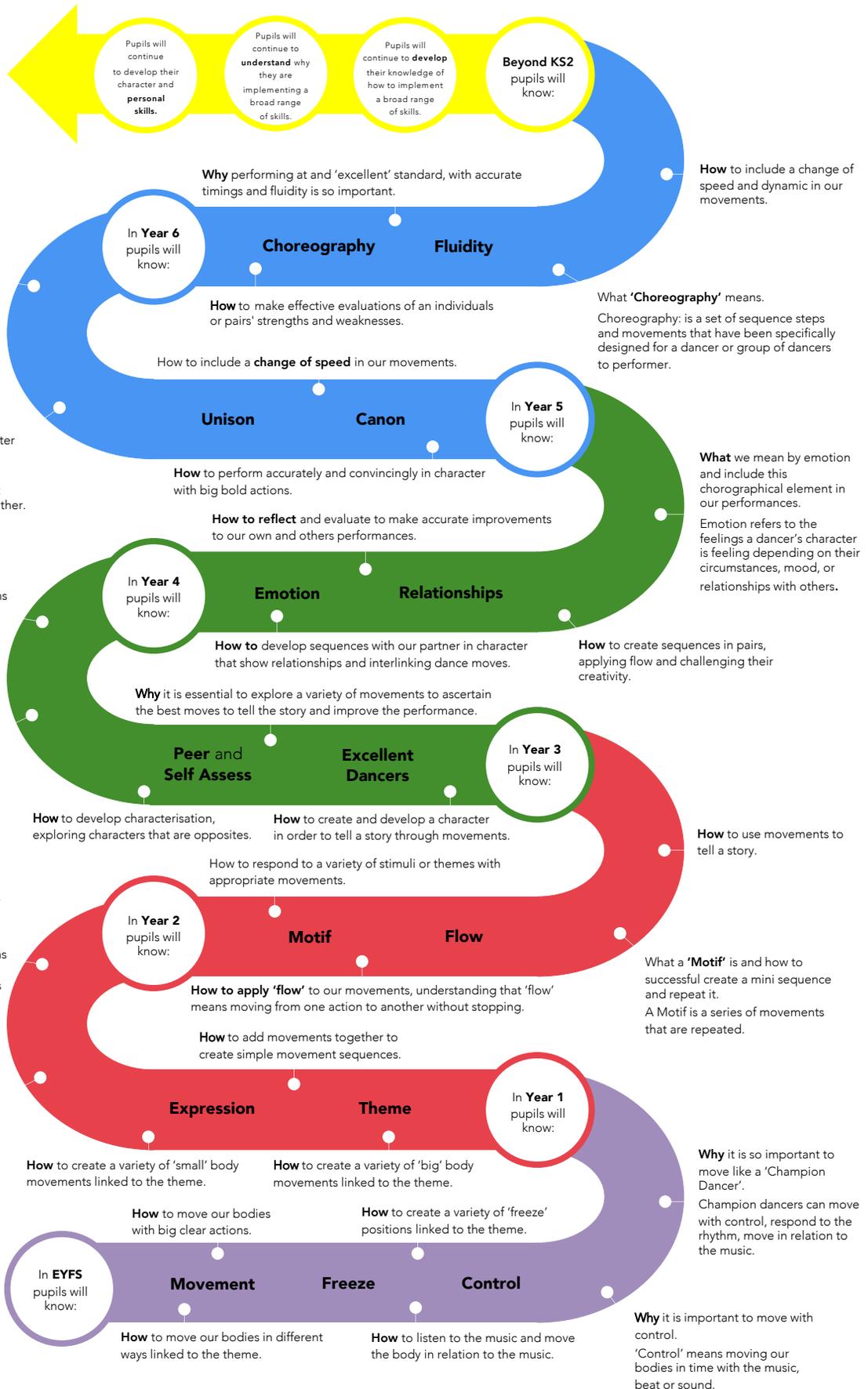


# Knowledge Progression Journey

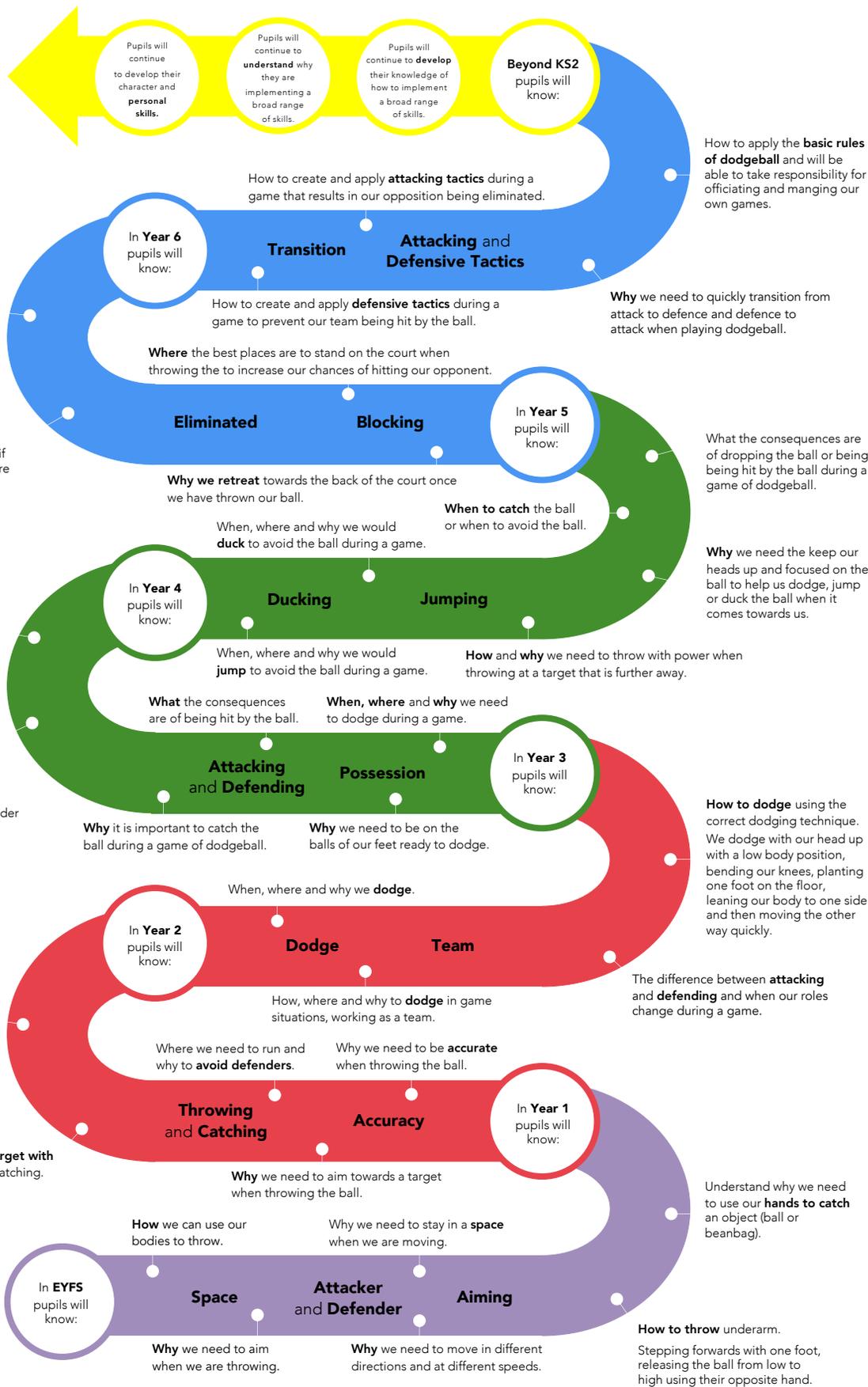
## Ball Skills into Boccia

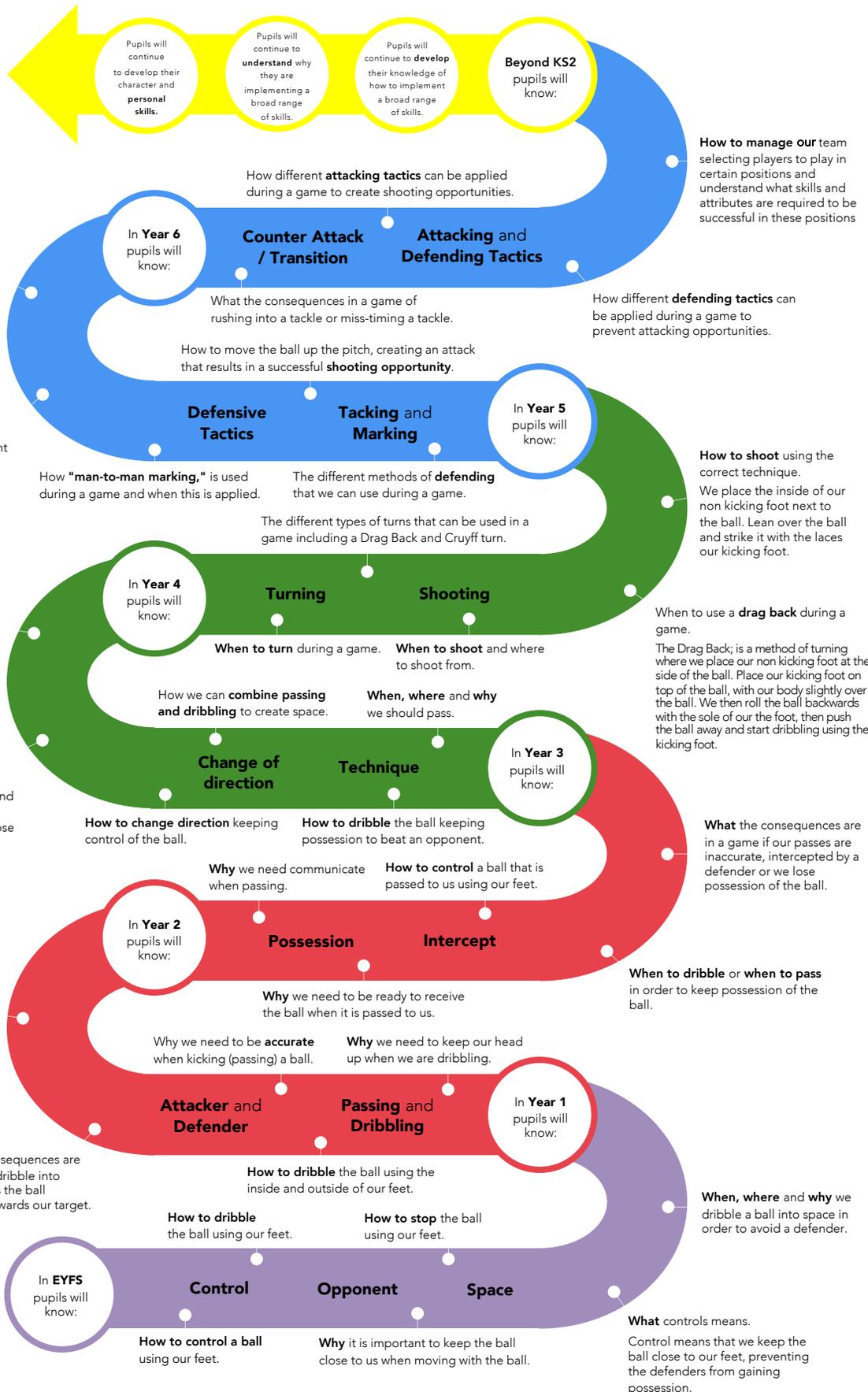




# Knowledge Progression Journey

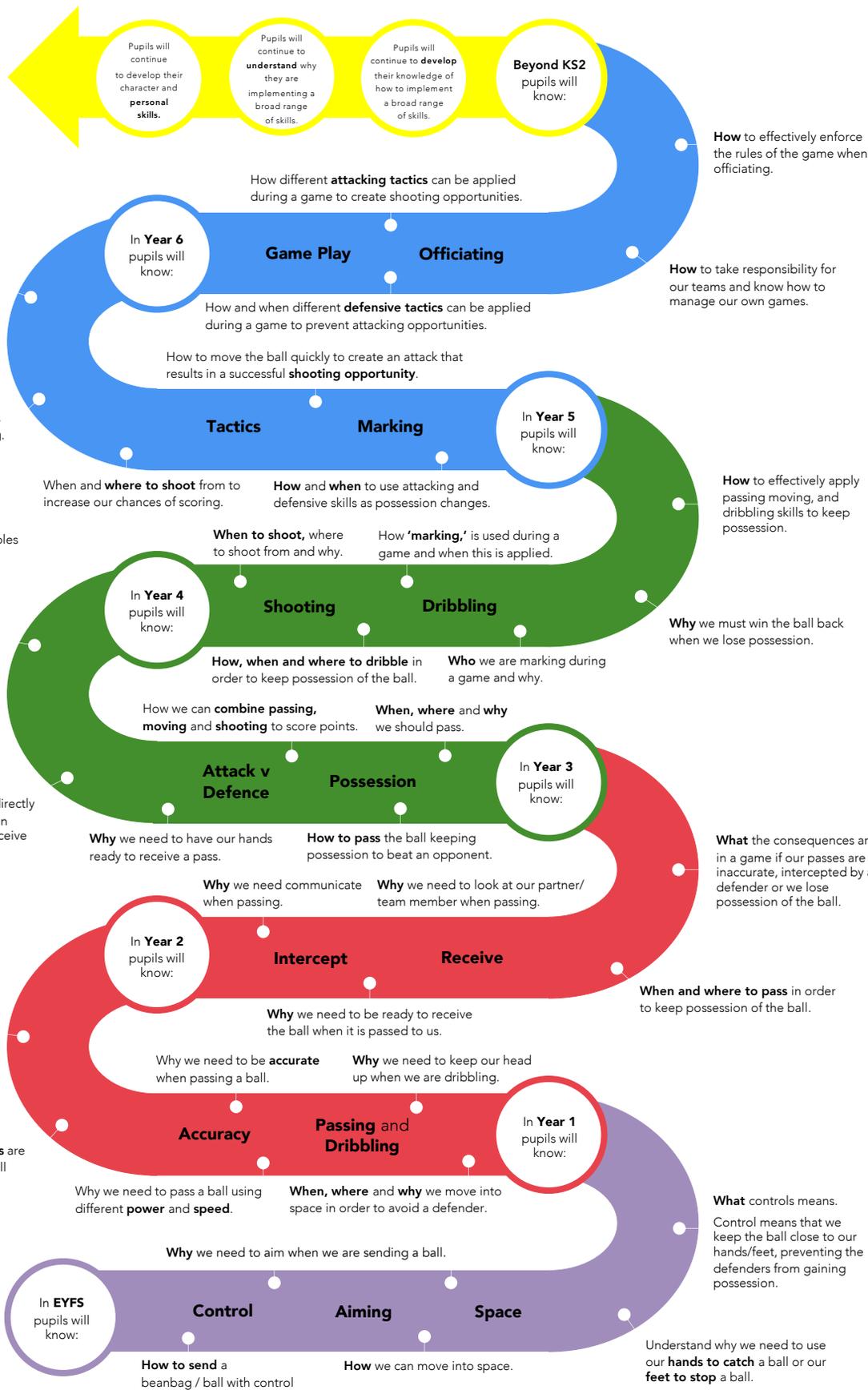
## Dance





# Knowledge Progression Journey

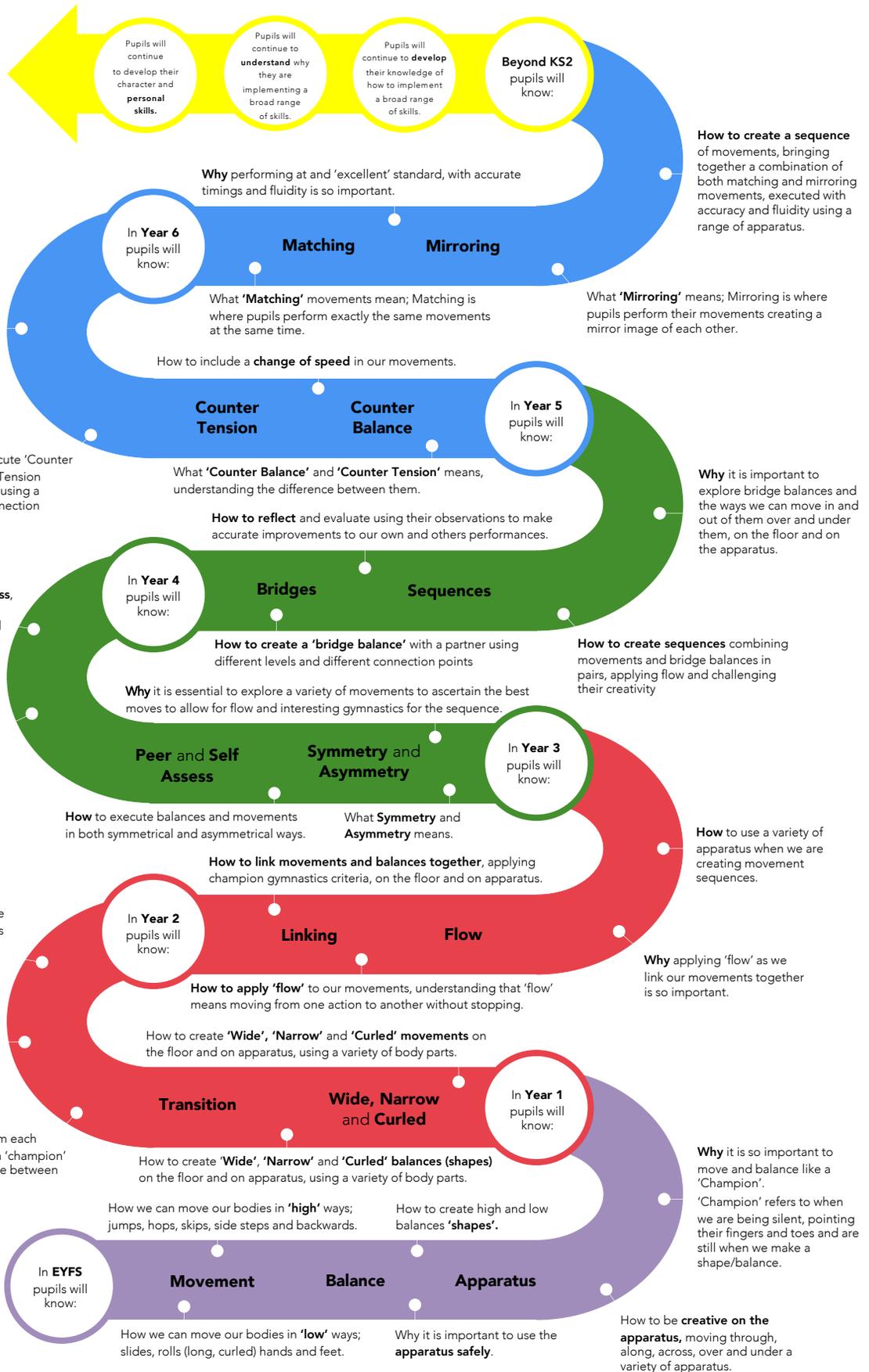
## Ball Skills Feet into Invasion (Football)

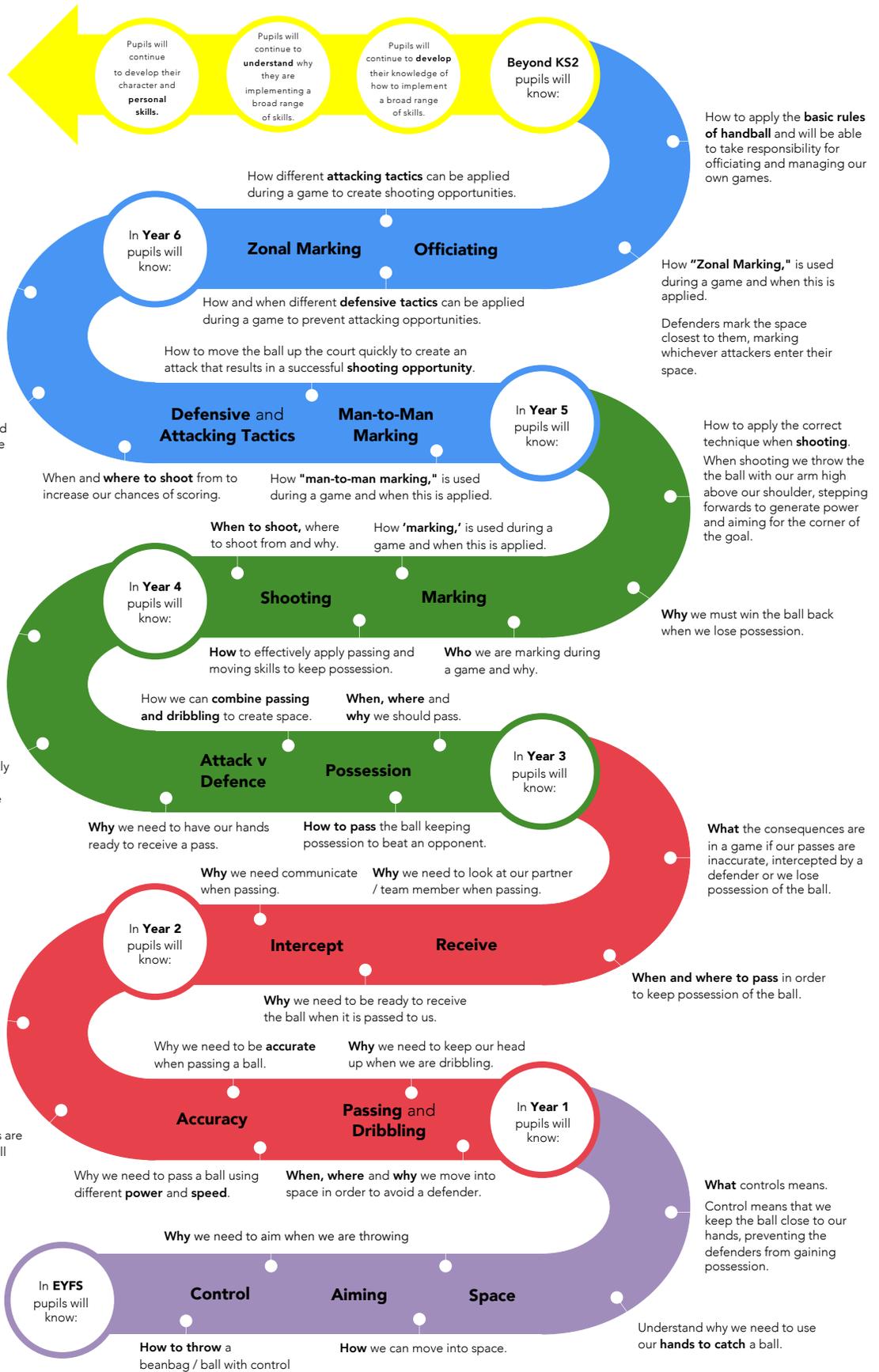


# Knowledge Progression Journey

## Ball Skills Hands/Feet into Game Sense (Invasion)



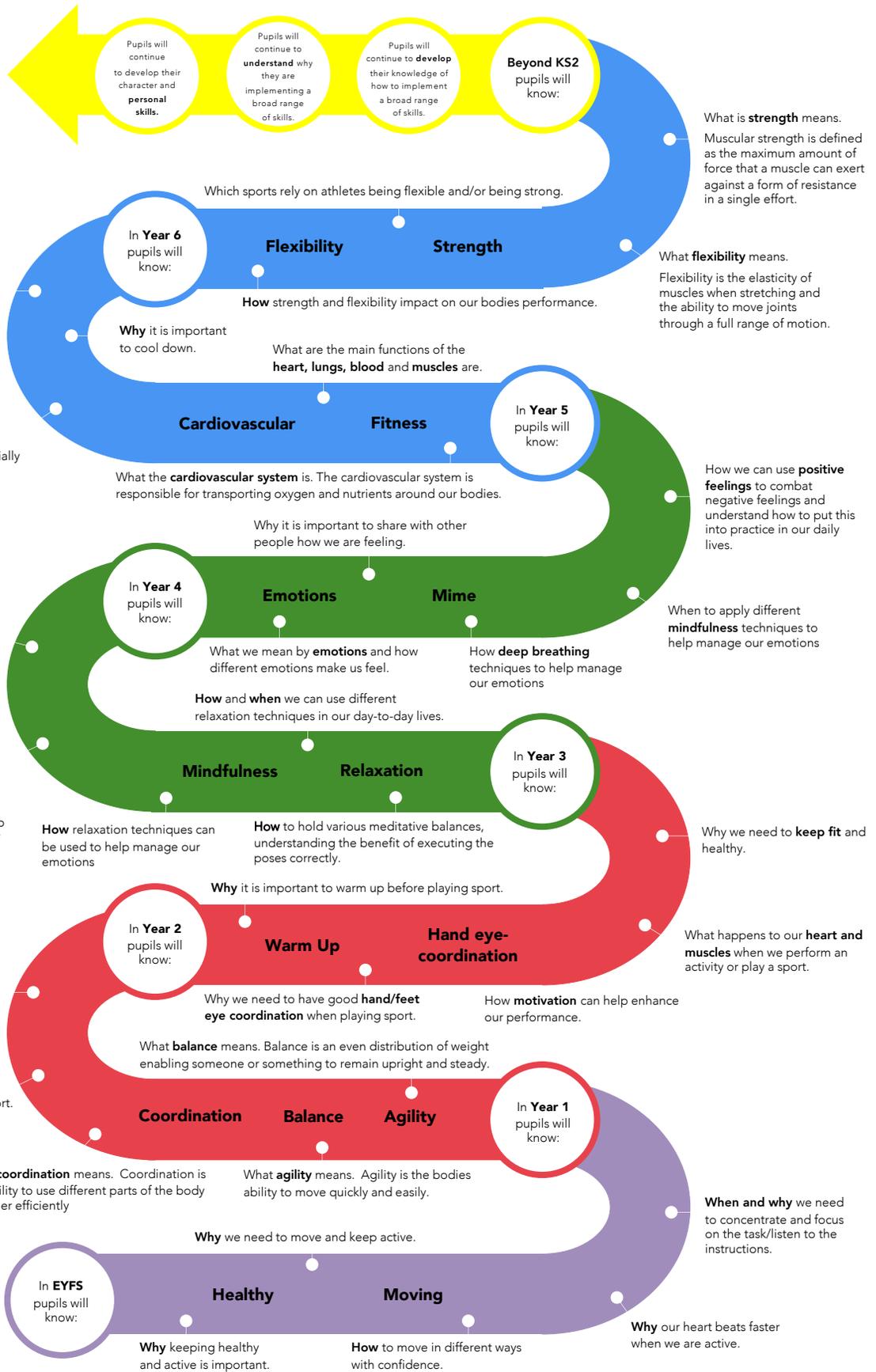




# Knowledge Progression Journey

## Ball Skills Hands into Invasion (Handball)

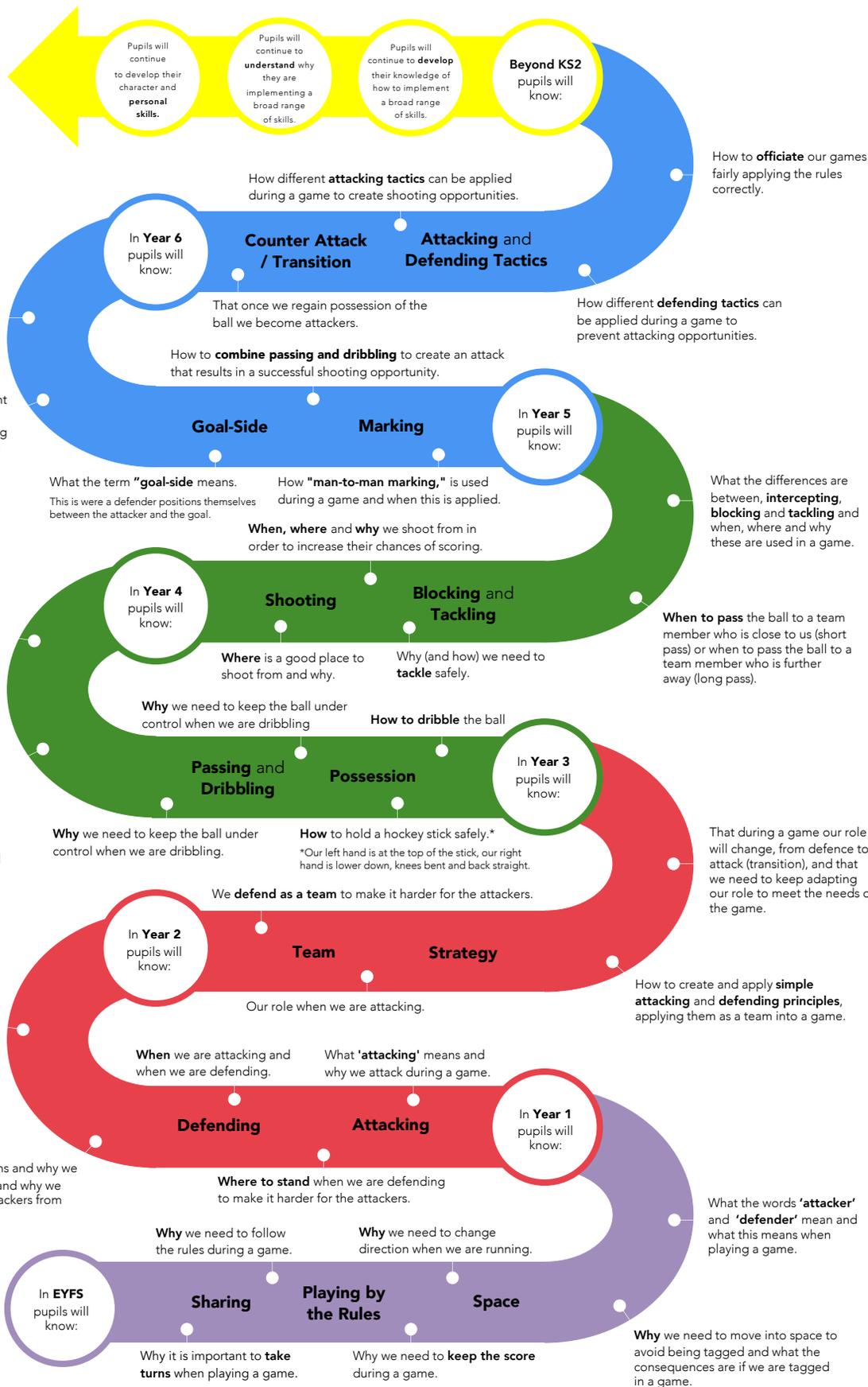




# Knowledge Progression Journey

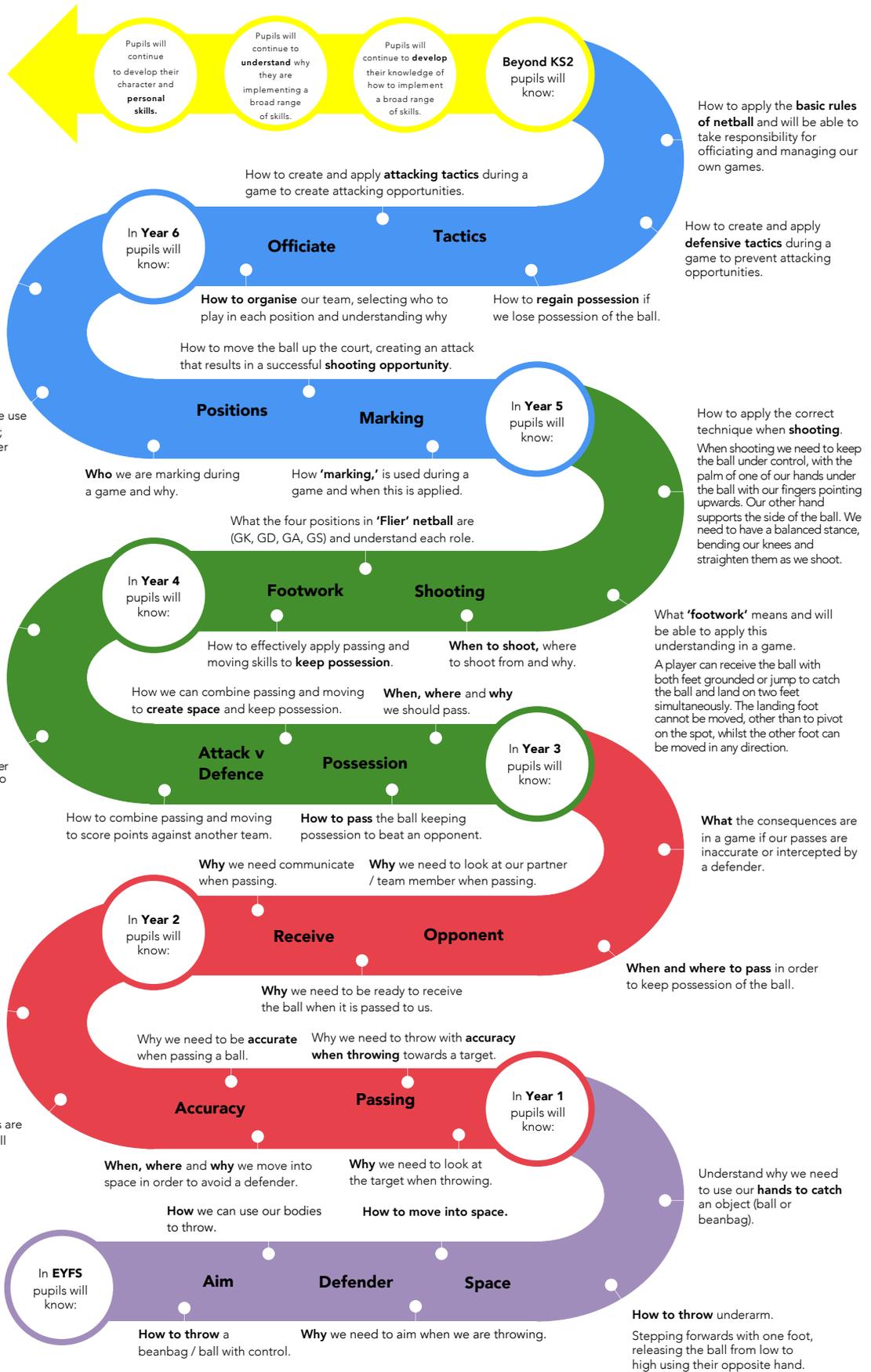
Health and Wellbeing, Mindfulness and Health Related Fitness

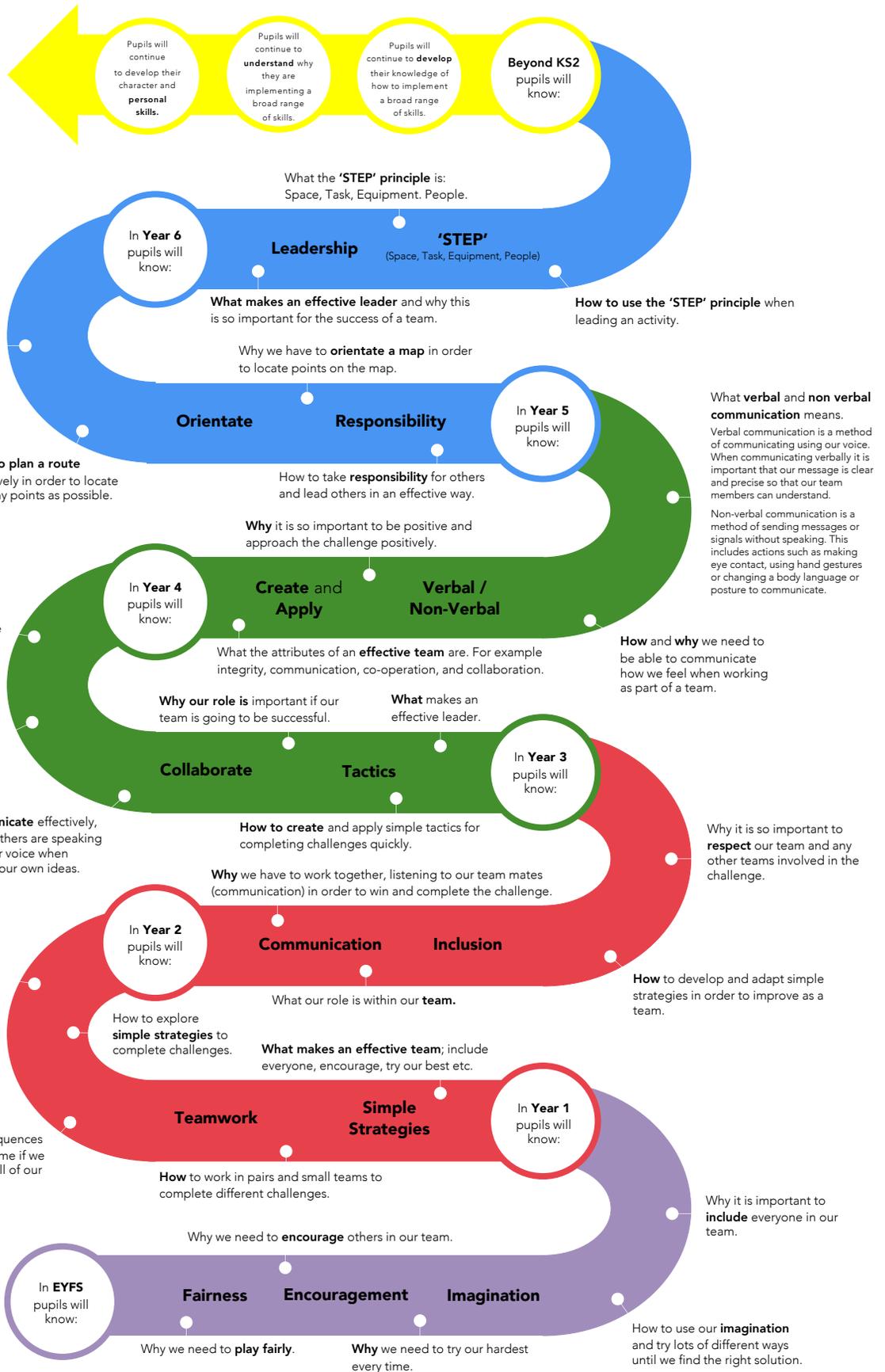


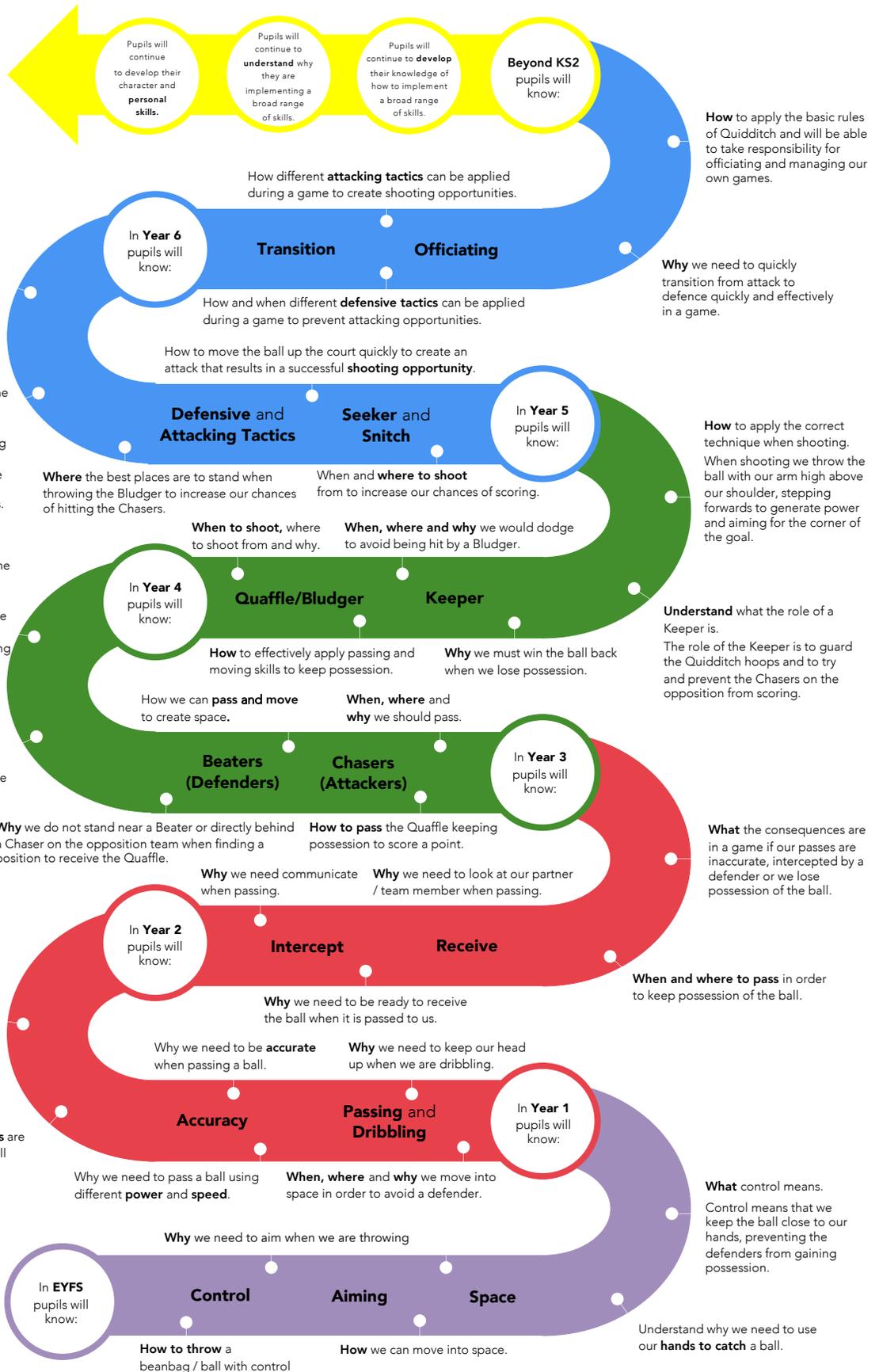


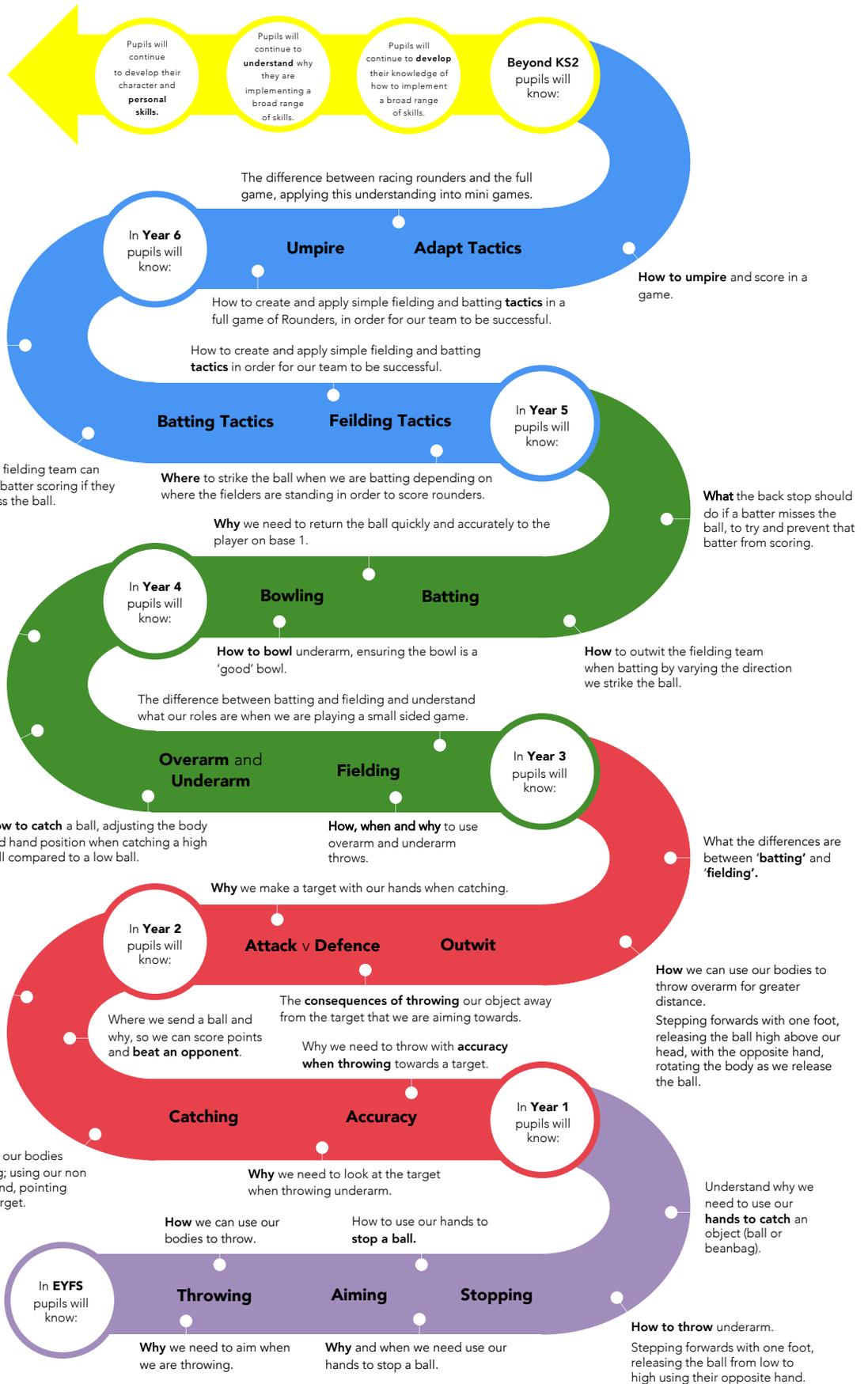
# Knowledge Progression Journey

## Games for Understanding into Invasion (Hockey)









Why we need to double up on **fielding positions**, to maximise our efficiency when we are fielding.

**How** the fielding team can stop the batter scoring if they hit or miss the ball.

**How and why** to throw a ball overarm with power and distance.

**How to throw** a ball overarm using the correct technique. Side on, opposite arm to opposite foot, arm up, elbow bent above the shoulder.

When to use a **long barrier** to stop the ball. The long barrier is a method of stopping the ball when the ball is travelling towards us on the ground. We will use our hands stop the ball, making a barrier with our legs and body to prevent the ball going past us.

**How to use** our bodies when aiming; using our non throwing hand, pointing towards a target.

**How to umpire** and score in a game.

**What** the back stop should do if a batter misses the ball, to try and prevent that batter from scoring.

**How** to outwit the fielding team when batting by varying the direction we strike the ball.

What the differences are between '**batting**' and '**fielding**'.

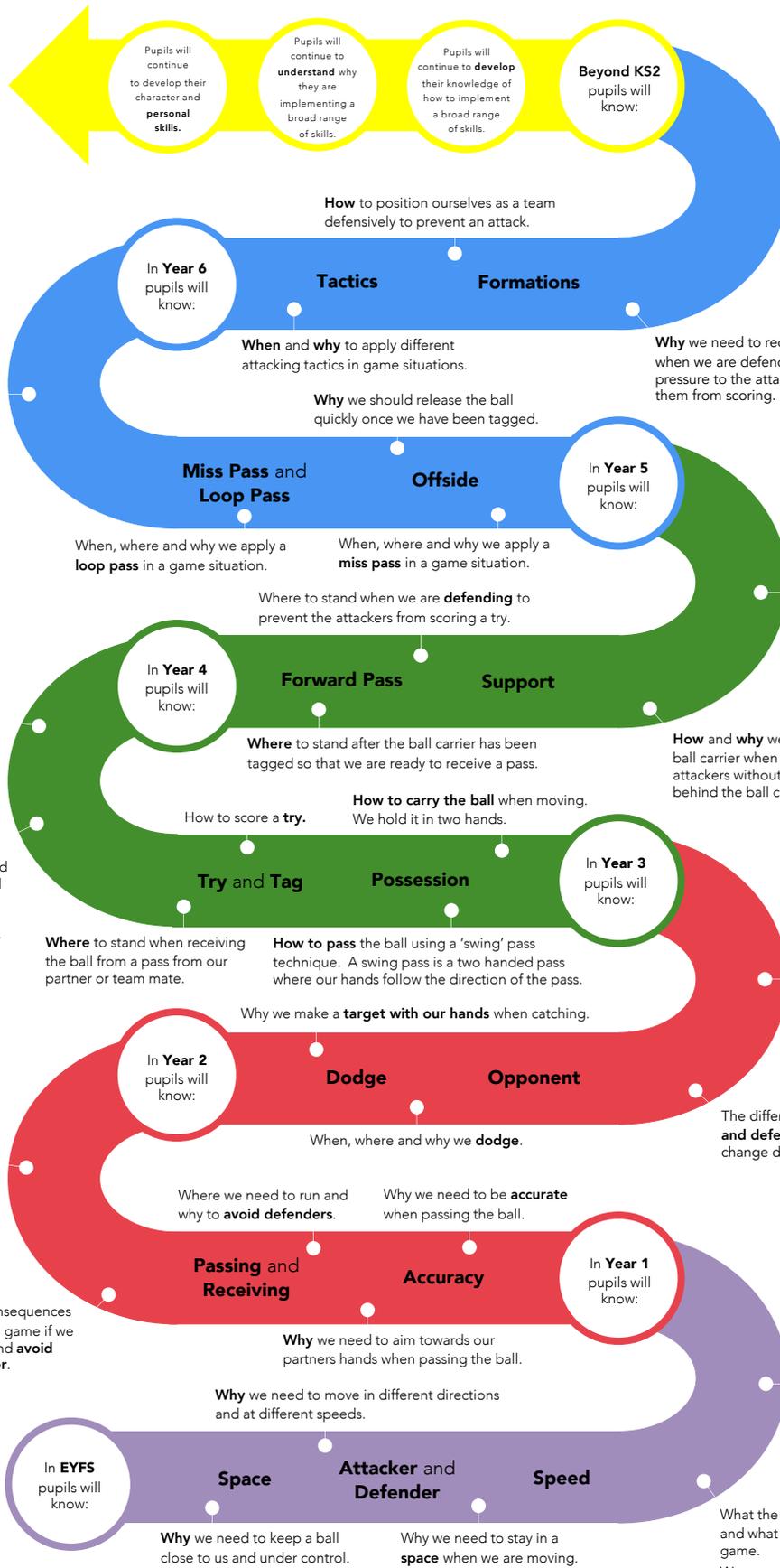
**How** we can use our bodies to throw overarm for greater distance. Stepping forwards with one foot, releasing the ball high above our head, with the opposite hand, rotating the body as we release the ball.

Understand why we need to use our **hands to catch** an object (ball or beanbag).



# Knowledge Progression Journey

## Ball Skills into Striking and Fielding (Rounders)



**What offside means** and where they need to stand depending on whether they are attacking or defending. The attackers need to remain behind the ball carrier. The defenders must stand at least 1m in front of the ball carrier once they have been tagged.

**Why** the ball carrier need to move forwards when running with the ball. The ball carrier needs to run forwards in order to create space and attacking opportunities.

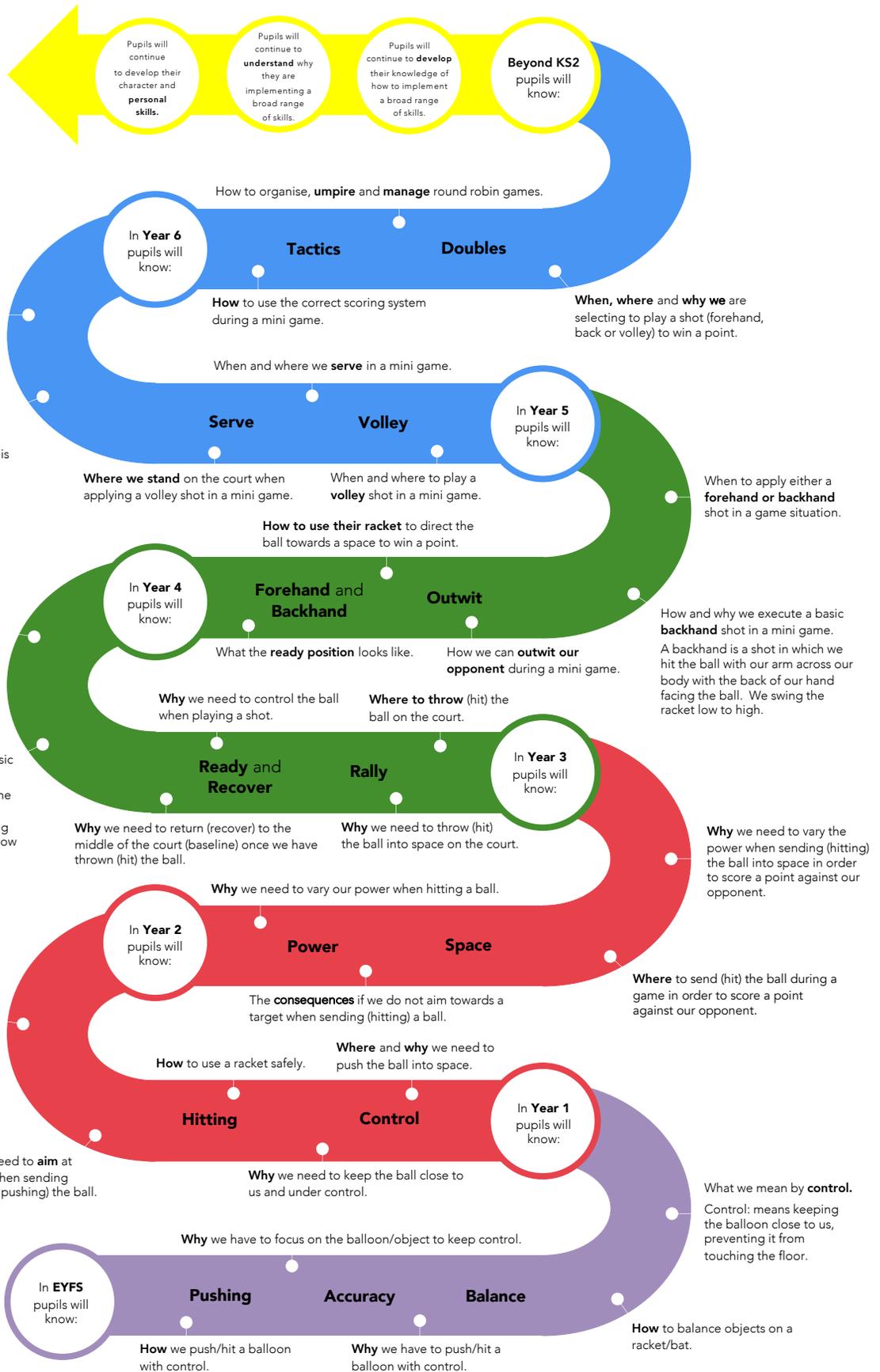
How to **tag** correctly. We tag the take from attacker carrying the ball. Stop and stand still. Hold the tag in the air and shout, "tag." We give the tag back to the attacker (in a game situation this happens once the ball has been passed), before returning to the game.

How to use our hands to prevent the attackers from passing the ball.

What the consequences could be in a game if we do not run and avoid the defender.

What the word 'defender' means and what this means when playing a game. We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker.





# Knowledge Progression Journey

## Rackets, Bats and Balls Skills into Net/Wall (Tennis)