

P.E 3 KLP	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 6	<p><u>Hockey</u></p> <ul style="list-style-type: none"> To be able to use manipulate the ball in isolation and in conditioned game scenarios. To be able to effectively identify and use space during small-sided games. To be able to use a hockey stick safely. 	<p><u>Table Tennis</u></p> <ul style="list-style-type: none"> To be able to sustain competitive rallies using different spin, controlled shots & positioning. To be able to use serves tactically to create an advantage during play. To be able to adapt tactics during a match, using different shot selection and decision making. 	<p><u>Handball</u></p> <ul style="list-style-type: none"> To be able to dribble to manipulate defenders to create space and attacking opportunities. Apply advanced tactics e.g fast break. Use and create space strategically to create overloads. 	<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> To be able to pass under pressure with accuracy and awareness of team mates. To use deception (feints, dummies etc) to beat opponents. To be able to engage with small sided games with strategy and tactics. 	<p><u>Gaelic Football</u></p> <ul style="list-style-type: none"> To be able to deliver accurate hand and kick passes under pressure to teammates in space. To link soloing with evasion, using it to break lines or retain possession. To be able to apply tactics and strategy while playing larger sided games. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> To be able to apply advanced throwing technique with coordination, timing and use of run up. Execute a controlled and powerful jump with good landing form. To be able to start sprints efficiently and consistent pacing during distance running.
Year 5	<p><u>Hockey</u></p> <ul style="list-style-type: none"> To be able to manipulate the ball in isolation and in conditioned game scenarios. To be able to effectively identify and use space during small-sided games. To be able to use a hockey stick safely. 	<p><u>Table Tennis</u></p> <ul style="list-style-type: none"> To be able to move between shots during a rally with control and good footwork. To learn to use a variety of height, spin and placement when serving. To be able to apply basic tactics of strategy and shot selection while rallying. 	<p><u>Handball</u></p> <ul style="list-style-type: none"> To be able to dribble with purpose and direction, choosing when to dribble or pass. To be able to play small-sided games using positions and roles. Create and exploit space using off-the-ball movement. 	<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> To be able to use a variety of passes depending on distance/situation. To be able to combine dodging with timing runs to avoid tags and create overloads. Apply attacking and defensive strategies (arrows/flat lines). 	<p><u>Gaelic Football</u></p> <ul style="list-style-type: none"> To be able to choose between hand pass and kick passes based on situation. To be able to combine toe taps with solo runs, maintaining control at pace. To be able to play structured games with basic positions and begin to consider strategy. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> To be able to refine throwing technique with body rotation and follow throw for increased distance. To be able to combine a run up and technically sound flight phase to improve jump distance. To begin to improve acceleration, pacing and stamina across sprints and distance.
Year 4	<p><u>Hockey</u></p> <ul style="list-style-type: none"> To understand how to manipulate the hockey ball with sound control in isolation beginning to do this when opposed. To be able to navigate a large space while dribbling or travelling. To be able to use a hockey stick safely. 	<p><u>Table Tennis</u></p> <ul style="list-style-type: none"> To be able to move between shots during a rally with control and good footwork. To learn to use a variety of height, spin and placement when serving. To be able to apply basic tactics of strategy and shot selection while rallying. 	<p><u>Handball</u></p> <ul style="list-style-type: none"> To be able to dribble under pressure keeping control of the ball while moving. To begin to apply basic tactics like passing quickly and defending space. To be able to recognise and move into space to attack or support teammates. 	<p><u>Tag Rugby</u></p> <ul style="list-style-type: none"> To be able to pass while on the move, using correct hand positioning and timing. To be able to use changes of direction and speed to dodge defenders. Begin to play with team roles, understanding when to pass or run. 	<p><u>Gaelic Football</u></p> <ul style="list-style-type: none"> To be able to use a hand pass and begin to attempt short kick passes. To be able to dribble using toe taps while jogging. To begin to understand attack v defence applying basic principles. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> To develop power and accuracy using basic run ups for throwing. To be able to take a measured run up and a one footed jump. To be able to run over varying distances.
Year 3	<u>Hockey</u>	<u>Table Tennis</u>	<u>Handball</u>	<u>Tag Rugby</u>	<u>Gaelic Football</u>	<u>Athletics</u>

	<ul style="list-style-type: none"> To be able to use manipulate the ball in isolation. To be understand the importance of space when playing invasion games. To be able to use a hockey stick safely. 	<ul style="list-style-type: none"> To be able to maintain longer forehand and backhand rallies with consistent contact and control. Develop a consistent backhand serve with increased accuracy. To able to understand some basic tactics and strategy. 	<ul style="list-style-type: none"> To be able to use basic dribbling with control and correct technique. To be able to play small 2v2 or 3v3 games using simple rules. Move into open space to receive a pass. 	<ul style="list-style-type: none"> To be able to catch and pass a rugby ball using basic pop passes while stationary. Learn to evade defenders using simple dodges and stay aware of space. Play simple games of 3v3 following basic rules like backwards passing & tagging. 	<ul style="list-style-type: none"> To be able to perform a basic hand pass using correct technique to a partner. To be able to practice toe taps with control while stationary or walking. To be able to play small 3v3 games using simplified rules and focus on teamwork. 	<ul style="list-style-type: none"> To be able to use basic overarm throws with focus on direction and simple technique. To practice standing long jump using arms for balance and power. To be able to sprint over a short distance with increased focus on technique.
Year 2	<p><u>Dodgeball</u></p> <ul style="list-style-type: none"> To be use dodging to avoid multiple throws. To be able to throw with more power and aim. Apply basic tactics like staying in space and target selection. 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> To be able to dribble with control and change direction. To be able to pass while moving and stop when receiving the ball. Work in small teams playing 1v1 or 2v2. 	<p><u>Team Games</u></p> <ul style="list-style-type: none"> To be able to show basic tactics like spreading out or defending. To be able to communicate with teammates to problem solve. To understand attacking and defending during games. 	<p><u>Kicking Games</u></p> <ul style="list-style-type: none"> To be able to kick with aim and control while moving. To be able to pass and receive in small groups. To be able to apply teamwork and positioning in kick-based games. 	<p><u>Tennis/Striking</u></p> <ul style="list-style-type: none"> To be able to rally with some control and direction. To be able to use a basic serve (drop & hit) To be able to play simple 1v1 games with a bounce. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> To be able to show pacing and effort during races. To be able use a short run up for long jump. To be able to throw with aim and distance, using body rotation.
Year 1	<p><u>Dodgeball</u></p> <ul style="list-style-type: none"> To be able to dodge using side steps and turns. Use a variety of different throws at a target. Play simple small sided games with clear rules. 	<p><u>Hockey</u></p> <ul style="list-style-type: none"> To be able to hold the stick correctly and move with the ball slowly. To be able to push the ball to a partner or target with control. Play 1v1 games using simple rules. 	<p><u>Team Games</u></p> <ul style="list-style-type: none"> To understand working as a team and sharing space. To be able to pass or move to help a teammate. Follow simple rules during small-sided games. 	<p><u>Kicking Games</u></p> <ul style="list-style-type: none"> To be able to kick a stationary object using different parts of the foot. To be able to stop the ball using the foot. To be able to play simple games like mini-football. 	<p><u>Tennis/Striking</u></p> <ul style="list-style-type: none"> To be able tap a balloon or beanbag with a racket. Hit an object with some control to a partner or target. To be able to rally with 1 or 2 hits over a net or line. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> To be able to run in a straight line, learning to start and stop with control. To be able to jump with two feet for distance. To be able to throw a nerf rocket focussing on direction.