| Half Term 1a   |
| --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Introduction to tennis  | Basic tennis skills | Tennis foundation skills | Introduction to dodgeball | Introduction to dodgeball  | Introduction to volleyball | Basic volleyball skills  | Basic volleyball skills  |

| Half Term 1b  Focus:  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| An introduction to touch/tag rugby  | Playing tag rugby  | Playing tag rugby | An introduction to hockey  | Hockey skills unit 1 | Hockey skills unit 1 | Circuit training  |  |

| Half Term 2a  Focus - Team games |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| An introduction to basketball  | Basic basketball skills  | An introduction to handball  | Basic handball skills  | Basic handball skills  |  |  |  |

| Half Term 2b Focus:  |
| --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Developing basic skills for team games (hockey) | Developing basic skills for team games (hockey) | Developing basic skills for team games (football) | Developing basic skills for team games (football) | Developing basic skills for team games (basketball) | Developing basic skills for team games (basketball) |  |  |

| Half Term 3aFocus:  |
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| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| An introduction to rounders  | Rounders (unit 1) | Rounders (unit 1) | Introduction to ultimate frisbee | Introduction to ultimate frisbee | Introduction to ultimate frisbee |  |  |

| Half Term 3bFocus:  |
| --- |
| Week 1 | Week 2 | Week 3 | Week 4 | Week 5 | Week 6 | Week 7 | Week 8 |
| Introduction to football | Football: different types of shots | Beginner: goalkeeping skills  | Football skills (unit 1) | Introduction to netball  | Netball skills  | Netball skills  |  |