

Week	Focus Area	Session Aims	Activities
1	Understanding Invasion Sports & Passing	<ul style="list-style-type: none"> Develop Passing Technique Correct body positions to send & receive Observe, discuss and evaluate others performance Understand the importance of communication 	<ul style="list-style-type: none"> Athlete profiles. PowerPoint – Discuss the principles of invasion sports & importance of passing. Warm up – specific to sport. Skill – 1 to 1 passing send & receive using different equipment. Games – Gateways, islands, Prison break. Evaluate – log book entry
Learning Outcomes	Pupils will know how to hold and run with a ball. They will be able to pass and catch a ball using the correct technique. They will improve their general hand-eye co-ordination, and will appreciate the importance of communication when working as a team.		
Steps to Success	Bronze	Silver	Gold
	Show awareness of others when playing games Perform basic skills of rolling, striking and kicking with confidence Make choices about appropriate targets, space and equipment.	Work to improve basic skills Receive and send in games in small groups standing still Benefit from further individual and cooperative partner activities	Make early decisions about skill and tactics to use when playing games Begin to use skills thoughtfully in simple competitive games Achieve greater control by anticipating action in a game and reacting quickly
2	Moving with an object	<ul style="list-style-type: none"> Ball Control Throwing & Catching Hand Eye Coordination Visual Acuity Understand the importance of speed 	<ul style="list-style-type: none"> PowerPoint – Discuss modes of travelling in game situations Warm up – specific to sport Skill – Dribbling skills, Object manipulation Games – Treasure island, capture the flag, Evaluate – Peer assess, log book entry
Learning Outcomes	Pupils will complete all passing drills successfully using the correct technique. They will understand the importance of communication when passing the ball to each other. They will develop their spatial awareness and their understanding of movement in a game situation.		
Steps to Success	Bronze	Silver	Gold
	Show awareness of others when playing games Perform basic skills of throwing and catching with confidence Make choices about appropriate targets, space and equipment.	Work to improve basic skills Receive and send in games in small groups standing still Choose where to move in order to receive a pass and use space.	Make early decisions about skill and tactics to use when playing games Begin to use skills thoughtfully in simple competitive games Achieve greater control by anticipating action in a game and reacting quickly

3	Scoring	<ul style="list-style-type: none"> Sequencing movements e.g. run, catch, throw Technical Competency Working with others to create scoring opportunities Understanding the concepts of utilising space 	<ul style="list-style-type: none"> PowerPoint – Discuss the important factors what an athlete has to consider when scoring. Warm up – Sport specific Skill – Target practice, shooting on the move, pass move and shoot Games – Poison ball, Shootout, King ball, Netball Evaluation – Log book entry
Learning Outcomes	Pupils will understand the importance of creating space to maximise the opportunity of successfully scoring a point. They will develop there shooting accuracy and power.		
Steps to Success	Bronze	Silver	Gold
	Show confidence in variety of techniques to strike or send an object to its intended target Choose appropriate areas to hit the target easier.	Show confidence to beat a defender Strike the ball with varying power to dependant on the targets position	Advance the object forward into appropriate spaces to creating scoring opportunities Draw a defender Penetrate space off the ball
4	Applying Pressure	<ul style="list-style-type: none"> Marking off ball opponents Reducing space of opposition Intercepting Understanding positions 	<ul style="list-style-type: none"> PowerPoint – Importance of defending. Warm up – sports specific Skill – 2v1, keepball, screening, off ball tracking Games - Handball Evaluate – Log book entry
Learning Outcomes	Pupils will learn how to get past a defender. They will develop their ball handling skills further and will begin to learn how to pass and move at the same time. They will apply these skills to a conditioned game.		
Steps to Success	Bronze	Silver	Gold
	Start to understand where to stand to make it difficult for their opponent Block the opportunity for other opponents passing the ball	Track an opponent Anticipate and attempt to block opponents movements and passes.	Change direction quickly and force opponents with the ball to make errors Anticipate and track the flight of the object successfully
5	Small Sided Games	<ul style="list-style-type: none"> Sending and receiving whilst moving Understanding simple rules Playing competitively 	<ul style="list-style-type: none"> PowerPoint – Internal logic of handball, understanding the rules Warm up – sport specific Skill – 3 step pass, quick passing, moving the ball across court Games – Small sided handball games, King ball

			<ul style="list-style-type: none"> Evaluate – Log book entry
Learning Outcomes	Pupils will develop their ball handling skills. They will be introduced to a 2 vs. 1 & 4 vs. 2 situation. Pupils will know how to create space when attacking in rugby. They will develop their teamwork and communication skills.		
Steps to Success	Bronze	Silver	Gold
	Follow simple rules Play fairly within small groups Show success sending and receiving in unopposed or low opposed situations. Show patience with other teammates	Demonstrate some understanding of the need to vary passes and strikes in response to changing situations in a game and to surprise opponents	Work together as a pair or team to outwit the opposition Use simple set moves to support an attack (invasion)
6	Small Sided Games	<ul style="list-style-type: none"> Sending and receiving whilst moving Understanding simple rules Playing competitively 	<ul style="list-style-type: none"> PowerPoint – Internal logic of handball, understanding the rules Warm up – sport specific Skill – 3 step pass, quick passing, moving the ball across court Games – Small sided handball games, King ball Evaluate – Log book entry
Learning Outcomes	Pupils will develop their ball handling skills. They will be introduced to a 2 vs. 1 & 4 vs. 2 situation. Pupils will know how to create space when attacking in rugby. They will develop their teamwork and communication skills.		
Steps to Success	Bronze	Silver	Gold
	Follow simple rules Play fairly within small groups Show success sending and receiving in unopposed or low opposed situations. Show patience with other teammates	Demonstrate some understanding of the need to vary passes and strikes in response to changing situations in a game and to surprise opponents	Work together as a pair or team to outwit the opposition Use simple set moves to support an attack (invasion)
7	Games/ Competition	<ul style="list-style-type: none"> Speed Identify space and time Playing to the rules Playing fairly 	<ul style="list-style-type: none"> Warm up – sport specific Games – Competition in handball tournament
Learning Outcomes	Pupils will develop their ball handling skills. Pupils will develop their teamwork and communication skills through a series of fun games and activities. Pupils will apply these skills into conditioned games.		

Steps to Success	Bronze	Silver	Gold
	<p>Follow simple rules Play fairly within small groups Show success sending and receiving in unopposed or low opposed situations. Show patience with other teammates</p>	<p>Demonstrate some understanding of the need to vary passes and strikes in response to changing situations in a game and to surprise opponents</p>	<p>Work together as a pair or team to outwit the opposition Use simple set moves to support an attack (invasion)</p>

Expectations

Invasion Games

Skills on the ball

- Dribble
- Shoot
- Pass while travelling
- Tackle
- Block
- Swerve dodge
- Receiving the ball

Tactics

- Choose best position to mark the space
- If and when to tackle
- Patterns of play from re-starts
- Maintaining possession
- Supporting the ball
- Advance the ball into a scoring area
- Scoring
- Applying pressure to the ball
- Supporting the on ball defender
- Covering (help defense)

- Explore variations of speed, height, direction of throws, strikes etc.
- Explore ways to dodge an opponent
- Demonstrate some understanding of the need to vary passes and strikes in response to changing situations in a game and to surprise opponents
- Work together as a pair or team to outwit the opposition
- Use simple set moves to support an attack (invasion)
- Recognise that tactics are similar in the same types of games e.g. in all invasion games
- Select and use simple tactics
- Understand that rules serve different purposes e.g. to ensure safety and fairness; to facilitate optimum involvement of all players

- Compare own performance with that of others – technically and tactically
- Use observations to improve own performance
- Assess own and others work using a wide range of specific criterion given by the teacher
- Describe what they need to do to improve individual and team performance
- Practise skills and tactics play to improve performance
- Work constructively with a partner or a team to devise practices to improve individual and combined performance
- Use appropriate technical and tactical terminology
- Assess the ease or difficulty of interpreting and applying different rules

- Know elements of fitness i.e. strength, speed, suppleness and stamina
- Know stretching exercises and how these can affect range of movement in joint
- Devise simple routines of stretching exercise in preparation for games activity
- Give reason why physical activity is good for their health