

<div data-bbox="344 261 501 421"></div> <div data-bbox="107 405 250 443">Themes</div>	KS1	LKS2	UKS2
Attack & Defence	<p>Develop simple tactics for attacking and defending</p> <p>Be able to tackle an opposing player</p> <p>Be able to strike a ball accurately</p> <p>Understand positioning on a pitch</p>	<p>Know the importance of movement to evade a defender</p> <p>Close down an attacker</p> <p>How to transition from defence to attack</p> <p>Participate in team games</p>	<p>Learn how defenders can support attacking play</p> <p>Understand different defensive positions and levels of press</p> <p>How to attack and defend in unison in fast moving games</p> <p>Use communication to organise a field of players</p>
Technique	<p>Develop the correct technique in simple sports</p> <p>Learn the importance of swinging a bat/racket correctly</p> <p>Hold pieces of sports equipment correctly</p>	<p>Be able to use a range of passes in sports</p> <p>To identify how to aim shots and swinging bat/racket in a variety of ways</p> <p>Use simple technique in swimming when learning front crawl</p>	<p>Identify when to change techniques and to comment on this</p> <p>Comment on a professional athlete's technique</p> <p>Use different styles of throwing and bowling</p> <p>Use a range of strokes</p>

Balance	<p>Holding a centre of balance</p> <p>Keeping still and holding a position for extended periods of time</p> <p>Control movement when changing shape</p>	<p>Apply multiple balances in the same routine</p> <p>Keeping feet planted and head still whilst swinging a racket/bat</p>	<p>Keeping a strong body position and maintain good balance</p> <p>Control body movements whilst changing direction</p>
Agility	<p>Develop a change of direction</p> <p>Know the difference in speed from walk, run and jog</p> <p>Work effectively in small spaces</p>	<p>Change direction to the beat of music</p> <p>Use more complex footwork patterns</p> <p>Explore the four directional movements</p>	<p>React to the movement of others</p> <p>Avoid players through effective movement</p> <p>Link different sequences of movement</p>
Strength	<p>Learn to hold bodyweight</p> <p>Use cooperative moves with a partner</p> <p>Take the weight of a partner to perform a balance</p>	<p>Learn about strength in relation to power</p> <p>How strength and speed are linked</p> <p>Know the difference of strengths in arms and legs</p>	<p>Link strength and endurance</p> <p>How you can effectively build strength through bodyweight exercises</p> <p>Use different forms and levels of strength depending on the activity and situation</p>
Throwing and Catching	<p>Send and receive different types of balls</p> <p>Throwing for distance</p>	<p>Developing speed and power using the correct technique</p> <p>Using hands as a cup in order to make a catch</p> <p>How to position the body during overarm and underarm throws</p>	<p>Learn about the different techniques of throwing</p> <p>Know which type of throw to use and when</p> <p>Learn about the importance of quick distribution</p> <p>Use a range of shots</p>

			Catch using both hands
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