The Elms Sport In Schools - PPA Termly Overview (Spring)



	Early Years/Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
Week	Ball Skills	Ball Skills	Hockey	Hockey	Basketball	Basketball
1	Bouncing a ball	Strike a ball using equipment	Passing & receiving	Passing to score	Retaining possession	Dribbling to score
Week	Ball Skills	Footwork & Co-Ordination	Hockey	Hockey	Basketball	Basketball
2	Reactions	Individual & relay (2)	Dribbling	Retaining possession	Shooting	Shooting & rebounding
Week	Ball Skills	Ball Skills	Hockey	Hockey	Basketball	Basketball
3	Throwing & retrieving	Target hoops	Attack at pace	Creating space	Attack v defence	Transition play
Week	Ball Skills	Ball Skills	Hockey	Hockey	Netball	Basketball/Netball
4	Tracking a ball	Throwing a ball (2)	Creating space	Attack v Defence	Rules, positions & passing	Small-sided games / High 5's
Week	Footwork & Co-Ordination	Footwork & Co-Ordination	Hockey	Hockey	Netball	Netball
5	Changing Speeds	Skipping	Small-sided games	Small-sided tournament	High 5's	Retaining possession
Week	Footwork & Co-Ordination	Ball Games	Hockey	Hockey	Netball	Netball
6	Straight line running/relays	Throw & catch in teams	Small-sided games	Small-sided tournament	High 5's	High 5's
			6 week assessment	6 week assessment	6 week assessment	6 week assessment
Week	Ball Skills	Ball Skills	Tennis	Tennis	Cricket	Cricket
7	Rolling for targets	Throw for distance	Forehand	Serve	Batting – shot selection	Batting & bowling selection
Week	Ball Skills	Ball Skills	Tennis	Tennis	Cricket	Cricket
8	Throw a ball for distance	Throw at targets	Backhand	Forehand	Bowling – line, length, speed	Nets session
Week	Ball Games	Ball Games	Tennis	Tennis	Cricket	Cricket
9	Moving a ball in teams	Throw at target & scoring	Serve	Backhand	Fielding – close & outfield	SSG – Fielding positions
Week	Ball Skills	Footwork & Co-Ordination	Tennis	Tennis	Cricket	Cricket
10	Strike a ball using equipment	Running Circuits	Ground strokes & footwork	Rallying & footwork	Nets sessions	Scenarios
Week 11	Ball Skills Striking a moving ball using feet	Footwork & Co-Ordination Skipping (2)	Tennis Rallying	Tennis Match play	Cricket Small-sided games	Cricket Pairs cricket
Week	Ball Skills	Footwork & Co-Ordination	Tennis	Tennis	Cricket	Cricket
12	Throwing at targets	Running in teams	Match play	Match play	Small-sided games	Small-sided games
	End of Term assessment	End of Term assessment	End of Term assessment	End of term assessment	End of term assessment	End of term assessment