

Sportitude Annual Program. Strand, example activities and general attainment targets.

|                  | Term 1   | Term 2   | Term 3   | Term 4   | Term 5   | Term 6  |
|------------------|--|--|--|--|--|---|
| Y<br>R           | <h1>Not Applicable at Oakwood</h1>   |  |  |  |  |   |
| Y<br>1<br>&<br>2 | <p><b>Core Skills</b><br/><i>Relays, mini ball games, tunnel games.</i></p> <p>Ball skills, finding space, cooperation, taking turns, avoiding danger, the importance of rules, physical self awareness.</p>   | <p>travelling with ball, appropriate use of tools. Points scoring.</p>   | <p>landing, spinning, shape, travelling, ascending and descending.</p>   | <p>Correct and safe use of tools, striking, direction, height, bounce, spacial awareness. Points scoring.</p>  | <p>Speed, technique, use of strength, accuracy, distance with direction hurdling, starting and finishing races.</p>  | <p>Correct and safe use of tools, throwing at target, striking, stopping, scoring points, positioning and space.</p>  |
| Y<br>3<br>&<br>4 | <p><b>Core Skills</b><br/><i>Relays, mini ball games, tunnel games.</i></p> <p>Ball prediction and manipulation including distance, height and speed. Identifying and using space. Understanding accuracy and distance.</p>  | <p><b>Invasion Games</b><br/><i>Basketball, hockey, handball skills and mini games.</i></p> <p>Understand and select different methods of sending and stopping. Controls ball whilst moving. Understand rules and points scoring methods and competitive elements</p>  | <p><b>Gymnastics</b><br/><i>Floor and apparatus</i></p> <p>Balance, rolling, flight, landing, spinning, shape, travelling, ascending and descending while showing variety and control, presenting &amp; displaying. Basic analysing of performance.</p>                              | <p><b>Net &amp; Wall</b><br/><i>Tennis, badminton, volleyball.</i></p> <p>Use tools correctly, efficiently and safely. Predict and manipulate power, bounce and flight. Understand accuracy and distance. Understands rules points scoring and competitive elements.</p>   | <p><b>Athletics</b><br/>**Including sports day prep**</p> <p>Short &amp; long distance running, jumping, throwing.</p> <p>Speed, technique, use of strength, accuracy, distance with direction, hurdling, starting and finishing races. Actively understand the use of time/distance in relation to performance.</p>   | <p><b>Striking &amp; Fielding</b><br/><i>Cricket, rounders, stoolball.</i></p> <p>Correct, safe and efficient use of tools. Positional awareness during batting and fielding. Stopping and sending at speed with accuracy and power. Awareness of individual and team cumulative scoring.</p>   |
| Y<br>5<br>&<br>6 | <p><b>Core Skills</b><br/><i>Relays, mini ball games, tunnel games.</i></p> <p>Accurate ball prediction and manipulation including distance, height and speed. Identifying and using space as individual and part of team. Correct skill selection and execution. Understanding accuracy and distance.</p> | <p><b>Invasion Games</b><br/><i>Basketball, hockey, handball skills and mini games.</i></p> <p>Understand and select different methods of sending and stopping making correct decision often. Controls ball whilst moving at speed. Understand rules and points scoring methods and match and competition scoring.</p> | <p><b>Gymnastics</b><br/><i>Floor and apparatus</i></p> <p>Controlled balance, rolling, flight, landing, spinning, shape, travelling, ascending and descending while showing variety and control, presenting &amp; displaying. Detailed analysing of own and others performance.</p> | <p><b>Net &amp; Wall</b><br/><i>Tennis, badminton, volleyball.</i></p> <p>Use tools correctly, efficiently and safely. Predict and manipulate power, bounce and flight. Understand accuracy and distance. Correct skill selection and positioning preparation with good execution. Understand rules, and point scoring within games.</p> | <p><b>Athletics</b><br/>**Including sports day prep**</p> <p>Short &amp; long distance running, jumping, throwing.</p> <p>Speed, technique, use of strength, accuracy, distance with direction, hurdling, starting and finishing races. Actively understand the use of time/distance in relation to performance. Manage energy and technique application levels dependant on activity and situation.</p> | <p><b>Striking &amp; Fielding</b><br/><i>Cricket, rounders, stoolball.</i></p> <p>Correct, safe and efficient use of tools. Positional awareness during batting and fielding- including tactical awareness such as of strong fielders and right/left better. Stopping and sending at speed with accuracy and power. Completely understand points scoring and rules.</p> |