

Net Games

		Year 1	Year 2	Year 3	Year 4
Physical	Racquet Skills (Look to where you're hitting Follow through Place ball away from target Opposite foot forward Step into hit)	Aiming: <ul style="list-style-type: none"> Rolling Underarm throw Racquet used to control ball on ground	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)
	Racquet Skills	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

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