

LONG TERM DEVELOPMENT PLAN (MF) 2021/2022

<p>List of Units of Work</p> <p>KS1</p> <ul style="list-style-type: none"> • Hand-Eye, Throwing and Catching (Inventing) • Aiming, Hitting & Kicking • Tennis (Net/Court Games) • Football (FUNdamentals) • Athletics (FUNdamentals) • Gymnastics • Hockey (FUNdamentals) • Rounders and Cricket (FUNdamentals) 	<p>KS2 (Separate Scheme of Work for Lower and Upper)</p> <ul style="list-style-type: none"> • Football (Invasion) • Hockey (Invasion) • FUNdamental ABCs and Creative Games Making • Netball (Invasion) • Cricket and Rounders (Striking and Fielding) • Tennis (Net/Court Games) • Dodgeball • Athletics • Gymnastics • Orienteering
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	Autumn		Spring		Summer	
	1	2	1	2	1	2
Reception	Football (FUNdamentals)	Using Balls	Using hoops/quoits	Using Beanbags	Using ropes/bats/balls	Athletics (FUNdamentals)
Year 1	Football (FUNdamentals)	Hand-Eye, Throwing & Catching (Inventing)	Gymnastics	Aiming, Hitting & Kicking	Rounders and Cricket (FUNdamentals)	Athletics (FUNdamentals)
Year 2	Football (FUNdamentals)	Hand-Eye, Throwing & Catching (Inventing)	Gymnastics	Aiming, Hitting & Kicking	Rounders and Cricket (FUNdamentals)	Athletics (FUNdamentals)
Year 3	Orienteering/Football (Invasion)	Dodgeball	Gymnastics	Netball (Ball handling/Invasion)	Cricket and Rounders (Striking and Fielding)	Athletics
Year 4	Orienteering/Football (Invasion)	Dodgeball	Gymnastics	Netball (Ball handling/Invasion)	Cricket and Rounders (Striking and Fielding)	Athletics
Year 5	Orienteering/Football (Invasion)	Dodgeball	Gymnastics	Netball (Ball handling/Invasion)	Cricket and Rounders (Striking and Fielding)	Athletics
Year 6	Orienteering/Football (Invasion)	Dodgeball	Gymnastics	Netball (Ball handling/Invasion)	Cricket and Rounders (Striking and Fielding)	Athletics

Tennis? Dance?

Unit Core Skills

<u>KS1</u>			
<u>Football (FUNdamentals)</u> Gross motor skills heavily themed around Football. Agility. Balance. Coordination. Passing. Shooting. Dribbling. Ball control. Team play. Basic attacking and Defending.	<u>Hand-Eye, Throwing & Catching</u> Catching. Throwing under and overarm. Bouncing. Sliding. Rolling. Accuracy/Aim. Large, medium and small balls. Beanbags. Quoits. Creating own games in small teams. To learn through discovery and show understanding.	<u>Gymnastics</u> Rolls. Jumps. Balances. Benchwork. Traveling. Body positions. Fundamental movement around Agility Balance and Coordination.	<u>Aiming, Hitting & Kicking</u> Dribbling, moving, hitting, passing, sending and receiving with a variety of implements. As well as hand and feet. Hockey sticks, tennis rackets.
<u>Rounders and Cricket (FUNdamentals)</u> Basic rules and gameplay. Striking. Fielding. Catching. Throwing. Bowling.	<u>Athletics (FUNdamentals)</u> Gross motor skills. Agility, Balance and Coordination. Sprinting and running. Throwing for distance or accuracy. Hoops, quoits and beanbags. Jumping for height or distance – speed jump standing long jump.	<u>Hockey (FUNdamentals)</u> Gross motor skills themed around Hockey. Agility. Balance. Coordination. On the ball skills such as: Passing. Shooting. Dribbling. Ball control. Team play. Basic attacking and Defending.	<u>Tennis (Net/Court Games)</u> Basic gameplay. Terminology. Basic hitting – forehand. Volley. Underarm serve.
<u>KS2</u>			
<u>Football (Invasion)</u> Agility, Balance and Coordination. Dribbling and ball manipulation. Passing. Sending and receiving. Shooting. Accuracy/power. Ball control. Attacking and defending tactics. Teamplay.	<u>Dodgeball</u> Gameplay and rules. Throwing. Dodging. Catching. Deflecting. Attaching and defending tactics.	<u>Netball</u> Gameplays, rules and positions. Shoulder pass. Chest pass. Bounce pass. Catching. Sending and receiving. Footwork and pivoting. Shooting. Blocking. Attaching and defending tactics.	<u>Gymnastics</u> Advanced rolling. Balancing. Partner and team balancing. Traveling. Benchwork. Jumps. Turns. Leaps. Footwork. Inversion. Vaulting. Routine creating and performance.
<u>Cricket and Rounders</u> Rules and gameplay. Striking with accuracy. Fielding techniques. Catching. Throwing. Bowling – overarm in cricket. Tactics, patterns and trends when batting or fielding.	<u>Athletics</u> Agility, Balance and Coordination. Sprinting, running and pacing. Throwing for distance or accuracy. Discus, javelin, hammer, sling, pull, heave, shot techniques. Jumping for distance or height. Long jump. Speed bounce. Triple jump. High jump.	<u>FUNdamental ABCs and Creative Games Making</u> Breaking down agility, balance and coordination. Agility through dodgeball. Balance through bench games and coordination through netball. Children then use their knowledge to create their own sessions and games based around the 3 core skills. Using teamwork, listening, communicating, organisation, planning and problem solving.	<u>Hockey</u> Agility, Balance and Coordination. Dribbling and ball manipulation. Passing. Sending and receiving. Shooting slap and push shots. Accuracy/power. Ball control. Tackling. Attacking and defending tactics. Teamplay.
<u>Tennis (Net/Court Games)</u> Gameplay. Terminology. Forehand. Backhand. Volley. Net play. Under/ Overarm serve.	<u>Orienteering</u> Working as a team or individually. Map folding. Reading and understanding a compass Barings. Reading a map. Map orientation. Pacing. Thinking logically. Judging distance.		