

	Spring 1				
	Week 1	Week 2	Week 3	Week 4	Week 5
Reception	<p>Topic: Throwing and Catching</p> <p>L.O: To learn skills for striking and fielding games</p>	<p>Topic: Throwing and Catching</p> <p>L.O: To practise basic striking, sending, and receiving</p>	<p>Topic: Throwing and Catching</p> <p>L.O: To use throwing and catching skills in a game.</p>	<p>Topic: Throwing and Catching</p> <p>L.O: To practise accuracy of throwing and consistent catching</p>	<p>Topic: Throwing and Catching</p> <p>L.O: To strike with a racket or bat</p>
Year 1	<p>Topic: Gymnastics (Key steps 1)</p> <p>L.O. To explore movement actions with control and link them together with flow</p>	<p>Topic: Gymnastics (Key steps 1)</p> <p>L.O. To explore movement actions with control and to link them together with flow</p>	<p>Topic: Gymnastics (Key steps 1)</p> <p>L.O. To explore gymnastic actions and shapes</p>	<p>Topic: Gymnastics (Key steps 1)</p> <p>L.O. To explore travelling on benches</p>	<p>Topic: Gymnastics (Key steps 1)</p> <p>L. O. To explore movement actions with control, and to link them together with flow</p>
Year 2	<p>Topic: Gymnastics (Key steps 1)</p> <p>To remember and repeat simple gymnastic actions with control</p>	<p>Topic: Gymnastics (Key steps 1)</p> <p>To balance on isolated parts of the body using the floor and hold balance</p>	<p>Topic: Gymnastics (Key steps 1)</p> <p>To develop a range of gymnastic moves, particularly balancing</p>	<p>Topic: Gymnastics (Key steps 1)</p> <p>To link together gymnastic actions into a sequence</p>	<p>Topic: Gymnastics (Key steps 1)</p> <p>To explore ways of travelling around on large apparatus</p>
Year 3	<p>Topic: Sports hall athletics</p> <p>L.O: To run in different directions and at different speeds, using a good technique</p>	<p>Topic: sports hall athletics</p> <p>L.O: To improve throwing techniques</p>	<p>Topic: sport shall athletics</p> <p>L.O: To reinforce jumping techniques</p>	<p>Topic: sports hall athletics</p> <p>L.O: To understand the relay and passing the baton.</p>	<p>Topic: sports hall athletics</p> <p>L.O: To choose and understand appropriate running techniques</p>
Year 4	<p>Topic: sports hall athletics</p> <p>L.O: To select and maintain a running pace for different distances</p>	<p>Topic: sports hall athletics</p> <p>L.O: To practise throwing with power and accuracy</p>	<p>Topic: sports hall athletics</p> <p>L.O: To throw safely and with understanding</p>	<p>Topic: sports hall athletics</p> <p>L.O: To demonstrate good running technique in a competitive situation</p>	<p>Topic: sports hall athletics</p> <p>L.O: To understand which technique is most effective when jumping for distance.</p>
Year 5	<p>Topic: Basketball</p> <p>L.O: To demonstrate basic passing and receiving skills using a basketball</p>	<p>Topic: Basketball</p> <p>L.O: To develop skills in the range of passes – chest pass, overhead pass, bounce pass and to understand which pass to use depending on the distance the ball needs to travel</p>	<p>Topic: Basketball</p> <p>L.O: To understand how to make space by moving with the ball in various ways</p>	<p>Topic: Basketball</p> <p>L.O: To be able to demonstrate a range of defending skills and understand how to mark an opponent</p>	<p>Topic: Basketball</p> <p>L.O: To learn how to shoot</p>
Year 6	<p>Topic: Basketball</p> <p>L.O: To develop an understanding and knowledge of the basic footwork rule of netball</p>	<p>Topic: Basketball</p> <p>L.O: To use good hand/eye co-ordination to pass and receive a ball successfully</p>	<p>Topic: Basketball</p> <p>L.O: To understand the importance of ‘getting free’ to receive a pass and create space</p>	<p>Topic: Basketball</p> <p>L.O: To understand how to intercept a pass and counterattack</p>	<p>Topic: Basketball</p> <p>L.O: To recognise which positions are attacking and which are defending</p>