

# Nursery Physical Development Progression- Outdoor Games Focus



Fundamentals Continuous Provision

Phase Nursery	Gross Motor Skills
	<b>Children will be learning to....</b>
(a) Prior learning birth to 3	<ul style="list-style-type: none"> <li>• To begin to control their whole body through continual practice of large movements, such as waving, kicking, rolling, crawling and walking.</li> <li>• To be able to skip, hop, stand on one leg and hold a pose for a game like musical statues.</li> <li>• Fit themselves into spaces, like tunnels, dens and large boxes, and move around in them.</li> <li>• Enjoy starting to kick, throw and catch large balls.</li> <li>• Move by walking and running. Begin to jump and climb, begin to climb the stairs with support from a hand or banister.</li> <li>• Sit on a push-along wheeled toy, begin to use a scooter, sit on a tricycle and use their feet on the floor to move around (not the pedals).</li> </ul>
(b) 3 & 4 year olds	<ul style="list-style-type: none"> <li>• Move by walking and running, but be able to change direction to avoid obstacles and other children.</li> <li>• Continue to develop their movement, balancing, riding (scooters, scoot boards, trikes, trundle bikes)</li> <li>• Begin to hop.</li> <li>• Gradually be able to balance and stand on one leg and begin to be able to 'freeze' their body when the music stops, when playing games.</li> <li>• Start taking part in some group activities which they make up for themselves, or in teams.</li> <li>• Walk on different parts of their feet; tiptoes, heels.</li> <li>• Playing ring games, games with the parachute.</li> <li>• With support collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.</li> <li>• Throw beanbags and balls using an underarm and overarm throw.</li> <li>• Roll a ball to a friend and engage in a simple game.</li> </ul>
<b>End Points for Nursery</b>	<ul style="list-style-type: none"> <li>• To run confidently at different speeds; fast and slow.</li> <li>• Walk backwards avoiding obstacles.</li> </ul>

- To ride a tricycle, scooter, scoot board or trundle bike independently with confidence around a track.
- To be able to skip with two legs confidently.
- Choose the right equipment to do a challenge safely.
- Ask others to help them solve a challenge that they are struggling physically to solve, for example; constructing building with large blocks and material.
- Initiate a ring game; *The farmers in his den, Ring 'o' roses*
- Work with others to manage large items such as planks and blocks without support from an adult.
- Catch a large ball with two hands.
- Engage in a 'throw and catch' game with a peer using a ball or beanbag.

# Reception Physical Development Progression- Outdoor Games Focus



Fundamentals Continuous Provision

Phase Reception	Gross Motor Skills
	<b>Children will be learning to....</b>
(a)	<ul style="list-style-type: none"> <li>• Moving with developing control showing enjoyment of running and beginning to travel with more speed and control.</li> <li>• To be able to respond to simple commands eg: stop, go, fast, slow.</li> <li>• Negotiate obstacles safely with consideration for themselves and others.</li> <li>• Be able to identify a safe space to stand.</li> <li>• Develop their overall body strength and co-ordination, using a range of open-ended materials in play that allow for extended, repeated and regular practising of physical skills like lifting, carrying, pushing, pulling, constructing, stacking and climbing.</li> <li>• Develop their balance and agility to engage successfully with sport.</li> <li>• Balance and ride on two-wheeled balance bikes and pedal bikes without stabilisers.</li> <li>• Use their core muscle strength to achieve a good posture when sitting at a table or sitting on the floor.</li> <li>• Use our bodies to</li> <li>• Quickly change speed and direction.</li> <li>• Move energetically eg: running, jumping, hopping, skipping,</li> </ul>
(b)	<ul style="list-style-type: none"> <li>• Combine different movements with ease and fluency, through creating obstacle courses that demand a range of movements to complete, such as crawling through a tunnel, climbing onto a chair, jumping into a hoop and running and lying on a cushion.</li> <li>• Use a range of resources used to bat, pat and hit a ball, modelling how to do this and giving children plenty of time for practice. Introduce children to balls games with teams, rules and targets when they have consolidated their ball skills.</li> <li>• Refine ball skills using a range of balls (tennis balls, ping pong balls and so on) throwing, catching, passing and aiming.</li> <li>• Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.</li> <li>• Hang and swing from the bars, developing overall body-strength, balance, co-ordination and agility.</li> <li>• To engage in traditional ring games with their peers.</li> </ul>

(C) ELG	<b><u>ELG: Gross Motor Skills</u></b>
	<p>Children at the expected level of development will: -</p> <ul style="list-style-type: none"> <li>• Negotiate space and obstacles safely, with consideration for themselves and others.</li> <li>• Demonstrate strength, balance and coordination when playing.</li> <li>• Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.</li> </ul>

### Year One Ready:

Based on Progression in Physical Development EYFS, these are the fundamental basic skills which children will need to learn before they finish Reception, in order to be ready for the KS1 outdoor games curriculum:

- To begin to **control** their whole body through continual practice of large **movements**, such as **waving, kicking, rolling, crawling** and **walking**.
- To be able to **skip, hop, stand** on one leg and hold
- Enjoy starting to **kick, throw** and **catch** large balls.
- Move by walking and running, but be able to **change direction** to avoid obstacles and other children.
- Begin to hop.
- Walk on different parts of their **feet; tiptoes, heels**.
- Throw beanbags and balls using an **underarm** and **overarm throw**.
- **Roll** a ball to a friend and engage in a simple game.
- To run confidently at different **speeds**; fast and slow.
- Walk **backwards** avoiding obstacles.
- To **freeze** their **position** on request.
- To be able to skip with two legs confidently.
- Catch a large ball with **two hands**.
- Engage in a 'throw and catch' game with a peer using a ball or beanbag.
- To be able to respond to simple commands eg: **stop, go, fast, slow**.
- Be able to identify a safe **space** to stand.
- Develop their **balance** and **agility** to engage successfully with **sport**.
- Use a range of resources used to **bat**, pat and hit a ball, modelling how to do this and giving children plenty of time for practice. Introduce children to balls games with **teams, rules** and **targets** when they have consolidated their ball skills.
- Refine ball skills using a range of balls (tennis balls, ping pong balls and so on) throwing, catching, **passing** and **aiming**.
- Develop confidence, competence, precision and accuracy when engaging in activities that involve a ball.

- Use our bodies to show different **levels** in our travelling movements.

### **Safety and routines**

- Children need to be taught the specific boundaries and playing area of a game or activities so that they can engage safely.
- Children need to be taught to listen carefully to instructions and follow them closely in order to ensure their safety and the safety of others.
- Children will be taught the importance of a warm up both for their bodies to be able to access the lesson successfully but also to be able to understand where they can safely find space in which to perform the activities.
- Children will need to know that PE lessons are not simply play time and that they are there to learn as much as enjoy themselves.

NB – key words highlighted in bold will be taught to the children so that they can 1) recall them 2) understand them and 3) demonstrate their meaning in context.

# Key Stage 1 Outdoor Games Progression



NB : Progression of skills will be decided at the discretion of PE coach.

Knowledge key words which have been highlighted are those which children will be encouraged to use when peer and self-assessing. Moreover, these words will be taught to the children so that they can 1) recall them 2) understand them and 3) demonstrate their meaning in context

Fundamental Movement Skills						
<p><u>Running</u>  <b>Run</b> skillfully            Negotiate <b>space</b> successfully  <b>Travel</b> backwards safely            Able to work safely within a defined space.            Move safely with <b>awareness</b> of others            Can <b>warm up</b> safely prior to exercise and sustain performance over periods of time.            Share space considerately</p>	<p><u>Jumping</u>  <b>Jump</b> in a variety of ways  <b>Land</b> safely in different jumps  <b>Hopping</b>  <b>Skipping</b>  <b>Moving side-to-side</b></p>	<p><u>Throwing</u>  <b>Bowl</b> a ball <b>underarm</b> at a target            Pick up a ball with one hand and throw it underarm            Send a ball with some degree of <b>accuracy</b>  <b>Throwing</b> with increased accuracy and <b>power</b>            Developing <b>weight</b> and <b>height</b> of throw appropriately</p>	<p><u>Catching</u>  <b>Catch</b> consistently well  <b>Signal</b> that I want the ball            Use <b>both hands</b> whilst catching/using <b>one hand</b>            Get <b>into line</b> with the ball and <b>field</b> it            Catch a ball after one <b>bounce</b>  <b>Receive</b> a ball by moving swiftly into the right <b>position</b>            Keep my <b>eye</b> on the ball at all times</p>	<p><u>Balance</u>            Travel with a ball with my <b>head up</b> and with the ball under <b>control</b>            Foot <b>placement, posture, weight distribution</b></p>	<p><u>Agility</u>  <b>Dodge</b>  <b>Evade</b> others            Changing <b>direction</b> quickly</p>	<p><u>Coordination</u>            Receive a ball and <b>trap</b> it  <b>Pass</b> in different ways            Show increasing control over an object            Use tools to help me <b>manipulate</b> objects            Pick up, carry and put down with care            Strike a ball accurately and with power with my laces            Strike a ball off a <b>tee</b>            Begin to strike with more <b>consistency</b></p>

						and accuracy on the <b>forehand</b> Strike a ball, with one hand, whilst it is <b>airborne</b> Strike and <b>volley</b> a ball with some degree of accuracy
<b>Invasion Game Skills (team games)</b>						
Change direction confidently and competently Move around safely in a limited space Applies <b>attacking and defending skills</b> within activities which require them.	<b>Track</b> an opponent Dodge to beat an opponent <b>Close the space down</b> that attackers have to work in		To close the space down quickly when defending To <b>attack at speed</b>		Compete with some spatial awareness in <b>team</b> games Move decisively To <b>think</b> ahead when not in <b>possession</b> To work hard in attack and defence for the good of the team	
<b>Striking &amp; Fielding Game Skills</b>						
Use both hands whilst <b>fielding</b> Get <b>into line with the ball</b> and field it Stop a ball with 2 hands, creating a <b>barrier</b> behind it with my feet or body Bowl a ball <b>overarm</b> at a <b>target</b> Pick up a ball with one hand and throw it <b>underarm</b> Chase and <b>retrieve</b> a ball Bowl either under or overarm with some <b>accuracy</b>			Catch a ball after one bounce Strike a ball off a <b>tee</b> Bowl overarm with a straight arm Stop the ball consistently as <b>wicket keeper</b> Pick up a ball one handed and return it underarm Chase a ball and throw it back accurately Strike a ball off a tee whilst on the move			
<b>Net &amp; Wall Game Skills</b>						
Send a ball with some degree of <b>accuracy</b> Receive a ball by moving swiftly into the right <b>position</b> Strike a ball, with one hand, whilst it is <b>airborne</b>			Move quickly into good positions to <b>catch</b> Develop a good grip and <b>stance</b> Begin to strike with more consistency and accuracy on the <b>forehand</b>			

<p>Strike and <b>volley</b> a ball with some degree of accuracy  Strike a ball using an <b>open palm</b> and move into position to <b>receive</b> it back  Keep a <b>rally</b> going with a partner  Throw with accuracy and power  Keep my eye on the ball at all times</p>	<p>Return a ball, after one bounce, that has been thrown to me by a partner  Strike a <b>backhand</b> from my own feed</p>
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*Over the course of Key Stage One, these skills will be taught to the children. The planning will not follow a set, regimented schedule at the behest of the trained, experienced sports coach, who will follow a schedule devised by them which allows for revisiting and regularly going back to said skills whilst avoiding the risk of bombarding the children with certain skills which they then don't hone through repetition and overlearning. Following a looser, more flexible schedule enables the coach to tailor the curriculum to the children whilst ensuring they learn all the fundamental movement skills which will allow them to readily access Key Stage 2.*



# Key Stage 2 Outdoor Games Progression



NB : Progression of skills will not be limited by year group but decided at the discretion of PE coach.

Knowledge key words which have been highlighted are those which children will be encouraged to use when peer and self-assessing.

<b>Football Initially</b>	<b>Moving on to</b>	<b>Developing to</b>	<b>Finally</b>
<p>Introduce controlling and receiving the ball</p> <p>Introduce passing the ball</p> <p>Introduce dribbling a ball using both feet and manipulating it using different parts of the foot</p> <p>Introduce shielding a ball from an opponent</p> <p>Introduce turning with a football</p> <p>Introduce playing small games</p> <p>Introduce tackling safely</p> <p>Introduce shooting (using different parts of the foot)</p>	<p>Trap a ball and cushion it when receiving</p> <p>Passing the ball accurately</p> <p>Dribbling a ball using both feet and manipulating it using different parts of the foot consistently</p> <p>Shielding a ball from an opponent independently of coach</p> <p>Turning confidently with a football</p> <p>Applying skills whilst playing small games</p> <p>Tackling safely in a small-sided game</p> <p>Shooting accurately and consistently</p>	<p>Demonstrate skill and close control</p> <p>Pass the ball and move into space</p> <p>Introduce dribbling at different tempos</p> <p>Combine skills to allow my team to retain possession</p> <p>Turning independently and selecting an appropriate skill</p> <p>Small sided games which encourage children to select skills independently</p> <p>Defend well, watching the ball, jockeying to await the moment to pounce and being decisive</p> <p>Combining skills with shooting</p>	<p>Demonstrate skill and close control in a game</p> <p>Pass the ball and move into space in a game</p> <p>Dribble at different tempos in a game</p> <p>Combine skills to allow my team to retain possession in a game</p> <p>Turning independently and selecting an appropriate skill in a game</p> <p>Competitive matches which encourage children to select skills independently</p> <p>I can defend thoughtfully, slowing attackers down and not overcommitting too soon</p> <p>Combining skills with shooting</p>

<b>Football Knowledge</b>			
<u>Passing and moving</u> To be on the balls of my feet when waiting to <b>receive</b> a pass To anticipate that the ball might come to me at any moment To move into <b>space</b> after passing To use the inside of my foot to send when <b>passing</b> over short distances Which might be the best turn to use in certain circumstances  <u>Defending</u> When defending how to make it harder for the <b>attacker</b> How to position my body in relation to the ball and my opponent when <b>shielding</b> How to defend against someone when in a <b>1v1</b> situation The importance as a <b>defender</b> of getting into a sideways position where you can see the ball and your opponent The skills required to be able to defend well against an opponent The importance of <b>concentration</b> and discipline when defending		<u>Tactics</u> To get the ball out wide and use the full <b>width of the pitch</b> When to overlap and underlap That the team needs to be balanced and that means sometimes playing in a position which isn't my favourite To always be planning ahead when out of <b>possession</b> How to get free from a defender What an overload, overlap and underlap are The rules of the game  <u>Shooting</u> Knowing what technique to use when shooting from different areas of the pitch  <u>Dribbling</u> Why it's important to take <b>touches</b> with different parts of the foot when dribbling To <b>dribble</b> with the ball close to me and my head up To run at pace when trying to dribble past a defender	
<b>Tag Rugby</b>			
<b>Initially</b>	<b>Moving on to</b>	<b>Developing to</b>	<b>Finally</b>
Avoiding being tagged by an opponent	Dodge to avoid being tagged by an opponent	Develop footwork to become more successful at dodging an opponent	Develop footwork to become more successful at dodging an opponent in a game
How to tag safely	How to tag safely and consistently	Improving stance when attempting tag	Apply safe and correct tagging technique consistently in a game situation
Pocket pass form my right and left	Pocket pass with accuracy form my right and left	Introduce pop pass	Pop pass and pocket pass consistently
Send and receive a ball	Send and receive a ball under pressure	Send and receive a ball on the run	Send and receive a ball on the run and under pressure in a game

<p>Pass a rugby ball backwards Set up defensively opposite an opponent</p> <p>Learn to follow the ball carrier</p> <p>Introduce line of attack</p> <p>Introduce a range of skills in a game of rugby</p>	<p>Pass a rugby ball backwards accurately Set up defensively opposite an opponent frequently</p> <p>Create an overlap</p> <p>Introduce passing, missing out players in a line Execute line of attack more frequently and accurately Apply a range of skills effectively in a game of rugby</p>	<p>Pass a rugby ball backwards consistently Set up defensively opposite an opponent frequently and independently of coach</p> <p>Create an overlap independently of the coach Pass, missing out players in a line independently of the couch Attack in staggered lines Apply a range of skills effectively and independently of coach</p>	<p>Pass a rugby ball backwards consistently under pressure in a game Set up defensively opposite an opponent frequently and independently of coach in a game Create an overlap independently of the coach in a game Pass missing out players in a line independently in a game Attack in staggered lines in a game Develop game understanding and compete in a game of Tag Rugby and apply skills effectively Take a tap penalty with a dummy half</p>
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### Tag Rugby Knowledge

#### Attacking

How to hold a rugby ball  
How to grip a ball and the importance of carrying it in 2 hands  
How to score a **try**  
To run on to the ball at **pace**  
To run at pace and commit a **defender** when **attacking**  
To support the **ball carrier** by staying just behind them when in the attacking **line**

#### Possession

Know when to **pop pass** and when to **pocket pass**  
What position I need to get into when passing left and how it changes when I pass to my right

#### Defending

To close the **space** when defending and be wary of the dummy pass.  
To shout '**Tagged**' when I grab an opponent's tags  
To close the space down quickly when defending and then brace myself to grab a **tag**  
To defend across the **width** of the pitch

#### Tactics

To organise attacking lines in a staggered formation either side of the ball  
That we can operate as a team with a full back  
That when we get the ball in the centre of the pitch near our opponent's line we stretch their defence

#### Rules

What a **knock on** and **forward pass** are  
What **offside** is?  
That each team has a limited number of tackles before possession of the ball changes to the other team  
When the referee might play advantage and when he/she won't  
How to restart games after a try has been scored

<b>Basketball</b>			
<b>Initially</b>	<b>Moving on to</b>	<b>Developing to</b>	<b>Finally</b>
<p>Introduce ball control skills</p> <p>Introduce dribbling</p> <p>Introduce three passing techniques</p> <p>Introduce passing and moving</p> <p>Introduce correct shooting technique of balance, elbow, eye line and follow through (BEEF)</p> <p>Introducing small-sided basketball games to incorporate a combination of dribbling, passing and shooting</p>	<p>I can control a basketball using both hands and perform various skills confidently</p> <p>I can control the ball on the move (dribble) and keep my head up to be aware of my environment confidently</p> <p>I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass</p> <p>I can pass the ball on the move with good technique</p> <p>I can use the correct technique of BEEF to shoot a basketball confidently</p> <p>I can dribble, pass and shoot the basketball using correct the correct technique to play in a game confidently</p>	<p>I can consistently control a basketball using both hands and protect the ball under pressure</p> <p>I can use different skills such as varying speed and direction to get past defenders</p> <p>I can consistently execute good techniques in passing and receiving (visual and verbal signals)</p> <p>I can pass the ball on the move with good technique within a team</p> <p>I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball</p> <p>I can dribble, pass and shoot the basketball using correct the correct technique to play in a game confidently and independently of the coach.</p> <p>I can practice the proper techniques of defending individually (hand and body position)</p>	<p>I can effectively control a basketball using both hands and protect the ball under pressure</p> <p>I can use different skills such as varying speed and direction to get past defenders on a regular basis</p> <p>I can consistently execute good techniques in passing and receiving (visual and verbal signals) effectively</p> <p>I can pass the ball on the move with good technique within a team effectively</p> <p>Effectively using BEEF to shoot and introduce layups in shooting.</p> <p>I can dribble, pass and shoot the basketball using correct the correct technique to play in a game consistently and without prompting from the coach</p> <p>I can mark a player or an area of the court to limit opportunities for the opposition either individually or as part of a team</p>

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## Basketball Knowledge

### Attacking

I know how to use my body to **protect** the ball  
 I know how to create **space** to **receive** a **pass**  
 I know how to work as a team to create **shooting** opportunities  
 I know how to work as a team to find space and shoot the basketball

### Possession/ dribbling

I know the techniques of passing the ball and know when to do a **chest pass** or **bounce pass** in basketball  
 I know how to maintain **possession** of the ball under **pressure** through quick passes, movement and **communication**  
 I know how to vary movement to control the ball when moving

### Defending

I know how to **defend** against an **attacking** player  
 I know what the difference between **man v man defence** and **zone defence** and understand the benefits of both styles

### Tactics

I know how to communicate with team mates and understand the principles of attacking and defending when playing a competitive game

### Rules

I know rules and understand terminology such as **double dribble, travelling** and **pivoting**

## Hockey

### Initially

### Moving on to

### Developing to

### Finally

Introduce dribbling a ball	Dribble a ball confidently	Introduce using the flat side of the stick and turning the stick correctly to change direction	Honing and developing flat-sided control
Introduce good close control and changing direction easily	Develop good close control and improving dribbling	Close control and dribbling combined with correct stick technique	Displaying close control and dribbling in a game scenario
Introduce push passing	Push passing accurately and developing weight of pass to alter the distance and speed of passing	Introduce combining push passing with other skills	Honing push passing with other skills in a game situation
Introduce control a ball	Controlling the ball confidently using a variety of different techniques	Using Indian dribble to manipulate the ball	Combining close control techniques when dribbling in a match to beat an opponent
Receiving a pass	Receive a pass on the run	Send and receive under pressure	Send and receive under pressure in a game situation.
		Hone fundamental of jab tackling.	

Introduce tackling safely (a jab tackle)	Revisit jab tackles and principles of safe tackling	Work with a partner to get past a defender (1 -2s) Introduce different positions	Tackling safely and efficiently in a game scenario Applying 1-2s and attacking movement effectively in a game Playing in a variety of different positions in competitive matches
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## Hockey Knowledge

### Rules

If using Quick Sticks, that everybody plays right handed and I can only use the

**flat side** of the stick

That I can't lift the stick higher than my **waist**

How to hold the stick

The rules of hockey and how to officiate a game

What to do if the ball hits someone's feet

### Passing and receiving

The technique for **push passing**

How to receive a ball by **cushioning** its impact

When to pass a ball and when to **dribble**

The importance of good **close control**

To use a short and flat back swing, with stick parallel to the ground when hitting a **slap-pass**

### Tactics

To use the **width** of the pitch when attacking

How to play in a **formation**

How to make the most of a numerical advantage

### Defending

How to carry out a **jab tackle**

When defending, to close the **space**

To put my body between the ball and my opponent when **shielding** it

### Attacking

That I need to move to space after passing

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<b>Cricket</b>			
<b>Initially</b>	<b>Moving on to</b>	<b>Developing to</b>	<b>Finally</b>
<p>Introduce the fundamentals of hitting a ball with a bat</p> <p>Introduce correct batting stance</p> <p>Introduce attacking and defensive techniques of batting</p> <p>Bowl a ball overarm with a straight arm</p> <p>Take up a wicket keeping stance and take balls bowled on both sides of the wicket</p> <p>Throw accurately and powerfully</p> <p>Bat successfully with a partner</p> <p>Introduce fielding</p> <p>Introduce cricketing roles (batting, bowling, fielding, wicket keeping)</p> <p>Introduce stopping a ball with a long barrier</p>	<p>Developing hand eye coordination to bat more confidently</p> <p>Honing understanding of batting stance</p> <p>Applying attacking and defensive batting techniques independently</p> <p>Bowling with increasing accuracy</p> <p>Developing further understanding of wicket keeper role</p> <p>Throwing consistently with good technique</p> <p>Batting and communicating effectively with a partner</p> <p>Further develop tactical awareness of fielding</p> <p>Play purposefully in a competitive game, taking on multiple roles effectively</p> <p>Using the long barrier consistently and independently</p>	<p>Introduce Pull a ball from a short delivery to the leg side</p> <p>Introduce a square cut shot</p> <p>Bowl with a run up</p> <p>Bowl with consistent accuracy and length</p> <p>Demonstrate understanding of the importance of the wicket keeper role</p> <p>Throw accurately overarm</p> <p>Pick up and return a ball with one hand quickly and consistently well</p> <p>Developing effective communication with your batting partner</p> <p>Developing game understanding to cover fellow fielders</p> <p>Show a good understanding of the various individual roles in the game of cricket.</p> <p>Perform a range of fielding techniques confidently and consistently</p>	<p>Applying a pull shot and a square cut shot independently</p> <p>Using learned bowling technique confidently and consistently</p> <p>Applying wicket role tactics to influence the game</p> <p>Being able to demonstrate understanding of different throwing techniques and use them dynamically in a game</p> <p>Demonstrate good understanding of how to work in a pair effectively and successfully</p> <p>Independently backing up fellow fielders in a game</p> <p>Showing an effective understanding of the various roles and applying them confidently in a game</p> <p>Demonstrate fielding techniques independently and effectively</p>

**Cricket Knowledge**

Batting  
 How to grip the bat  
 How to move back and across, to play the **pull shot**  
 To slide my bat over the **crease** when **running**  
 How to grip the bat correctly, take up a suitable **stance** and strike the ball consistently well  
 Which calls I should use when **batting**  
 That I can leave my crease to hit balls  
 Why I might leave my crease  
 The importance of great **communication** when batting  
 When to slide my bat to make my ground when running between the **wickets**

Bowling  
 To bowl from the crease line and that my foot can land on the line itself  
 How to grip a ball when **bowling**  
 The process of bowling from the **coil** to release of the ball

Fielding  
 What a position of anticipation looks like when **fielding**  
 When I might use a **one-handed pick-up technique**  
 Why it is important for outfielders to walk in with the bowler as he/she runs up  
 What **overthrows** are  
 To work as a team ensuring that I back up for possible overthrows  
 What **'backing up'** means to fielders  
 How to position myself when **wicketkeeping** so there are no obstructions to my vision  
 How to form a **long barrier** to field a hard shot  
 Why I need to call my name if going for a high catch

**Athletics**

<b>Initially</b>	<b>Moving on to</b>	<b>Developing to</b>	<b>Finally</b>
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Use the correct technique to start a sprint race Introduce throwing technique for javelin  Throw overarm accurately	Develop my coordination to improve my speed Throw after a run up  Throw overarm both accurately and with power, for distance	Change pace and run at different tempos  Throw with accuracy and power using the pull technique Throw with greater force and over longer distances	Sustain my pace over longer distances and accurately replicate the technique for running events Replicate the throwing events in competitive situations Throw with greater control, accuracy and efficiency
Introduce springing between hurdles Jump consistently off the same foot	Hurdle efficiently and consistently  Develop the technique and consistency of my jumps	Combine sprinting with hurdling  Perform the correct techniques for triple jump and standing vertical jump	Perform the correct techniques for hurdling competitively  Replicate the correct techniques for triple jump and standing vertical jump competitively
Run a relay as part of a team	Run a relay efficiently as part of a team	Transfer a relay baton as part of a team	Transfer a relay baton efficiently and accurately as part of a team

**Athletics Knowledge**

Running  
 How to control my running over **middle distance**  
 How to position myself to receive a **baton**  
 How to start a **sprint race**  
 The importance of keeping my first few metres low and powerful  
 The technique associated with **hurdling**  
 How to hurdle efficiently  
 How to receive and transfer a baton safely

Jumping  
 Which my **take-off foot** is  
 The technique, '**same, different, both**' for triple jump  
 That my **furthest landing point backwards**, in long jump and triple jump, is the point measured in competition

Throwing  
 How to throw safely as part of a group  
 To use my **non-throwing arm** to help me throw  
 How to throw a shot using, '**clean palm, dirty neck**' technique  
 How to generate power from the thighs  
 To position my body sideways-on when throwing  
 The '**pull**' technique in throwing