

SPORT				
Tag Rugby – term 1a				
Week	Skill focus	Objective	4 step success criteria	Examples drills
1	<b>Basic Passing &amp; Catching</b>	Introduce accurate two-handed passes and safe catching technique.	<ol style="list-style-type: none"> <li>1. <b>Two-Handed Pass</b> – Use both hands to push the ball across your body (like a chest pass).</li> <li>2. <b>Hold the Ball Correctly</b> – Fingers spread, thumbs behind the ball, elbows out.</li> <li>3. <b>Look Before You Pass</b> – Make eye contact with your teammate.</li> <li>4. <b>Catch with Two Hands</b> – Hands ready in a "Winning W" shape, eyes on the ball.</li> </ol>	- Partner passing- Moving & passing- Catch and pass relay
2	<b>Tagging (Defensive Skill)</b>	Learn how to tag safely and return the tag.	<ol style="list-style-type: none"> <li>1. <b>Tag Below the Waist</b> – Only pull tags from the belt area (not clothing or arms).</li> <li>2. <b>Stay on Your Toes</b> – Be light and ready to move in any direction.</li> <li>3. <b>Use One Hand to Tag</b> – Pull the tag cleanly with one hand, don't grab.</li> <li>4. <b>Hold Up the Tag and Shout "TAG!"</b> – Then return the tag quickly to the attacker.</li> </ol>	-Tagging races -1v1 tag games -Tag and return challenge
3	<b>Evasion &amp; Movement</b>	Develop dodging, side-stepping, and spatial awareness to avoid being tagged.	<ol style="list-style-type: none"> <li>1. <b>Change Direction Quickly</b> – Side-step or swerve to dodge defenders.</li> <li>2. <b>Use Speed and Acceleration</b> – Sprint away after dodging.</li> <li>3. <b>Keep the Ball in Two Hands</b> – Helps with balance and passing options.</li> <li>4. <b>Look for Space</b> – Run into gaps,</li> </ol>	- Zig-zag runs- "Sharks and fish"- 1v1 evasion

			not into defenders.	
4	<b>Support Play &amp; Communication</b>	Understand how to support the ball carrier and call for the ball.	<ol style="list-style-type: none"> <li>1. <b>Stay Behind the Ball Carrier</b> – Be ready to receive a pass legally.</li> <li>2. <b>Move Into Space</b> – Don't crowd the ball carrier.</li> <li>3. <b>Call for the Pass</b> – Use your voice! Say the player's name or "here!"</li> <li>4. <b>Keep Running After Passing</b> – Support the next phase of play.</li> </ol>	- 2v1 and 3v2 drills- Pass and move games- Communication relays
5	<b>Defensive Positioning</b>	Learn how to stay onside, work as a defensive line, and mark players.	<ol style="list-style-type: none"> <li>1. <b>Stay Onside</b> – Always behind the last tag or the referee's line.</li> <li>2. <b>Work as a Line</b> – Spread out across the field, don't bunch.</li> <li>3. <b>Watch the Ball Carrier</b> – Keep eyes up, ready to move.</li> <li>4. <b>Close the Gaps</b> – Stay close enough to teammates to stop breaks.</li> </ol>	- Defensive line shuffle- Small-sided games with offside zones- 2v2 tagging with alignment
6	<b>Attacking Principles</b>	Teach basic attack strategy: depth, width, drawing defenders.	<ol style="list-style-type: none"> <li>1. <b>Use Width</b> – Spread out across the field to stretch defenders.</li> <li>2. <b>Run at Gaps, Not People</b> – Aim for space, not contact.</li> <li>3. <b>Draw and Pass</b> – Run at a defender, then pass just before getting tagged.</li> <li>4. <b>Keep the Ball Moving</b> – Don't hold the ball too long – pass quickly.</li> </ol>	- Overlap games- 3v2 attacking waves- Continuous attack drill
7	<b>Game Play &amp; Review</b>	Apply all skills in structured tag rugby	<ol style="list-style-type: none"> <li>1. <b>Apply All Skills Learned</b> – Use passing, tagging, support, evasion, etc.</li> </ol>	- Mini tournament- Team rotations-

		games with guided feedback.	<ol style="list-style-type: none"> <li>2. <b>Play Fair and Follow Rules</b> – Respect refs, teammates, and opponents.</li> <li>3. <b>Communicate as a Team</b> – Talk, encourage, and guide each other.</li> <li>4. <b>Reflect and Improve</b> – Think: What went well? What can I work on?</li> </ol>	Review: "What did we learn?" discussions
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**SPORT**

**Pickleball –term 1b**

Week	Skill focus	Objective	4 step success criteria	Example drills
1	<b>Grip, Ready Position &amp; Paddle Control</b>	Introduce correct grip, ready stance, and paddle handling.	<ol style="list-style-type: none"> <li>5.               <ol style="list-style-type: none"> <li>1. Use the "Handshake Grip" – like shaking hands with the paddle.</li> <li>2. Paddle in "Ready Position" – out in front of your body.</li> <li>3. Stay balanced – knees bent, feet shoulder-width apart.</li> <li>4. Watch the ball closely all the way to the paddle.</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>- Paddle taps (bounce &amp; air)</li> <li>- Shadow swings</li> <li>- Partner control rally</li> </ul>
2	<b>Forehand Groundstroke</b>	Develop consistent forehand strokes.	<ol style="list-style-type: none"> <li>6.               <ol style="list-style-type: none"> <li>1. Stand sideways – paddle back early.</li> <li>2. Step with opposite foot.</li> <li>3. Swing low to high – follow through.</li> <li>4. Keep eyes on the ball through contact.</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>- Forehand rally</li> <li>- Forehand target zones</li> <li>- Rally and recover</li> </ul>
3	<b>Backhand Groundstroke</b>	Introduce and practice the backhand shot.	<ol style="list-style-type: none"> <li>7.               <ol style="list-style-type: none"> <li>1. Turn opposite shoulder toward the ball.</li> <li>2. Step with front foot and swing paddle across body.</li> <li>3. Paddle face open – contact in front.</li> <li>4. Follow through and reset.</li> </ol> </li> </ol>	<ul style="list-style-type: none"> <li>- Backhand only rally</li> <li>- Cross-court backhands</li> <li>- Alternating forehand/backhand drills</li> </ul>

4	<b>Serving</b>	Learn underhand serve technique and rules.	8. <ol style="list-style-type: none"> <li>1. Stand behind baseline, feet apart.</li> <li>2. Drop (not toss) the ball.</li> <li>3. Swing underhand – paddle below waist.</li> <li>4. Aim diagonally into opponent's service box.</li> </ol>	<ul style="list-style-type: none"> <li>- Serve to target zones</li> <li>- Serve and switch</li> <li>- Serve accuracy challenge</li> </ul>
5	<b>Volleying (At the Net)</b>	Practice volley technique and net play.	9. <ol style="list-style-type: none"> <li>1. Keep paddle up and in front.</li> <li>2. Short, firm punch – no big swing.</li> <li>3. Stay light on toes, ready to move.</li> <li>4. Watch the ball closely – angle paddle as needed.</li> </ol>	<ul style="list-style-type: none"> <li>- Partner volley rally</li> <li>- Reaction volley games</li> <li>- Catch and volley drill</li> </ul>
6	<b>Dinking (Soft Game)</b>	Develop control and touch with dinks in the kitchen area.	10. <ol style="list-style-type: none"> <li>1. Use a soft touch – paddle face open.</li> <li>2. Aim just over the net – keep it low.</li> <li>3. Stay low with bent knees.</li> <li>4. Return to ready after each shot.</li> </ol>	<ul style="list-style-type: none"> <li>- Dink rallies (cross-court and straight)</li> <li>- Kitchen target drills</li> <li>- Dink and move</li> </ul>
7	<b>Court Movement &amp; Doubles Positioning</b>	Improve movement, positioning, and teamwork in doubles play.	11. <ol style="list-style-type: none"> <li>1. Stay side-by-side with partner (no gaps).</li> <li>2. Move as a team – especially at the net.</li> <li>3. Use small shuffle steps.</li> <li>4. Recover to centre or kitchen line after each shot.</li> </ol>	<ul style="list-style-type: none"> <li>- Doubles shadow movement</li> <li>- Hit and move drills</li> <li>- Partner court coverage game</li> </ul>
8	<b>Game Play &amp; Review</b>	Apply all skills in structured games and reflect on progress.	12. <ol style="list-style-type: none"> <li>1. Use all skills – serve, rally, volley, dink, move.</li> <li>2. Follow rules and scoring correctly.</li> <li>3. Communicate positively with partner.</li> <li>4. Reflect on performance – strengths &amp; next steps.</li> </ol>	<ul style="list-style-type: none"> <li>- Mini matches/tournaments</li> <li>- Rotating doubles games</li> <li>- Group review &amp; “What did we learn?” session</li> </ul>

**SPORT**

**Badminton- term 1b**

SPORT				
Badminton- term 1b				
Week	Skill focus	Objective	4 step success criteria	Example drills
1	<b>Grip &amp; Ready Position</b>	Introduce correct grip and stance for control and movement.	<ol style="list-style-type: none"> <li>1. Use <b>forehand grip</b> – like shaking hands with the racket.</li> <li>2. Hold racket loosely – not too tight.</li> <li>3. Feet shoulder-width, knees slightly bent.</li> <li>4. Racket in front, eyes on opponent.</li> </ol>	<ul style="list-style-type: none"> <li>- Grip change practice</li> <li>- Shadow swings</li> <li>- Ready position reaction game</li> </ul>
2	<b>Forehand Clear</b>	Learn to hit deep, high shots to the back of the court.	<ol style="list-style-type: none"> <li>1. Turn sideways, non-racket shoulder forward.</li> <li>2. Swing from shoulder, not wrist.</li> <li>3. Contact shuttle high, in front of body.</li> <li>4. Follow through across body.</li> </ol>	<ul style="list-style-type: none"> <li>- Partner clear rallies</li> <li>- Clear to target area</li> <li>- Clear &amp; recover drill</li> </ul>
3	<b>Backhand Grip &amp; Clear</b>	Introduce basic backhand technique.	<ol style="list-style-type: none"> <li>1. Change to <b>backhand grip</b> – thumb on flat part.</li> <li>2. Rotate body slightly away.</li> <li>3. Push with thumb – short swing.</li> <li>4. Aim high and back.</li> </ol>	<ul style="list-style-type: none"> <li>- Backhand wall hits</li> <li>- Backhand clears over net</li> <li>- Grip switch drill</li> </ul>
4	<b>Underarm Serve</b>	Learn correct serving technique for starting play.	<ol style="list-style-type: none"> <li>1. Hold shuttle in front of body.</li> <li>2. Use underarm swing – racket below waist.</li> <li>3. Contact shuttle gently.</li> <li>4. Aim diagonally into service box.</li> </ol>	<ul style="list-style-type: none"> <li>- Serve to service box</li> <li>- Serve and switch partners</li> <li>- Accuracy challenge</li> </ul>

5	<b>Net Shots</b>	Develop soft control shots close to the net.	<ol style="list-style-type: none"> <li>1. Move forward quickly – stay balanced.</li> <li>2. Use a short, soft push.</li> <li>3. Keep racket head up and stable.</li> <li>4. Return to centre after shot.</li> </ol>	<ul style="list-style-type: none"> <li>- Drop &amp; recover drill</li> <li>- Net shot rallies</li> <li>- Net vs net games</li> </ul>
6	<b>Footwork &amp; Movement</b>	Improve court coverage and movement efficiency.	<ol style="list-style-type: none"> <li>1. Stay light on toes – ready to move.</li> <li>2. Use split step before opponent hits.</li> <li>3. Move with small, quick steps.</li> <li>4. Recover to centre base after each shot.</li> </ol>	<ul style="list-style-type: none"> <li>- Footwork ladder</li> <li>- Cone movement drill</li> <li>- Hit and recover game</li> </ul>
7	<b>Smash &amp; Attack Play</b>	Introduce the smash and basic attack strategies.	<ol style="list-style-type: none"> <li>1. Jump or stay grounded with stable base.</li> <li>2. Hit shuttle at highest point.</li> <li>3. Snap wrist for power.</li> <li>4. Recover quickly after shot.</li> </ol>	<ul style="list-style-type: none"> <li>- Smash to target</li> <li>- Smash &amp; net follow-up</li> <li>- Smash and defend</li> </ul>
8	<b>Game Play &amp; Review</b>	Apply all skills in game settings and reflect on learning.	<ol style="list-style-type: none"> <li>1. Use full variety of shots in game play.</li> <li>2. Communicate and show good sportsmanship.</li> <li>3. Keep score correctly.</li> <li>4. Reflect: What did I improve? What's next?</li> </ol>	<ul style="list-style-type: none"> <li>- Mini games</li> <li>- Tournament rotations</li> <li>- Group discussion &amp; feedback</li> </ul>

<b>SPORT</b>				
<b>Basketball- term 2a</b>				
Week	Skill focus	Objective	4 step success criteria	Example drills
1	<b>Dribbling (Control &amp; Movement)</b>	Introduce controlled dribbling and movement with the ball.	<ol style="list-style-type: none"> <li>1. Use fingertips, not palm, to dribble.</li> <li>2. Keep ball at waist height or lower.</li> <li>3. Eyes up – don't look at the ball.</li> <li>4. Stay low and balanced while moving.</li> </ol>	<ul style="list-style-type: none"> <li>- Stationary dribbling (right/left)</li> <li>- Zig-zag cone dribble</li> <li>- Dribble freeze tag</li> </ul>
2	<b>Passing &amp; Catching</b>	Learn chest, bounce, and overhead passes with safe catching.	<ol style="list-style-type: none"> <li>1. Step toward your target.</li> <li>2. Use two hands – thumbs behind ball.</li> <li>3. Follow through – fingers point at target.</li> <li>4. Catch with soft hands – thumbs in "W" shape.</li> </ol>	<ul style="list-style-type: none"> <li>- Partner passing (various types)</li> <li>- Moving pass and catch</li> <li>- 3-person weave</li> </ul>
3	<b>Shooting Technique</b>	Introduce correct shooting form using set shots.	<ol style="list-style-type: none"> <li>1. Feet shoulder-width, knees bent.</li> <li>2. Shooting hand under ball, guide hand on side.</li> <li>3. Elbow in, follow through with wrist flick ("gooseneck").</li> <li>4. Aim at the back of the rim or square on the backboard.</li> </ol>	<ul style="list-style-type: none"> <li>- B.E.E.F. shooting drill</li> <li>- Spot shooting (short range)</li> <li>- Shooting relay</li> </ul>
4	<b>Lay-Ups &amp; Finishing</b>	Practice lay-ups with	<ol style="list-style-type: none"> <li>1. Take two steps after dribble – correct footwork.</li> <li>2. Jump off inside foot (right</li> </ol>	<ul style="list-style-type: none"> <li>- Lay-up lines (right and left)</li> </ul>

		proper footwork and control.	layup = left foot). 3. Aim high off the backboard. 4. Use guide hand to protect the ball.	- Dribble + lay-up drill - One-on-one lay-up race
5	<b>Defence &amp; Movement</b>	Teach basic defensive stance and how to guard a player.	1. Stay low in defensive stance – knees bent. 2. Move side-to-side – don't cross feet. 3. Keep eyes on chest, not ball. 4. Hands up to contest shots and passes.	- Mirror movement drill - 1v1 defensive shadow - Close-out and recover drill
6	<b>Game Play &amp; Teamwork</b>	Apply all skills in a game setting with teamwork focus.	1. Use skills from previous weeks <b>during game play</b> . 2. <b>Communicate with teammates – call for passes.</b> 3. <b>Play fair – follow rules and respect others.</b> 4. Reflect on teamwork and personal improvement.	- 3v3 or 4v4 games - Team rotation scrimmages - Group reflection & skill review

<b>SPORT</b>				
<b>OAA/Problem Solving- term 2b</b>				
Week	Skill focus	Objective	4 step success criteria	Example drills
1	<b>Communication &amp; Listening</b>	Develop clear communication and active listening within teams.	1. Use clear, short instructions. 2. Listen carefully without interrupting. 3. Ask questions if unsure. 4. Use positive, encouraging language.	- Silent Line-Up (line up by birthday without speaking) - Blindfold Pair Walk - Back-to-back drawing
2	<b>Teamwork &amp; Collaboration</b>	Build cooperative skills to solve tasks together.	1. Include everyone – value all ideas. 2. Share tasks fairly. 3. Work toward a shared goal. 4. Support and encourage teammates.	- Human Knot - Group Juggle (naming game) - Crossing the River (equipment-based task)
3	<b>Leadership &amp; Roles</b>	Explore leadership and role distribution within teams.	1. Identify team roles (leader, timekeeper, speaker). 2. Take turns leading. 3. Encourage team input. 4. Reflect on team dynamics after task.	- Team Challenges with Rotating Leaders - Shape Builder (blindfolded shapes with rope)

				- Planning vs Doing Tasks
4	<b>Trust &amp; Risk Awareness</b>	Develop trust and awareness through physical and social challenges.	<ol style="list-style-type: none"> <li>1. Communicate before moving or touching.</li> <li>2. Respect boundaries and pace.</li> <li>3. Trust others to guide you.</li> <li>4. Move with care and awareness.</li> </ol>	<ul style="list-style-type: none"> <li>- Trust Fall Circle</li> <li>- Blindfolded Obstacle Course</li> <li>- Minefield Navigation</li> </ul>
5	<b>Problem Solving Strategies</b>	Apply logic, trial and error, and planning in practical challenges.	<ol style="list-style-type: none"> <li>1. Plan before acting – think it through.</li> <li>2. Try different ideas – adapt if needed.</li> <li>3. Stay calm under pressure.</li> <li>4. Review what worked and what didn't.</li> </ol>	<ul style="list-style-type: none"> <li>- Tower Build (limited resources)</li> <li>- Code Breaker Challenge</li> <li>- Island Escape (get everyone across using limited equipment)</li> </ul>
6	<b>Team Challenge &amp; Reflection</b>	Combine all skills in a final large-group task and reflect.	<ol style="list-style-type: none"> <li>1. Work as a full team – everyone contributes.</li> <li>2. Communicate clearly and respectfully.</li> <li>3. Show leadership and support.</li> <li>4. Reflect on progress – what did we learn?</li> </ol>	<ul style="list-style-type: none"> <li>- Giant Team Challenge (multi-task course)</li> <li>- Problem Solving Circuit (stations)</li> <li>- Team Reflection Circle</li> </ul>

<b>SPORT</b>				
<b>Rounders- term 3a</b>				
Week	Skill focus	Objective	4 step success criteria	Example drills
1	<b>Throwing &amp; Catching</b>	Introduce accurate throwing and safe catching technique.	<ol style="list-style-type: none"> <li>1. Stand sideways, shoulder aiming at target.</li> <li>2. Use two hands to grip the ball – fingers across seams.</li> <li>3. Step and throw – follow through with arm.</li> <li>4. Catch with two hands – watch the ball into your hands.</li> </ol>	<ul style="list-style-type: none"> <li>- Partner throws</li> <li>- Target throwing</li> <li>- Throw and catch relays</li> </ul>
2	<b>Batting Technique</b>	Learn how to grip the bat and strike the ball with control.	<ol style="list-style-type: none"> <li>1. Grip bat with dominant hand on top.</li> <li>2. Stand side-on to bowler – knees slightly bent.</li> <li>3. Watch the ball closely – swing level.</li> <li>4. Follow through in direction of shot.</li> </ol>	<ul style="list-style-type: none"> <li>- Batting tee practice</li> <li>- Bowl and hit</li> <li>- Directional hitting (cones or zones)</li> </ul>
3	<b>Fielding Skills</b>	Develop ground fielding,	<ol style="list-style-type: none"> <li>1. Grip bat with dominant hand on top.</li> <li>2. Stand side-on to bowler – knees slightly bent.</li> <li>3. Watch the ball closely –</li> </ol>	<ul style="list-style-type: none"> <li>- Rolling and stopping</li> <li>- Chase and return</li> </ul>

		returning, and decision-making.	swing level. 4. Follow through in direction of shot.	relay - Fielding under pressure
4	<b>Running &amp; Base Awareness</b>	Learn how and when to run between posts.	1. Run quickly in straight lines – touch the post. 2. Look at the ball before running. 3. Decide whether to stay or go based on fielders. 4. Always run <i>on the outside</i> of the post.	- Base running circuits - Decision making drill (run or stay) - Beat the ball race
5	<b>Game Play &amp; Tactics</b>	Apply all skills in small-sided games with basic strategy.	1. Work as a team – communicate and back each other. 2. Use learned techniques in game situations. 3. Play fair – follow the rules. 4. Reflect on what went well and what to improve.	- Mini games - Small team rotations - Team discussion and feedback

<b>SPORT</b>				
<b>Cricket- term 3a</b>				
<b>Week</b>	<b>Skill focus</b>	<b>Objective</b>	<b>4 step success criteria</b>	<b>Example drills</b>
1	<b>Catching &amp; Throwing</b>	Learn safe catching technique and accurate throwing.	1. Watch the ball all the way into your hands. 2. Use two hands in a “W” shape (fingers up for high catches, down for low). 3. Stand side-on to target for throwing. 4. Step and follow through when you throw.	- High/low catching pairs - Throwing at stumps - Reaction catching
2	<b>Batting Technique</b>	Develop basic grip, stance, and controlled striking.	1. Watch the ball all the way into your hands. 2. Use two hands in a “W” shape (fingers up for high catches, down for low). 3. Stand side-on to target for throwing. 4. Step and follow through when you throw.	- Batting tee practice - Bowl and hit - Target zones with cones

3	<b>Bowling (Underarm &amp; Intro to Overarm)</b>	Learn how to bowl accurately with correct technique.	<ol style="list-style-type: none"> <li>1. Step forward with opposite foot.</li> <li>2. Keep arm straight – don't throw.</li> <li>3. Aim at the base of the stumps.</li> <li>4. Follow through with arm and body.</li> </ol>	<ul style="list-style-type: none"> <li>- Underarm target bowling</li> <li>- Overarm action shadowing</li> <li>- Knock the stump game</li> </ul>
4	<b>Fielding &amp; Game Awareness</b>	Practice stopping, returning the ball, and working as a fielding team	<ol style="list-style-type: none"> <li>1. Get low behind the ball – long barrier if needed.</li> <li>2. Use two hands to pick up.</li> <li>3. Throw quickly to stumps or wicketkeeper.</li> <li>4. Communicate with teammates.</li> </ol>	<ul style="list-style-type: none"> <li>- Chase and return relay</li> <li>- Long barrier challenge</li> <li>- Fielding circuit</li> </ul>
5	<b>Game Play &amp; Tactics</b>	Apply all skills in a game setting and learn simple team strategies.	<ol style="list-style-type: none"> <li>1. Use batting, bowling, and fielding skills in games.</li> <li>2. Back up throws and support teammates.</li> <li>3. Run between wickets safely and with awareness.</li> <li>4. Reflect on individual and team performance.</li> </ol>	<ul style="list-style-type: none"> <li>- Pairs cricket</li> <li>- Diamond cricket</li> <li>- Mini matches with rotating roles</li> </ul>

<b>SPORT</b>				
<b>Athletics- term 3b</b>				
Week	Skill focus	Objective	4 step success criteria	Example drills
1	<b>Sprinting Technique</b>	Develop proper sprinting posture, arm drive, and explosive starts.	<ol style="list-style-type: none"> <li>1. Stand tall – slight lean forward when running.</li> <li>2. Drive knees high and pump arms fast (Hips to Lips).</li> <li>3. Stay on the balls of your feet.</li> <li>4. Explode from the start – quick reactions.</li> </ol>	<ul style="list-style-type: none"> <li>- Sprint drills over 10–30m</li> <li>- High knees &amp; fast feet</li> <li>- Reaction races</li> </ul>
2	<b>Long Jump</b>	Learn correct take-off, flight, and landing techniques.	<ol style="list-style-type: none"> <li>1. Use a controlled run-up – build speed gradually.</li> <li>2. Take off from one foot on the board.</li> <li>3. Swing arms and knees forward during flight.</li> <li>4. Land in the pit with two feet, knees bent.</li> </ol>	<ul style="list-style-type: none"> <li>- Standing long jump</li> <li>- Run-up &amp; take-off practice</li> <li>- Jump and stick</li> </ul>

3	<b>Shot Put (Pushing Technique)</b>	Introduce safe pushing technique for distance.	<ol style="list-style-type: none"> <li>1. Hold the shot under the chin, elbow high.</li> <li>2. Stand side-on to throwing area.</li> <li>3. Push (don't throw) the shot from the neck.</li> <li>4. Follow through with arm and body.</li> </ol>	<ul style="list-style-type: none"> <li>- Standing chest push</li> <li>- Target zone throws</li> <li>- Shot put footwork &amp; safety intro</li> </ul>
4	<b>Javelin (Foam or Vortex)</b>	Practice javelin throwing using correct technique and safety.	<ol style="list-style-type: none"> <li>1. Hold javelin near the back (grip), point tip forward.</li> <li>2. Run up with control, not full speed.</li> <li>3. Throw over the shoulder, arm straight.</li> <li>4. Follow through and watch where it lands.</li> </ol>	<ul style="list-style-type: none"> <li>- Stationary throws</li> <li>- Javelin run-up with throw</li> <li>- Throw to distance zones</li> </ul>
5	<b>High Jump (Scissors Technique)</b>	Learn basic high jump using the scissors technique.	<ol style="list-style-type: none"> <li>1. Approach from the side in a J-shaped run.</li> <li>2. Take off with outside foot.</li> <li>3. Swing lead leg and arm up over bar.</li> <li>4. Land safely on back with bent knees.</li> </ol>	<ul style="list-style-type: none"> <li>- Low bar scissors practice</li> <li>- Jumping over cones/poles</li> <li>- Take-off drills</li> </ul>
6	<b>Relay &amp; Baton Change</b>	Introduce teamwork, baton technique, and smooth exchanges	<ol style="list-style-type: none"> <li>1. Hold baton at the end – firm grip.</li> <li>2. Pass into teammate's <b>open hand</b> – "go" signal.</li> <li>3. Use a <b>downward handoff</b> in the exchange zone.</li> <li>4. Keep running after the pass – no stopping.</li> </ol>	<ul style="list-style-type: none"> <li>- Baton passing in pairs</li> <li>- 4x50m relay practice</li> <li>- Circular relay challenge</li> </ul>
7	<b>Mini Olympics &amp; Review</b>	Apply all skills in a fun, competitive event format.	<ol style="list-style-type: none"> <li>1. Rotate through all stations – sprint, jump, throw, relay.</li> <li>2. Show best effort and teamwork.</li> <li>3. Encourage others and celebrate success.</li> <li>4. Reflect: What did I learn or improve this term?</li> </ol>	<ul style="list-style-type: none"> <li>- Event stations (points-based)</li> <li>- Team relays</li> <li>- Closing ceremony &amp; certificates</li> </ul>

SPORT				
Volleyball- term 3b				
Week	Skill focus	Objective	4 step success criteria	Example drills
1	<b>Forearm Pass (Bump)</b>	Learn how to receive and control the ball using a forearm pass.	<ol style="list-style-type: none"> <li>1. Hands together, thumbs side-by-side.</li> <li>2. Straight arms – create a flat platform.</li> <li>3. Bend knees, not arms.</li> <li>4. Watch the ball and guide it upward.</li> </ol>	<ul style="list-style-type: none"> <li>- Self-bumping</li> <li>- Partner bump &amp; catch</li> <li>- Target bump challenge</li> </ul>
2	<b>Underhand Serve</b>	Develop a consistent and accurate underhand serve.	<ol style="list-style-type: none"> <li>1. Hold ball in non-dominant hand.</li> <li>2. Step forward with opposite foot.</li> <li>3. Swing arm straight under the ball.</li> <li>4. Contact with heel of</li> </ol>	<ul style="list-style-type: none"> <li>- Serving to hoops or cones</li> <li>- Serve and chase</li> <li>- Team serve relay</li> </ul>

			the hand and follow through.	
3	<b>Overhead Pass (Set)</b>	Learn to set the ball accurately for a teammate.	<ol style="list-style-type: none"> <li>1. Hands form triangle above forehead.</li> <li>2. Use fingertips – not palms.</li> <li>3. Push upward with legs and arms.</li> <li>4. Finish with straight arms and fingers spread.</li> </ol>	<ul style="list-style-type: none"> <li>- Self-setting</li> <li>- Partner set &amp; catch</li> <li>- Set to target or wall</li> </ul>
4	<b>Spiking (Intro to Attack)</b>	Learn the basics of spiking with control and timing.	<ol style="list-style-type: none"> <li>1. Start with 2-step approach.</li> <li>2. Jump with both arms raised.</li> <li>3. Contact the ball at the highest point.</li> <li>4. Snap wrist and follow through.</li> </ol>	<ul style="list-style-type: none"> <li>- Jump and catch</li> <li>- Spiking from a toss</li> <li>- Spike into target zones</li> </ul>
5	<b>Blocking &amp; Net Awareness</b>	Introduce blocking and movement along the net.	<ol style="list-style-type: none"> <li>1. Stand close to net with hands up.</li> <li>2. Jump straight up, not forward.</li> <li>3. Keep eyes on the hitter.</li> <li>4. Land safely with bent knees.</li> </ol>	<ul style="list-style-type: none"> <li>- Wall jump simulation</li> <li>- Partner shadow block</li> <li>- Jump-block challenge</li> </ul>
6	<b>Rotation &amp; Team Play</b>	Understand rotations, court positions, and basic gameplay rules.	<ol style="list-style-type: none"> <li>1. Rotate clockwise after winning a rally on serve.</li> <li>2. Know your role in each position.</li> <li>3. Communicate: call "mine!"</li> <li>4. Respect teammates and the rules.</li> </ol>	<ul style="list-style-type: none"> <li>- Court rotation game</li> <li>- 3-touch rally challenge</li> <li>- 4v4 mini games with rotation</li> </ul>
7	<b>Game Play &amp; Review</b>	Apply all skills in a structured game setting with reflection.	<ol style="list-style-type: none"> <li>1. Use all key skills – serve, bump, set, spike, block.</li> <li>2. Support your team – communicate and rotate.</li> <li>3. Follow rules and play fair.</li> <li>4. Reflect: What did I improve? What's next?</li> </ol>	<ul style="list-style-type: none"> <li>- Mini tournament</li> <li>- Team rotations</li> <li>- Peer assessment &amp; group feedback</li> </ul>