



	AUTUMN	SPRING	SUMMER
YEA R 3	<p>Hockey (Astro) Strokes examined: Push, Slap, Hit, Turning over of stick, Dribbling using both sides of stick, 2v1, 4v2, Creating Space, Pass &amp; Move, Small Sided Games, Rules Clinic</p> <p>Basketball Introduction to the game: Passing, Dribbling, Shooting, Hoop Ball, 3v1, 2v2 Skills.</p>	<p>Cross-Country Jnr. Course</p> <p>Bleep Test</p> <p>Ball Skills (Invasion, Striking &amp; Net) + Uni Hoc Prisoner Ball, Kick Ball, Indoor Cricket, Centre Ball, Roller Ball, Mini Volley, Bench Ball, Wall Ball, Indoor Bowls etc.</p>	<p>Athletics Sprints (50m/100m), Relays, Hurdles, High Jump, Long Jump.</p> <p>Tennis Grip, Forehand/Backhand, Volleying, Short Tennis</p> <p>Swimming Breathing techniques, Floats to aid leg kick, Entry Points, Crawl, Breaststroke, Backstroke</p>
YEAR 4	<p>Hockey (Astro) Strokes examined: Push, Slap, Hit, Turning over of stick, Dribbling using both sides of stick, 2v1, 4v2, Creating Space, Pass &amp; Move, Small Sided Games, Rules Clinic</p> <p>Basketball Passing, Dribbling, Shooting, Movement Into Space, Small Sided Games 2v2 / 3v3, Bench Ball, Basic Rules.</p> <p>Gymnastics Mainly Educational Gymnastics: Flight, Travel, Balance. Producing Sequences, Small Groups / Pairs, Use of Apparatus.</p>	<p>Cross -Country Jnr. Course</p> <p>Bleep Test</p> <p>Ball Skills (Invasion, Striking &amp; Net) Prisoner Ball, Cricket, Centre Ball, Roller Ball, Indoor Bowls, Invent a Game</p>	<p>Athletics Sprints (50m/100m), Relays, 200, 400m, Hurdles, High Jump, Long Jump.</p> <p>Tennis Grip, Forehand/Backhand, Volleying, Service, Rules Clinic, Short Tennis.</p> <p>Swimming Breathing techniques, Floats to aid leg kick, Entry Points, Crawl, Breaststroke, Backstroke</p>
YEAR 5	<p>Hockey (Astro) Strokes examined: Push, Slap, Hit, Turning over of stick, Dribbling using both sides of stick, 2v1, 4v2, Creating Space, Pass &amp; Move, Small Sided Games, Rules Clinic</p> <p>Basketball Passing (Bounce, Chest, Spear), Dribbling (Both Hands), Shooting (Lay-Ups), Tactical Awareness, Small Sided Matches 4v4, Rules Clinic.</p>	<p>Cross-Country 'Mid Course'</p> <p>Bleep Test</p> <p>Badminton Introduction to Game: Grip, Striking Shuttle Into Target Areas, Rallies with Partner, Rules of Service, Service (B/Hand, F/Hand), Variety of Shot (Smash, Drop Shot, Clear), Match Play (Reduced Courts with Net), Rules Clinic</p>	<p>Athletics Sprints, 50m, 100m 200m, Relays, 400m, Hurdles, High Jump, Long Jump.</p> <p>Tennis Grip, Forehand/Backhand, Volleying, Service, Singles/Doubles Play, Rules Clinic, Short Tennis</p>
YEAR 6	<p>Hockey (Astro) Strokes examined: Push, Slap, Hit, Turning over of stick, Dribbling using both sides of stick, 2v1, 4v2, Creating Space, Pass &amp; Move, Small Sided Games, Rules Clinic</p> <p>Basketball Passing (Bounce, Chest, Spear), Dribbling (Both Hands), Shooting (Lay-Ups), Rebounding, Tactical Awareness, Small Sided Matches 4v4, Rules Clinic.</p>	<p>Cross -Country Mid Course</p> <p>Bleep Test</p> <p>Badminton Service (B/Hand, F/Hand), Variety of Shot (Smash, Drop Shot, Clear), Match Play (Reduced Courts with Net), Rules Clinic.</p> <p>Volleyball Passing in pairs/3s – use of basic strokes to pass : Dig/Forearm Pass/Set</p> <p>Rallying: use 'low net' small groups/ allow bounce etc.</p> <p>Attacking Strokes: Service/Spike/Tip</p> <p>Defence: Block/Sprawl</p> <p>Rules Clinic: Service/Points System/ Rotation</p>	<p>Athletics Sprints, 100m, 200m, Relays, 400m, 800m, 1500m, Hurdles, High Jump, Long Jump, Javelin, Shot Put, Discus</p> <p>Tennis Grip, Forehand/Backhand, Volleying, Spin, Service, Singles/ Doubles Play, Rules Clinic, Match Play, Short Tennis.</p>