

PE

Scheme of Work for Academic Year September 2024 - July 2025

Lesson	Term 1	Lesson	Term 2	Lesson	Term 3	Lesson	Term 4	Lesson	Term 5	Lesson	Term 6
Class	Trampolining - Off Site		Football / Tag Rugby		Tennis / Badminton		Basketball / Netball		Rounders / Quick Cricket		Athletics
1	Trampoline safety/basic jumps/aerial shapes/turns To understand the health and safety aspects of trampolining. To accurately replicate basic jumps, aerial shapes and turns with good body tension and posture.	1	Football - Passing & Travelling With The Ball - To be able to replicate passes in a space with changing environment. To understand the importance of width and playing into space in order to attack and outwit opponents. To identify the type of information you might provide team mates when off the ball. - To be able to accurately replicate the core skills of passing and receiving. To understand and develop the knowledge of the type of pass needed and when. To be able to outwit opponents with a variety of passes in a competitive small sided game.	1	Tennis- Racket Control & Serving - To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic stroke and maintain a simple rally. To understand the basic scoring and rules of a double game play. - To accurately replicate the basic technique for a forehand and backhand. To begin to think about outwitting opponents with the movement of the ball. To demonstrate an understanding of basic tennis rules. - To perform and replicate a legal tennis serve with control and timing. To understand service laws in tennis. To be able to develop cooperative and competitive rallies starting with an overhead or underarm serve. To be able to accurately replicate a variety of shots in a game implementing basic strategies and tactics.	1	Basketball- Passing & Travelling with the ball - To be able to replicate basic ball handling skills. To be able to perform these in a small sided game to maintain ball possession. To develop their understanding and knowledge of the basic rules of Basketball. - To replicate the core skill of dribbling with control and accuracy. To be able to perform skills in a small sided game making decisions about how best to advance on opposition. To develop an understanding of the rule of travelling.	1	Rounders- Hand-eye co-ordination - To develop an understanding and knowledge of the basic fundamentals of Rounders. To be able to accurately replicate a basic throwing & catching technique. To be able to play conditioned game in which they understand and apply basic tactics. - To accurately replicate the batting technique. To understand the importance of ball placement in relation to the fielders. To develop knowledge of rounders rules and use effective communication as a team. To refine basic tactical ideas depending on successful outcomes.	1	Sprinting - To be able to perform the basic technique for an effective paced race. To replicate the correct posture, arm action and leg action. To evaluate performance of self and others and suggest ways technique may be improved. To understand components of fitness for sprint races. - To accurately replicate basic technique for an effective paced race. To perform an 800m race refining ability to pace the performance to sustain 2 laps. To understand components of fitness involved in longer distance races.
2	Trampoline safety/basic jumps/aerial shapes/turns To understand the health and safety aspects of trampolining. To accurately replicate basic jumps, aerial shapes and turns with good body tension and posture.	2	Football - Shooting & Teamwork - To demonstrate a controlled shooting motion on a goal. To develop an understanding of how to create space to shoot. To understand how to adjust shot selection based on opponents positioning & environment.	2	Tennis- Rallying & Game rules - To be able to accurately replicate a basic stroke and maintain a simple rally. To understand the basic scoring and rules of a double game play.	2	Basketball- Shooting & Teamwork - To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of playing into space in order to attack. - To replicate a basic lay up technique in a variety of situations. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	2	Rounders- Fielding and bowling - To use both underarm & over arm throws depending on game situations. To accurately replicate long barrier and use effectively in a game. To begin to outwit opponents with the use of bating shots. To develop communication skills, teamwork through rounders game play. - To accurately replicate the correct bowling technique. To understand what makes a legal ball and penalty for persistent no balls. To play conditioned game understanding the rules and tactics. To incorporate bowling, batting, fielding into a game of rounders.	2	Co-Ordination / Throwing / Javelin - To accurately replicate the technique for an effective shot putt. To perform and record distance achieved. To understand the rules regarding throwing and ball landing. To understand the fitness needs of throwing events. - To accurately replicate the technique for an effective javelin throw. To perform the event and record distance achieved. To understand the rules regarding the throw and landing. To develop the ability to evaluate technique after each throw.
3	Seat drop + combination development To demonstrate control and aesthetics when performing the correct seat drop technique. To understand what makes a successful seat drop and to begin to evaluate performance.	3	Football - Game Rules and Game Play - To Understand the Rules of Football - To develop a knowledge of how to outwit an opponent using the core football skills. To understand and appreciate the need to make decisions about skill choice. To begin to refine ideas as a team when unsuccessful.	3	Tennis- Game play - To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.	3	Basketball- Game rules & Game play - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To identify strengths and weaknesses when playing small sided games and adapt strategies where necessary. To identify the type of information you might provide team mates when off the ball.	3	Rounders- Game rules & Game play - To understand the fielders roles and base responsibilities. To understand basic tactics to outwit batters & fielders respectively. To make effective evaluations of strength and weaknesses, of self and others' performance. - To perform and replicate a combination of skills to outwit opponents in a game situation. The pupils are to develop their knowledge and understanding of the rules of rounders. To demonstrate a variety of tactics based on the opposition.	3	Sports Day Practise - To practise the events for the Sports Day
4	Swivel hips To be able to accurately replicate the swivel hips technique. To understand the importance of the use of arms, legs & aesthetics during the movement. To know and be able to describe the correct technique and peer evaluate other pupils swivel hips.	4	Tag Rugby - Passing & Receiving and Travelling with the Ball - To be able to handle a rugby ball correctly and replicate a pass while on the move. To demonstrate receiving skills applying control throughout. To understand the importance of width and space when advancing in attack.	4	Badminton- Racket control & Serving - To be able to demonstrate & use the correct grip. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket from a ready position. - To perform and replicate underarm clear with control and coordination. To understand when best to use underarm and overhead clear. To develop the skill of outwitting an opponent using a combination of shots.	4	Netball- Passing & Travelling with the ball - To understand the concept of space. To create space and movement patterns by changing direction or changing pace. To understand and begin applying the footwork rule. To be able to send and receive the ball in a closed situation and developing confidence in a competitive situation - To be able to outwit opponents to receive the ball. To understand the importance of 'getting free' in order to attack. To develop their understanding of strategic and tactical plays to beat and outwit an opponent. To develop understanding of netball rules and positions and associated court areas.	4	Cricket- Hand-eye co-ordination - To accurately replicate a basic throwing and receiving technique. To take part in conditioned games showing an understanding of basic tactics. To develop understanding the laws of cricket. To begin to think about outwitting opponents with the placement of the ball. - To accurately replicate the basic batting grip and drive technique. To understand the importance of movement, timing and preparation for an effective batting drive. To develop the ability to adjust shot selection based on field positioning. To develop knowledge of when to play drive.	4	Sports Day
5	Front drop To be able to replicate front drop technique with controlled landing. To develop the ability to adapt and refine skills when unsuccessful. To combine skills into and out of front drop.	5	Tag Rugby - Scoring and Teamwork - To understand the term tagging. To develop knowledge of the rules regarding tagging and implications for the game. To develop the ability to make decisions about attack and evaluate its success. To work co-operatively to organise and maintain a game.	5	Badminton- Rallying & Game rules - To understand the different lines and areas on the court and be able to move around between them quickly. - To accurately replicate a serving technique. To be able to strike the shuttle consistently with enough height and weight to carry the net. To begin to score & officiate a competitive doubles game using the correct court markings.	5	Netball- Shooting & Teamwork - To develop their understanding and knowledge of where on the court shooting can take place. To accurately replicate the technique for a correct shooting action. To be able to evaluate pupils shooting technique and suggest ways to improve. - To be able to move accurately into a space to receive a well-timed pass. To explore ideas, concepts of attacking play when in space and in possession of the ball. Be able to pivot after receiving a pass. Identify individual and team strengths and areas for improvement.	5	Cricket- Fielding and bowling - To use both underarm and over arm throws depending on competitive situation. To accurately replicate the long barrier technique. To begin to outwit opponents with the use of bating skills. To confidently score a kwik cricket game. - To be able to accurately replicate basic bowling technique. To understand the laws about bowling deliveries. To play conditioned game understanding rules and tactics. To incorporate bowling, batting, fielding into small sided games of Cricket.	5	High / Long Jump - To accurately replicate the technique for an effective long jump and high jump. To perform and record distance achieved. To understand the rules regarding take off and landing. To understand the components of fitness involved in jumping events.

KS2/3 Year 1	6	Front drop development + Routine creation To be able to replicate front drop technique in combination with other movements. To demonstrate a clear understanding of the importance of body extension and aesthetics.	6	Tag Rugby - Game Rules and Game Play - To perform a combination of core rugby skills under pressure during small sided competitive games. To understand the importance of health and fitness and recognise which activities help their speed, strength and stamina. To develop knowledge of tag rugby rules and scoring (offside/knock ons). - To demonstrate knowledge and understanding of the rules related to tag rugby. - To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation.	6	Badminton- Game play - To be able to outwit opponents using simple drop shot. To understand the importance of movement and shuttle placement in order to attack. To begin to develop strategic and tactical play during a rally. - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.	6	Netball- Game rules & Game play - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball. To demonstrate the ability to evaluate performances and suggest ways to improve. Apply strategies and tactics when attacking and defending.	6	Cricket- Game rules & Game play - To perform and replicate a combination of skills to outwit opponents in a match situation. To understand basic tactics to outwit batsmen & fielders respectively. To understand all rules of a full cricket game. - To demonstrate the ability to outwit an opponent in a game situation using a range of core skills and techniques. To demonstrate a variety of tactics as a bowler and batter. To identify strengths and weaknesses when playing & adapt strategies where necessary.	6	Obstacle Course - To participate in a number of Obstacle Courses involving different activities
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	Lesson	Term 1	Lesson	Term 2	Lesson	Term 3	Lesson	Term 4	Lesson	Term 5	Lesson	Term 6
Class		Table Tennis / Volleyball		Gymnastics - Off Site		Tennis / Badminton		Basketball / Netball		Rounders / Quick Cricket		Athletics
	1	Table Tennis : Introduce the Grip & backhand push To be able to demonstrate & use the correct grip and understand the ready position. To be able to accurately replicate a basic backhand push shot. To understand the basic scoring and rules of double game play. To begin to outwit opponents with the movement of the ball.	1	- Be able to perform the basic movement skills including jumps and basic rolls. To improve pupils ability to travel and jump effectively using a variety of techniques. To be able to perform these movements in a small sequence. To understand health and safety aspects of gymnastics.	1	Tennis- Basic Ground Strokes To be able to demonstrate & use forehand and backhand shots in a rally. To develop the ability to outwit opponents with a combination of shots. Serve Development - To perform and replicate a legal over arm tennis serve with control and timing. To understand service laws in tennis. To demonstrate effective positioning for and execution of return of serve. To be able to implement variety of shots in a game implementing basic strategies and tactics.	1	Basketball - Develop Passing/Pivoting and Dribbling/Triple Threat - To be able to perform passing and receiving techniques and use to outwit opposition. To be able to perform these in a small sided game with success. To use dribbling technique correctly and understand what constitutes a double dribble and traveling. Attacking and Outwitting an Opponent - To develop an understanding about attacking principles related to basketball. To perform and accurately replicate a range of dribbling skills to outwit opponents. To demonstrate a developed understanding of basketball rules.	1	Rounders- Fielding Skills - To accurately replicate long barrier and use effectively in a game. To develop creative thinking & outwitting opponents with the placement of the ball. To be able to play conditioned game in which they understand and apply basic tactics. To develop communication skills, teamwork through rounders game play. Bowling Development - To accurately replicate a legal bowling technique. To incorporate spin & disguise into bowling to outwit batter. To understand what makes a legal ball and penalty for 3 no balls. To incorporate bowling, batting, fielding technique into a full game of rounders.	1	Sprint running technique (100/200/400m) To accurately replicate sprinting technique. To adjust body movements to create more drive/speed/power. To understand components of fitness involved in short distance races. To adhere to running rules in all track events Middle distance running – 800m To accurately replicate basic technique for an effective 800m race. To understand the need to pace the race in order to sustain 2 laps. To develop components of fitness involved in 800m. To evaluate performance of self and others and suggest ways technique may be improved.
	2	Table Tennis : Introduce forehand push To be able to outwit opponents using a forehand drive with topspin. To describe and understand the effect of topspin on the balls flight. To understand the importance of movement and ball placement in order to win points. To confidently score a game of doubles.	2	- To understand the need for body tension when replicating movements. To be able to perform skills in a small sequence + make decisions about how to improve. Pupils explore ways of rotating including forwards, backwards & cart wheels. Understand the principle of accelerating and slowing down rotation.	2	Tennis- Backhand Slice and Volley - To accurately replicate the technique for a backhand slice. To understand the effect slice has on the balls flight & bounce. To refine & adjust shot selection based on opponents positioning. To be able to use the backhand slice during a game rally. - To accurately replicate volley technique with accuracy & control. To understand when to use a volley and the advantages it provides. To understand how games and sets are scored. To demonstrate an understanding of the different roles played within a doubles game.	2	Shooting - Set shot, lay up and Jump Shot - To understand and know the benefits of types of shots. To develop their understanding and knowledge of how to execute a successful set shot. To be able to outwit opponents using learnt skills and techniques. To develop an understanding of the importance of width and playing into space in order to create shooting opportunities. - To develop understanding of how to outwit an opponent using accurate replication of jump shot techniques. To understand and appreciate the need to make decisions about choice of technique and refining ideas when unsuccessful.	2	Rounders- Batting Development - To accurately replicate the batting technique. To develop the ability to hit the ball into space in relation to fielders. To refine tactical ideas depending on opposition. To analyse individual strengths and make tactics changes to the batting order/field positions as a result. Positional roles - To explore rounders positions and the relevant roles at each point. To develop knowledge of backstop to 1st base tactics. To understand the need to change field positioning depending on batters set up. To develop creative thinking & outwitting opponents during a game.	2	Throwing – shot put To perform and accurately replicate the technique for an effective shot putt. To record distance achieved in relation to previous best and peers. To understand the rules regarding throwing and ball landing. To develop an understanding of the why some pupils throw further. Throwing - javelin To perform and accurately replicate the technique for an effective javelin. To record distance achieved in relation to previous best and peers. To understand the rules regarding the throw and landing. To understand factors that may affect the throwing of the javelin.
	3	Table Tennis: Service laws To perform and replicate a legal table tennis serve with control and accuracy. To be able to accurately replicate a variety of shots in a small sided game implementing basic strategies and tactics. To understand the scoring and rotation needed for doubles games. Outwitting Opponents in competitive games To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.	3	- Refine basic balances on different body parts, including support of hand and/or head stands. To understand the importance of aesthetics and fluency in routines. To develop how to recognise good performance in simple gymnastics routines and suggest reasons for this.	3	Tennis- Outwitting Opponents in competitive games - To understand the importance of ball placement on the court to win points. To demonstrate an understanding of tennis doubles rules. To begin to recognise the oppositions strengths and weaknesses and exploit weak areas. - To develop the skill of outwitting an opponent using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary. To demonstrate a variety of tactics based on the movements of others.	3	Outwitting Opponents in a competitive game situation - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To understand the need of tactical movements and strategies to invade opponents half. To demonstrate a sound knowledge of the rules of the game.	3	Tactics/strategies to outwit opponents - To perform and replicate a combination of skills to outwit opponents in a game situation. To understand the importance of judgment as a batter in response to fielders actions. To make effective evaluations of strength and weaknesses, of self and others' performance. - To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling and fielding techniques. To demonstrate knowledge and understanding of the rules of rounders. To perform effective communication & teamwork skills.	3	Sports Day Practise - To practise the events for the Sports Day
	4	Volleyball - Introduce set technique To be able to accurately replicate basic volley technique. To be able to demonstrate & use volley in a game situation responding to changes. To understand the basic scoring and rules of volleyball. Introduce dig technique To perform and replicate the dig technique with control and accuracy in a small sided game. To develop the skill of outwitting an opponent using a combination of shots. To understand the scoring system during a volleyball game	4	- To accurately replicate partner/group balances. Understand the principle of centre of mass and associated changes. To develop their understanding and knowledge of body tension and fitness. How to recognize good performance in developing gymnastics routines.	4	Badminton- Ready Position / The Clear - To be able to demonstrate & use the ready position. To be able to recognise the flight of the shuttle and to be able to contact the shuttle with the face of the racket consistently. To develop the ability to outwit opponents with movement of the shuttle. - To replicate overhead clear with control and accuracy. To consistently replicate this shot in a match situation implementing strategies for success. To understand court markings and the strong/weak side of an opponent.	4	Netball - Recap Passing Skills and Fundamental Rules - To demonstrate control and accuracy of passing and catching. To abide by footwork, contact and obstruction rules during a game. To be able to catch the ball from a variety of situations with improved technique and greater consistency. To be able to perform these in a small sided game activities to outwit opponents. Timing of pass/support play - To be able to outwit opponents using a variety of passes with accuracy and timing. To be able to move accurately into a space to receive a well timed pass. To develop their understanding of strategic and tactical play and refine ideas based on successful outcomes.	4	Cricket - Fielding Practice - To use & perform a range fielding techniques depending on competitive situation. To make accurate decision about outwitting opponents with the placement of the ball. To develop a deeper understanding the laws and terminology of cricket. Batting-drive shot To develop the basic stance and use the correctly perform the drive shot technique. To develop knowledge of movement, timing and preparation for an effective batting shot execution. To begin to analyse peers batting technique & suggest ways to improve.	4	Sports Day

KS2/3 Year 2	5	<p>Volleyball - Basic underarm service To accurately replicate a serving technique. To be able to strike the ball consistently with enough height and weight to carry the net. To begin to develop strategic and tactical play during a rally. To begin to score & officiate a competitive game.</p> <p>Strategies/tactical development To understand how develop the perfect attacking strategy. To begin to analyse opponents weaknesses & devise strategies to exploit them. To understand how to adjust shot selection to enable the outwitting of opponents.</p>	5	<p>- To develop partnered balances using the concepts developed. To replicate balances using counter balance/tension to maintain stability. To understand and appreciate the need to make decisions about choice of movements and refining ideas when unsuccessful.</p>	5	<p>Badminton- Smash Shot and Disguised Shots - To be able to accurately replicate a smash shot. To understand the movement and preparation for an effective smash. To appreciate how to adjust shot selection based on opponents positioning. To begin to officiate badminton matches fairly and accurately. - To be able to outwit opponents using simple a disguise. To understand the importance of movement and shuttle placement in order to attack. To confidently score a game of singles and doubles.</p>	5	<p>Attacking play - To demonstrate good positioning whilst dodging to allow effective attacking strategies. To perform skills in a small sided game activity making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and with ball possession. Identify individual and team strengths and areas for improvement. Marking/defending - To accurately replicate defending skills. To be able to mark an opponent and intercept passes sent towards them. To apply defending principles when devising game plans. To be able to outwit opponents using learnt defending skills and techniques. To describe the rules and begin to umpire a game of netball.</p>	5	<p>Batting- pull shot To understand & accurately replicate the correct pull shot technique. To attempt to use the pull shot in a competitive environment. To introduce the need for "backing up" in the field during game situation. To further develop the ability to adjust shot direction in order to outwit fielders. To understand basic umpire signals & meaning. Bowling-run up development To be able to accurately replicate full over arm bowling technique. To incorporate a small run up & understand the impact it has on bowling speed/power. To understand the rules & infringement related to bowling deliveries. To incorporate full bowling into small sided games of cricket.</p>	5	<p>Jumping - high jump To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and perform a legal jump. To record and analyse the height achieved. To understand the components of fitness involved in high jump.</p>
	6	<p>Volley Ball - Outwitting Opponents in a competitive game situation - To develop their understanding and knowledge of basic outwitting strategies. To understand and develop the use of tactics and shot selection. To refine tactics based on opponents weaknesses. To be able to assess & evaluate own performance and weaknesses. - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p>	6	<p>To improve pupils appreciation of performance and ways of improving. Create simple routines for individual and partner work. Link skills to create simple routines for assessment of own and others work.</p>	6	<p>Badminton- Game play - To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. To describe the difference in doubles court markings. To be able to assess & evaluate own performance and weaknesses. - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To demonstrate knowledge and understanding of the rules. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p>	6	<p>Outwitting Opposition - Game Play - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball and feel confident identifying violations of rules.</p>	6	<p>Batting calls/basic field placement. - To understand the need for basic communication skills and appropriate batting calls. To develop the ability to adjust shot direction based on field positioning. To develop the use of tactics to outwit batsmen & fielders respectively. Outwitting Opponents in a competitive game situation -To demonstrate tactical knowledge based on the placement of the ball in relation to fielders. To develop knowledge and understanding of the laws of cricket through a full game.</p>	6	<p>Obstacle Course - To participate in a number of Obstacle Courses involving different activities and improve upon last year's time</p>
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	Lesson	Term 1	Lesson	Term 2	Lesson	Term 3	Lesson	Term 4	Lesson	Term 5	Lesson	Term 6
	Class	Trampolining		Football / Tag Ruby		Tennis / Badminton		Basketball / Netball		Rounders / Quick Cricket		Athletics
	1	<p>Trampoline safety/basic jumps/aerial shapes/turns To recap the health and safety aspects of trampolining. To accurately replicate basic jumps, aerial shapes and turns with good body tension and posture.</p>	1	<p>Football - Developing Core Skills - Dribbling and Passing - To be able to perform core passing skills in a variety of situations. To be able to perform these techniques in a small sided game to outwit opponents. Dribbling, Turns and Outwitting a defender - To be able to perform and accurately replicate different types of dribbling with control, speed and fluency. To be able to perform techniques in a small sided game making decisions about how best to advance on opposition.</p>	1	<p>Tennis - Ground strokes/ Outwitting opponents - To confidently outwit opponents using learnt strokes and techniques. To be able to demonstrate & use forehand and backhand shots competently in a rally. To accurately return the ball with a combination of shots. To begin to develop coaching ideas & suggest ways to improve peer performance. Topspin - To accurately replicate the technique for a forehand/ backhand topspin. To understand the effect topspin has on the balls flight & bounce. To refine & adjust shot selection based on opponents positioning. To be able to use the topspin shots during a game rally.</p>	1	<p>Basketball - Attacking/Outwitting an opponent. - To be able to perform passing, receiving, dribbling, shooting techniques to outwit opposition. To be able to perform a combination of these skills in a small sided game with success. Develop shooting – lay up - To perform and accurately replicate a range of lay-up variations under limited pressure. To understand the need of tactical movements to invade opponents half. To improve decision making skills about choice of shot techniques in different situations.</p>	1	<p>Rounders - Throwing/catching/fielding - To accurately replicate fielding skills and use effectively in a game. To develop communication skills, teamwork through rounders game play. To develop creative thinking & outwitting opponents with the placement of the ball. To be able to play game and apply batting/fielding tactics. Bowling development - To accurately replicate a legal bowling technique. To develop the ability to add disguise + power into bowling action. To understand rules involving bowling. To incorporate bowling, batting, fielding technique into a full game of rounders.</p>	1	<p>Sprint running technique (100/200/400m/relays) - To accurately replicate sprinting technique adjusting small elements to improve overall performance. To use a sprint start to create power/speed. To understand the different phases of a race and why they are used. To realise how athletics can promote a healthy lifestyle. Middle distance running – 800m - To accurately replicate and maintain an effective running technique. To understand how to pace a race reflecting on own ability. To understand the role of heart and lungs and their importance during an 800m. To evaluate self performance against previous bests.</p>
	2	<p>Trampoline safety/basic jumps/aerial shapes/turns To recap the health and safety aspects of trampolining. To accurately replicate basic jumps, aerial shapes and turns with good body tension and posture.</p>	2	<p>Football - Development of Shooting - To perform and replicate an accurate and controlled shot on goal. To develop their understanding and knowledge of how to execute a successful shot on goal. To appreciate how to adjust shot selection based on opponents positioning. Developing an Attack - To be able to outwit opponents using learnt core skills and techniques. To understand the importance of width and playing into space in order to attack. To develop strategic and tactical play when advancing.</p>	2	<p>Tennis - Service development - To accurately replicate an over arm tennis serve increasing power and placement. To develop decision making skills in the direction of the serve to exploit an opponent's weakness. To understand the difference in a 1st and 2nd serve and the reasons for this. Lob/smash - To accurately replicate lob & smash technique. To understand when to use a lob and the advantages it provides. To be able to apply the lob & smash in a competitive game. To encourage creative thinking in strategy development during rallies.</p>	2	<p>Basketball - Defence – Zone - To be able to stop opponents with the use of zone and man to man defending skills. To be able to perform skills in a small sided game making decisions about how best to stop opposition. To develop knowledge basketball rules. Strategies for attack/ 3 man weave - To develop an understanding about attacking principles specific to basketball. To know the benefits of different strategies for attacking play. To perform and replicate a 3 man weave using teamwork and movement patterns.</p>	2	<p>Rounders - Batting development - To develop batting technique incorporating power and placement. To develop strategic concepts when batting. To gain an understanding about exercise importance & healthy lifestyles. Fielding roles/outwit opponents - To discover fielding roles at each point. To develop an understanding of how pupils can outwit opponents. To make decisions about field positioning in response to batter analyse. To show a confident understanding of umpire calls/rules and batting/bowling infringements.</p>	2	<p>Throwing – shot putt - To perform and accurately replicate the shuffle technique for shot putt. To record distance achieved in relation to previous years bests. To understand the rules regarding the shot putt event. To understand the main phases that forms the full technique and begin to refine individual elements. Throwing - javelin - To perform and accurately replicate the technique for javelin. To incorporate the use of a run up and understand what effective this has on performance. To record distance achieved in relation to previous best. To understand the rules regarding the javelin throw.</p>
	3	<p>Seat drop + combination development To demonstrate further control and aesthetics when performing the correct seat drop technique. To understand what makes a successful seat drop and to begin to evaluate performance.</p>	3	<p>Football - Outwitting an opponent/Teamwork - To develop an ability to outwit an opponent when under pressure. To understand and appreciate the need to make decisions about skill choice. To begin to refine ideas as a team when unsuccessful. Defensive strategies/tactics - To be able to perform and develop defensive strategies i.e. Tackling, jockeying, forcing onto weaker foot. To understand how to set up a defense and how to stop opponents from advancing.</p>	3	<p>Tennis - Drop shot - To accurately replicate the technique for a drop shot. To develop disguise on shot execution to outwit opposition. To understand when to use the drop shot in a competitive rally and how it makes your play less predictable. To be able to incorporate the drop shot to a competitive game. Outwitting Opponents in competitive games - To demonstrate a variety of tactics based on the movements of others using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p>	3	<p>Basketball - Game tactics - To develop tactical strategies to successfully attack opponents basket. To understand and appreciate the need to use creativity when implementing strategies and refining ideas when unsuccessful. To understand and know advanced basketball rules. Outwitting Opponents in a competitive game situation - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To understand and develop knowledge of required fitness and diet required to sustain a good basketball performance. To demonstrate a sound knowledge of the rules of the game.</p>	3	<p>Rounders - Evaluation of tactics/peer assessment - To perform and replicate a combination of skills to implement tactics & to outwit opponents. To make effective evaluations of strength and weaknesses of pupils performance. To develop the ability to become a reflective learner & suggest fitness needs of rounders players. Game play - To demonstrate a variety of tactics based on the opposition. To demonstrate the ability to outwit an opponent in a game situation use a range of batting, bowling and fielding techniques. To demonstrate a confident understanding of the rules of rounders.</p>	3	<p>Sports Day Practise - To practise the events for the Sports Day</p>

KS2/3 Year 3	4	<p>Swivel hips To be able to accurately replicate the swivel hips technique. To understand further the importance of the use of arms, legs & aesthetics during the movement. To know and be able to describe the correct technique and peer evaluate other pupils swivel hips.</p>	4	<p>Tag Rugby - Passing & Receiving and Travelling with the Ball</p> <ul style="list-style-type: none"> - To improve ability to handle a rugby ball correctly and replicate a pass while on the move. To further demonstrate receiving skills applying control throughout. To understand the importance of width and space when advancing in attack. 	4	<p>Badminton - Movement and forehand rallying</p> <ul style="list-style-type: none"> - To develop the ability to outwit opponents with movement of the shuttle. To understand the different lines and areas on the court and be able to move around between them quickly. To identify strengths and weaknesses when playing & adapt strategies where necessary. <p>Overhead Clear</p> <ul style="list-style-type: none"> - To perform and replicate overhead clear with direction and intention to outwitting an opponent. Begin to attempt more advanced variations of this shot including the backhand clear. To score and officiate games fairly. 	4	<p>Netball - Recap netball fundamentals</p> <p>To demonstrate knowledge & understanding of netball rules. To perform a variety of passes at speed and with control. To be able to perform these in a small sided game activity to outwit opponents. To be able to catch the ball from a variety of situations with improved technique and greater consistency.</p> <p>Use of space/court linkage</p> <p>To be able to make decisions about sending & receiving the ball into a space, positioning to receive a pass. To be able to outwit opponents using a variety of techniques and passes with accuracy and timing. To develop & refine strategic and tactical play and adapt ideas based on successful outcomes.</p>	4	<p>Cricket - Fielding fundamentals</p> <ul style="list-style-type: none"> - To make accurate decision about outwitting opponents as batsmen or fielders. To accurately replicate a full range fielding techniques in response to a competitive environment. To recognise and use the laws of cricket and officiate correctly. <p>Batting-defensive shots</p> <ul style="list-style-type: none"> - To understand and correctly perform a batting defensive shot. To attempt to use defensive shot and understand when it might be necessary to use it in a game situation. To understand some components of fitness important to cricket players. 	4	Sports Day	
	5	<p>Front drop</p> <p>To further be able to replicate front drop technique with controlled landing. To develop the ability to adapt and refine skills when unsuccessful. To combine skills into and out of front drop.</p>	5	<p>Tag Rugby - Scoring and Teamwork</p> <ul style="list-style-type: none"> - To further understand the term tagging. To develop knowledge of the rules regarding tagging and implications for the game. To develop the ability to make decisions about attack and evaluate its success. To work co-operatively to organise and maintain a game. 	5	<p>Badminton - Smash/Jump Smash</p> <ul style="list-style-type: none"> - To be able to accurately replicate a smash shot with control and power. To understand the importance of movement and preparation for an effective smash and how to make adjustments. To officiate badminton matches fairly and accurately. <p>Drop shot (underarm and overarm)</p> <ul style="list-style-type: none"> - To replicate simple and more complex drop shot variations. To understand drop shot placement to produce a productivity outcome. To begin to develop strategic and tactical play during a rally. To confidently score a game. 	5	<p>Netball - Attacking principles</p> <p>To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in small sided game activities making decisions about how best to advance on opposition. To explore ideas, concepts of attacking play when in space and in possession of the ball.</p> <p>Defending principles</p> <p>To accurately replicate effective marking techniques and intercept any passes sent towards them. To outwit opposition when applying defending principles and when devising game plans. To evaluate individual performances and suggest ways to improve.</p>	5	<p>Cricket - Batting- cut</p> <ul style="list-style-type: none"> - To understand & accurately replicate the cut technique. To attempt to use the cut shot in a competitive game and in response to the type of delivery bowled. To develop communication & teamwork skills as a batting pair during game situation. To encourage quick decision making in order to outwit fielders or a batsman. <p>Bowling-spin/pace</p> <ul style="list-style-type: none"> - To incorporate disguise into bowling technique with the addition of spin or pace. To understand how spin is created and the effect it will have on the balls bounce. To recognise that run up speed will impact the bowling power/swing on delivery. To understand the rules & infringements related to bowling deliveries. 	5	<p>Jumping - triple jump</p> <ul style="list-style-type: none"> - To accurately replicate the technique for an effective triple jump. To perform and record the distance achieved. To understand the rules regarding take off and landing. To understand the components of fitness involved in jumping events and the meaning of 'plyometrics training'. <p>Jumping - High jump</p> <p>To accurately replicate the technique for an effective high jump. To understand the rules regarding take off and competition. To record the within dartfish to allow pupil to clear bar and watch on screen. Pupil demo. Why are some pupils successful? High Jump competition. 3 lives. Heights recorded by non-participants.</p>	
	6	<p>Front drop development + Routine creation</p> <p>To further be able to replicate front drop technique in combination with other movements. To demonstrate a clear understanding of the importance of body extension and aesthetics.</p>	6	<p>Tag Rugby - Attacking & outwitting opponents / Competitive Games</p> <ul style="list-style-type: none"> - To develop tactics and plan attacking and defending strategies. To use width and space when competing in small sided games. To understand how to score a try and rules regarding scoring. - To further demonstrate knowledge and understanding of the rules related to tag rugby. To demonstrate the ability replicate core game skills and to outwit an opponent in a game situation. 	6	<p>Badminton - Doubles and singles tactics</p> <ul style="list-style-type: none"> - To develop their understanding and knowledge of basic outwitting strategies. To understand how movement of the shuttle will result in dominating rallies. To understand and appreciate the need to make decisions about choice of strategy depending on whether attacking or defending. <p>Outwitting Opposition</p> <ul style="list-style-type: none"> - To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To demonstrate knowledge and understanding of the rules. 	6	<p>Netball - Tactics- Centre pass/within the circle</p> <p>To be able to select advanced tactics to outwit opposition. To be able to evaluate tactical outcomes and consider how to improve performance. To adapt game plans in response to the opposition and the state of the game.</p> <p>Game play</p> <p>To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. The pupils are to develop their knowledge and understanding of the rules in netball.</p>	6	<p>Cricket - Wicket keeping</p> <ul style="list-style-type: none"> - To demonstrate a knowledge of the wicket keepers role and perform basic stance + catching. To replicate a combination of skills to outwit opponents in a match situation. To develop knowledge of fielding positions and correct terminology. To encourage the use of leadership & communication in all game roles. <p>Competitive game situations</p> <ul style="list-style-type: none"> - To develop the knowledge of movement and timing needed to produce an effective batting execution. To demonstrate knowledge and understanding of cricket laws. 	6	<p>Obstacle Course</p> <ul style="list-style-type: none"> - To participate in a number of Obstacle Courses involving different activities and improve upon last year's time 	
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		Lesson	Term 1	Lesson	Term 2	Lesson	Term 3	Lesson	Term 4	Lesson	Term 5	Lesson	Term 6
	Class		Table Tennis / Badminton		Football / Tag Rugby		Trampolining		Basketball / Netball		Rounders / Quick Cricket		Water Sports
		1	<p>Table Tennis - Recap range of shots</p> <p>To perform and replicate a range of table tennis shots with control, power and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To understand the value of co-operation & teamwork.</p> <p>Backhand/forehand topspin</p> <p>To be able to accurately replicate topspin shot. To describe and confidently understand the effect of topspin on a balls flight & bounce. To begin to develop strategic and tactical play during a rally. To begin to analyse opponents weaknesses & devise strategies to exploit them.</p>	1	<p>Football - Attacking as a unit/team</p> <ul style="list-style-type: none"> - To be able to outwit opponents using dummies & fakes. To understand the importance of width and playing into space in order to attack. To understand how to commit defender and implement strategic and tactical play. <p>Football - Defending and defensive roles</p> <ul style="list-style-type: none"> - To be able to replicate defensive skills. To understand the benefits of strategic and tactical approach to defending. To appreciate the need to make adjustments and adaptations when performing in order to stop opponents outwitting them. 	1	<p>Trampoline safety/basic jumps/aerial shapes/turns</p> <p>To recap the health and safety aspects of trampolining. To accurately replicate basic jumps, aerial shapes and turns with good body tension and posture.</p>	1	<p>Basketball - The use of reverse + left hand lay ups</p> <ul style="list-style-type: none"> - To be able to use either hand to dribble and score. To be able to outwit opponents using techniques at speed and with accuracy. To develop and implement strategic and tactical play. <p>Strategies for attack- screens, blocks, high & low posts.</p> <ul style="list-style-type: none"> - To be able to replicate strategies for attack. i.e. screens, posts. To understand the benefits of using strategic and tactical plans to produce a successful attack. To appreciate the need to make adjustments and adaptations when performing in order to outwit opponents. 	1	<p>Rounders - Fielding fundamentals</p> <ul style="list-style-type: none"> - To accurately replicate fielding skills and use effectively in a game. To develop communication skills, teamwork through rounders game play. To develop creative thinking & outwitting opponents with the placement of the ball. To understand the components of fitness for rounders. 	1	- To experience Canoeing
	2	<p>Table Tennis - Tactics and analysis of strengths</p> <ul style="list-style-type: none"> - To know and understand the need to place ball in areas of the table based on opposition movement. To develop strategic and tactical play during a rally. To evaluate own strengths of performance and suggest a weakness to improve. 	2	<p>Football - Formations + roles in a team</p> <ul style="list-style-type: none"> - To develop their understanding and knowledge of how to stop attack effectively using different formations. To develop basic strategic and tactical play with a range of roles. <p>Corners, Free kicks and strategies</p> <ul style="list-style-type: none"> - To perform necessary skills and techniques to attack from set plays and corners to outwit an opposition. To be able to evaluate how well it has been achieved and find ways to improve strategies. 	2	<p>Seat drop + combination development</p> <p>To demonstrate further control and aesthetics when performing the correct seat drop technique. To understand what makes a successful seat drop and to begin to evaluate performance. To learn the back drop.</p>	2	<p>Basketball - Develop shooting-Jump shots</p> <ul style="list-style-type: none"> - To be able to replicate shooting core skills. To understand the need to create space to shoot and begin to work on this in a game situation. <p>To demonstrate an ability to analyse performances with sound/accurate information.</p> <p>The attacking role</p> <ul style="list-style-type: none"> - To understand and perform attacking movements as a unit incorporating the use of width and speed. To be able to perform angled runs to create opportunity to outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies. 	2	<p>Rounders - Bowling</p> <ul style="list-style-type: none"> - To accurately replicate, execute and analyse a legal bowling technique. To demonstrate bowling, batting, fielding technique into a full game of rounders. To understand rules involving bowling and batting. To develop the ability to recognise opposition strengths and weaknesses. 	2	- To experience Kayaking	

KS4 - Year 1	3	<p>Table Tennis - Outwitting Opponents in competitive games</p> <p>- To demonstrate a variety of tactics based on the movements of others using a combination of shots. To identify strengths and weaknesses when playing & adapt strategies where necessary.</p>	3	<p>Football - Competitive games</p> <p>To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy & shot depending on whether attacking or defending. To develop teamwork and cooperation skills.</p>	3	<p>Front drop</p> <p>To further be able to replicate front drop technique with controlled landing. To develop the ability to adapt and refine skills when unsuccessful. To combine skills into and out of front drop.</p>	3	<p>Basketball - The defensive role and Competitive Game</p> <p>- To perform defensive strategies including man to man and zone. To develop creativity in developing new strategies from set plays in attack. To understand techniques to stop opponents outwitting them and accurately replicate.</p> <p>- To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy & shot depending on whether attacking or defending. To develop teamwork and cooperation skills.</p>	3	<p>Rounders - Tactical ideas & concepts</p> <p>- To develop and replicate skills within the game situation with the intention of outwitting opponents. To develop the ability to become a reflective learner & provide evaluations of strength and weaknesses in pupil performances.</p> <p>Competitive matches</p> <p>- To accurately replicate a full range of rounders techniques in a competitive match. To develop knowledge of fielding positions and the correct terminology used. To correctly umpire and score a game of rounders. To appreciate the benefits gained for exercise in the form of a rounders game.</p>	3	- To experience Kayaking	
	4	<p>Badminton - Control</p> <p>Re-cap backhand and forehand, Smash and Drop Shot</p>	4	<p>Tag Rugby - Passing & Use of width</p> <p>- To accurately replicate a variety of types of pass. To be able to perform these in a game to retain ball possession & outwit opposition. To describe the basic rules of rugby union. To understand what the importance of space and the implication for effective attack opportunities.</p> <p>Outwitting opponents</p> <p>- To develop understanding of strategic play to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To suggest reason why players and teams are effective in outwitting others.</p>	4	<p>Front drop development + Routine creation</p> <p>- To further be able to replicate front drop technique in combination with other movements. To demonstrate a clear understanding of the importance of body extension and aesthetics.</p>	4	<p>Netball - Attacking principles</p> <p>- To demonstrate effective team play using attacking principles and be able to devise and select appropriate strategies. To perform skills in a small sided games making decisions about how best to advance on opposition. To demonstrate a clear knowledge & understanding of netball rules.</p> <p>Outwitting opposition</p> <p>- To be able to outwit opponents using a variety of passes with accuracy and timing. To develop & refine strategic and tactical play and adapt ideas based on successful outcomes. To be able to make decisions about sending and receiving the ball into a space. To develop creative thinking when implementing tactical play.</p>	4	<p>Cricket - Development of bowling</p> <p>To incorporate pace and spin into bowling delivery maintaining control & accuracy. To understand how spin is created. To understand the effect it will have on the balls bounce. To apply to a competitive match and outwit fielders with ball placement.</p>	4	Sports Day	
	5	<p>Badminton - Volley</p> <p>Re-cap Volley and Overhead Clear</p>	5	<p>Tag Rugby - Outwitting opponents</p> <p>- To develop understanding of strategic play to outwit opponents. To be able to develop and refine tactics based on the analysis of opposition. To suggest reason why players and teams are effective in outwitting others.</p>	5	<p>Somersault + Routines</p> <p>- To be able to replicate simple rotational movements with control. To demonstrate a clear understanding of how to generate faster/slower rotations. To understand the importance of the use of arms & legs to create drive. To be able to describe the correct technique and peer evaluate other pupil's routines.</p>	5	<p>Netball - Defending principles</p> <p>- To effectively develop defensive marking techniques off the ball – defending in the semi-circle using correct body and arm position. To accurately replicate set plays from the centre pass to outwit opponents. To be able to adapt set patterns of play if needed depending on previous outcomes.</p> <p>- To outwit opposition when applying defending principles and when devising game plans. To replicate advanced defensive skills on and off the ball in practice and within the game (awareness of opponents direction, positioning & eye contact). To encourage effective decision making and to develop the skill of anticipation.</p>	5	<p>Cricket - Batting- straight drive</p> <p>- To accurately replicate the straight bat drive. To encourage quick decision making in order to outwit fielders or a batsman. To develop leadership skills as a batting pair during game situation. To begin to coach each other and suggest ways to improve technique.</p>	5	- To experience Paddleboarding	
	6	<p>Badminton - Outwitting Opposition</p> <p>- To demonstrate the ability to outwit an opponent in a game situation using the appropriate skills and techniques. To demonstrate knowledge and understanding of the rules.</p>	6	<p>Tag Rugby - Competitive games</p> <p>- To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy & shot depending on whether attacking or defending. To develop teamwork and cooperation skills.</p>	6	<p>Routines</p> <p>- To accurately replicate learnt skills & to create fluent & controlled routines. To develop creative thinking and decision making when composing own 10 bounce routine. To understand the benefits of trampolining to fitness and general health.</p>	6	<p>Netball - Competitive games</p> <p>- To develop their understanding and knowledge of outwitting strategies during game play. To understand and appreciate the need to make decisions about choice of strategy & shot depending on whether attacking or defending. To develop teamwork and cooperation skills.</p>	6	<p>Cricket - Competitive matches</p> <p>To accurately replicate a full range cricket techniques in response to situations arising for a competitive match. To play a full game in while applying successful strategies. To develop knowledge of fielding positions and correct terminology.</p>	6	- To experience Paddleboarding	
	7		7		7		7		7				
		Lesson	Term 1	Lesson	Term 2	Lesson	Term 3	Lesson	Term 4	Lesson	Term 5	Lesson	Term 6
	Class		Table Tennis		Football / Tag Rugby		Trampolining		Basketball / Netball		Enter This Term's Topic in this box		Water Sports
	1	<p>Recap range of shots</p> <p>- To perform and replicate a range of table tennis shots with control, power and accuracy. To develop the skill of outwitting an opponent using a combination of shots. To understand the value of co-operation & teamwork.</p>	1	<p>Football - Keeping Possession</p> <p>- To be able to perform basic skills to retain ball possession. To understand the benefits of strategic and tactical approaches to outwit the opponent. To appreciate the need to make adjustments and adaptations when performing in order to beat the opposition.</p> <p>Football - Ball control</p> <p>- To be able to replicate control technique in isolation and under pressure. To understand how to use these core skills to advance a team forward.</p>	1	<p>Recap basic skills + swivel hips</p> <p>To accurately replicate jumps, shapes, turns and swivel hips with good body tension and control. To be able to combine and perform these movements in a sequence. To understand the benefits of trampolining to fitness and general health.</p>	1	<p>Basketball - Shooting techniques</p> <p>- To perform advanced shooting techniques to outwit opposition. To understand the benefits of strategic and tactical approaches to outwit the opponent. To appreciate the need to make adjustments and adaptations when performing in order to beat the opposition.</p> <p>Ball control and outwitting opponents</p> <p>To be able to perform basic skills to retain ball possession. To be able to outwit opponents using dummies, fakes & screens at speed and with accuracy. To understand the importance of angled passes and driving into space in order to attack.</p>	1	<p>Rounders - Batting</p> <p>- To develop strategic placement of the ball when batting. To execute and analyse batting technique and the use of power and placement. To understand rules surrounding batting and bowling and use of umpire calls. To understand the importance of fitness & encourage positive choices about healthy lifestyles.</p>	1	- To experience Canoeing	
	2	<p>Backhand/forehand topspin</p> <p>- To be able to accurately replicate topspin shot. To describe and confidently understand the effect of topspin on a balls flight & bounce. To begin to develop strategic and tactical play during a rally. To begin to analyse opponents weaknesses & devise strategies to exploit them.</p>	2	<p>Football - Attack/Beating an opponent</p> <p>- To be able to outwit opponents in a pressured situation. To understand the use of width and space in order to attack. To improve decision making and skill execution in response to opposition.</p> <p>Football - Shooting</p> <p>- To perform angled shots to outwit opponents and disguise attacking strategies. To understand and replicate attacking principles and evaluate the success rates.</p>	2	<p>Combination moves (seat/front/back)</p> <p>To show precision, control and fluency over selected combination moves. To demonstrate and replicate seat drop moves advancing to back drop. To understand/evaluate moves and to be able to coach others. To develop creative thinking when composing a routine.</p>	2	<p>Basketball - Tactics and analysis of strengths</p> <p>- To understand and perform attacking principles and strategies found in basketball e. g. shot selection and effective decision making in a game situation.</p> <p>Basketball - Attacking Play</p> <p>- To perform necessary skills and techniques to attack from set plays to outwit opponents. To be able to evaluate how well it has been achieved and find ways to improve strategies.</p>	2	<p>Positional roles</p> <p>- To demonstrate knowledge of the roles for different fielding positions. To use field positioning to outwit batting team. To refine tactics and game strategies to improve team performances.</p>	2	- To experience Kayaking	

