

Invasion Games

| | | Year 1 | Year 2 | Year 3 | Year 4 |
|------------------|---|--|---|--|---|
| Physical | Passing (Look to where you're passing Ensure target is ready Opposite foot forward Step into pass) | Rolling Underarm throw Kicking <ul style="list-style-type: none"> to target to stationary player | Overarm throw <ul style="list-style-type: none"> to target to stationary player | Chest pass Bounce pass Overarm throw Kicking <ul style="list-style-type: none"> to moving player | Push pass (hockey) Spin pass (rugby) |
| | Receiving (Watch ball Make a target with hands / feet etc. Move into line of ball Cushion ball into body Control ball) | Stop a ball on the ground with hands and feet. Catch an underarm throw. | Catch a ball at different heights. | Receive on the move: Chest pass Bounce pass Overarm throw Kicked ball | Receive on the move: Push pass (hockey) Spin pass (rugby) Catch ball with one hand |
| | Dribbling | Dribble a ball with feet at walking pace | Dribble a ball with feet running | Dribble a ball with hands | Dribble a hockey ball |
| | Scoring | Static shot to target on ground | Static shot to player on bench | Static shot to net | Shot to specific area of goal |
| Cognitive | Attacking Movement off the ball | Move appropriate distance from sender to receive Move into a space to receive | Move towards target to receive Move to use width of pitch | Move away from defender to receive Sprint dodge | Feint dodge Indicate and move into space |
| | Defending Marking | Intercept ball when close by | Block a player trying to pass | Double handed touch (rugby) | Mark a player |

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| Health and Wellbeing | Fitness Character Safety Emotional well-being | Enjoy participating Participate safely | Sustain activity over a period of time | Practise to improve (resilience) | Participate in an average of 60 minutes of physical activity per day |
| Personal | Interactions Rules Teams Personal best | Work co-operatively in pairs / small groups | Adhere to rules | Participate in a variety of roles | Set appropriate personal challenges for improvement |
| Sports | | | Football Hockey | Tag Rugby | Netball Basketball |