li> <li>• Make zig zag moves and stay close to your teammate</li> <li>• Make forward runs to receive the ball close to the target</li> </ul>
6	<b>To explore what a defender looks like</b>	<ol style="list-style-type: none"> <li>1. To make myself as big as possible</li> <li>2. To move towards an attacker</li> <li>3. To win the ball from the attacker</li> </ol>	<ul style="list-style-type: none"> <li>• Stretch my arms up, down and side to side</li> <li>• Change my speed and turn quickly</li> <li>• Keep my eyes on the ball</li> </ul>

# Invasion Games

## Year 2

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To pass and receive a ball with a teammate</b>	<ol style="list-style-type: none"> <li>1. Pass and receive the ball with different teammates from a standing position</li> <li>2. Find new spaces to pass and receive the ball</li> <li>3. Being able to pass to a teammate and receive the ball in a new space</li> </ol>	<ul style="list-style-type: none"> <li>• Use an underarm and bounce technique to throw and cup / W shape to catch</li> <li>• Move into space with your hands ready to receive at your chest</li> <li>• Change your weight of pass when teammates are moving</li> </ul>
2	<b>Dribble a ball into different spaces</b>	<ol style="list-style-type: none"> <li>1. Bounce the ball in a standing position</li> <li>2. Dribble the ball in small spaces</li> <li>3. Change direction when dribbling with the ball to move into space</li> </ol>	<ul style="list-style-type: none"> <li>• Push the ball downwards and catch with two hands</li> <li>• Take short steps forwards when bouncing the ball</li> <li>• Look and check shoulders to find space</li> </ul>
3	<b>To look to score with my teammates</b>	<ol style="list-style-type: none"> <li>1. To pass to a teammate to create a scoring chance</li> <li>2. To move towards a target with a teammate using a ball</li> <li>3. To create space with a teammate to assist and score</li> </ol>	<ul style="list-style-type: none"> <li>• Play quick passes forward to my teammate</li> <li>• Change directions when whilst playing forward passes</li> <li>• Change speed to find spaces high up the pitch</li> </ul>
4	<b>Find ways to beat an opponent</b>	<ol style="list-style-type: none"> <li>1. To escape a defender without the ball</li> <li>2. To escape a defender when in possession</li> <li>3. To change directions and get past the defender</li> </ol>	<ul style="list-style-type: none"> <li>• Move forward at speed and into space</li> <li>• Move the ball under control into a safe space</li> <li>• Dribble into areas to drive past the defender</li> </ul>
5	<b>To stay close to attacking players</b>	<ol style="list-style-type: none"> <li>1. To make myself big and block space when defending</li> <li>2. To move quickly towards an attacker to slow them down</li> <li>3. To win the ball from the attacker</li> </ol>	<ul style="list-style-type: none"> <li>• Move my arms high and wide when in front of an attacker</li> <li>• Change my speed and turn quickly</li> <li>• Time my actions to win the ball</li> </ul>
6	<b>Find ways to beat an opponent using a teammate</b>	<ol style="list-style-type: none"> <li>1. Create space for our teammates</li> <li>2. Move the ball quickly at different speeds</li> <li>3. Recognise when to dribble or pass to beat the defender</li> </ol>	<ol style="list-style-type: none"> <li>1. Dribble into forward areas changing directions</li> <li>2. Find the correct pass to move the ball away from the defender quickly</li> <li>3. Dribble and pass forwards at speed past a defender</li> </ol>

# Invasion Games

## Year 3

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To use different passes to send and receive to my teammates	<ol style="list-style-type: none"> <li>To play short distance passes to my teammates</li> <li>To play long distance passes to my teammates</li> <li>To play combined short and long-distance passes with my teammates</li> </ol>	<ul style="list-style-type: none"> <li>Play the ball softly to my teammate</li> <li>Play a flat pass with speed</li> <li>Play a variety of different weighted passes</li> </ul>
2	To be aware of what teammates I can pass to	<ol style="list-style-type: none"> <li>To look in different directions on and off the ball</li> <li>To pass the ball to different teammates</li> <li>To change directions and pass the ball</li> </ol>	<ul style="list-style-type: none"> <li>Check your shoulders to look for space</li> <li>Play a variety of different weighted passes</li> <li>Change my body position to face my teammates</li> </ul>
3	Dribbling into spaces to identify teammates to pass too	<ol style="list-style-type: none"> <li>To look for teammates when in possession of the ball</li> <li>To dribble the ball whilst looking for a teammate</li> <li>To change directions when dribbling to help pass in different directions</li> </ol>	<ul style="list-style-type: none"> <li>Check your shoulders to look for teammates in space</li> <li>Lift my head up to scan when dribbling</li> <li>Change directions when dribbling to face teammates to pass</li> </ul>
4	Dribbling the ball in different ways to beat a defender	<ol style="list-style-type: none"> <li>To use one hand/foot to dribble</li> <li>To change speed of movement when dribbling</li> <li>To change direction and speed past a defender</li> </ol>	<ul style="list-style-type: none"> <li>Use your fingertips / inside, outside of the foot to have control</li> <li>Take bigger touches of the ball when moving fast</li> <li>Move the ball into spaces away from the defender</li> </ul>
5	To know when to apply pressure to attackers	<ol style="list-style-type: none"> <li>To change my speed when moving towards an attacker</li> <li>To keep a close distance between you and the attacker</li> <li>To look for the opportunity to win the ball</li> </ol>	<ul style="list-style-type: none"> <li>Move quickly towards the attacker and then slow down your approach</li> <li>Make side stepping movements to keep my distance</li> <li>Identify when the ball is close to you</li> </ul>
6	How to intercept passes from attackers	<ol style="list-style-type: none"> <li>To keep a close distance between you and the attacker</li> <li>To have the correct body position</li> <li>Time your actions to intercept</li> </ol>	<ul style="list-style-type: none"> <li>Make side stepping movements to keep my distance</li> <li>Stand side on and bend your knees</li> <li>React and move quickly towards the ball</li> </ul>

# Invasion Games

## Year 4

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To use different sending techniques with teammates whilst on the move	<ol style="list-style-type: none"> <li>1. Travel into different spaces with a teammate</li> <li>2. Depending on the distance between teammates, select the right pass to make</li> <li>3. Using the 'W' shape with your hands to receive the ball</li> </ol>	<ul style="list-style-type: none"> <li>• Awareness of when and where to move</li> <li>• Select the correct pass and weight of pass</li> <li>• Receive the ball with control</li> </ul>
2	To be able to identify what teammates I can pass to, to effectively beat a defender	<ol style="list-style-type: none"> <li>1. Working in small groups, pass the ball between teammates</li> <li>2. Consider the type of pass to make depending on the defender's body position</li> <li>3. Making quick decisions on which teammate to pass to before moving into space</li> </ol>	<ul style="list-style-type: none"> <li>• Decision making on what pass to make</li> <li>• Awareness of where teammates are on the pitch</li> <li>• Selecting which teammate to pass to keep the ball away from the defender</li> </ul>
3	To dribble the ball into spaces to outmanoeuvre and get beyond a defender	<ol style="list-style-type: none"> <li>1. Changing speed to move with the ball avoiding the defender</li> <li>2. Control over the ball whilst dribbling</li> <li>3. Awareness of where the defender is</li> </ol>	<ul style="list-style-type: none"> <li>• Using 1 or 2 hands to dribble with the ball at speed</li> <li>• Keeping control over the ball whilst dribbling into space</li> <li>• Show awareness of the defenders' movements</li> </ul>
4	How to block and intercept an attacking player's actions	<ol style="list-style-type: none"> <li>1. To apply the correct body position</li> <li>2. Awareness of movement from attacking players</li> <li>3. Anticipate passes being made</li> </ol>	<ul style="list-style-type: none"> <li>• Approach attackers with speed</li> <li>• Body position (arms out)</li> <li>• React to passes being made between attackers</li> </ul>
5	To identify opportunities to apply pressure to attackers	<ol style="list-style-type: none"> <li>1. Decision making on what moment to press attackers</li> <li>2. Awareness of when to put pressure on players</li> <li>3. Win the ball high up the pitch</li> </ol>	<ul style="list-style-type: none"> <li>• Place pressure on attacking players quickly</li> <li>• Approach with speed and stay side on</li> <li>• Correct body position to slow down progressive play</li> </ul>
6	To know when to pass and when to beat a defender when playing a competitive game	<ol style="list-style-type: none"> <li>1. Understanding the different passes that can beat a defender</li> <li>2. Deciding who to pass to</li> <li>3. Creating space to move the ball to avoid the defender</li> </ol>	<ul style="list-style-type: none"> <li>• Decision making on what pass to make</li> <li>• Moving the ball at speed to beat a defender</li> <li>• Working as a team to maintain possession</li> </ul>



# Invasion Games

## Year 5

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>Recognising different ways to send and receive a ball when under pressure</b>	<ol style="list-style-type: none"> <li>To keep the ball moving when under pressure</li> <li>To select the style of pass, depending on the distance between teammates</li> <li>To add disguise to a pass</li> </ol>	<p>Can you move and protect the ball using fast actions and your body</p> <p>Can you play a flat pass at speed</p> <p>Can you apply a fake action to your pass</p>
2	<b>To protect the ball when under pressure from a defender</b>	<ol style="list-style-type: none"> <li>To apply the correct body position</li> <li>To keep the ball safe</li> <li>To protect the ball whilst on the move</li> </ol>	<p>Stand side on and bend your knees</p> <p>Use your leading arm to block and shield the attacker</p> <p>Keep the ball towards your back foot away from the attacker whilst moving</p>
3	<b>To identify when and where to press and attacker</b>	<ol style="list-style-type: none"> <li>To apply pressure to the player closest to you</li> <li>To close the distance between you and the attacker</li> <li>To apply pressure high up the pitch</li> </ol>	<p>Scan to look for a player to close</p> <p>Make side stepping movements to keep my distance</p> <p>Move into forward spaces at speed to slow down attackers</p>
4	<b>To create chances to score in a small, sided game</b>	<ol style="list-style-type: none"> <li>To combine passes in a small, sided game</li> <li>To pass and dribble forwards towards the goal</li> <li>Play a small, sided game</li> </ol>	<p>Pass and quickly find a space to receive the ball</p> <p>Scan and look for spaces when dribbling forward</p> <p>Move the ball into attacking areas</p>
5	<b>To understand my roles when working as an attacker and defender</b>	<ol style="list-style-type: none"> <li>To understand what an attacking player does</li> <li>To understand what a defending player does</li> <li>To play as an attacker and defender</li> </ol>	<p>Look to change speeds and find space up high up the pitch</p> <p>Look to have the correct side on body shape and close down an attacker</p> <p>Identify the signs of when to attack and when to defend</p>
6	<b>To know when to pass and when to beat a defender when playing a competitive game</b>	<ol style="list-style-type: none"> <li>Understanding the different passes to make to beat a defender</li> <li>Deciding who to pass to</li> <li>Creating space to move the ball to avoid the defender</li> </ol>	<p>Decision making on what pass to make</p> <p>Moving the ball at speed to beat a defender</p> <p>Working as a team to maintain possession</p>

# Invasion Games

## Year 6

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To recognising and use specific passes when outnumbered and pressured by defenders	<ol style="list-style-type: none"> <li>To decide on the type of pass to make</li> <li>To react quickly</li> <li>To be aware of where the defender is</li> </ol>	<ul style="list-style-type: none"> <li>Decision making on the type of pass</li> <li>Awareness of defender to pass away from them</li> <li>Receive the ball, keeping it under control</li> </ul>
2	To recognise when to and how to protect the ball when outnumbered by defenders	<ol style="list-style-type: none"> <li>Body position, keeping the ball away from the defender(s)</li> <li>Control over the ball whilst keeping it in your possession</li> <li>Awareness of where the space is to move into</li> </ol>	<ul style="list-style-type: none"> <li>Body position – Use your body as a shield</li> <li>Moving the ball quickly and under control</li> <li>Decision making on whether to protect or move with the ball</li> </ul>
3	To apply defensive pressure with speed	<ol style="list-style-type: none"> <li>Move quickly towards attackers</li> <li>Body position – Slow the attacker down</li> <li>Anticipate where the attacker wants to move to</li> </ol>	<ul style="list-style-type: none"> <li>Defender to move with speed and control towards the attacking player</li> <li>Ensure your body is at an angle to be able to move quickly from one side to another to slow play down</li> <li>Make the decision on which player to put pressure on and when</li> </ul>
4	To create individual and team scoring chances in a small, sided game	<ol style="list-style-type: none"> <li>Work with teammates to move in front of the oppositions goal</li> <li>Decide when to take a shot</li> <li>Use passing with teammates to create the opportunity to shot at goal</li> </ol>	<ul style="list-style-type: none"> <li>Move the ball into attacking areas</li> <li>Scan to see if you should pass or shoot in front of goal</li> <li>Control your shot and aim using your body</li> </ul>
5	To apply attacking and defending principles at the right moments during games	<ol style="list-style-type: none"> <li>To know when and where to create space</li> <li>Awareness of when to attack goal</li> <li>Working as a team to close down attacking players</li> </ol>	<ul style="list-style-type: none"> <li>Decision making – when to attack to score or when to press players whilst defending</li> <li>Work as a team in both attack and defence by having good shape</li> <li>React with speed and urgency</li> </ul>
6	To create tactics to attack and defend effectively in a game	<ol style="list-style-type: none"> <li>Consider the conditions being put on the game</li> <li>During the game, how can the team attack the opposition when in possession</li> <li>Whilst defending, what can the team do to delay/deny in the opposition team from scoring</li> </ol>	<ul style="list-style-type: none"> <li>Understanding how as a team, we can attack to score</li> <li>Aware of when to delay attackers from scoring as a defender</li> <li>Knowing when to apply the tactic during a game</li> </ul>

# Net and Wall

## Year 1

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To strike the ball out of your hand	<ol style="list-style-type: none"> <li>To hold the racket correctly with one hand</li> <li>To hold the racket and ball in either hand correctly</li> <li>To strike the ball out of your hand</li> </ol>	<ul style="list-style-type: none"> <li>Keep a firm grip on the racket</li> <li>Eyes on the ball as your striking</li> <li>Smooth motion to follow through when striking the ball</li> </ul>
2	To strike the ball out of your hand consistently	<ol style="list-style-type: none"> <li>Recap our knowledge on holding the racket correctly</li> <li>Recap our knowledge on striking the ball out of our hand</li> <li>To strike the ball out of our hand consistently</li> </ol>	<ul style="list-style-type: none"> <li>Set yourself up properly before striking (don't rush)</li> <li>Eyes on the ball as your striking</li> <li>Smooth motion to follow through when striking the ball</li> </ul>
3	To work on the 'serve' striking technique	<ol style="list-style-type: none"> <li>To practice throwing the ball up in the air</li> <li>To work on striking the ball to complete a serve</li> <li>To time our swing when we throw the ball in the air</li> </ol>	<ul style="list-style-type: none"> <li>Throw the ball just above your head</li> <li>Give the ball a "high five" when striking</li> <li>Side-on body shape and follow through motion when striking</li> </ul>
4	To hit the ball to a certain direction when performing the serve	<ol style="list-style-type: none"> <li>To work more on throwing the ball in the air</li> <li>To practice and perform a serve</li> <li>To strike the ball forwards when serving</li> </ol>	<ul style="list-style-type: none"> <li>Remember to use the 'high five' technique when striking</li> <li>Eyes on the ball during the serving process</li> <li>Side-on body shape and follow through motion when striking</li> </ul>
5	To strike a ball that is thrown in your direction	<ol style="list-style-type: none"> <li>To set yourself before striking the ball</li> <li>To time your swing so you hit the ball</li> <li>To keep your eyes on the ball</li> </ol>	<ul style="list-style-type: none"> <li>Racket to the side of your body to get ready</li> <li>Firm, not tight grip on racket</li> <li>Side-on body shape and follow through motion when striking</li> </ul>
6	To serve a ball to a partner and return one that is hit to you	<ol style="list-style-type: none"> <li>To stand an appropriate distance away from my partner</li> <li>To attempt to serve the ball in my partners direction</li> <li>To return a ball that is served towards me</li> </ol>	<ul style="list-style-type: none"> <li>Remind ourselves of the 'serving' and 'returning' technique</li> <li>Eyes on the ball</li> <li>Side-on body shape and follow through motion when striking</li> </ul>

# Net and Wall

## Year 2

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To strike the ball out of your hand consistently	<ul style="list-style-type: none"> <li>To be able hold the racket correctly</li> <li>To be able to hold the racket and ball correctly before striking</li> <li>To think about how much power we would put into our swing</li> </ul>	<ul style="list-style-type: none"> <li>Eyes on the ball</li> <li>Start your swing as soon as you drop the ball from chest height</li> <li>Smooth motion to follow through when striking the ball</li> </ul>
2	To strike the ball out of your hand consistently with good power and connection	<ul style="list-style-type: none"> <li>To improve our swing of our racket</li> <li>To improve our accuracy of our strikes</li> <li>To improve the connection on the ball from the racket</li> </ul>	<ul style="list-style-type: none"> <li>Eyes on the ball</li> <li>Have the racket face facing the way you want the ball to go</li> <li>Side stance and transfer weight from back to front foot</li> </ul>
3	To work and improve on our 'serving' technique	<ul style="list-style-type: none"> <li>To practice throwing the ball into the air with good consistency</li> <li>To swing our racket at the right time</li> <li>To hold our racket correctly during the swing</li> </ul>	<ul style="list-style-type: none"> <li>Give the ball a 'high five' when striking it</li> <li>Throw the ball just above your head at the beginning of the serve</li> <li>Smooth motion to follow through when striking the ball</li> </ul>
4	To consistently 'serve' the ball to a general direction	<ul style="list-style-type: none"> <li>To know how to perform the serve technique with good execution</li> <li>To connect with the ball in the middle of the racket consistently</li> <li>To be able to control the amount of power you put on your serve</li> </ul>	<ul style="list-style-type: none"> <li>Stand in position on the balls of your feet, with slightly bent knees</li> <li>Eyes on the ball</li> <li>Smooth motion to follow through when striking the ball</li> </ul>
5	To experiment with the power of our striking	<ul style="list-style-type: none"> <li>To think about the follow through of our swing</li> <li>To be able to control the power of our striking (soft and hard)</li> <li>To attempt to still get loft on the ball even when changing our power</li> </ul>	<ul style="list-style-type: none"> <li>Keep in control of our swing to control our power</li> <li>To still hit the ball up into the air</li> <li>Smooth motion to follow through when striking the ball</li> </ul>
6	To return a ball consistently from somebody who serves it in your direction	<ul style="list-style-type: none"> <li>To strike the ball with good accuracy towards a partner</li> <li>To get loft on the ball so your partner can return it back</li> <li>To keep your power under control when striking</li> </ul>	<ul style="list-style-type: none"> <li>Swing your racket as the ball gets close</li> <li>Smooth motion to follow through when striking the ball</li> <li>Wait for the ball to bounce to judge where you will swing your racket</li> </ul>

# Net and Wall

## Year 3

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To explore some individual racket skills	<ol style="list-style-type: none"> <li>To listen to the coach and copy what they do to the best of your abilities</li> <li>To keep our power under control when we are hitting the ball to ourselves</li> <li>To keep hold of your racket correctly throughout and be safe and considerate of others</li> </ol>	<ul style="list-style-type: none"> <li>To keep your eyes on the ball</li> <li>To keep your feet planted on the ground whilst doing the racket skills</li> <li>To control the speed and connection with the racket</li> </ul>
2	To establish and improve on our serving technique	<ol style="list-style-type: none"> <li>To throw the ball into the air with good accuracy and power</li> <li>To strike the ball with the middle of the racket consistently</li> <li>To improve our technique over the course of the session</li> </ol>	<ul style="list-style-type: none"> <li>Give the ball a 'high five' when striking it</li> <li>Keep your body in control when serving (no falling over)</li> <li>Connection with part of racket and part of ball</li> </ul>
3	To return a ball that is hit to you with good consistency	<ol style="list-style-type: none"> <li>To attempt to return the ball back in the general direction it came from</li> <li>To control the power of our return shot</li> <li>To work on and improve our accuracy of our shots as the session goes on</li> </ol>	<ul style="list-style-type: none"> <li>Plant your feet when you're about to strike</li> <li>Aim for one bounce back to your partner</li> <li>Connection with part of racket and part of ball</li> </ul>
4	To identify and work on a forehand shot	<ol style="list-style-type: none"> <li>To understand the correct swing motion for a forehand shot</li> <li>To time our swing as the ball bounces back up from the ground</li> <li>To gradually improve our execution of the forehand shot over the course of the session</li> </ol>	<ul style="list-style-type: none"> <li>Hit the ball in the middle of the face of the racket</li> <li>Swing the racket across the body as you make connection with the ball</li> <li>Follow through action after hitting the ball</li> </ul>
5	To attempt to hit the ball over a net	<ol style="list-style-type: none"> <li>To understand what a net is and why we use it in tennis</li> <li>To work on our forehand shot and try to get it over the net</li> <li>To think about the power we use and to get it in the 'good' zone</li> </ol>	<ul style="list-style-type: none"> <li>Hit the ball up to get it over the net</li> <li>Keep your swing under control to keep your shot under control</li> <li>Follow through action after hitting the ball</li> </ul>
6	To attempt to return a ball from a partner over a net	<ol style="list-style-type: none"> <li>To use our serve and forehand strokes regularly</li> <li>To show decent technique on both our serve and forehand shot</li> <li>To attempt to return the ball after it's bounced once</li> </ol>	<ul style="list-style-type: none"> <li>Eyes on the ball as it comes towards you</li> <li>Plant your feet as the ball comes towards you when performing a forehand shot</li> <li>Follow through action after hitting the ball</li> </ul>

# Net and Wall

## Year 4

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To work on and improve some individual racket skills</b>	<ol style="list-style-type: none"> <li>To be able to complete more of the basic racket skills with decent success</li> <li>To improve on our control of the ball over the course of the session</li> <li>To be creative and think of one racket skill ourselves</li> </ol>	<ul style="list-style-type: none"> <li>Eyes on the ball</li> <li>Nice and soft with your connection to the ball to keep it under control</li> <li>Connection with ball and racket</li> </ul>
2	<b>To serve the ball consistently towards a general direction</b>	<ol style="list-style-type: none"> <li>To identify and improve on our serving technique</li> <li>To control our power and serve the ball into the 'safe' zone</li> <li>To throw the ball above our heads with consistent power and good execution</li> </ol>	<ul style="list-style-type: none"> <li>Give your ball a 'high five' when striking</li> <li>Throw the ball just above your head before serving</li> <li>Body shape to support serve</li> </ul>
3	<b>To serve and return a ball using a forehand shot</b>	<ol style="list-style-type: none"> <li>To perform a serve with decent technique</li> <li>To identify and work on a forehand shot</li> <li>To work with a partner and perform an accurate serve and forehand shot in the same rally</li> </ol>	<ul style="list-style-type: none"> <li>Plant your feet as your about to return the ball</li> <li>Ensure to get loft on the ball to make it over to your partner</li> <li>Ensure your racket goes across your body when performing a forehand shot</li> </ul>
4	<b>To strike the ball over a net to a partner</b>	<ol style="list-style-type: none"> <li>To use our serve and forehand shot to strike over the net</li> <li>To look where our partner is before striking and attempt to aim it in their direction</li> <li>To improve on our technique of both shots as the session goes on</li> </ol>	<ul style="list-style-type: none"> <li>Ensure to get loft on the ball to make it over to your partner</li> <li>Move our feet to make it to the ball</li> <li>Follow through after striking the ball</li> </ul>
5	<b>To be able to perform a rally with a partner</b>	<ol style="list-style-type: none"> <li>To stay relatively close to your partner when playing together</li> <li>To control your swing when striking</li> <li>To try and regulate our power so the ball gets close to our partner</li> </ol>	<ul style="list-style-type: none"> <li>Time your swing so you make good connection with the ball</li> <li>Hit the ball 'up' to give your partner a better chance of returning</li> <li>Move your feet to make sure you don't over stretch for the ball</li> </ul>
6	<b>To be able to identify what is 'in' or 'out' in a tennis match and play a short game</b>	<ol style="list-style-type: none"> <li>To fully understand when a ball is 'in' or 'out' and be able to identify this when playing</li> <li>To work with a partner to referee your own tennis match fairly</li> <li>To incorporate the serve and forehand shot into a competitive environment</li> </ol>	<ul style="list-style-type: none"> <li>The forward swing should be from low to high</li> <li>Aim for the corners of the court to give yourself better chance of winning the point</li> <li>Move around the area to return the ball</li> </ul>

# Net and Wall

## Year 5

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To be able to return a ball that is hit to you with some success	<ol style="list-style-type: none"> <li>To be able to control our swing of the racket</li> <li>To keep a firm, but not tight grip on the racket whilst playing</li> <li>To remember to hit the ball up so your partner has a good chance of returning</li> </ol>	<ul style="list-style-type: none"> <li>Keep your eyes on the ball</li> <li>Create a wide base for stability</li> <li>Follow through motion once you strike the ball</li> </ul>
2	To identify what a serve is and improve on our technique	<ol style="list-style-type: none"> <li>To identify and improve on our serving technique</li> <li>To improve on our power of the serve over the course of the session</li> <li>To attempt to serve the ball into the 'good' zone</li> </ol>	<ul style="list-style-type: none"> <li>Give your ball a 'high five' when striking</li> <li>Throw the ball just above your head before serving</li> <li>Follow through motion once you strike the ball</li> </ul>
3	To serve the ball with a good technique towards a partner	<ol style="list-style-type: none"> <li>To improve our accuracy of the serve over the course of the session</li> <li>To improve our execution of all aspects of the serve over the course of the session</li> <li>To strike the ball in the middle of the racket consistently</li> </ol>	<ul style="list-style-type: none"> <li>Aim for the ball to bounce just before your partner</li> <li>Rhythm over power</li> <li>Work on power once you have understood your correct rhythm</li> </ul>
4	To identify what a forehand stroke is and work on that	<ol style="list-style-type: none"> <li>To understand how to perform a forehand stroke</li> <li>To improve on our forehand stroke over the course of the session</li> <li>To return a serve with the forehand stroke with decent accuracy back to your partner</li> </ol>	<ul style="list-style-type: none"> <li>When ready to strike the ball, transfer body weight from back to front foot</li> <li>Make contact with the ball at around waist height</li> <li>Follow through motion once you strike the ball</li> </ul>
5	To work with a partner in a doubles scenario and have a short rally with another pair	<ol style="list-style-type: none"> <li>To understand how a doubles game works</li> <li>To collaborate with your doubles partner and be a cohesive unit</li> <li>To be able to perform a good serve and forehand shot in a competitive environment</li> </ol>	<ul style="list-style-type: none"> <li>Attack the middle of the court when hitting to opponents</li> <li>Have good communication with your partner at all times</li> <li>Move around the court to return the ball</li> </ul>
6	To understand what the rules system is in tennis and use it in a singles match	<ol style="list-style-type: none"> <li>To fully understand what the scoring system is</li> <li>To be able to referee a tennis match without the help of an adult</li> <li>To identify when a shot is 'in' or 'out' and make the correct decisions in a competitive environment</li> </ol>	<ul style="list-style-type: none"> <li>Referee the game fairly</li> <li>Offer praise and encouragement for opponents</li> <li>Use the full extents of the court to your advantage</li> </ul>

# Net and Wall

## Year 6

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	<b>To create my own individual racket skills</b>	<ol style="list-style-type: none"> <li>To be imaginative and think of some own racket skills which test my skills</li> <li>To keep the ball under control whilst performing these skills</li> <li>To collaborate with a small group to share ideas</li> </ol>	<ul style="list-style-type: none"> <li>Eyes on the ball</li> <li>Nice and soft with your connection to the ball to keep it under control</li> <li>Move body to support skills</li> </ul>
2	<b>To work on our serve and forehand strokes</b>	<ol style="list-style-type: none"> <li>To identify what a serve and forehand stroke is</li> <li>To attempt to play both strokes to a partner</li> <li>To attempt to play both strokes to a 'good' zone</li> </ol>	<ul style="list-style-type: none"> <li>Eyes on the ball</li> <li>For serving, stand in position on the balls of your feet, with slightly bent knees</li> <li>The racket will follow through, finishing to the left of the shoulder (if your right-handed)</li> </ul>
3	<b>To improve our technique of our serve and forehand strokes</b>	<ol style="list-style-type: none"> <li>To improve on our execution of both strokes</li> <li>To attempt to play both strokes to a specific area of the court</li> <li>To attempt to play the ball so it bounces in front of your partner</li> </ol>	<ul style="list-style-type: none"> <li>Eyes on the ball</li> <li>For the forehand stroke, when ready to strike the ball, transfer body weight from back to front foot</li> <li>Rotate your body quickly to face forwards</li> </ul>
4	<b>To explore the backhand stroke technique</b>	<ol style="list-style-type: none"> <li>To identify what a backhand stroke is</li> <li>To play a stroke to a partner that gives them the opportunity to perform a backhand shot</li> <li>To attempt to hit a backhand stroke towards a partner</li> </ol>	<ul style="list-style-type: none"> <li>Feet should be shoulder width apart</li> <li>Should be on the balls of your feet to increase speed of movement</li> <li>Follow through motion when striking the ball</li> </ul>
5	<b>To identify what is 'in' or 'out' in tennis and understand the scoring system</b>	<ol style="list-style-type: none"> <li>To identify when a shot is 'in' or 'out' and make the correct decisions in a competitive environment</li> <li>To fully understand what the scoring system is and work together with an opponent to keep an accurate score of a match</li> <li>To briefly referee a classmates tennis match to a decent standard</li> </ol>	<ul style="list-style-type: none"> <li>Full focus on refereeing</li> <li>Ask for help if you are unsure of something</li> <li>Make the decision and be assured of it</li> </ul>
6	<b>To work with a double and play a tennis match using the scoring system</b>	<ol style="list-style-type: none"> <li>To collaborate successfully with your doubles partner and be a cohesive unit</li> <li>To understand how to effectively use the court when you're working with a teammate</li> <li>To successfully referee a tennis match fairly in a competitive environment</li> </ol>	<ul style="list-style-type: none"> <li>Understand where to position yourself when you/your team is serving</li> <li>Understand where to position yourself when your team is not serving</li> <li>Constant communication with your teammate is the best strategy</li> </ul>



# Striking And Fielding

## Year 1

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To work on our throwing and catching skills with a tennis ball	<ol style="list-style-type: none"> <li>To work on controlling the power of our throws</li> <li>To work on our catching technique by trapping the ball</li> <li>To position our hands in the correct place when ready to catch the ball</li> </ol>	<ol style="list-style-type: none"> <li>Keep your eyes on the ball</li> <li>Move your body under the ball and create a cup with your hands to catch it</li> <li>Trap the ball by clutching it to your chest as you catch</li> </ol>
2	To experiment with different types of throws and rolls of a tennis ball	<ol style="list-style-type: none"> <li>To watch the coach and copy them to the best of their abilities</li> <li>To work on our accuracy and technique of our rolls</li> <li>To work on our execution of throws (throwing down, throwing up)</li> </ol>	<ol style="list-style-type: none"> <li>When rolling, keep your swinging arm below your chest</li> <li>When bouncing the ball, wait for it to bounce before judging where to position your hands to catch</li> <li>Create a cup with your hands to receive the ball</li> </ol>
3	To attempt to throw a ball at various targets	<ol style="list-style-type: none"> <li>To work on our technique of our throws</li> <li>To improve on our accuracy of our throws over the course of the session</li> <li>To perform different types of throws towards our targets</li> </ol>	<ol style="list-style-type: none"> <li>Face your target whilst throwing</li> <li>Use your opposite arm to aim towards the target</li> <li>Position your feet to create a solid stance to throw</li> </ol>
4	To attempt to roll a ball at various targets	<ol style="list-style-type: none"> <li>To roll the ball along the floor with minimal bounces</li> <li>To gradually improve our technique of rolling towards a target</li> <li>To have a go at rolling the ball with our weaker hand</li> </ol>	<ol style="list-style-type: none"> <li>When rolling, don't swing your arm above your chest to keep it under control</li> <li>Release the ball at its lowest point</li> <li>Keep your hand pointing at the target after you've released it</li> </ol>
5	To experiment striking a ball with a tennis racket	<ol style="list-style-type: none"> <li>To work on controlling our swing of the racket</li> <li>To work on striking the ball in the middle of the racket</li> <li>To try and hit the ball forwards</li> </ol>	<ol style="list-style-type: none"> <li>Eyes on the ball</li> <li>Hold the racket to the side of you with one hand on it</li> <li>Have the 'face' of the racket facing forwards</li> </ol>
6	To experiment striking a ball with a cricket bat	<ol style="list-style-type: none"> <li>To grip the bat with two hands</li> <li>To judge where to swing your bat after it bounces</li> <li>To throw your ball to a partner so they can strike it</li> </ol>	<ol style="list-style-type: none"> <li>The bat face should be facing down to the ground when getting ready</li> <li>Hit the ball with the flat side of the bat</li> <li>Keep a strong wrist and arm action when striking</li> </ol>

# Striking And Fielding

## Year 2

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To work on our throwing and catching skills with a tennis ball	<ol style="list-style-type: none"> <li>To be able to control the amount of power we put on our throws</li> <li>To work on our catching skills and trapping the ball</li> <li>To have a go at throwing the ball with our left and right hand</li> </ol>	<ul style="list-style-type: none"> <li>Trap the ball by clutching it close to your chest</li> <li>Create a cup shape with your hands to catch the ball</li> <li>Use your non-throwing arm to balance/aim</li> </ul>
2	To explore the barrier fielding technique	<ol style="list-style-type: none"> <li>To understand why we perform the long barrier when fielding</li> <li>To have a go performing the long barrier whilst from a stationary position</li> <li>To work on running towards the ball and getting into the long barrier position</li> </ol>	<ul style="list-style-type: none"> <li>Move towards the ball at a controlled speed</li> <li>Body shape of long barrier</li> <li>Pick up the ball and bring it into the body</li> </ul>
3	To attempt to roll/throw the ball to the direction of a teammate	<ol style="list-style-type: none"> <li>To attempt to perform the long barrier when a ball is rolling towards you</li> <li>To work on our accuracy of our throws/rolls</li> <li>To try and control the amount of power we are putting on our rolls/throws</li> </ol>	<ul style="list-style-type: none"> <li>Use your non-throwing hand to aim towards your teammate</li> <li>Use the correct power when throwing/rolling</li> <li>Body shape to support the roll/throw</li> </ul>
4	To attempt to throw/roll a ball towards a wicket	<ol style="list-style-type: none"> <li>To understand what a wicket is and why you want to hit it</li> <li>To try and bounce the ball once before reaching the wicket</li> <li>To work on releasing the ball at the correct time</li> </ol>	<ul style="list-style-type: none"> <li>When throwing, release the ball when your throwing hand is facing towards the target</li> <li>Throwing arm swings forward, keeping the speed the same</li> <li>Side on body stance</li> </ul>
5	To work on and improve our striking with a tennis racket	<ol style="list-style-type: none"> <li>To improve the swing of our racket</li> <li>To work on consistently striking the ball with the middle of the racket</li> <li>To time the swing of the racket correctly with decent success</li> </ol>	<ul style="list-style-type: none"> <li>Hold the racket to the side of you with one hand on it</li> <li>When you see the ball coming, turn side on so you can prepare for your swing</li> <li>Follow through motion after striking the ball</li> </ul>
6	To work on and improve our striking with a cricket bat	<ol style="list-style-type: none"> <li>To work on striking the ball with the middle of the bat</li> <li>To attempt to strike the ball in 2 different directions</li> <li>To throw the ball to a teammate accurately for them to strike it</li> </ol>	<ul style="list-style-type: none"> <li>Wait for the ball to bounce before beginning your swing</li> <li>Lean into the ball as you hit it</li> <li>Keep a strong wrist and arm position</li> </ul>

# Striking And Fielding

## Year 3

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To work on our throwing and catching skills with a tennis ball and to experiment one handed throwing and catching	<ol style="list-style-type: none"> <li>To be able to consistently throw the ball over our head with our left and right hand</li> <li>To work on our one-handed catching technique with our left and right hand</li> <li>To work on our catching skills and trapping the ball</li> </ol>	<ul style="list-style-type: none"> <li>Keep your eyes on the ball</li> <li>When one handed catching, open palm and close the fingers as soon as the ball makes contact</li> <li>Have the palms of your hands facing upwards</li> </ul>
2	To work on the barrier technique and improve on it throughout the session	<ol style="list-style-type: none"> <li>To understand the barrier technique and get into position quickly</li> <li>To be able to run then transition quickly into the barrier</li> <li>To be able judge a flight path of a ball and field with some success</li> </ol>	<ul style="list-style-type: none"> <li>No gaps at all when in the barrier position</li> <li>Cup your hands with the palms facing towards the ball so you can easily pick up</li> <li>Keep your eyes on the ball as it travels</li> </ul>
3	To work with a partner and improve on our execution of our throwing/rolling skills	<ol style="list-style-type: none"> <li>To be able to control the power of our throws/rolls</li> <li>To be able to accurately throw a ball to a teammate who is stood close (5-10m away)</li> <li>To work on and improve the accuracy of our underarm and overarm throws</li> </ol>	<ul style="list-style-type: none"> <li>Pick the right time to move into the barrier position (when the ball is a few metres away)</li> <li>When rolling, release the ball at its lowest point to ensure it goes along the ground</li> <li>Keep eyes on the ball as it's travelling</li> </ul>
4	To identify what a cricket bowling action is and have a go at it	<ol style="list-style-type: none"> <li>To understand what a bowling action is</li> <li>To use our non-throwing hand to aim towards the target/wicket</li> <li>To fully rotate our throwing hand like a 'windmill' and release the ball at the right time</li> </ol>	<ul style="list-style-type: none"> <li>Plant your front foot down as you begin your windmill</li> <li>Use windmill technique to bowl ball</li> <li>Release the ball at the correct time (coach to show when to release it)</li> </ul>
5	To bowl a ball to a teammate who will strike it using a tennis racket	<ol style="list-style-type: none"> <li>To try and bowl a ball to a teammate with no more than one bounce</li> <li>To improve on our accuracy of our bowling throughout the course of the session</li> <li>To work on our striking ability with a racket and hit the ball in the middle of the 'face'</li> </ol>	<ul style="list-style-type: none"> <li>When bowling, start with the hand you're bowling with close to your ear before beginning the windmill</li> <li>When striking, wait for the ball to bounce before starting your swing</li> <li>Keep your eyes on the ball</li> </ul>
6	To strike a ball and understand the concept of running to earn points	<ol style="list-style-type: none"> <li>To understand how to score points in a quick cricket game</li> <li>To get into the rhythm of striking then running to earn points</li> <li>To work on our fielding skills and getting the ball back to the bowler</li> </ol>	<ul style="list-style-type: none"> <li>Make sure to run straight after hitting the ball</li> <li>Keep your focus when playing and keep working on your technique of your skills</li> <li>Judge when not to run</li> </ul>

# Striking And Fielding

## Year 4

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To work on and improve our throwing/catching/rolling skills with a partner	<ol style="list-style-type: none"> <li>To work on our under/overarm throwing skills to a partner</li> <li>To be able to roll the ball to a teammate with consistently good accuracy</li> <li>To have a go at throwing the ball with our weaker hand</li> </ol>	<ul style="list-style-type: none"> <li>Be clever and figure out what type of throw to do depending on the distance</li> <li>When doing a long-distance throw, transfer your weight from back foot to front foot for increased power</li> <li>Decide on whether to use one or two hands to catch</li> </ul>
2	To move towards the ball and use the 'barrier' technique to good effect	<ol style="list-style-type: none"> <li>To understand what the barrier is and practice it when stationary and when moving</li> <li>To figure out when the right time is to perform the barrier</li> <li>To be able to transition from a run to the barrier in a good swift motion</li> </ol>	<ul style="list-style-type: none"> <li>Slow down when approaching the ball to get yourself in the barrier</li> <li>No gaps in your barrier position when you're in it</li> <li>Hands together in a cup shape, with your palms facing outwards towards the ball</li> </ul>
3	To understand a cricket bowling action and improve on our technique	<ol style="list-style-type: none"> <li>To identify a cricket bowling action and rotate our throwing arm fully</li> <li>To aim for one bounce to our partner when bowling</li> <li>To attempt to incorporate a run up into our bowling action</li> </ol>	<ul style="list-style-type: none"> <li>The ball should be released just after the hand reaches the highest point</li> <li>Extend your non-throwing arm and aim it towards your target to help you with your accuracy</li> <li>Follow through motion after releasing</li> </ul>
4	To practice our striking skills with a cricket bat	<ol style="list-style-type: none"> <li>To be able to strike the ball with the middle of the bat</li> <li>To have a go at striking the ball to the left and right of you</li> <li>To be able to bowl the ball close to the batter so they can hit it</li> </ol>	<ul style="list-style-type: none"> <li>Begin your swing of the bat after the ball has bounced</li> <li>Lean into the ball as you hit it</li> <li>Body stance to support strike</li> </ul>
5	To understand how to get people out in cricket and attempt to do so in small-sided activities	<ol style="list-style-type: none"> <li>To understand the various ways of getting someone out in cricket</li> <li>To have a go at running someone out</li> <li>To understand when the right time to run is</li> </ol>	<ul style="list-style-type: none"> <li>When striking, aim to keep the ball low so you don't get caught out</li> <li>Look where the fielders are before you run to ensure you have the right amount of time to make it back to the wicket safely</li> <li>Act quickly to get someone out</li> </ul>
6	To take part in supervised small sided quick cricket matches and take part in all aspects of the game	<ol style="list-style-type: none"> <li>To fully understand the rules of quick cricket</li> <li>To be able to perform various skills of cricket to a decent standard</li> <li>To incorporate the barrier into our fielding skills and use it in a competitive environment</li> </ol>	<ul style="list-style-type: none"> <li>Think about the timing of everything you do and work on that</li> <li>Use different types of throws depending on the distance away from your target</li> <li>When striking, look for the gaps to play into in order to get more runs</li> </ul>

# Striking And Fielding

## Year 5

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To work on our underarm and overarm pitching skills and pitch towards a partner	<ol style="list-style-type: none"> <li>To work on getting a loft on our throws</li> <li>To work on our accuracy of our throws to a partner</li> <li>To work on our catching skills both one handed and two handed</li> </ol>	<ul style="list-style-type: none"> <li>Use your non-throwing hand to aim towards your target</li> <li>Be light on your feet as you may need to move quickly to meet the ball</li> <li>Body shape to support the pitch</li> </ul>
2	To work on and improve all aspects of our fielding skills	<ol style="list-style-type: none"> <li>To be able to field the ball well by using a long barrier when its rolling on the floor</li> <li>To be able to judge the bounce of the ball when its coming towards you and stop it from going past you</li> <li>To be able to throw the ball medium/long distance with decent accuracy</li> </ol>	<ul style="list-style-type: none"> <li>Cup your hands when the ball is approaching and close fingers immediately after you make contact</li> <li>No gaps in your long barrier. Hands should be able to move left and right freely when in the barrier</li> <li>Decision making round how to field the ball, using quick reactions</li> </ul>
3	To practice our striking of the ball with a rounders bat	<ol style="list-style-type: none"> <li>To try our best in striking the ball with the middle of the rounders bat</li> <li>To attempt to get loft and distance on our strikes</li> <li>To have a go at hitting the ball into different directions</li> </ol>	<ul style="list-style-type: none"> <li>Swing the bat from low to high</li> <li>Look for gaps in the field to strike the ball into</li> <li>Side on body stance transferring body weight forward when striking the ball</li> </ul>
4	To improve on our pitching skills and our striking of the ball with a rounders bat	<ol style="list-style-type: none"> <li>To be able to consistently pitch the ball to the batter with a ball they would be able to strike</li> <li>To improve on our consistency of our connections with the middle of the rounders bat</li> <li>To be able to pitch the ball at different speeds</li> </ol>	<ul style="list-style-type: none"> <li>Plant your feet before you strike to give yourself a solid core</li> <li>Lean into the strike to give yourself more power</li> <li>Use not striking hand for balance</li> </ul>
5	To understand the scoring system in rounders and play a supervised game	<ol style="list-style-type: none"> <li>To understand how to get a full rounder and a half rounder</li> <li>To be clever as a fielder and use your tactical nous to run a batter out</li> <li>To use our batting/fielding/pitching skills and take it into a competitive environment</li> </ol>	<ul style="list-style-type: none"> <li>When fielding, need to have good communication with teammates to field as quick as possible</li> <li>Study the batters striking placement to put yourself in the best fielding position</li> <li>Quick reactions and teamwork</li> </ul>
6	To be able to play a small-sided rounders game and referee it independently	<ol style="list-style-type: none"> <li>To use our batting/fielding/pitching skills and take it into a competitive environment</li> <li>To have a go doing all aspects of the fielding side of the game (pitching, on base, in the field)</li> <li>To keep score of your own game and ensure it runs smoothly without an adult having to intervene</li> </ol>	<ul style="list-style-type: none"> <li>Be fair, encourage your teammates as best you can</li> <li>Develop a good team spirit</li> <li>Stay focused and have quick reactions whilst the game is being played</li> </ul>

# Striking And Fielding

## Year 6

Lesson	Learning Objective	Lesson Stages	Coaching Points
1	To identify what a bowling action looks like and attempt to bowl it at a wicket	<ol style="list-style-type: none"> <li>To work on and improve our technique of our bowling action</li> <li>To attempt to get the ball to bounce one time before it reaches the wicket</li> <li>To improve on our fluidity of our bowling action</li> </ol>	<ul style="list-style-type: none"> <li>Plant your front foot before you bowl</li> <li>'Bite the apple then make a 6' when performing the bowl</li> <li>Body position on approach to support bowling action</li> </ul>
2	To incorporate a run into our bowling action and to work on our wicketkeeping skills	<ol style="list-style-type: none"> <li>To identify the right length for our run up</li> <li>To understand how a wicketkeeper positions themselves when facing a delivery</li> <li>To attempt to bowl the ball to the wicketkeeper with good accuracy</li> </ol>	<ul style="list-style-type: none"> <li>When wicketkeeping, ensure you have quick reactions to move towards the ball and give you the best opportunity to catch</li> <li>Plant your foot down just before you perform the cricket bowl</li> <li>Balance speed and accuracy</li> </ul>
3	To work on the barrier technique and get our teammate to use it in challenging fielding situations	<ol style="list-style-type: none"> <li>To identify the barrier and be able to get into the position swiftly and correctly</li> <li>To be able to throw the ball to our teammate with good accuracy but also able to challenge them by throwing it to the sides</li> <li>To be able to pick the ball up in the barrier, stand up quickly and throw it back</li> </ol>	<ul style="list-style-type: none"> <li>Get in line with the ball and get your whole body behind the ball</li> <li>With fingers down and head forward, pick up the ball and then stand back up ready to deliver an overarm throw</li> <li>Timing of run and barrier</li> </ul>
4	To work on our striking of the ball and aim to hit it in different directions	<ol style="list-style-type: none"> <li>To attempt to strike the ball at pace across the ground</li> <li>To hit the ball to the left and right of ourselves</li> <li>To attempt to play the ball through the gaps in the field</li> </ol>	<ul style="list-style-type: none"> <li>Look for the gaps in the field before the ball comes in to give you an idea where to play to</li> <li>Keep the shot low to avoid being caught out</li> <li>Use power and accuracy</li> </ul>
5	To understand the quick cricket rules and practice playing a supervised game	<ol style="list-style-type: none"> <li>To be able to judge how many runs to do without being run out</li> <li>To have a go performing all roles in a quick cricket match</li> <li>To work with your teammates to keep track of the score</li> </ol>	<ul style="list-style-type: none"> <li>Look at fielder's positions before deciding to run to avoid being ran out</li> <li>Vary your shot placement to keep it unpredictable for the fielding team</li> <li>Decision making of how to strike the ball</li> </ul>
6	To be able to play a small sided quick cricket game and referee it with only minimal assistance by an adult	<ol style="list-style-type: none"> <li>To be able to show maturity by umpiring a quick cricket fairly and correctly</li> <li>To be able to improve on the accuracy of our bowling/fielding throughout the session</li> <li>To be able to have a go at being a cricket captain and sort out field placement for your team</li> </ol>	<ul style="list-style-type: none"> <li>When being the captain, spread the field out to plug as many gaps as possible</li> <li>Constant communication with your teammate</li> <li>Decision making to win the game</li> </ul>

# CITC PE Curriculum

## Planning

All schools will have full access to:

- **Curriculum Map** – this shows an overview of the topics that will be delivered with each class during each half-term
- **Medium Term Plans** – MTP's provide an overview of the learning objectives for the half-term/termly block of learning for the class. The plans detail how the topic links to the national curriculum, PLPS values and school values
- **Short Term Plans** – STP's are the weekly lesson plans that will be delivered to the class. Plans include diagrams of how to set the activities up, how to play, progressions/regressions, and coaching points

Coaches will share plans via email prior to the half-term starting.

CLASS	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
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Embed your school's bespoke values alongside those of the Premier League as part of your delivery of the PE national curriculum. This template area to support teachers with essential planning and to inspire all pupils to learn, be active and develop important life skills.

School: School: Teacher name: Teacher Name: Class: Class

School mission statement

Topic: Fundamental Movement Skills | Invasion Games | Non-Invasion Games

Premier League Primary Stars Value	PE National Curriculum	School Value
<b>Be ambitious</b> work hard and never give up on their goals		
<b>Be inspiring</b> set a great example to others		
<b>Be connected</b> work well with others and in a team		
<b>Be fair</b> treat people equally and think of others		
<b>Be active</b> give high energy within physical activities		

**Diagram**

**How to Play**

Understanding different types of movements with their bodies.  
 Organisation:  
 - Playing area is marked out using cones. Use all of the space available!  
 - Pupils find a big space to begin the activity inside the playing area.  
 Safety:  
 - Pupils will play a game of "coach says".  
 - The coach will give a command using the phrase "coach says", that the pupils have to perform.  
 - If the coach gives a command without using the phrase the pupils must continue performing the current action.  
 - Pupils will perform static movements: Stretching, balancing, lunging etc.  
 - Pupils will perform dynamic movements: Jumping, side stepping, running, skip etc.

**Progressions/Regressions**

Progression:  
 - Pupils work in pairs and perform movements together.  
 - Pupils win points for performing the movements at a good standard.

**Coaching Points**

Types of movement (run, jump with both feet together, skip and bring your knees high etc.)

# Teacher CPD

## In-lesson CPD

Class teachers are required to be present during all PE lessons to engage in teacher CPD. Working together throughout the lessons, CPD aims to develop teachers' confidence and competence when delivering National Curriculum PE. Through an individualised approach coaches work alongside teachers to increase their knowledge and understanding of the topic area and support their learning through co-delivery.

## CPD Events

To further support teacher's knowledge and understanding of National Curriculum PE, coaches can deliver workshops for school staff. Workshops, which involve both classroom and practical delivery, last 45 minutes and can be delivered during INSET days or after-school. Workshops topics include:

- Understanding the PE National Curriculum
- Effective PE delivery
- Differentiation in PE



