

The Elms Sport In Schools - Termly Overview (Spring)



	Early Years/Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week 1	Ball Skills Bouncing a ball	Ball Skills Strike a ball using equipment	Hockey Passing & receiving	Hockey Passing to score	Basketball Retaining possession	Basketball Dribbling to score
Week 2	Ball Skills Reactions	Footwork & Co-Ordination Individual & relay (2)	Hockey Dribbling	Hockey Retaining possession	Basketball Shooting	Basketball Shooting & rebounding
Week 3	Ball Skills Throwing & retrieving	Ball Skills Target hoops	Hockey Attack at pace	Hockey Creating space	Basketball Attack v defence	Basketball Transition play
Week 4	Ball Skills Tracking a ball	Ball Skills Throwing a ball (2)	Hockey Creating space	Hockey Attack v Defence	Netball Rules, positions & passing	Basketball/Netball Small-sided games / High 5's
Week 5	Footwork & Co-Ordination Changing Speeds	Footwork & Co-Ordination Skipping	Hockey Small-sided games	Hockey Small-sided tournament	Netball High 5's	Netball Retaining possession
Week 6	Footwork & Co-Ordination Straight line running/relays	Ball Games Throw & catch in teams	Hockey Small-sided games	Hockey Small-sided tournament	Netball High 5's	Netball High 5's
			6 week assessment	6 week assessment	6 week assessment	6 week assessment
Week 7	Ball Skills Rolling for targets	Ball Skills Throw for distance	Tennis Forehand	Tennis Serve	Cricket Batting – shot selection	Cricket Batting & bowling selection
Week 8	Ball Skills Throw a ball for distance	Ball Skills Throw at targets	Tennis Backhand	Tennis Forehand	Cricket Bowling – line, length, speed	Cricket Nets session
Week 9	Ball Games Moving a ball in teams	Ball Games Throw at target & scoring	Tennis Serve	Tennis Backhand	Cricket Fielding – close & outfield	Cricket SSG – Fielding positions
Week 10	Ball Skills Strike a ball using equipment	Footwork & Co-Ordination Running Circuits	Tennis Ground strokes & footwork	Tennis Rallying & footwork	Cricket Nets sessions	Cricket Scenarios
Week 11	Ball Skills Striking a moving ball using feet	Footwork & Co-Ordination Skipping (2)	Tennis Rallying	Tennis Match play	Cricket Small-sided games	Cricket Pairs cricket
Week 12	Ball Skills Throwing at targets	Footwork & Co-Ordination Running in teams	Tennis Match play	Tennis Match play	Cricket Small-sided games	Cricket Small-sided games
	End of Term assessment	End of Term assessment	End of Term assessment	End of term assessment	End of term assessment	End of term assessment