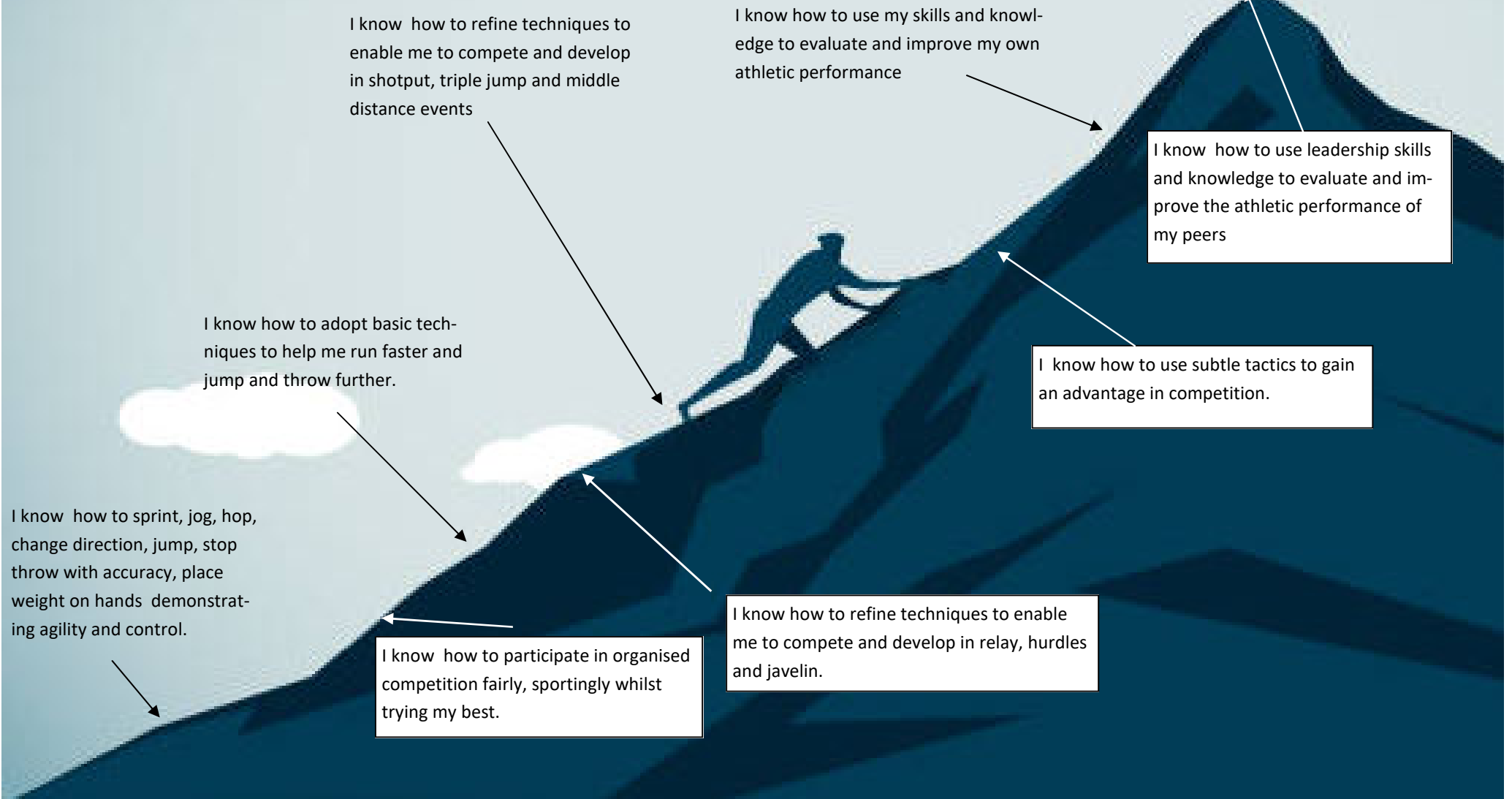




# 'Curriculum is the Progression Model'

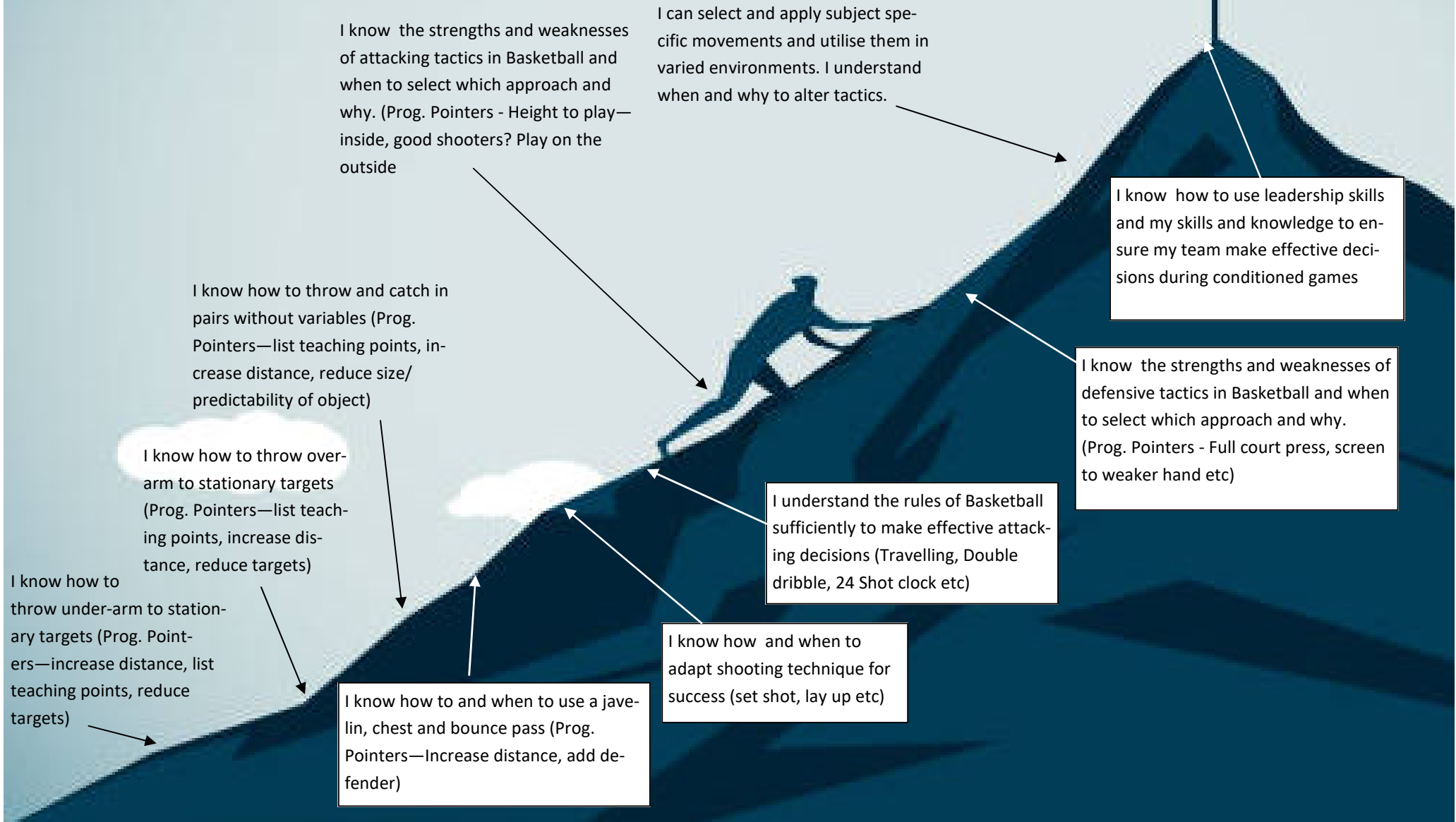
## FUNDamental movement skills > Athletics





# 'Curriculum is the Progression Model'

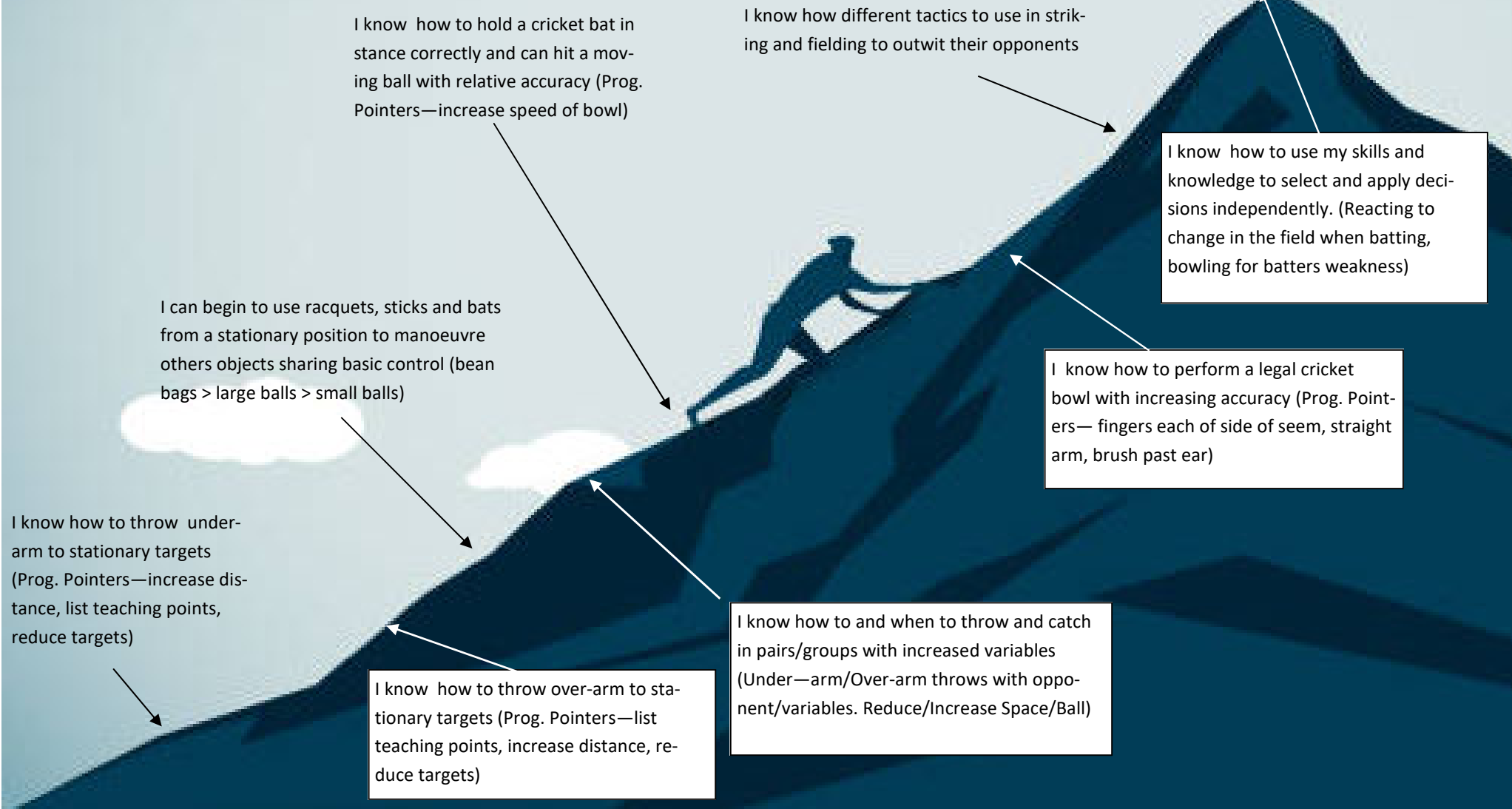
## FUNDamental movement skills > Basketball





# 'Curriculum is the Progression Model'

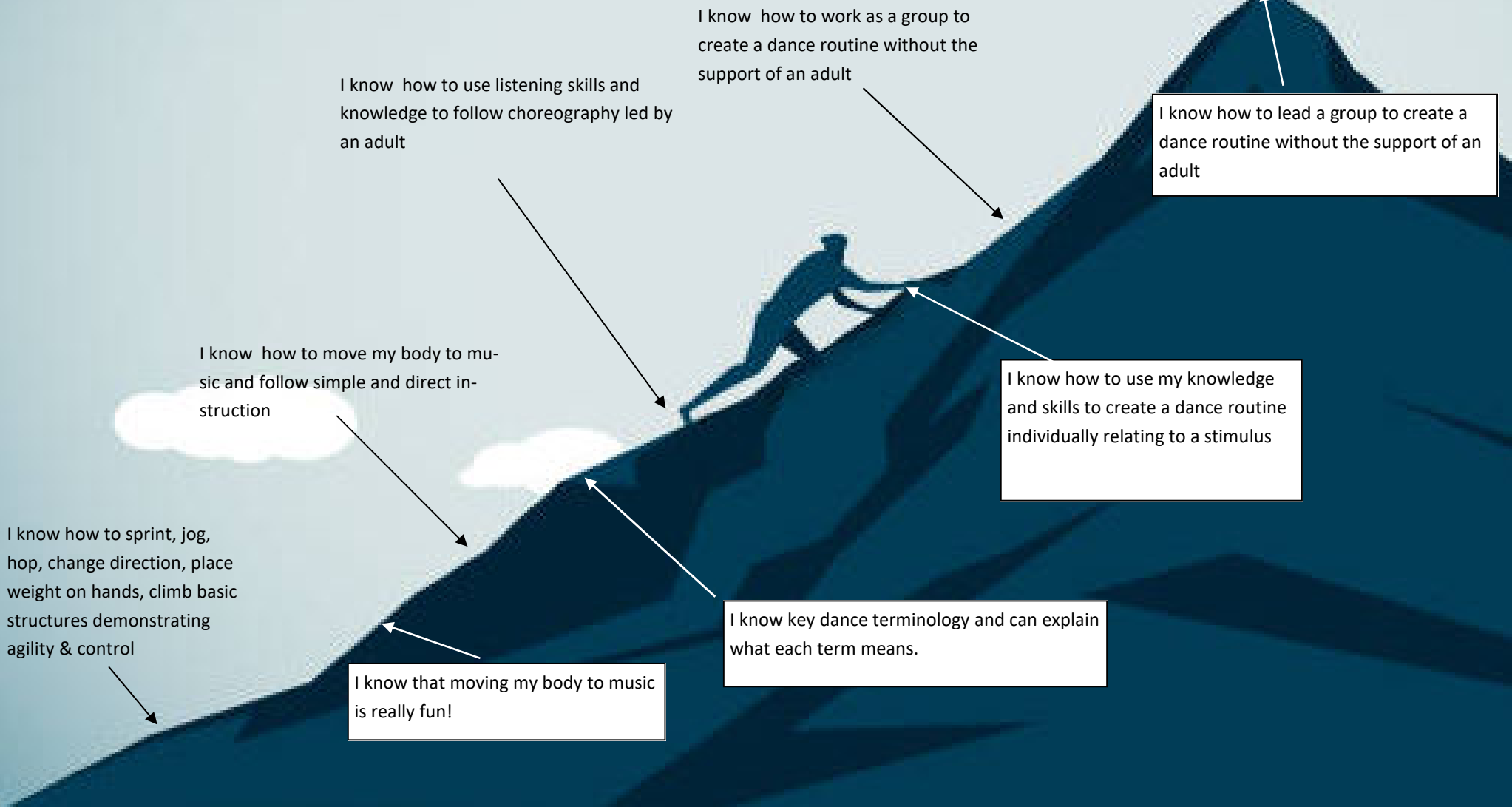
## FUNDamental movement skills > Cricket





# 'Curriculum is the Progression Model'

## FUNdamental movement skills > Dance





# 'Curriculum is the Progression Model'

## FUNDamental movement skills > Football

I know how and when to use dribbling and passing techniques to evade opponents (3 v 1—reduce advantage as skill develops)

I know the strengths and weaknesses of defensive/offensive tactics in football—also when and why to select these tactics (low block, width in attack, high press)

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

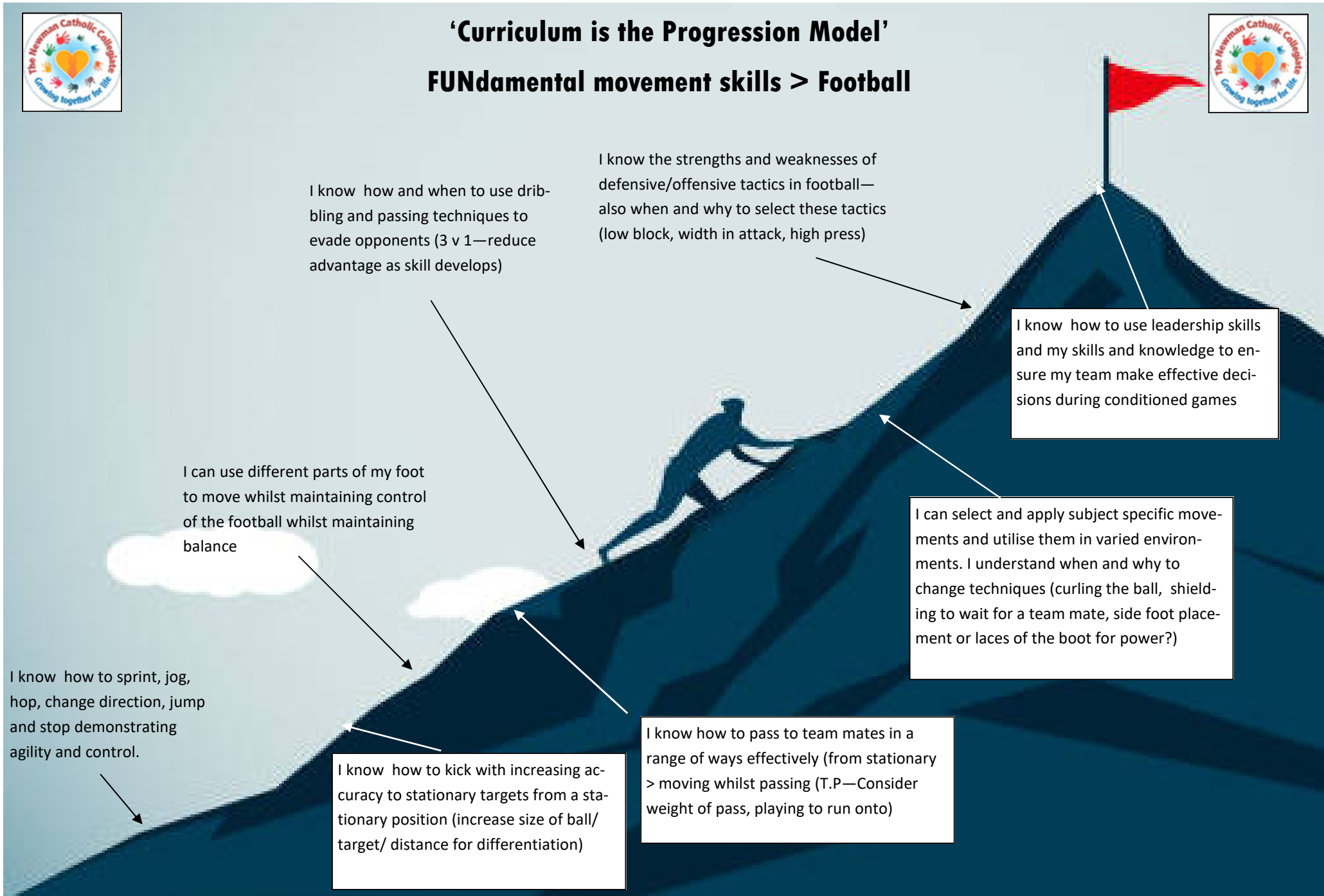
I can use different parts of my foot to move whilst maintaining control of the football whilst maintaining balance

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to change techniques (curling the ball, shielding to wait for a team mate, side foot placement or laces of the boot for power?)

I know how to sprint, jog, hop, change direction, jump and stop demonstrating agility and control.

I know how to kick with increasing accuracy to stationary targets from a stationary position (increase size of ball/target/ distance for differentiation)

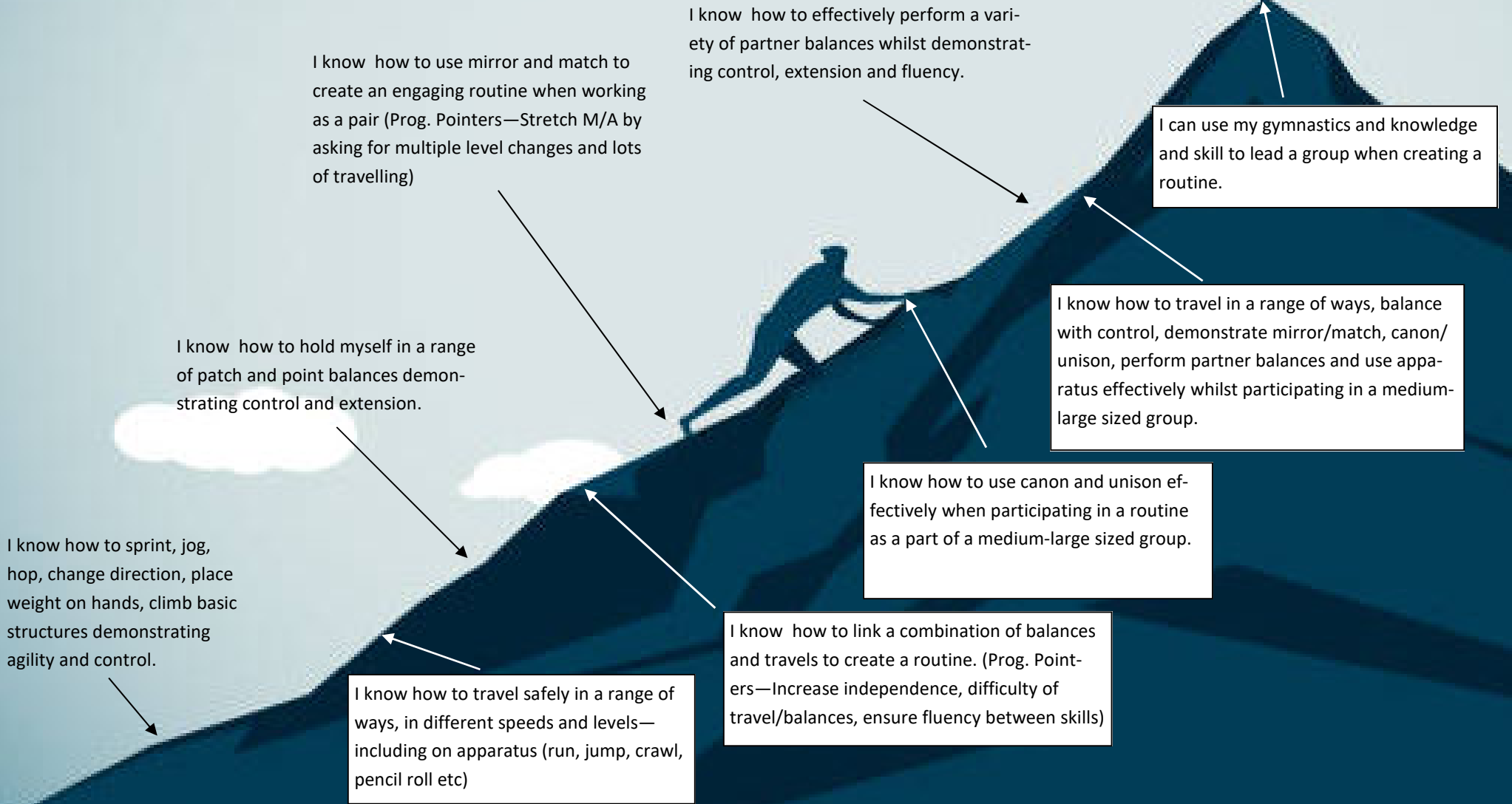
I know how to pass to team mates in a range of ways effectively (from stationary > moving whilst passing (T.P—Consider weight of pass, playing to run onto)





# 'Curriculum is the Progression Model'

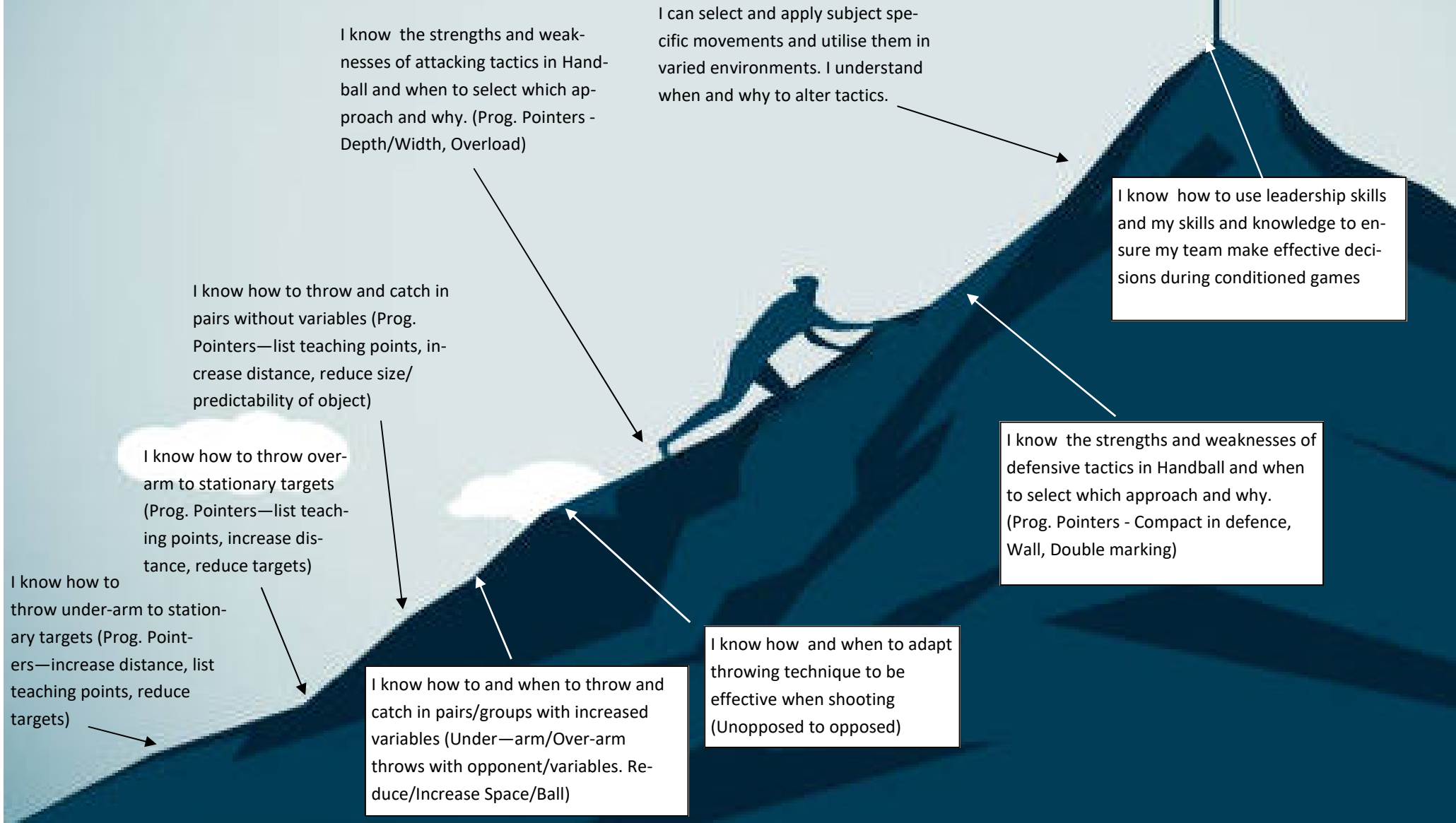
## FUNdamental movement skills > Gymnastics





# 'Curriculum is the Progression Model'

## FUNDamental movement skills > Handball





# 'Curriculum is the Progression Model'

## FUNDamental movement skills > Hockey



I know how and when to use dribbling and passing techniques to evade opponents (3 v 1—reduce advantage as skill develops)

I know the strengths and weaknesses of defensive/offensive tactics in Hockey—also when and why to select these tactics (low block, width in attack, high press)

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

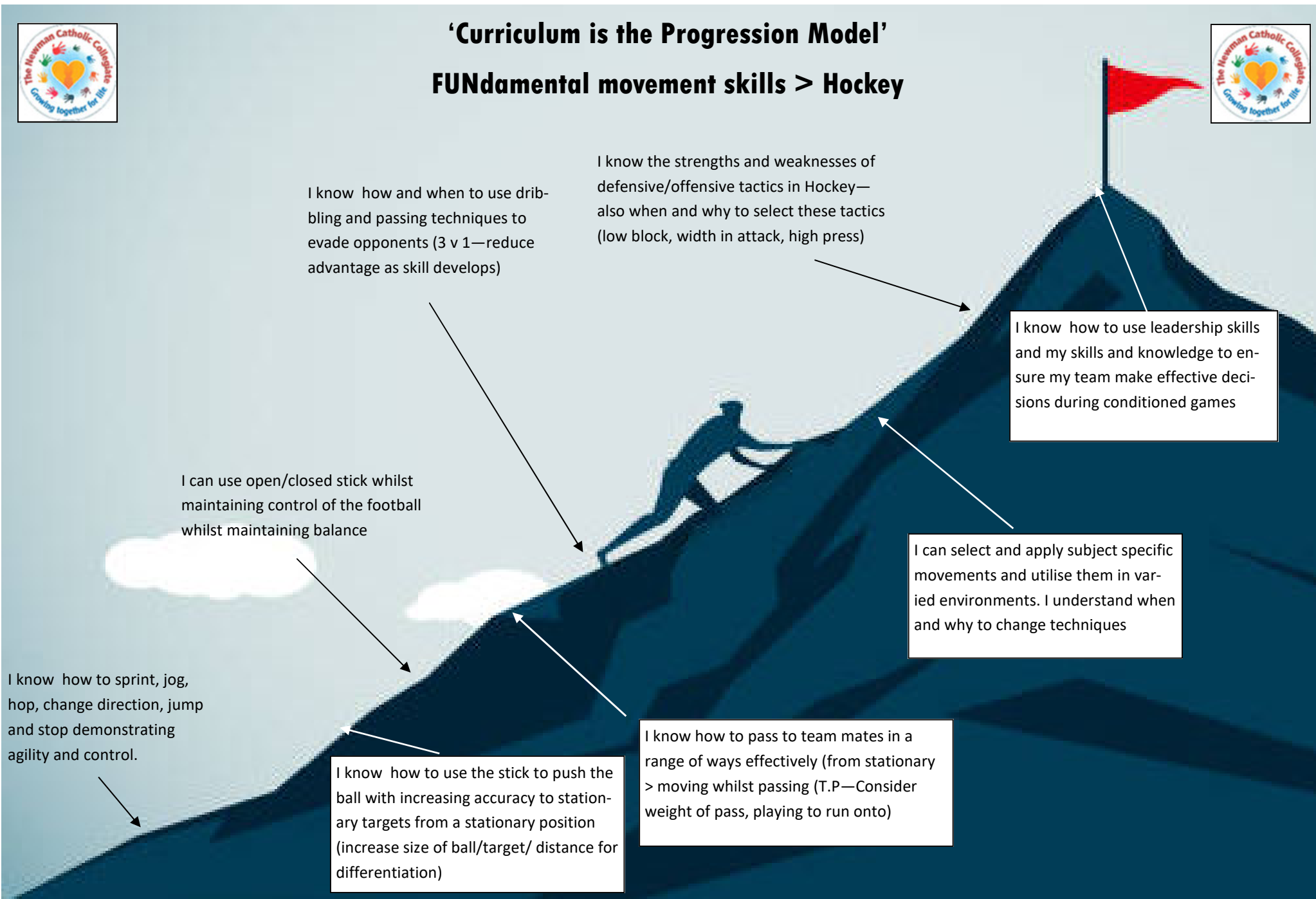
I can use open/closed stick whilst maintaining control of the football whilst maintaining balance

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to change techniques

I know how to sprint, jog, hop, change direction, jump and stop demonstrating agility and control.

I know how to use the stick to push the ball with increasing accuracy to stationary targets from a stationary position (increase size of ball/target/ distance for differentiation)

I know how to pass to team mates in a range of ways effectively (from stationary > moving whilst passing (T.P—Consider weight of pass, playing to run onto)

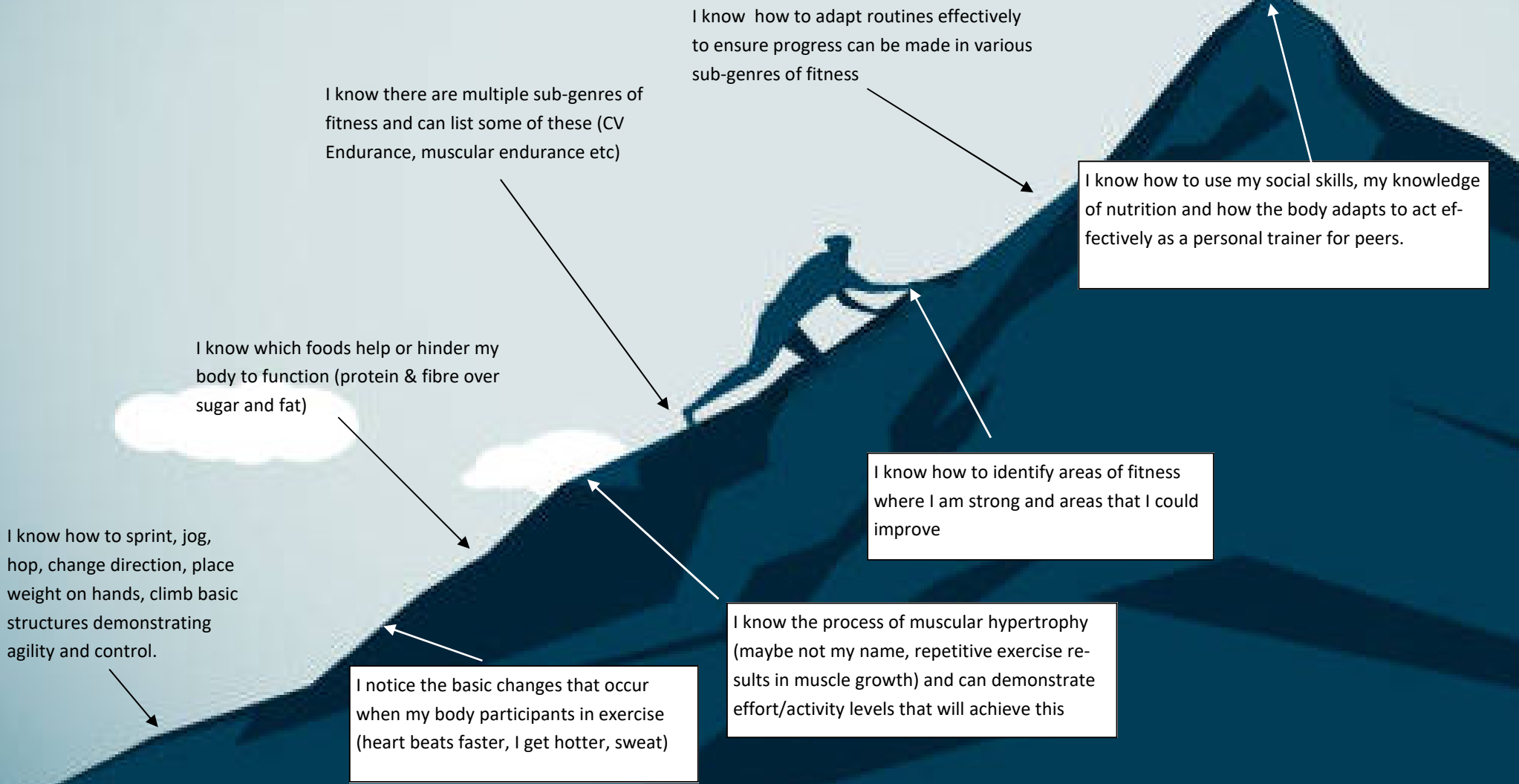






# 'Curriculum is the Progression Model'

## FUNdamental movement skills > Health Related Exercise





# 'Curriculum is the Progression Model'

## FUNDamental movement skills > Netball



I know the strengths and weaknesses of attacking tactics in Netball and when to select which approach and why. (Prog. Pointers - Height to play—Move the ball fast to exploit space, pass to hand furthest away from defender)

I can select and apply subject specific movements and utilise them in varied environments. I understand when and why to alter tactics.

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

I know how to throw and catch in pairs without variables (Prog. Pointers—list teaching points, increase distance, reduce size/predictability of object)

I know the strengths and weaknesses of defensive tactics in Netball and when to select which approach and why. (Prog. Pointers - 'Forcing in', loud communication, full/half press)

I know how to throw over-arm to stationary targets (Prog. Pointers—list teaching points, increase distance, reduce targets)

I understand the rules of Netball sufficiently to make effective attacking decisions (Footwork rules, 3 second rule, feet inside shooting circle)

I know how to throw under-arm to stationary targets (Prog. Pointers—increase distance, list teaching points, reduce targets)

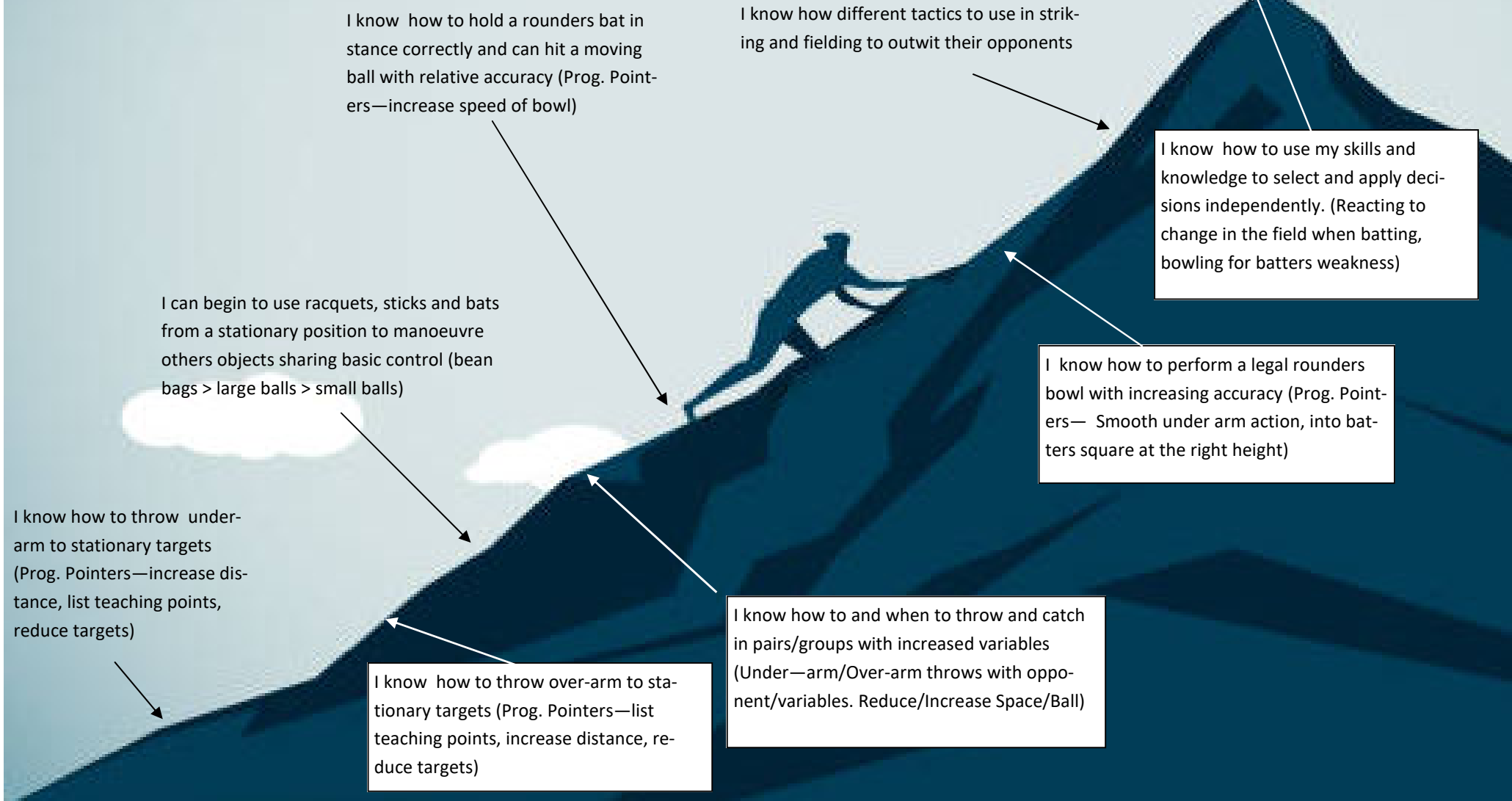
I know how and when to adapt shooting technique for success (increased power for larger distances, larger angle to shoot over GD)

I know how to and when to use a javelin, chest and bounce pass (Prog. Pointers—Increase distance, add defender)



# 'Curriculum is the Progression Model'

## FUNdamental movement skills > Rounders





# 'Curriculum is the Progression Model'

## FUNDamental movement skills > Tag Rugby



I know how and when to use ball carrying skills and passing techniques to evade opponents (3 v 1—reduce advantage as skill develops)

I know the strengths and weaknesses of defensive/offensive tactics in Rugby—also when and why to select these tactics (low block, width in attack, double up when close to your own try line)

I know how to use leadership skills and my skills and knowledge to ensure my team make effective decisions during conditioned games

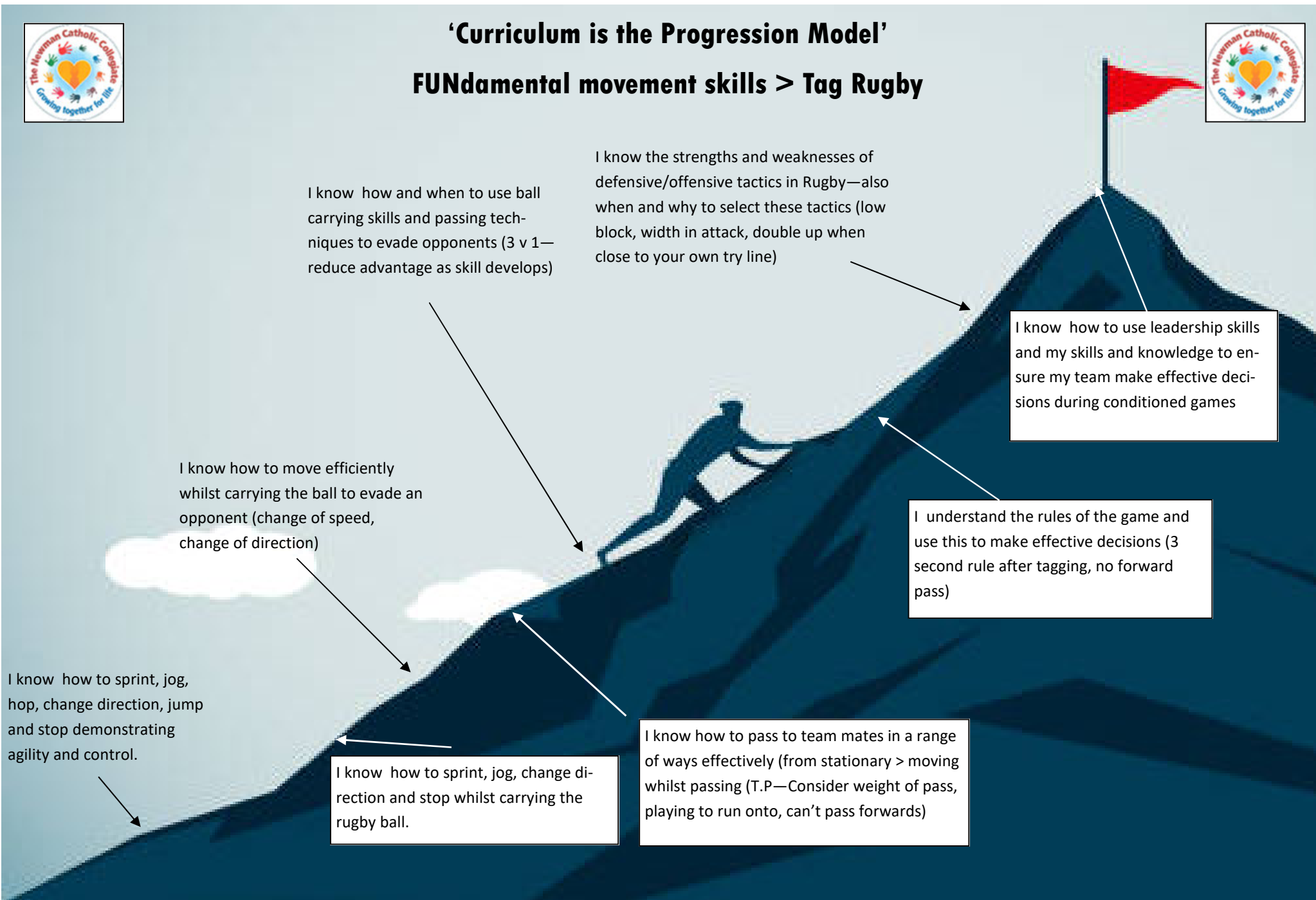
I know how to move efficiently whilst carrying the ball to evade an opponent (change of speed, change of direction)

I understand the rules of the game and use this to make effective decisions (3 second rule after tagging, no forward pass)

I know how to sprint, jog, hop, change direction, jump and stop demonstrating agility and control.

I know how to sprint, jog, change direction and stop whilst carrying the rugby ball.

I know how to pass to team mates in a range of ways effectively (from stationary > moving whilst passing (T.P—Consider weight of pass, playing to run onto, can't pass forwards)





# 'Curriculum is the Progression Model'

## FUNDamental movement skills > Types of Training

