



HW School Skills Sports Programme Overview

KS1 - Overview



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Invasion Games Skills 1	Fundamental Skills Movement 1	Fundamental Skills Movement 2	Fundamental Skills Movement 3	Invasion Games Skills 2	Athletics
Skills	<ul style="list-style-type: none"> Get into a good ready position to receive bounce passes consistently well Pass the ball from my chest using a bounce pass Change direction confidently and competently Move around safely in a limited space Bounce/ dribble a ball with my hands with good control Move around safely whilst bouncing/dribbling 	<ul style="list-style-type: none"> Run skillfully - Negotiate space successfully Pick up, carry and put down with care Use tools to help me manipulate objects Show increasing control over an object Control my emotions when playing games Balance on one leg Move through an obstacle course skilfully 	<ul style="list-style-type: none"> Travel backwards safely Share space considerably Jump in a variety of ways Land safely in different jumps Combine a run and a jump Dodge Move safely with awareness of others Evade others Attack and defend 	<ul style="list-style-type: none"> Skip using a rope Jump in a variety of ways Dribble a ball with either hand Travel with a ball with my head up and with the ball under control Receive a ball and trap it Cushion a pass sent to me Pass in different ways Pass accurately Jump for height Broad jump for distance 	<ul style="list-style-type: none"> Throw overarm for my partner to catch after one bounce Catch a ball consistently after one bounce Track an opponent Intercept a pass Dodge to beat an opponent Close the space down that attackers have to work in 	<ul style="list-style-type: none"> Show a sense of anticipation to begin work React quickly Demonstrate agility, balance and coordination Jump in a variety of ways Coordinate a run with a jump Jump in a variety of ways competently Add a short run up to my jump Throw with good technique Throw with a run up
Knowledge	<ul style="list-style-type: none"> How far to bounce a pass between me and a friend How to receive a bounce pass How to move around and be aware of others That being able to dodge off both feet makes me twice as hard to catch That a bounce in a push down with 2 hands and dribbling is with one hand To use my fingers to push the ball down To use 'big toe, little toe' to dribble keeping the ball close to me How to trap a ball by moving in line with it and putting my foot on it 	<ul style="list-style-type: none"> What a good space to stand in is How to share equipment and take turns To take my time and work with care To run around with my head up To be aware of other children Which parts of my body help me with balancing 	<ul style="list-style-type: none"> That focusing my eyes and using my arms helps me to balance better To use my arms to help me hop Potential dangers if I am not sensible To glance periodically over both shoulders when travelling backwards To make a W shape when I want to receive a catch Which my preferred take off foot is To travel around the space being aware of other sharing it with me To stay focused and keep my head up when moving around 	<ul style="list-style-type: none"> To watch the hands of the people turning a rope to know when to jump That there are different ways of jumping a rope To push down on the ball using my fingers To relax whilst dribbling and not be too tense To send a ball over a short distance using the inside of my foot How to turn my foot to cushion a pass sent to me 	<ul style="list-style-type: none"> How far to throw the ball in relation to where I am standing and my partner is To stand in a position of readiness to receive the ball on the 1st bounce To track the flight of the ball right into my hands. To stay light on my feet and be prepared to move quickly To turn my body so I can see my opponent and the ball when defending To close the space down quickly when defending To attack at speed 	<ul style="list-style-type: none"> To retain my focus The importance of a good start To cushion my knees when landing The technique for different types of jump How to increase the distance of my jumps Why is it important to warm up How to increase the distance of my throws How to keep other safe when I am throwing To demonstrate the school games values How to share equipment and take turns
Outcome	<ul style="list-style-type: none"> Understand some principles of attacking and defending Manage my feelings and behaviour well Apply attacking and defending skills within activities which require them 	<ul style="list-style-type: none"> Show increasing control over an object Share equipment and take turns Negotiate space successfully 	<ul style="list-style-type: none"> Demonstrate agility, balance and coordination Be self-motivated and display self-confidence Apply basic skills competently in a range of physical activities 	<ul style="list-style-type: none"> Manage my feelings and behaviour well Demonstrate sporting values Work safely within a defined space 	<ul style="list-style-type: none"> Understand some principles of attacking and defending Manage my feelings and behave well Apply attacking and defending skills within activities which require them 	<ul style="list-style-type: none"> Demonstrate sporting values Warm up safely prior to exercise and can sustain performance over periods of time

KS2 - YR 3/4 Overview



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Football	Basketball	Tag Rugby	Hockey	Netball	Athletics
Skills	<ul style="list-style-type: none"> Trap a ball and cushion it when receiving Pass the ball accurately Dribble a ball using both feet and manipulate it using different parts of the foot Shield a ball from an opponent Turn confidently with a football Play a small game and demonstrate my turns Defend well, watching the ball, jockeying to await the moment to pounce and being decisive 	<ul style="list-style-type: none"> I can control a basketball using both hands and perform various skills I can control the ball on the move (dribble) and keep my head up to be aware of my environment I can pass the ball on the move with good technique and communicate with my team mates I can use the correct technique of balance, elbow, eye line and follow through (BEEF) to shoot a basketball 	<ul style="list-style-type: none"> Scoop a ball up from the floor Dodge to avoid being tagged by an opponent Tag safely Pocket pass with accuracy from my right and left Make a target to receive the ball Send and receive a ball under pressure Apply a range of skills effectively in a game of rugby Play to the rules 	<ul style="list-style-type: none"> Dribble a ball confidently Stop a ball Develop my dribbling technique Change direction easily Pass a ball accurately Control a ball sent to me Pass in a variety of ways using good technique Receive a pass on the run Perform a jab tackle Play advantage appropriately Compete in a hockey tournament Work effectively as part of a team 	<ul style="list-style-type: none"> Send a netball accurately in a variety of ways Pass under pressure Attack by being fluid in my positioning, using the width and passing quickly Get free from opponents by feinting Shoot using good technique Position myself to take rebounds from the post. Track an opponent on court Demonstrate the school games values of passion, self-belief, respect, honesty, determination and teamwork 	<ul style="list-style-type: none"> Hurdle efficiently and consistently Sprint between hurdles Develop the technique and consistency of my jumps Jump consistently off the same foot I can scissor kick Throw overarm accurately Throw overarm with power, for distance Accurately replicate the technique for running, jumping and throwing events
Knowledge	<ul style="list-style-type: none"> To be on the balls of my feet when waiting to receive a pass To move into space after passing To use the inside of my foot to send when passing over short distances How to position my body in relation to the ball and my opponent when shielding Why it's important to take touches with different parts of the foot when dribbling How to defend against someone when in a 1v1 situation When to overlap and underlap 	<ul style="list-style-type: none"> I know how to vary movement to control the ball when moving I know rules and understand terminology such as double dribble, travelling, triple threat and pivoting I know the techniques of passing the ball and know when to do a chest pass or bounce pass in basketball I know the techniques of passing the ball and know when to do a chest pass or bounce pass in basketball 	<ul style="list-style-type: none"> How to hold a rugby ball How to score a try To shout 'Tagged' when I grab an opponent's tags How to restart games after a try has been scored To run at pace and commit a defender when attacking To close the space down quickly when defending and then brace myself to grab a tag The offside rule How to restart games after a try 	<ul style="list-style-type: none"> How to hold the stick That everybody plays field hockey right handed The importance of good close control To put my body between the ball and my opponent when shielding it The technique of push passing Not to raise the stick above waist height What to do if the ball hits someone's feet How to jab tackle How to make a plan before each game The school games values 	<ul style="list-style-type: none"> Which type of passing technique to use depending on the distance I am sending the ball To pass within 4 seconds of receiving the ball How to stand in a good position to receive a ball How to track an opponent That I need to pass in front of my teammates so they can run on to the ball The importance of quick passing and varying my passing More of the rules of netball and recognise how to apply them 	<ul style="list-style-type: none"> How to remember the technique for triple jump To position my body sideways-on when throwing The 'pull' technique in throwing Which my take-off foot is How to start a sprint race The importance of keeping my first few metres low and powerful I can improve on personal bests How to measure my own and others' performances
Outcome	<ul style="list-style-type: none"> Links skills to perform actions and sequences of movement Is confident and joins in all areas of PE eagerly Demonstrate understanding and interpretation of rules and accepts decisions given 	<ul style="list-style-type: none"> Demonstrates agility, balance, coordination and precision Able to comment constructively on the work of others 	<ul style="list-style-type: none"> Understands how to work alongside and against others when attacking and defending Communicate effectively and listens to others Apply skills effectively in different situations and within a range of physical activities 	<ul style="list-style-type: none"> Apply skills effectively in different situations and within a range of physical activities Demonstrate agility, balance, coordination and precision Able to comment constructively on the work of others 	<ul style="list-style-type: none"> Demonstrate understanding and interpretation of rules and accepts decisions given Reflect and recognise success in myself and others Understands how to work alongside and against others when attacking and defending 	<ul style="list-style-type: none"> Enjoys competing / performing and thrives on showcasing their talents Warms up prior to exercise and is able to sustain performance over periods of time Is confident and joins in all areas of PE eagerly

KS2 - YR 5/6 Overview



	Term 1	Term 2	Term 3	Term 4	Term 5	Term 6
	Football	Basketball	Tag Rugby	Hockey	Netball	Athletics
Skills	<ul style="list-style-type: none"> Demonstrate skill and close control Pass the ball and move into space Combine skills to allow my team to retain possession. Dribble at different tempos Identify which shooting technique to use to be successful Keep the ball moving when running at an opponent Cooperate, communicate and collaborate with others to achieve shared goals Officiate if given the chance Play competitive games and control my emotions 	<ul style="list-style-type: none"> I can control a basketball using both hands and protect the ball under pressure I can pass the ball using good techniques of having a target, receiving the pass, stepping in the direction of the pass at a chest pass and bounce pass I can use different skills such as varying speed and direction to get past defenders I can mark a player or an area of the court to limit opportunities for the opposition 	<ul style="list-style-type: none"> Pop pass and pocket pass Tag someone safely What constitutes a try and what doesn't Send and receive a ball on the run and under pressure Pass well to my left and right Attack in staggered lines Organise my position so that I receive passes on the run Apply skills effectively Develop game understanding and compete in a game of Tag Rugby 	<ul style="list-style-type: none"> Hold the stick correctly Dribble the ball with my head up Indian dribble Push pass accurately Jab tackle Send and receive under pressure Pass and move Work with a partner to get past a defender Develop a range of attacking skills and strategies Develop my skills in different positions Support my teammates by communicating with them 	<ul style="list-style-type: none"> Send a netball in a variety of ways (Year 5) Receive a ball and already know what I want to do with it (Year 6) Pass accurately and using a variety of passes Anticipate the play and release the ball quickly and efficiently Shoot with good technique Land and pivot to pass the ball Shoulder pass accurately and with force Create space for myself Apply some tactics we have decided on as a team 	<ul style="list-style-type: none"> Change pace and run at different tempos Sustain my pace over longer distances Throw with accuracy and power using the pull technique Throw after a run up Perform the correct techniques for triple jump, high jump and standing vertical jump Measure accurately my performance at standing vertical jumping Combine sprinting with hurdling
Knowledge	<ul style="list-style-type: none"> To move to space after passing To anticipate that the ball might come to me at any moment How to get free from a defender To dribble with the ball close to me and my head up To run at pace when trying to dribble past a defender When defending how to make it harder for the attacker The rules of the game To demonstrate the school games values of passion, self-belief, respect, honesty, determination and teamwork The importance of concentration and discipline when defending 	<ul style="list-style-type: none"> I know how to use my body to protect the ball I know how to create space to receive a pass I know how to defend against an attacking player I know what the difference between man v man defence and zone defence and understand the benefits of both styles I know how to work as a team to create shooting opportunities I know how to communicate with team mates and understand the principles of attacking and defending when playing a competitive game 	<ul style="list-style-type: none"> How to grip a ball and the importance of carrying it in 2 hands Know when to pop pass and when to pocket pass What position I need to get into when passing left and how it changes when I pass to my right How to 'roll' my hands when changing position and making catches To close the space when defending and be wary of the dummy pass. What a knock on and forward pass are That when we get the ball in the centre of the pitch near our opponent's line we stretch their defence 	<ul style="list-style-type: none"> That I can't lift the stick higher than my waist That I need to use the flat side of the stick only The technique for push passing How to receive a ball by cushioning its impact How to carry out a jab tackle That I need to move to space after passing When to pass a ball and when to dribble When defending, to close the space The rules of hockey and how to officiate a game To demonstrate the school games' values 	<ul style="list-style-type: none"> How to signal for a pass (Year 5) That I need to move to new space after passing (Year 6) How to disguise my passes That when I get sideways on to receive a ball it opens up the court What the terms, 'landing foot, pivot and stepping', mean The rules around shooting To communicate non verbally on court What infringements look like and how to restart games after infringements 	<ul style="list-style-type: none"> My take off foot and lead leg How to hurdle efficiently To get sideways on when throwing How to throw safely as part of a group To use my non-throwing arm to help me throw How to control my running over middle distance How running a bend differs from running a straight How to control my running over middle distance
Outcome	<ul style="list-style-type: none"> Able to perform routines and a range of skills seamlessly. Demonstrates a range of leadership skills and is happy to take the initiative Able to play within rules and to resolve any disputes appropriately without adult intervention 	<ul style="list-style-type: none"> Is self-motivated and physically confident and actively engages in competitive situations Moves fluently and can perform a wide range of skills confidently and competently 	<ul style="list-style-type: none"> Has a range of physical, social and cognitive skills which they utilise across the curriculum Knows when to attack and when to defend and puts the needs of the team first Able to work constructively, irrespective of who they are working with or the area of PE. 	<ul style="list-style-type: none"> Has a range of physical, social and cognitive skills which they utilise across the curriculum Moves fluently and can perform a wide range of skills confidently and competently Evaluates the work of others using technical language including setting targets for improvement. 	<ul style="list-style-type: none"> Read the play and show tactical awareness Work constructively, irrespective of who I am working with Demonstrates specific tactical/performance awareness as an individual and team member 	<ul style="list-style-type: none"> Can lead others in warming up, knows why it is important and can work actively across whole sessions Listens actively, respects the opinion of others and contributes ideas Enjoys competing and challenging him/herself to improve across all areas.