

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



| | Early Years/Year 1 | Year 2 | Year 3 | Year 4 | Year 5 | Year 6 |
|---------|--|--|-------------------------------------|---|---------------------------------------|--|
| Week 1 | Ball Skills Bouncing a ball | Ball Skills Strike a ball using equipment | Football Dribbling | Football Dribbling & running with ball | Football Dribbling & turning | Football Dribbling & turning |
| Week 2 | Ball Skills Reactions | Footwork & Co-Ordination Individual & relay (2) | Football Passing | Football Attack v Defence | Football Keeping possession | Football Keeping possession |
| Week 3 | Ball Skills Throwing & retrieving | Ball Skills Target hoops | Football Keeping possession | Football Keeping possession | Football Attack v defence | Football Decision making games |
| Week 4 | Ball Skills Tracking a ball | Ball Skills Throwing a ball (2) | Football Control | Football Game awareness | Football Tactical awareness | Football Tactical awareness |
| Week 5 | Footwork & Co-Ordination Changing Speeds | Footwork & Co-Ordination Skipping | Football Small-sided games | Football Small-sided games | Football Match play | Football Match play |
| Week 6 | Footwork & Co-Ordination Straight line running/relays | Ball Games Throw & catch in teams | Football Small-sided games | Football Tournament play | Football Match play | Football Match play |
| | | | 6 week assessment | | 6 week assessment | 6 week assessment |
| Week 7 | Ball Skills Rolling for targets | Ball Skills Throw for distance | Tennis Forehand | Tennis Serve | Basketball Retaining possession | Basketball Dribbling to score |
| Week 8 | Ball Skills Throw a ball for distance | Ball Skills Throw at targets | Tennis Backhand | Tennis Forehand | Basketball Shooting | Basketball Shooting & rebounding |
| Week 9 | Ball Games Moving a ball in teams | Ball Games Throw at target & scoring | Tennis Serve | Tennis Backhand | Basketball Attack v defence | Basketball Transition play |
| Week 10 | Ball Skills Strike a ball using equipment | Footwork & Co-Ordination Running Circuits | Tennis Ground strokes & footwork | Tennis Rallying & footwork | Netball Rules, positions & passing | Basketball/Netball Small-sided games / High 5's |
| Week 11 | Ball Skills Striking a moving ball using feet | Footwork & Co-Ordination Skipping (2) | Tennis Rallying | Tennis Match play | Netball High 5's | Netball Retaining possession |
| Week 12 | Ball Skills Throwing at targets | Footwork & Co-Ordination Running in teams | Tennis Match play | Tennis Match play | Netball High 5's | Netball High 5's |
| | End of Term assessment | End of Term assessment | End of Term assessment | End of term assessment | End of term assessment | End of term assessment |