



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 1/2	<p><u>Racket Skills</u> <b>ABC – agility, balance, co-ordination</b> LO: • Run in different directions and stop with control • Get ready in a balanced position • Balance on various parts of the body • Know the names of tennis shots</p> <p><u>Ready Steady</u> Jog and get ready. Balance on tip toes, bottom, one hand and one knee, one hand and one foot LO: • Move in different directions and awareness of spaces • Control a ball and watch bounces</p> <p><u>Bounce About</u> Start in ready position Bounce the ball with alternate hands, while side stepping, while hopping and while skipping. Bounce the ball using the racket.</p> <p><u>Main theme</u> LO - <b>push tennis</b> • To read the ball and react by turning to forehand and backhand sides • Control the racket face and contact the ball out in front • Develop a cooperative rally</p>	<p><u>Key Steps Gym</u> <b>Body management</b></p>	<p><u>Tri Golf</u> <b>Staying safe:</b></p> <ul style="list-style-type: none"> <li>Follow instructions to stay safe.</li> <li>Stand behind red safety cones, measured a safe distance from the white hitting cones using a putter as a unit of measurement.</li> <li>Understand the use of the term 'Fore' and the action to take.</li> <li>Collect Tri-Golf balls when the teacher says so.</li> </ul> <p><b>Cooperation:</b></p> <ul style="list-style-type: none"> <li>Work together to measure and layout the challenges.</li> <li>Keep score for their team.</li> <li>Collect a ball for a team mate.</li> <li>Pupils count cones together.</li> <li>Congratulate and encourage a team mate.</li> </ul>	<p><u>Ball skills</u></p> <ul style="list-style-type: none"> <li>To follow instructions</li> <li>To perform basic catching skills.</li> <li>To show an awareness of the immediate space around our bodies.</li> <li>To practise different ways of sending and receiving a ball.</li> <li>To perform basic actions using different body parts.</li> <li>To use hands and feet to send and receive a ball.</li> <li>To hit a target with a ball.</li> </ul> <p>• Practise bouncing and catching the ball. • Move onto practise bouncing the ball to each other and catching the ball using 2 hands. • Extend to throwing and catching the ball (without the bounce), moving each partner further apart by taking one step backwards.</p>	<p><u>Infant Agility</u></p> <p><b>Balancer</b> • Balance and stability on both sides of the body Reception: 10 secs Year 1: 15 secs Year 2: 20 secs</p> <p><b>Bouncer</b> • Core stability • Balance • Agility • Rhythm • Increase lower leg speed &amp; acceleration Reception: 10 bounces Year 1: 15 bounces Year 2: 20 bounces</p> <p><b>Jumper</b> • Strength and coordination in legs • Jumping is a core element Reception: clear 1<sup>st</sup> mat (+50cm) Year 1: Toes on 3<sup>rd</sup> mat (+80cm) Year 2: Land completely on 3<sup>rd</sup> mat (+100cm)</p>	<p><u>Multi-skills</u></p> <p>BASIC MOVEMENTS &amp; SPATIAL AWARENESS - Moving in different ways, along different pathways. Changing direction &amp; stopping quickly.</p> <p>BASIC MOVEMENTS &amp; SPATIAL AWARENESS - Moving in different ways, along different pathways. Dodging, changing direction &amp; stopping</p> <p>MOVEMENT WITH A BALL - Carrying &amp; stopping a ball in different ways. Playing simple relay games</p> <p>SENDING SKILLS ROLLING - Rolling &amp; Aiming Simple Stretches Sending skills with a ball</p> <p>SENDING SKILLS ROLLING - Rolling, Aiming &amp; Tracking Rolling to a partner</p> <p>SENDING SKILLS THROWING - Underarm throwing.</p>

**Activity**

- Put the favourite hand at the bottom of the grip
- Get ready between pushes
- Bend at the knees and waist to get low
- Contact the ball out in front
- stop the ball before pushing it back
- Push the ball, don't swing at it
- Try pushing it back without stopping it

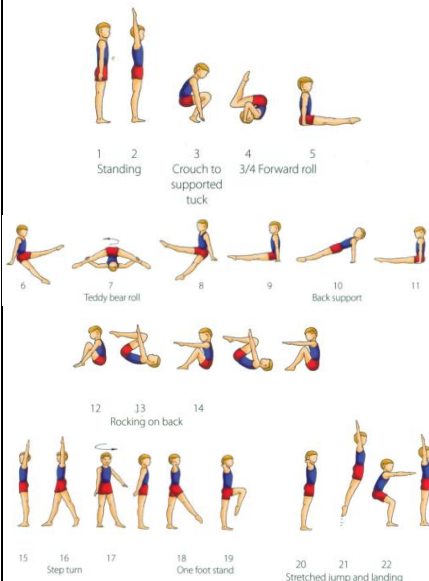
**LO - tap up tennis**

- Make contact with the ball with a controlled racket face
- Develop a cooperative rally
- Get ready between hits

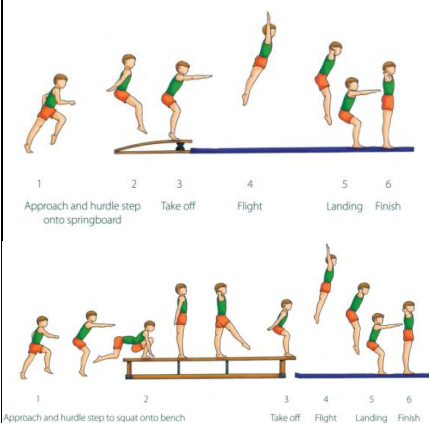
**Activity**

- Get ready to move with feet apart and eyes watching the ball
- Control the racket, keep it flat and move it smoothly
- Tap the ball in the air and let it bounce
- Contact the ball at a relaxed distance from the body
- Tap the ball up to head height
- Bend the knees as the ball falls
- Tap the ball over a line to a partner

**Floor exercises**



**Vault**



**Recognise right from wrong:**

- understand the need for rules and fairness and what happens when these principles are not applied.

**Show respect for others:**

- Wait their turn patiently.
- Listen to the teacher or other pupils when they are talking.
- Stand still and be quiet when a team mate is playing their shot.

**Lesson objectives.**

Ask the pupils how they can:

- Control the direction of the ball using both a putter and a chipper.
- Control the distance of the ball using both putter and chipper.
- Stay safe when playing golf.
- Work together in Tri-Golf - why is working together important?
- Control the distance of the ball in the air using a chipper.
- Demonstrate honesty in a Tri-Golf lesson
- Control the distance and height of the ball using a chipper.

- Soft balls: Explore different ways of using a ball or other equipment, eg bouncing a ball, passing it from hand to hand, around the body, through the legs, over the head, moving it with their feet or a stick, hitting it to a target. Show them how to retrieve and stop a ball using different parts of the body.
- Practise sending and receiving balls and beanbags.
- Introduce the racket and explain how to hold and use it safely.
- Find different ways to use a racket to dribble, carry or hit a ball or other equipment, eg to roll a ball along a line, slide it across a space, bounce it, roll it around the racket, carry it on the racket, drop it from the racket, gather it with the racket.

**Stepper**

- Speed
  - Agility
  - Co-ordination
- Completed within the times below:  
 Reception: 25 secs  
 Year 1: 20 secs  
 Year 2: 15 secs

**Pitcher**

- Accuracy
  - Concentration
  - Hand-eye co-ordination (when throwing)
- Achieve the following points:  
 Reception: 5 points  
 Year 1: 7 points  
 Year 2: 9 points

**Runner**

- Strength
  - Endurance
  - Leg strength
  - Agility
  - Change direction quickly
- Completed in the times below:  
 Reception: 17 secs  
 Year 1: 16 secs  
 Year 2: 15 secs

**Bowler**

- Rhythm
  - Focus
  - Accuracy
  - Hand-eye co-ordination
- Number of skittles to knock down:  
 Reception: 3 skittles  
 Year 1: 4 skittles  
 Year 2: 5 skittles

**Catcher**

- Hand-eye co-ordination
- Progressive challenge

- Aiming & control
- Letter stretches
- RECEIVING SKILLS CATCHING - Bouncing and catching a ball
- SENDING & RECEIVING CONTROLLING - Racket handling skills. Carrying and controlling a racket. Racket relays
- SENDING SKILLS AIMING - Net type activity, throwing and aiming.
- SENDING SKILLS STRIKING - Kicking a ball, striking a ball with a bat
- SENDING & RECEIVING - Throwing, catching, striking & gathering skills
- MULTI-SKILLS CAROUSEL - Throwing, catching, controlling & movement skills

					<p>Number of catches:  Reception: 4  Year 1: 5  Year 2: 6</p> <p><b><u>Launcher</u></b></p> <ul style="list-style-type: none"> <li>•Hand-eye co-ordination</li> <li>•Strength</li> <li>•Understanding of technique importance</li> </ul> <p>Achieve distances below:  Reception: 4 metres  Year 1: 5 metres  Year 2: 6 metres</p> <p><b><u>Striker</u></b></p> <ul style="list-style-type: none"> <li>•Focus</li> <li>•Accuracy</li> <li>•co-ordination</li> </ul> <p>Number of skittles to knock down:  Reception: 3 skittles  Year 1: 4 skittles  Year 2: 5 skittles</p> <p><b><u>Thrower</u></b></p> <ul style="list-style-type: none"> <li>•Stability</li> <li>•Control</li> <li>•Body power</li> </ul> <p>Throwing distance:  Reception: 4 metres  Year 1: 5 metres  Year 2: 6 metres</p> <p><b><u>Skipper</u></b></p> <ul style="list-style-type: none"> <li>•Full body co-ordination</li> <li>•Agility</li> <li>•Speed</li> </ul> <p>Number of skips:  Reception: 5  Year 1: 10  Year 2: 15</p>	
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