

Key Stage 1, Years 1 & 2:

Week 1

Overall Objective – Tactics: work together to achieve goals, support teammates and play to the rules.

Fundamental Focus:

FOM – agility, control, speed
FMS – traveling, sending, receiving
FSS – invasion games, decision making

Activity Overview – children will play a variety of modified games based on football and netball to develop basic passing tactics and work together as a team to achieve success.

Week 2

Overall Objective – Tactics: work together to achieve goals, support teammates and play to the rules. The importance of positive attitude.

Fundamental Focus:

FOM – strength, balance, control, co-ordination
FMS – running, hand-eye co-ordination
FSS – net & wall games, decision making, footwork, attitude

Activity Overview – children will play a number of modified games based on short tennis to practice and devise simple strategies to beat their opponents. They will evaluate their own attitude and success and make suggestions for improvement.

Week 3

Overall Objective – Tactics: work as part of a team with simple attacking and defensive roles within the team. Understand the importance of persistence.

Fundamental Focus:

FOM – agility, speed, control, co-ordination
FMS – running, sending, receiving
FSS – throwing, catching, kicking, persistence

Activity Overview – children will play a variety of modified games based on football and netball to develop basic positioning tactics and work together as a team to achieve success.

Week 4

Overall Objective – Ball skills: develop hand-eye co-ordination and anticipation.

Fundamental Focus:

FOM – travel, strength, balance
FMS – sending, receiving, running
FSS – throw, catch, bounce, roll, dribbling

Activity Overview – children will participate in a variety of multi-sport activities with varying equipment to develop hand-eye co-ordination with a range of equipment, learning how to anticipate movement.

Week 5

Overall Objective – Ball skills: passing and receiving. Work with others to achieve success, developing communication.

Fundamental Focus:

FOM – balance, agility, co-ordination
FMS – travel, control, throw, catch
FSS – invasion games, communication

Activity Overview – children will participate in a circuit and obstacle course of passing and receiving challenges using a variety of equipment and methods of passing and receiving. They will attempt to use AfL to provide feedback to others.

Week 6

Overall Objective – Ball skills: develop accuracy and distance in sending a ball. Understand the importance of persistence.

Fundamental Focus:

FOM – balance, co-ordination, strength
FMS – throwing, sending, accuracy
FSS – athletics activities, persistence

Activity Overview – children will participate in a variety of accuracy, sending and strength activities, aiming at different targets with multi skills equipment. They will attempt to use AfL to provide feedback to others.

Key Stage 1, Years 1 & 2:

Week 7

Overall Objective – Travel: develop changes in speed in order to outwit opponents.

Fundamental Focus:

FOM – speed, strength, balance, agility
FMS – travel, run, jump, dribble
FSS – invasion games

Activity Overview – children will play a variety of tagging and running games with and without equipment.

Week 8

Overall Objective – Travel: develop different methods of traveling using a variety of equipment.

Fundamental Focus:

FOM – strength, agility, balance
FMS – run, roll, dribble
FSS – invasion games

Activity Overview – children will play a range of simple traveling multi skills games with a variety of equipment.

Week 9

Overall Objective – Travel: develop different ways of traveling using a variety of body parts. Develop weight transfer.

Fundamental Focus:

FOM – strength, balance, control, flexibility
FMS – weight transfer, weight on hands, travel
FSS – gymnastics activities, invasion games

Activity Overview – children will participate in a variety of travelling challenges and games, individually and with others to achieve success and evaluate their own performance.

Week 10

Overall Objective – Team work: develop communication and collaboration through supporting your teammates to be the best they can be. Reinforce the importance of positive attitudes.

Fundamental Focus:

FOM – speed, balance, agility
FMS – running, throwing, catching, traveling
FSS – teamwork, communication, persistence

Activity Overview – children will play a variety of relay games, incorporating the skills they have learned in a fun and friendly team environment.

Week 11

Overall Objective – Team work: work collaboratively to overcome challenges.

Fundamental Focus:

FOM – speed, agility, control, balance, strength
FMS – traveling, passing, receiving, dribbling
FSS – invasion games, net and wall games, gymnastic activities, collaboration

Activity Overview – children will work in pairs to overcome ball skills, traveling and weight transfer challenges together.

Week 12

Overall Objective – Team work: enjoy participating as part of a team during competition, playing fair and to the rules.

Fundamental Focus:

FOM – strength, control, balance, agility
FMS – passing, receiving, travel
FSS – use of space, invasion games, teamwork

Activity Overview – children will work in larger teams to compete against others in ball games. Awards for effort and success.

Key Stage 2, Years 3 & 4:

Week 1

Overall Objective – Striking & fielding: fielding. Develop teamwork and creativity.

Fundamental Focus:

FOM – control, strength, co-ordination
FMS – throwing, catching, traveling, sending
FSS – long barrier, throwing: underarm and overarm; decision making

Activity Overview

– children will develop and apply their knowledge and ball skills to a variety of striking and fielding contexts. They will work collaboratively to develop fielding skills, practising the communication and decision making required to successfully apply skills in the correct context.

Week 2

Overall Objective – Striking & fielding: bowling and batting (1). Control in striking a ball for direction. Persistence and positive attitudes.

Fundamental Focus:

FOM – balance, strength, power, co-ordination, agility
FMS – striking, throwing, catching, movement, hand-eye co-ordination
FSS – batting, bowling, running

Activity Overview

– children will play in a variety of modified striking and fielding games and activities to develop striking and fielding skills and ball control, progressively performing in more challenging situations.

Week 3

Overall Objective – Striking & fielding: bowling and batting (2). Control in bowling a ball using a variety of methods. Collaboration and positive attitudes.

Fundamental Focus:

FOM – balance, strength, co-ordination, agility
FMS – sending, movement, catching
FSS – batting, bowling, running

Activity Overview

– children will experiment with a variety of bowling methods, both overarm and underarm, developing tactical and decision making skills in game play.

Week 4

Overall Objective – Net & wall games: control and accuracy in hitting groundstrokes. Individual perseverance and collaboration with others. Develop tactical understanding of outwitting opponents.

Fundamental Focus:

FOM – agility, speed, control, strength, co-ordination
FMS – traveling, sending, returning, hand-eye co-ordination
FSS – contact, forehands, backhand, footwork

Activity Overview

– children will collaborate in a variety of modified short tennis games to develop groundstroke skills and control in rallying. They will then apply this to modified competitive situations in an attempt to outwit their opponents.

Week 5

Overall Objective – Net & wall games: increase range of techniques and develop control in sequences of movements. Creativity and perseverance in achieving goals. Decision making in competitive situations.

Fundamental Focus:

FOM – agility, speed, control, strength, co-ordination
FMS – traveling, sending, returning, hand-eye co-ordination
FSS – contact, forehands, backhand, volley, footwork

Activity Overview

– children will participate in a variety of short tennis based activities and games to develop their range of shots and control in sequences of movements. They will apply these to competitive situations to develop decision making skills.

Week 6

Overall Objective – Athletics: the development of strength and power through athletics. Persistence and collaboration.

Fundamental Focus:

FOM – strength, co-ordination, power
FMS – sending
FSS – athletics throwing techniques

Activity Overview

– children will participate in a variety of throwing challenges for distance, collaborating with a friend to achieve success together. They will draw parallels with other activities, identifying opportunities for transfer of learning and setting themselves motivational goals.

Key Stage 2, Years 3 & 4:

Week 7

Overall Objective – Athletics: the differences between sprinting and middle distance running. The importance of determination and focus.

Fundamental Focus:

FOM – speed, strength, endurance

FMS – travel

FSS – sprinting, middle distance running, relay changeovers

Activity Overview – children will participate in a variety of running challenges and games, including sprints, relays and orienteering games.

Week 8

Overall Objective – Invasion games: understand what it means to play in the 'spirit of the game'. Develop accuracy in passing.

Fundamental Focus:

FOM – agility, endurance, speed, co-ordination

FMS – sending, receiving, traveling, timing

FSS – ultimate skills including passing, dodging, sprinting

Activity Overview – children will develop the basic ultimate (Frisbee) skills of throwing and catching, enabling them to play in a variety of invasion based games developing their tactical understanding and teamwork.

Week 9

Overall Objective – Invasion games: timing and dodging. Collaboration with team mates to achieve success.

Fundamental Focus:

FOM – agility, endurance, speed, co-ordination

FMS – sending, receiving, traveling, timing

FSS – ultimate skills including passing, dodging, sprinting

Activity Overview – children will continue to develop the basic ultimate skills, focusing on the dodging and timing required to outwit opponents and achieve team success. They will self-officiate, working collaboratively to run a game.

Week 10

Overall Objective – Teamwork and tournaments: work together in net and wall games to achieve team success, working as part of a team to support and encourage excellence in all.

Fundamental Focus:

FOM – agility, speed, control, strength, co-ordination

FMS – traveling, sending, returning

FSS – contact, forehands, backhand, volley, footwork

Activity Overview – the children will play in a variety of modified short tennis type activities in a circuit, contributing to their team's overall scores.

Week 11

Overall Objective – Teamwork and tournaments: work together in athletic activities to achieve goals, support team mates, play fair and to the rules, develop co-operation, independence and enjoy working as part of a team.

Fundamental Focus:

FOM – speed, strength, power, co-ordination, balance

FMS – traveling, sending

FSS – athletics: throwing, running, jumping

Activity Overview – children will compete in an athletics team challenge circuit, working together with determination and teamwork to achieve personal and team success.

Week 12

Overall Objective – Teamwork and tournaments: select appropriate skills to improve success in team situations, developing communication and tactics during play.

Fundamental Focus:

FOM – speed, balance, strength, co-ordination, control

FMS – striking, throwing, catching, travelling

FSS – striking and fielding skills – batting and fielding

Activity Overview – children will play in striking and fielding games as a team, focusing on tactics to beat their opponents.

Key Stage 2, Years 5 & 6:

Week 1

Overall Objective – Striking & fielding: control in striking a ball for attack and defence. Persistence, collaboration and positive attitudes.

Fundamental Focus:

FOM – balance, strength, power, co-ordination, agility
 FMS – striking, movement
 FSS – batting: front foot drive, forward defensive, rounders drive; decision making

Activity Overview – children will play in a variety of modified striking and fielding games and activities to develop striking skills and ball control, progressively performing in more challenging situations.

Week 2

Overall Objective – Striking & fielding: control in bowling and fielding. Develop teamwork and creativity.

Fundamental Focus:

FOM – control, strength, co-ordination
 FMS – throwing, catching, traveling, sending
 FSS – bowling: underarm and overarm, throwing: underarm and overarm; long barrier; decision making

Activity Overview – children will transfer learning from other areas of activity to apply their knowledge and skills of ball skills to a variety of striking and fielding contexts. They will work collaboratively to develop skills, communication and understanding, practising the decision making required to successfully apply skills in the correct context.

Week 3

Overall Objective – Short tennis: control and accuracy in hitting groundstrokes. Individual perseverance and collaboration with others. Develop tactical understanding of outwitting opponents.

Fundamental Focus:

FOM – agility, speed, control, strength, co-ordination
 FMS – traveling, sending, returning
 FSS – contact, forehands, backhand, footwork

Activity Overview – children will collaborate in a variety of modified short tennis games to develop consistent groundstrokes and controlled rallying. They will then apply this to competitive situations in an attempt to outwit their opponents.

Week 4

Overall Objective – Short tennis: control in sequences of movements. Creativity and perseverance in achieving goals.

Fundamental Focus:

FOM – agility, speed, control, strength, co-ordination
 FMS – traveling, sending, returning
 FSS – contact, forehands, backhand, volley, footwork

Activity Overview – children will participate in a variety of short tennis based activities to develop control in sequences of movements, both suggested by the Act Pro and devised creatively by themselves. They will lead others in developing their skills.

Week 5

Overall Objective – Ultimate: understand what it means to play in the ‘spirit of the game’. Develop accuracy in passing, timing and dodging.

Fundamental Focus:

FOM – agility, endurance, speed, co-ordination
 FMS – sending, receiving, traveling, timing
 FSS – hurling, dodging, sprinting

Activity Overview – children will develop the basic ultimate (Frisbee) skills of throwing and catching, enabling them to play in a variety of self-officiated games that challenge their tactical and invasion game skills while developing teamwork.

Week 6

Overall Objective – Volleyball: sequences of movements in order to control the ball and ultimately outwit opponents. Communication and collaboration.

Fundamental Focus:

FOM – strength, co-ordination, balance, control
 FMS – ball skills, traveling, timing
 FSS – passing, serving, setting and spiking

Activity Overview – children will develop the basic skills of volleyball to play as part of a team, communicating effectively with team mates to outwit their opponents.

Key Stage 2, Years 5 & 6:

Week 7

Overall Objective – Athletics: sprinting and jumping. Transfer of learning from other activities to improve performance.

Fundamental Focus:

FOM – power, explosive strength, agility
FMS – traveling, jumping
FSS – running, sprinting, long jump, high jump

Activity Overview – children will participate in a variety of relay and jumping activities to develop athletic skills using their knowledge of performance from other activities, drawing similarities and differences in order to improve their own performance.

Week 8

Overall Objective – Athletics: throwing and endurance running.

Fundamental Focus:

FOM – strength, power, endurance
FMS – traveling, throwing, fitness
FSS – running, athletics throws

Activity Overview – children will work together to problem solve athletics throwing challenges as a team, deciding how and when to use different techniques for success. They will also compete as a team to complete an endurance challenge.

Week 9

Overall Objective – Striking & fielding: control in batting, bowling and fielding. Develop decision making and creativity.

Fundamental Focus:

FOM – control, strength, co-ordination
FMS – throwing, catching, traveling, sending
FSS – bowling, fielding, batting, decision making

Activity Overview – children will develop their knowledge and skills through a variety of striking and fielding games requiring the co-ordination of batting, bowling and fielding with decision making.

Week 10

Overall Objective – Striking & fielding: tactics. Leadership and teamwork.

Fundamental Focus:

FOM – control, strength, co-ordination
FMS – throwing, catching, traveling, sending
FSS – batting, fielding, bowling, creativity, decision making

Activity Overview – children will play in a variety of striking and fielding games, consolidating their skills, devising tactics for their team and taking opportunities to lead their group, developing understanding of effective leadership and teamwork.

Week 11

Overall Objective – Teamwork & tournaments: work together to achieve goals, support team mates, play fair and to the rules, develop co-operation, independence and enjoy working as part of a team.

Fundamental Focus:

FOM – speed, strength, power, co-ordination, balance
FMS – traveling, sending
FSS – athletics: throwing, running, jumping

Activity Overview – children will compete in a team athletics event, deciding how to maximise the potential of their team and taking ownership over their progress.

Week 12

Overall Objective – Teamwork & tournaments: select appropriate skills to improve success in team situations, developing sequences of movements, communication during play and tactics.

Fundamental Focus:

FOM – speed, balance, strength, co-ordination, control
FMS – striking, throwing, catching, travelling
FSS – striking and fielding skills – batting and fielding

Activity Overview – children will play in striking and fielding games as a team, focusing on tactics to beat their opponents.