

Co-ordination

Key Skills

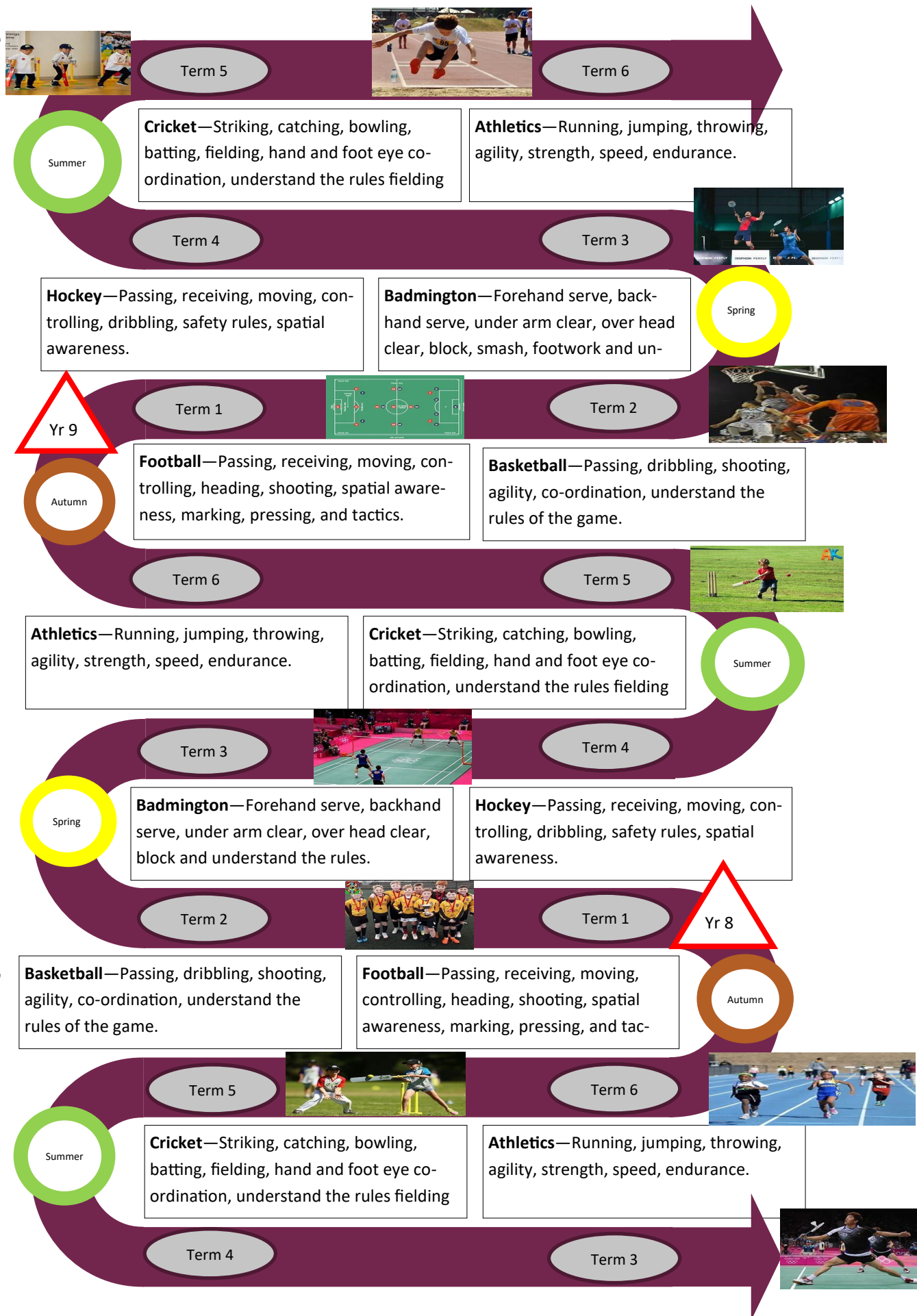
Balance

Agility

Speed

Power

Upper KS3



Upper KS2

Athletics—Running, jumping, throwing, agility, strength, speed, endurance.

Cricket—Forehand serve, backhand serve, under arm clear, over head clear, drop shot and understand

Yr 7

Term 1



Term 2



Autumn

Football—Passing, receiving, moving, controlling, heading, shooting, spatial awareness, marking, pressing, tactics.

Basketball—Passing, dribbling, shooting, agility, co-ordination, understand the rules of the game.



Term 6

Term 5

Athletics—Running, jumping, throwing, agility, strength, speed, endurance.

Cricket—Striking, catching, bowling, batting, fielding, hand and foot eye co-ordination, understand the rules of the

Summer



Term 3

Term 4

Spring

Badminton - Forehand serve, backhand serve, under arm clear, over head clear and understand the rules.

Hockey—Passing, receiving, moving, controlling, dribbling, marking, safety rules, and understand the rules.



Term 2



Term 1

Yr 6

Basketball—Passing, dribbling, shooting, agility, co-ordination, understand the rules of the game.

Football—Passing, receiving, moving, controlling, heading, shooting, spatial awareness, marking, pressing, tactics.

Autumn



Term 5

Term 6



Summer

Cricket—Striking, catching, bowling, batting, fielding, hand and foot eye co-ordination, understand the rules of the

Athletics—Running, jumping, throwing, agility, strength, speed, endurance.

Term 4

Term 3



Badminton—Forehand serve, backhand serve, under arm clear, over head clear and understand the rules.

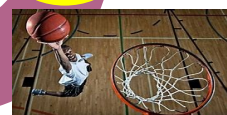
Hockey - Passing, receiving, moving, controlling, dribbling, safety rules, spatial awareness.

Spring

Yr 5

Term 1

Term 2



Autumn

Football -Passing, receiving, moving, controlling, heading, shooting, spatial awareness, marking, pressing.

Basketball—Passing, dribbling, shooting, agility, co-ordination, understand the rules of the game.



Term 6

Cycle A

Term 5

Athletics—Running, jumping, throwing, agility, strength, speed, endurance.

Indoor Cricket—Striking, catching, bowling, batting, fielding, hand and foot eye co-ordination, understand the rules of the game.





- **Muscular Strength**- The ability to use voluntary muscles repeatedly without tiring. A rower repeatedly pulling their oar against the water to propel the boat towards the line.
- **Muscular Endurance**-The ability to use voluntary muscles repeatedly without tiring. A rower repeatedly pulling their oar against the water to propel the boat towards the line.
- **Body composition**- The percentage of body weight which is fat, muscle and bone. The gymnast has a lean body composition to allow them to propel themselves through the air when performing on the asymmetrical bars.
- **Cardiovascular fitness**- The ability of the heart, lungs and blood to transport oxygen. Completing a half marathon with consistent split times across all parts of the run.
- **Flexibility**- The range of motion (ROM) at a joint. A gymnast training to increase hip mobility to improve the quality of their split leap on the beam.