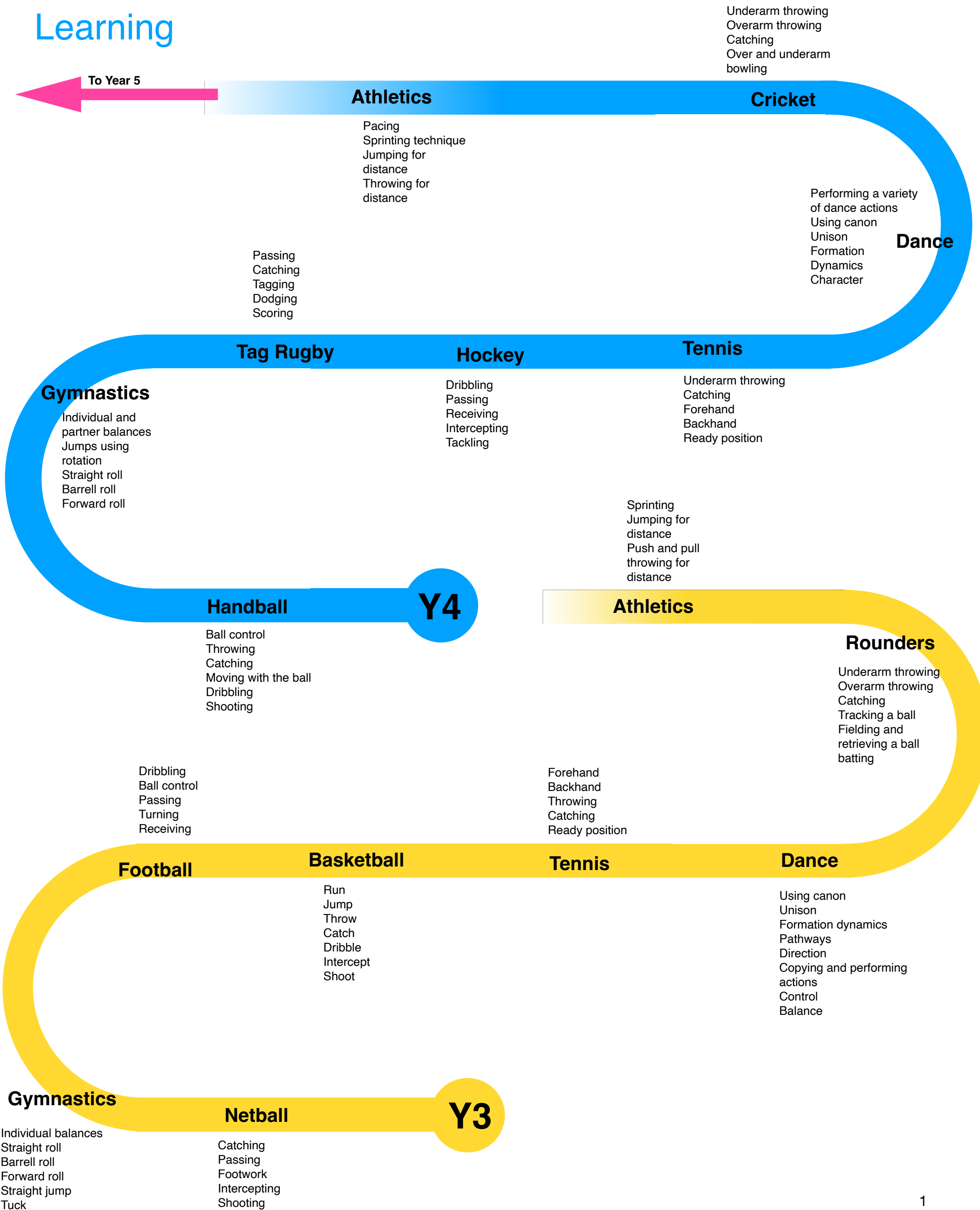




# Crucial Learning

← To Year 5



Underarm throwing  
Overarm throwing  
Catching  
Over and underarm bowling

## Athletics

Pacing  
Sprinting technique  
Jumping for distance  
Throwing for distance

## Cricket

Performing a variety of dance actions  
Using canon  
Unison  
Formation  
Dynamics  
Character

## Dance

Passing  
Catching  
Tagging  
Dodging  
Scoring

## Tag Rugby

## Hockey

## Tennis

## Gymnastics

Individual and partner balances  
Jumps using rotation  
Straight roll  
Barrell roll  
Forward roll

Dribbling  
Passing  
Receiving  
Intercepting  
Tackling

Underarm throwing  
Catching  
Forehand  
Backhand  
Ready position

Sprinting  
Jumping for distance  
Push and pull throwing for distance

## Handball

**Y4**

## Athletics

## Rounders

Underarm throwing  
Overarm throwing  
Catching  
Tracking a ball  
Fielding and retrieving a ball  
batting

Ball control  
Throwing  
Catching  
Moving with the ball  
Dribbling  
Shooting

Forehand  
Backhand  
Throwing  
Catching  
Ready position

Dribbling  
Ball control  
Passing  
Turning  
Receiving

## Football

## Basketball

## Tennis

## Dance

Run  
Jump  
Throw  
Catch  
Dribble  
Intercept  
Shoot

Using canon  
Unison  
Formation dynamics  
Pathways  
Direction  
Copying and performing actions  
Control  
Balance

## Gymnastics

Individual balances  
Straight roll  
Barrell roll  
Forward roll  
Straight jump  
Tuck

## Netball

**Y3**

Catching  
Passing  
Footwork  
Intercepting  
Shooting



# Crucial Learning

Pacing  
Sprinting  
Jumping for distance  
Throwing for distance  
Fling throwing for distance

## Athletics

## Cricket

Underarm throwing  
Overarm throwing  
Catching  
Over and underarm bowling  
Long and short barrier  
Batting

## Dance

Performing a variety of dance actions  
Using canon  
Unison  
Formation  
Dynamics  
Character  
Emotion  
Matching  
Mirroring  
Transitions

Catching  
Throwing  
Tagging  
Dodging  
Scoring

## Tag Rugby

## Hockey

## Tennis

Dribbling  
Passing  
Receiving  
Tackling  
Creating and using space  
shooting

Forehand groundstroke  
Backhand groundstroke  
Forehand volley  
Backhand volley  
Underarm serve

## Gymnastics

Straddle roll  
Forward roll  
Backward roll  
Counter-balance  
Counter tension  
Bridge and shoulder stand

## Handball

Y6

Throwing  
Catching  
Moving with the ball  
Dribbling  
Intercepting  
Shooting

## Swimming

Floating  
Breathing technique in front crawl  
Breathing technique in breaststroke  
Backstroke arms  
Tread water  
Survival in water

## Athletics

Pacing  
Sprinting technique  
Relay changeovers  
Jumping for distance  
Push and pull throwing for distance

Throwing and catching  
Intercepting  
Dribbling  
Shooting

## Basketball

## Tennis

## Dance

## Rounders

## Football

Dribbling  
Ball control  
Passing  
Tracking/jockeying  
Turning  
Receiving  
Goalkeeping

Forehand groundstroke  
Backhand groundstroke  
Forehand volley  
Backhand volley  
Underarm serve

Performing a variety of dance actions  
Using canon  
Unison  
Formation  
Dynamics  
Character  
Structure  
Space  
Emotion  
Matching  
Mirroring  
Transitions

Throwing and catching  
Bowling  
Tracking  
Fielding and retrieving a ball  
Batting

## Gymnastics

## Netball

Y5

Symmetrical and asymmetrical balances  
Straight roll  
Forward roll  
Straddle roll  
Backward roll

Catching  
Passing  
Footwork  
Intercepting  
Shooting  
Dodging