

## NON STOP ACTION – OUTDOOR CURRICULUM

YEAR GROUP	UNIT 1 <i>Fundamental Movement Skills Through Tag Games</i>	UNIT 2 <i>Exploring Manipulative Skills</i>	UNIT 3 <i>Functional Movement</i>	UNIT 4 <i>Developing Manipulative Skills</i>	UNIT 5 <i>Movement Concepts</i>	UNIT 6 <i>Athletics Fundamentals</i>
1	<ul style="list-style-type: none"> <li>To be able to move safely in a space with control</li> <li>To understand how to tag safely in a tag game</li> <li>To move safely and to avoid being tagged in a tag game</li> <li>To be able to react quickly in a tag game</li> <li>To help others escape when caught in a tag game</li> <li>To demonstrate a combination of skills learned in this unit</li> </ul> <p><b>Links to NC:</b> Master basic movements. Running, agility, participate in team games</p> <p><b>KEY WORDS:</b> space, safety, scanning, tag, sprint, pounce, avoid, burst, dodge, reactions, start position, release, escape, energy, rules, sports, exercise</p>	<ul style="list-style-type: none"> <li>To be able to send a ball towards a target</li> <li>To be able to release a ball towards a moving target</li> <li>To move with a ball using our feet</li> <li>To change direction with a ball using our feet</li> <li>To dribble with a ball using our hands</li> <li>To move with a ball and keep it away from another player using our hands</li> </ul> <p><b>Links to NC:</b> Master basic movements, throwing, co-ordination and balance.</p> <p><b>KEY WORDS:</b> aim, target, send, accurate, timing, dribble, control, turn, protect, escape, bounce, waist, control, change direction, speed</p>	<ul style="list-style-type: none"> <li>To walk and run using an opposite arm to leg action</li> <li>To develop an awareness of space and to remember a movement pattern</li> <li>To develop anticipation and reactions with a moving ball using hands</li> <li>To kick a ball towards a target over various distances</li> <li>To explore striking a ball with a bat or a racket</li> <li>To bend and stretch in a variety of directions and at different levels</li> </ul> <p><b>Links to NC:</b> Developing co-ordination and balance, participate in team games</p> <p><b>KEY WORDS:</b> run, jog, skip, opposite, instructions, pattern, directions, aim, trap, accurate, kick, pass, distance, strike, stance, ready, bend, stretch, balance</p>	<ul style="list-style-type: none"> <li>To throw and catch a ball with a partner using two hands</li> <li>To throw and catch different objects using two hands</li> <li>To throw and catch a ball whilst I am moving</li> <li>To throw a small object using an overarm throw</li> <li>To throw a ball at a target from a close distance</li> <li>To throw and catch a ball in competitive team games</li> </ul> <p><b>Links to NC:</b> Master basic movements; throwing and catching, participate in team games</p> <p><b>KEY WORDS:</b> partner, catch, throw, safety, object, hands, moving, partner, chest, distance, overarm, target, send, release, team, competition, success</p>	<ul style="list-style-type: none"> <li>To develop jumping for height and jumping for distance</li> <li>To move in time to a rhythm</li> <li>To develop catching a ball from different directions and heights</li> <li>To develop the lunge movement for stability and balance</li> <li>To side step and hop in different directions</li> <li>To bounce and catch with a partner using a variety of balls</li> </ul> <p><b>Links to NC:</b> Master basic movements; jumping, develop balance, movement patterns</p> <p><b>KEY WORDS:</b> take-off, flight, landing, marching, beat, sequence, ready position, scan, space, lunge, balance, stable, side-step, hop, directions, bounce, grip, receive</p>	<ul style="list-style-type: none"> <li>To explore different ways of moving</li> <li>To jump over an object with two feet</li> <li>To jump for distance with two feet</li> <li>To throw an object at a target</li> <li>To explore different ways of jumping over obstacles</li> <li>To throw an object as far as possible</li> <li>To choose the best way to throw different objects</li> <li>To run over obstacles with control</li> <li>To throw a ball using a push throw</li> </ul> <p><b>Links to NC:</b> Apply running, jumping, throwing in a range of competitive activities</p> <p><b>KEY WORDS:</b> athletics, movement, jump, knees, hips, ankles, obstacle, angles, height, distance, push-throw, sprint, relay, extend, elbows, stations, rules, safety, fair play</p>

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2	<ul style="list-style-type: none"> <li>To take part safely in a tag game</li> <li>To take part in a team tag game</li> <li>To use different movements to evade an opponent</li> <li>To be able to demonstrate increasing understanding of rules of different tag games.</li> <li>To recognise how to preserve energy in a tag game.</li> <li>To communicate with teammates to try to win a game</li> </ul> <p><b>Links to NC:</b> Master basic movements including running. Develop agility and speed. Participate in team games. Develop simple tactics for attacking and defending</p> <p><b>KEY WORDS:</b> safety, respect, listening, taking turns, team, tag, trick, side-step, evade, control, energy, consistent, positive, balance, concentrate, circuit, decisions, rules</p>	<ul style="list-style-type: none"> <li>To roll a ball along the floor and hit a target</li> <li>To throw a ball underarm and hit a moving target in a game</li> <li>To dribble with a football and avoid others</li> <li>To dribble with a football and get past a guard</li> <li>To dribble a basketball using both right and left hands</li> <li>To dribble a basketball and protect it from other players</li> </ul> <p><b>Links to NC:</b> Master basic movements including throwing, develop balance and coordination. Engage in co-operative physical activities</p> <p><b>KEY WORDS:</b> target, aiming, accuracy, weight, underarm, power, control, follow through, dribbling, touches, control, sole, skill, trick, disguise, bounce, snap, wrist, guard, protect, block, shield</p>	<ul style="list-style-type: none"> <li>To run at a variety of speeds and in different directions to develop a fluent running technique</li> <li>To use a range of different jumping techniques</li> <li>To send and receive an object whilst on the move using hands</li> <li>To develop kicking a ball to a partner with accuracy and control whilst on the move</li> <li>To develop striking a moving ball with a bat or a racket</li> <li>To develop turning and spinning actions and use these in various competitive games</li> </ul> <p><b>Links to NC:</b> Master basic movements including running, jumping, striking, co-ordination and agility.</p> <p><b>KEY WORDS:</b> fluent, rhythm, technique, knee action, take-off, landing, hips, ankles, tracking, receiving, netball, strike, power, inside, outside, stance, racket, timing</p>	<ul style="list-style-type: none"> <li>To throw and catch a ball in a variety of different ways</li> <li>To throw and catch a variety of objects using both one and two hands</li> <li>To throw and catch a variety of objects whilst moving</li> <li>To throw different objects over a long distance using an overarm throw</li> <li>To throw different objects at a target over various distances</li> <li>To throw and catch a variety of different objects in competitive team games</li> </ul> <p><b>Links to NC:</b> Master basic movements including throwing and catching. Participate in team games. Engage in co-operative physical activities.</p> <p><b>KEY WORDS:</b> partner, chest-pass, eye contact, objects, variety, distances, accuracy, shoulders, hands, release, finger tips, rotate, scoring, opponent, game, teammate, competitive, demonstrate</p>	<ul style="list-style-type: none"> <li>To develop leaping over various distances and heights</li> <li>To develop agility, needed to avoid being tagged in a tag game</li> <li>To develop catching skills with changes of height, speed, direction and whilst on the move</li> <li>To explore the chest pass and use it in an opposed game</li> <li>To develop striking a moving ball in a game</li> <li>To develop dribbling a ball using our feet and use the skill in a game</li> </ul> <p><b>Links to NC:</b> Apply basic movements in a range of activities. Develop simple tactics for attacking and defending.</p> <p><b>KEY WORDS:</b> leap, lunge, opposite, landing, agility, disguise, evade, reaction, support, pass, receive, stance, grip, strike, football, dribble, touches</p>	<ul style="list-style-type: none"> <li>To develop running with a good posture</li> <li>To jump quickly from side to side showing coordination and balance</li> <li>To select the best way to jump over different distances</li> <li>To develop throwing for distance with a pull throw</li> <li>To throw a ball using a bounce-push throw</li> <li>To combine hops and jumps together in a sequence</li> <li>To run on a curve with coordination and control</li> <li>To throw a foam javelin using a pull throw</li> <li>To accelerate quickly whilst taking part in a sprint relay race</li> <li>To demonstrate the ability to jump for distance from one foot to two feet</li> </ul> <p><b>Links to NC:</b> Engage in competitive and co-operative physical activities in a range of increasingly challenging situations</p> <p><b>KEY WORDS:</b> posture, running, bounce, coordination, extend, distance, angles, pull-throw, bounce-push, combine, sequence, track, lean, javelin, accelerate, relay, take-off, flat footed, stations, rules, safety</p>

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3	<ul style="list-style-type: none"> <li>To execute a basic chest pass</li> <li>To execute a two handed bounce pass</li> <li>To develop movement and recognise space</li> <li>To execute a basic overhead and shoulder pass</li> <li>To explore basic understanding of possession</li> <li>Moving with the ball as a group</li> </ul> <p><b>Links to NC:</b> Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports.</p> <p><b>KEY WORDS:</b> target, eye contact, chest pass, bounce pass, power, distance, scanning,</p>	<ul style="list-style-type: none"> <li>To execute basic dribbling technique to travel with the ball</li> <li>Basic shielding technique</li> <li>To execute two basic types of turn with the ball</li> <li>To execute quick changes of direction whilst moving with the ball</li> <li>To evade a defender in a 1v1 situation</li> <li>To apply individual possession skills in opposed games</li> </ul> <p><b>Links to NC:</b> Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p>	<ul style="list-style-type: none"> <li>Explore basic dribbling skills in hockey</li> <li>Explore different ways to change direction whilst</li> <li>Use dribbling skills to get past or get away from a defender</li> <li>Develop dribbling to shoot at the goal</li> <li>Explore the basic ball striking technique</li> </ul> <p><b>Links to NC:</b> Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p>	<ul style="list-style-type: none"> <li>To develop basic tennis specific movements</li> <li>To explore basic control of the tennis racket</li> <li>To develop increasing control of the tennis racket whilst on the move</li> <li>To explore the basic forehand shot</li> <li>To control the direction and power of the forehand shot</li> </ul> <p><b>Links to NC:</b> Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p>	<ul style="list-style-type: none"> <li>To be able to run with good posture</li> <li>Demonstrate basic running for speed</li> <li>Explore a variety of jumping styles</li> <li>To sprint over short distances</li> <li>To explore the two-handed push throw</li> <li>To throw and retrieve objects safely</li> <li>To explore a one-handed pull throw</li> <li>To explore running over a medium distance</li> </ul> <p><b>Links to NC:</b> Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports.</p>	<ul style="list-style-type: none"> <li>To catch a ball using the cup technique</li> <li>To bowl a ball underarm with accuracy</li> <li>To explore striking a moving ball in an intended direction</li> <li>To field a ball that is moving towards me and return the ball to a post fielder</li> <li>To retrieve a ball that has gone past me and return the ball to a post fielder</li> <li>To use striking and fielding skills in competitive games</li> </ul> <p><b>Links to NC:</b> Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate</p>

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	<p>movement, timing, overhead pass, shoulder pass, possession, teammate, defender, court, distance, power</p>	<p><b>KEY WORDS:</b> scanning, dribbling, touches, shield, protect, hide, drag back turn, hook turn, defender, skill, trick, feint, accelerate, disguise, creative, unpredictable, respect, encourage, support</p>	<p><b>KEY WORDS:</b> grip, control, dribbling, contact, rotate, direction, twist, defender, disguise, accelerate, shoot, strike, power, accuracy, weight of pass, eye contact, assessment, competitive, opponent</p>	<p><b>KEY WORDS:</b> ready position, balance, movement, agility, V-grip, racket, control, develop, grip, racket head, forehand shot, side-on position, concentration, distance, control , accuracy, group, taking turns, competitive, respect</p>	<p>Learn how to evaluate and recognise success</p> <p><b>KEY WORDS:</b> posture, sprint, reactions, accelerate, power, speed, push throw, agility, pull throw, distance, safety, pace, teamwork, long distance, events, performance, challenges</p>	<p>and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p> <p><b>KEY WORDS:</b> ready position, cup technique, anticipate, bowling, grip, release, transfer, striking, fielding, coordination, stance, intentional, fielding, short pick up, short barrier, retrieve, pick up, runs, competition</p>
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<b>4</b>	<ul style="list-style-type: none"> <li>Develop the chest pass and bounce pass</li> <li>Develop the overhead and shoulder pass techniques</li> <li>Develop movement skills in order to evade a defender</li> <li>To develop understanding of keeping possession as a team</li> <li>Execute the basic shooting technique</li> <li>Apply skills learned in a modified version of High 5 netball</li> </ul> <p><b>Links to NC:</b> Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports.</p>	<ul style="list-style-type: none"> <li>To develop dribbling with the ball in a crowded area</li> <li>To develop shielding techniques whilst under pressure from an opponent</li> <li>To develop three different ways to turn with the ball and apply these whilst under pressure from an opponent</li> <li>To use changes of speed and direction whilst travelling with the ball</li> <li>To develop a variety of ways of beating an opponent in a 1v1 scenario</li> <li>To apply a range of individual possession skills in opposed game-based situations</li> </ul> <p><b>Links to NC:</b> Use running, kicking, jumping in isolation and in combination.</p>	<ul style="list-style-type: none"> <li>Dribble with and keep possession of the ball in small spaces</li> <li>Develop ways to change direction and speed to evade a defender in a 1v1 situation</li> <li>Develop shooting with power from a medium range following a dribble</li> <li>Develop an understanding of basic defending techniques in hockey</li> </ul> <p><b>Links to NC:</b> Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p>	<ul style="list-style-type: none"> <li>To further develop tennis specific movements used in the game</li> <li>To recap and develop increasing control of the tennis racket</li> <li>To develop the forehand drive shot</li> <li>To explore the two-handed backhand shot</li> <li>To explore the forehand volley shot</li> <li>Work in a small group effectively</li> </ul> <p><b>Links to NC:</b> Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p>	<ul style="list-style-type: none"> <li>To develop reaction speed required for sprinting</li> <li>To explore running with rhythm and coordination over obstacles</li> <li>To jump for distance from 2 feet landing on 2 feet</li> <li>To use a short run to jump from one foot to two feet</li> <li>To develop the one-handed push throw</li> <li>To develop awareness of pacing over a longer distance run</li> <li>To be a valuable team member in an athletics event</li> </ul> <p><b>Links to NC:</b> Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each</p>	<ul style="list-style-type: none"> <li>To develop throwing and catching skills required for striking and fielding games</li> <li>To develop an accurate bowling technique for rounders</li> <li>To develop the basic batting technique used in rounders</li> <li>To develop a range of stopping techniques used in rounders</li> <li>To retrieve and accurately throw a ball overarm to reach a designated target &amp; to back up a post fielder</li> <li>To apply striking and fielding skills in a modified game of rounders</li> </ul> <p><b>Links to NC:</b> Use running, throwing, catching and</p>

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	<p><b>KEY WORDS:</b> chest pass, bounce pass, intercept, technique, overhead pass, shoulder pass, scan, evade, recognise, pressure, opponent, support, shooting, target, scoring, positions, rules, respect, referee</p>	<p>Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p> <p><b>KEY WORDS:</b> Possession, control, traveling, block, shield, outside hook, inside hook, evade, trick, unbalance, unpredictable, exciting, creative, respect, teamwork, resilience,</p>	<p><b>KEY WORDS:</b> possession, rotate, scanning, evade, slalom, deceive, opponent, balance, power, distance, strike, push-pass, grip, receive, jab tackle, timing, safety, intercept, assessment, demonstrate, compete</p>	<p><b>KEY WORDS:</b> ready position, sport specific, balance, flight, anticipate, angles, forehand, timing, bounce, rotation, C-shape, backhand, volley, attacking, risk &amp; reward, rules, respect, sportsmanship,</p>	<p>other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p> <p><b>KEY WORDS:</b> Reaction speed, sprint start, arms and shoulders, coordination, rhythm, hips, knees, extend, ankles, weight, long jump, shot putt, push throw, techniques, competitor, respect</p>	<p>striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success</p> <p><b>KEY WORDS:</b> hand to eye coordination, accuracy, anticipate, consistency, height, distance, grip, stance, timing, fielding, long barrier, two handed pick up, backing up, designated, competitive, scoring</p>
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<b>5</b>	<ul style="list-style-type: none"> <li>Develop a variety of passing techniques and apply them in opposed games</li> <li>To develop intermediate passing techniques including one-handed techniques and applying disguise</li> <li>Explore and understand basic pivoting technique and footwork rule</li> <li>Introduce basic defensive techniques screening and intercepting</li> <li>Develop shooting whilst under pressure from an opponent</li> <li>Develop understanding of High 5 netball. Basic rules and positions</li> </ul> <p><b>Links to NC:</b> Use running, throwing and catching in isolation and in combination.</p>	<ul style="list-style-type: none"> <li>Travelling with the ball whilst under pressure from an opponent</li> <li>To apply a variety of turning and shielding skills in opposed scenarios</li> <li>To apply a variety of dribbling skills in order to beat a defender in various 1v1 situations</li> <li>To pass the ball accurately over a short distance. Develop basic receiving skills whilst under pressure from an opponent.</li> <li>To develop an understanding of how, when and why to pass forward</li> <li>To explore principles of keeping possession as a team</li> <li>To develop an understanding of attacking principles and apply these in a small side game scenario</li> </ul>	<ul style="list-style-type: none"> <li>Develop controlled dribbling technique with changes of direction and speed</li> <li>To travel with the ball in order to get past or evade defenders</li> <li>To revisit the push pass technique to further develop passing over short and medium range</li> <li>To keep possession of the ball as a team using a variety of passes</li> <li>To develop shooting at goal from a variety of distances after receiving a pass</li> <li>To develop good sportsmanship and apply the skills we have learned this term in a variety of competitive team games</li> </ul> <p><b>Links to NC:</b> Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate,</p>	<ul style="list-style-type: none"> <li>To develop reaction speed, footwork and movement required for tennis</li> <li>To revisit the correct stance and grip for the basic forehand shot</li> <li>To develop the forehand drive and develop decision making about how and when to use the shot</li> <li>To develop the two-handed backhand drive and develop decision making around how and when to play the shot</li> <li>To develop the forehand and backhand volley technique</li> <li>To understand how to score points in tennis and to take part in some fun competitive activities</li> </ul>	<ul style="list-style-type: none"> <li>To develop an understanding of the effect of exercise on the body through athletics activities</li> <li>Develop quick reactions and rapid acceleration from a variety of static positions</li> <li>Jump for distance from one foot to two feet</li> <li>Develop the controlled pull throw action</li> <li>Execute a single arm push throw to reach a target</li> <li>To throw an object using the heave throw technique</li> <li>To pass a baton using a push pass in a relay race</li> <li>To execute a scissor jump technique</li> </ul> <p><b>Links to NC:</b> Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate.</p>	<ul style="list-style-type: none"> <li>To develop a variety of throwing and catching techniques required for fielding in rounders</li> <li>To develop batting techniques and basic tactics for batting in rounders</li> <li>To understand the roles and responsibilities of the backstop and base fielders in rounders.</li> <li>To understand the roles and responsibilities of the deep fielders in rounders.</li> <li>To develop game understanding and apply fielding tactics to outsmart the opposing team</li> <li>To develop an understanding of the role of the umpire in rounders</li> </ul> <p><b>Links to NC:</b> Use running, throwing, catching and striking in isolation and in combination.</p>

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	<p>Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Apply basic principles for attacking and defending</p> <p><b>KEY WORDS:</b> technique, variety, scenario, opposed, fakes, disguised pass, pivot, footwork, lead foot, marking, intercepting, anticipate, pressure, composure, rebound, obstruction, rules, positions</p>	<p><b>Links to NC:</b> Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending</p> <p><b>KEY WORDS:</b> dribbling, running with the ball, control, pressure, opponent, opposed, unbalanced, skills, deceive, body shape, weight of pass, accuracy, intercept, marking, tracking, movement, support play, create space, scanning</p>	<p>collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending</p> <p><b>KEY WORDS:</b> Travel, grip, directions, rotation, posture, outwit, defender, evade, passing, accuracy, disguise, receiving, support, movement, shooting, power, finishing, respect, teamwork, leadership, honesty</p>	<p><b>Links to NC:</b> Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</p> <p><b>KEY WORDS:</b> tracking, trajectory, reactions, adjustment, grip, stance, two handed backhand, action, follow through, volley, technique, shape of shot, scoring, umpire, competitive, respect</p>	<p>Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</p> <p><b>KEY WORDS:</b> rapid, acceleration, body lean, drive, reaction, pull throw, transfer, body weight, rotation, staggered, extension, trajectory, heave throw, sustain, pacing, baton, relay, scissor jump, decathlon, heptathlon, consistency, long jump, hang time</p>	<p>Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</p> <p><b>KEY WORDS:</b> positioning, efficiency, accuracy, intended direction, stance, footwork, backstop, responsibilities, decisions, deep fielder, long barrier, orthodox, unorthodox, tactics, awareness, game understanding, observation, communication</p>
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6	<ul style="list-style-type: none"> <li>Revisit and develop passing techniques and apply them in opposed situations</li> <li>Develop movement and support play in order to attack effectively</li> <li>To further develop pivoting techniques and apply them in opposed games</li> <li>To develop an understanding of attacking play and attacking principles</li> <li>To explore advanced shooting techniques such as step-back shot and side-step shot and apply them in opposed games</li> <li>To apply a range of techniques learned and apply them in constrained and full High 5 netball matches</li> </ul> <p><b>Links to NC:</b> Use running, throwing and catching in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports.</p>	<ul style="list-style-type: none"> <li>To revisit dribbling techniques and explore when to use smaller or bigger touches according to the space available</li> <li>To stay on the ball whilst under pressure from an opponent and recognise how and when to escape in to space</li> <li>To use a variety of individual possession skills and tricks in order to beat a defender in various opposed situations</li> <li>To connect and combine with team mates using short passing and receiving techniques</li> <li>To make effective forward passes in order to create opportunities to score</li> <li>To attack effectively as a team by keeping possession of the ball using a combination of both short and longer passes</li> <li>To apply attacking principles in a game scenario in order to create goal scoring opportunities</li> </ul>	<ul style="list-style-type: none"> <li>To recap dribbling in hockey using the Indian Dribble technique</li> <li>To eliminate an opponent in a 1v1 situation using a trick/skill move using the 'forehand drag'</li> <li>Develop tackling an opponent safely in order to regain possession</li> <li>To develop medium and long-range passing and receiving skills and apply them in a game situation</li> <li>To develop and apply various shooting techniques whilst under pressure from an opponent</li> <li>To create and exploit space in order to support attacking play in small sided games</li> </ul> <p><b>Links to NC:</b> Use running, dribbling and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how</p>	<ul style="list-style-type: none"> <li>To perform a range of different shots and strategies to outwit an opponent</li> <li>To develop advanced tennis specific movement, footwork and reaction speed</li> <li>To explore different ways of playing the forehand shot to win a point</li> <li>To develop different ways of playing the two-handed backhand drive including cross court and down the line</li> <li>To understand the five different ways to win a point in tennis</li> <li>To carry out the role of an umpire</li> </ul> <p><b>Links to NC:</b> Use running, and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, technique and control. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with</p>	<ul style="list-style-type: none"> <li>To sprint over and between obstacles using consistent stride lengths</li> <li>To develop coordination and rhythm when sprinting over hurdles</li> <li>To demonstrate a dynamic sling throw</li> <li>To perform a triple jump combination with balance and control</li> <li>To develop the dynamic heave throw (hammer throw) technique</li> <li>Sustain running at a consistent pace over a medium distance</li> <li>Develop the one-handed pull throw technique in a competition</li> <li>To pass a relay baton at speed developing the push pass</li> <li>Apply running, jumping and throwing techniques in competition</li> <li>Record and measure performance of self and others</li> <li>Describe the basic techniques which make for good performance</li> </ul>	<ul style="list-style-type: none"> <li>To develop fast reactions required for catching balls thrown at different heights, speeds and angles</li> <li>To strike a bowled ball with power in to space in the deep field</li> <li>To develop game understanding of fielding and team play in a variety of fielding positions</li> <li>To develop throwing from deep in the field with power and accuracy over a long distance</li> <li>To further develop an understanding of the role of the umpire in rounders and to assess the performance of an umpire</li> <li>To play cooperatively with teammates; applying a range of tactics and strategies when batting, bowling and fielding</li> </ul> <p><b>Links to NC:</b> Use running, throwing, catching and striking in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate</p>

## NON STOP ACTION – OUTDOOR CURRICULUM

	<p>Apply basic principles for attacking and defending</p> <p><b>KEY WORDS:</b> variation, opposed, possession, movement, support, create space, attacking principles, pivot, footwork, overload, underload, outnumbered, composure, rebound, sportsmanship, game understanding, respect, competition, Hi-five netball</p>	<p><b>Links to NC:</b> Use running, kicking, jumping in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending</p> <p><b>KEY WORDS:</b> recognise, exploit, decision making, game understanding, shield, protect, creativity, flair, unpredictability, combination play, connect, keep possession, techniques, communication, break lines, split pass, interception, movement and support, disorganise, exploit space, tactics, strategy</p>	<p>to improve in different sports. Learn how to evaluate and recognise success. Apply basic principles for attacking and defending</p> <p><b>KEY WORDS:</b> Indian dribble, evasive, individual possession, rotate, eliminate, forehand drag, unbalance, jab tackle, intercept, spoil, marking, sweep pass, passing range, through pass, shoot, finesse, pressure, opposed, exploit space, awareness, creativity</p>	<p>previous ones and demonstrate improvement</p> <p><b>KEY WORDS:</b> reaction speed, footwork, agility, coordination, recovery shot, cross court shot, top spin drive, consistency, cooperative, rally, rules, scoring system, doubles, singles, observation, fairness</p>	<p><b>Links to NC:</b> Use running, jumping and throwing in isolation and in combination. Play competitive games, modified where appropriate. Communicate, collaborate and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</p> <p><b>KEY WORDS:</b> obstacles, hurdles, timing, consistency, stride length, triple jump, dynamic sling throw, combination, rotation, hammer throw, run up, compete, safety, javelin, flight, push pass, communication, measure, performance, resilience</p>	<p>and compete with each other. Develop flexibility, strength, technique, control and balance. Develop an understanding of how to improve in different sports. Learn how to evaluate and recognise success. Compare performances with previous ones and demonstrate improvement</p> <p><b>KEY WORDS:</b> reaction speed, hand to eye coordination, awareness, batting tactics, effectiveness, attack the ball, efficient, decision making, technique, pressure, observation, strategy, tactics, impartial, feedback</p>
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