

Street Racket

Begin to perform forehand, backhand and volley skills with accuracy.
Apply skills learnt in a competitive setting.



STREET RACKET

anyone – anywhere – anytime



Striking & Fielding

React quickly and catch balls thrown at different heights and angles.
Throw the ball accurately over a larger distance.
Strike a bowled ball into space.



Gymnastics

Show tension and extension when balancing.
Know and perform shape jumps safely.
Perform rolls with confidence.
Create a sequence of balances, rolls, jumps and leaps with a partner to create a routine

Athletics

Learn how to sprint correctly.
Learn how to throw the vortex effectively.
Learn how to long/high jump effectively.
Learn how to run a middle-distance event effectively



**SUMMER
TERM**

Health & Fitness

Understand the different types of fitness.
Understand the fitness elements of stamina, speed, power, and agility and how to improve them.



Table Tennis

Demonstrate a good level of technical accuracy, precision, control, and fluency.
Understand the basic and some more advanced rules of the game.
Identify space on the table and use this information to inform shot selection.



Handball

Understand shooting and defending.
Introduction to blocking.
Develop principals of attacking and defending and apply these to a game situation.



**SPRING
TERM**

Football

Perform basic dribbling and passing skills.
Understand how to receive the ball.
Develop a range of shooting techniques.



Tag-Rugby

To improve handling and passing skills.
To be an effective team member.
To be able to put a tag belt on with more independence.



Netball

Pass and receive the ball on the move and perform the correct footwork.
Apply the pivot manoeuvre with increased accuracy.
Shooting with increased accuracy and composure.



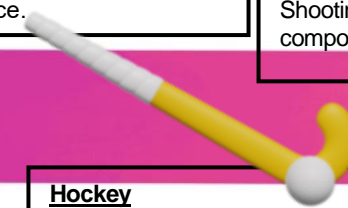
**AUTUMN
TERM**

Core Skills

Throw and catch a ball effectively using the correct techniques.
Use the basic principles of striking a ball.
To be able to jump and dodge in isolated games

Hockey

Learn how to hold a hockey stick and strike a hockey ball correctly.
Perform the passing technique to a team-mate and receive the ball back.
Dribble with the ball and beat an opposing player



Cross-Country

Run the cross-country distance appropriate to their year group and record a time, and to undertake a leadership role.

Your Physical Education Journey starts here...