

	1/2		3/4	5/6
FMS (throwing, catching, kicking in games)	<ul style="list-style-type: none"> <li>Practice basic striking, sending and receiving.</li> <li>Use hand eye coordination to catch a ball with consistency.</li> <li>Accurately throw under arm.</li> <li>Use the correct technique to throw over arm accurately.</li> <li>Vary the types of throw used for accuracy and distance (at a target).</li> <li>Kick a ball using the correct body position and body parts.</li> <li>Pass the ball to a partner in various ways (i.e. kicking, throwing, bouncing and rolling).</li> <li>Investigate different ways of dribbling with a ball.</li> <li>Display control of a ball using a racket.</li> <li>Strike a moving and stationary ball with accuracy.</li> <li>Strike a ball for distance.</li> <li>Use throwing and catching skills in a game.</li> <li>Use striking skills in a game.</li> <li>Show a basic understanding of attacking and defending.</li> <li>Use different ways of travelling at different speeds.</li> </ul>	Striking & fielding	<ul style="list-style-type: none"> <li>Using hand eye coordination to strike a moving and a stationary ball with a bat or racket.</li> <li>Practise and apply batting skills to demonstrate accuracy (at a target).</li> <li>Use fielding skills to stop a ball from travelling past them.</li> <li>Throw and catch with control and accuracy.</li> <li>Practise the best technique for catching a ball and apply it under pressure.</li> <li>Develop a safe and effective bowling technique.</li> </ul>	<ul style="list-style-type: none"> <li>Explore when different shots are best used.</li> <li>Use good hand-eye coordination to be able to direct a ball when striking or hitting.</li> <li>Work as a team to develop fielding strategies to prevent the opposition from scoring.</li> <li>Throw and catch accurately under pressure in a game.</li> <li>Demonstrate the correct bowling technique accurately and at different speeds.</li> </ul>
		Net / wall	<ul style="list-style-type: none"> <li>Build a rally with a partner.</li> <li>Accurately serve underarm.</li> <li>Practice the correct technique for hitting a ball accurately</li> <li>Demonstrate the correct body position when hitting a ball in different ways.</li> <li>Using hand eye coordination to strike a moving ball with a racket.</li> </ul>	<ul style="list-style-type: none"> <li>Begin a rally using an accurate serve.</li> <li>Maintain a rally with a partner.</li> <li>Understand the different types of serve that can be used to begin a game.</li> <li>Demonstrate different strokes with accuracy.</li> <li>Think carefully about what shot is best to play in order to achieve the best outcome.</li> </ul>
		Invasion	<ul style="list-style-type: none"> <li>Demonstrate various ways of shooting (i.e. – with your feet, hands or a stick).</li> <li>Move with the ball in a variety of ways with some control and fluency.</li> <li>Pass the ball in accurately in various ways at an appropriate speed.</li> <li>Demonstrate attacking and defending skills in a game.</li> <li>Make the best use of the space to pass and receive the ball.</li> <li>Keep and win back possession of the ball effectively.</li> </ul>	<ul style="list-style-type: none"> <li>Successfully move with the ball in a variety of ways.</li> <li>Pass the ball with speed and accuracy using appropriate techniques.</li> <li>Link a range of skills together e.g. passing and receiving the ball on the move.</li> <li>Demonstrate good decision making in a game (i.e. – when to shoot, pass or move with the ball).</li> <li>Communicate with teammates during a game.</li> <li>Use a range of attacking and defending techniques.</li> <li>Demonstrate the importance of finding space to support teammates.</li> </ul>