

KEY STAGE 2		YEAR 5: MULTISKILLS		
	GENERAL OBJECTIVES	WARM UP	BASIC CONTENT	TOP SPORT
1	<ul style="list-style-type: none"> <li>• Use of space</li> <li>• Keeping the ball</li> <li>• Working with others</li> <li>• Knowledge of warming up and cooling down</li> <li>• Analysing performance</li> </ul>	Different types of movement and use of space and stretching and mobilising	<ul style="list-style-type: none"> <li>• Getting into groups of set numbers and working with others</li> <li>• Movement with a ball and use of a ball.</li> <li>• Passing and receiving.</li> </ul>	Top Sport Invasion Games – Gateway Top Sport Invasion Games – 1-2-3-4 Top Sport Invasion – Zone passing
2	<ul style="list-style-type: none"> <li>• Use of space</li> <li>• Moving with a ball</li> <li>• Knowledge of attacking and defending skills</li> <li>• When to pass and when to dribble.</li> <li>• Using tactics to keep the ball</li> </ul>	Moving at different speeds, touching cones and stretching and mobilising	<ul style="list-style-type: none"> <li>• Moving through gateways leaving ball and finding another (as different sports)</li> <li>• Passing through gates to a partner</li> <li>• Movers and blockers</li> <li>• 4 v 0 → 3 v 1</li> </ul>	Top Sport Invasion Games – Find a Goal Top Sport Invasion Games – Treasure Chest Top Sport Invasion Games – Fives Top Sport Invasion Games – 4v1
3	<ul style="list-style-type: none"> <li>• Use of space</li> <li>• Using a variety of tactics to keep the ball, knowing when to pass and when to dribble.</li> <li>• Knowledge of attacking and defending skills</li> </ul>	Gentle movement, stuck in the mud, with pairs to save and stretching and mobilising	<ul style="list-style-type: none"> <li>• Movement from cone to cone, making up colour sequences.</li> <li>• Working with partner – moving in response to partner, bring in a pass and also dribble and pass.</li> <li>• Addition of defenders</li> <li>• 2v1</li> <li>• 4v2</li> <li>• End zone</li> </ul>	Top Sport Invasion Games – 3 hoop ball
4	<ul style="list-style-type: none"> <li>• Knowledge of attacking and defending, using skills for each appropriately</li> <li>• Using tactics to keep the ball and progressing ball towards goal</li> <li>• Choosing positions and knowledge of their role in attacking</li> </ul>	Roller ball and stretching and mobilising	<ul style="list-style-type: none"> <li>• Moving with ball, getting a touch on other peoples balls</li> <li>• Controlling the ball</li> <li>• Movement in on goal, adding in a defender (creating 2v1)</li> <li>• 3v1 in on goal</li> <li>• 3v2 in on goal</li> <li>• 5v3 in on goal</li> </ul>	Top Sport Invasion Games – 4v1
5	<ul style="list-style-type: none"> <li>• How to mark an opponent and defend goals</li> <li>• Using attacking and defending skills appropriately in games.</li> <li>• Explaining why a performance is good and recognising parts of performance that could be improved</li> </ul>	High fives, low fives. Finding partners, staying with partner and stretching and mobilising	<ul style="list-style-type: none"> <li>• Defensive skills – marking along a line and in a grid</li> <li>• 3 v 1 – trying to gain possession of a ball</li> <li>• 5 v 3</li> </ul>	Top Sport Invasion Games – 4v1
6	<ul style="list-style-type: none"> <li>• Consistency within the games, choosing skills appropriately.</li> <li>• Defensive techniques (delay, denial of space, pressure and regaining possession) and marking to defend goals.</li> <li>• Choosing when to pass and when to dribble to proceed towards a goal.</li> <li>• Understanding how playing games can</li> </ul>	Follow the leader, changing the leader, ankle touching, tails, chain tag and appropriate stretching and mobilising.	<ul style="list-style-type: none"> <li>• Shadow, channel and cover in a 1v1, developing to 2 defenders (2v1)</li> <li>• 5v5 with tackle box (with varying conditions)</li> </ul>	Top Sport Invasion Games – The Wing game adapted to allow one person from each team in the wing zones.

	contribute to a healthy lifestyle.			
7	<ul style="list-style-type: none"> <li>Using different formations in games.</li> <li>Analysing performance – why is something good, recognising and describing individual and team performances, how performances could be improved.</li> <li>Recognising exercises and activities that help strength, speed and stamina.</li> </ul>	Varying types of gentle movement, ladder work and stretching and mobilising	<ul style="list-style-type: none"> <li>Various 5v5, 4v3 and 5v4 conditioned games</li> <li>Appropriate QCA core tasks</li> </ul>	Top Sport Invasion Games – Fives Top Sport Invasion Games – Find that space Top Sport Invasion Games – 3 Hoop ball. Top Sport Invasion Games – The wing game
8	<ul style="list-style-type: none"> <li>Directing a ball towards an opponents court or target area</li> <li>Knowledge of warming up.</li> <li>Working well with others, adapting their play accordingly</li> </ul>	Knock down castles and stretching and mobilising.	<ul style="list-style-type: none"> <li>Ball and racket each, moving.</li> <li>Transferring balls from racket to racket.</li> <li>Racket sandwiches.</li> <li>Aiming at cone flowers.</li> <li>Holding hands, playing ball over arms (arm acting as net).</li> </ul>	Top Sport Net and Wall Games – Getting a grip. Top Sport Net and Wall Games – Reliable rallies Top Sport Net and Wall Games – Go for ten Top Sport Striking and Fielding Games – Target throw
9	<ul style="list-style-type: none"> <li>Ability to warm up safely.</li> <li>Positioning on a tennis court.</li> <li>Hitting the tennis ball correctly and directing the ball appropriately.</li> <li>Analysing performance</li> <li>Knowledge of the exercises that would be beneficial</li> </ul>	Moving with ball and tennis racket, moving to different cones on command and stretching and mobilising.	<ul style="list-style-type: none"> <li>Pairs, sharing a racket keeping ball in the air.</li> <li>Hit and catch.</li> <li>Feed, hit and catch.</li> <li>Hitting into space.</li> <li>Hand feed into space for hit into space.</li> <li>Tennis rallies</li> <li>Devising a tennis based game</li> <li>Appropriate QCA core tasks</li> </ul>	Top Sport Net and Wall Games – Are you ready? Top Sport Net and Wall Games – Flights and Arrivals Top Sport Net and Wall Games – Getting a grip Top Sport Net and Wall Games – Roving returns Top Sport Net and Wall Games – In or out Top Sport Net and Wall Games – Reliable rallies Top Sport Net and Wall Games – Far and near and side to side Top Sport Net and Wall Games – Go for ten
10	<ul style="list-style-type: none"> <li>Fielding and use of long and short barriers.</li> <li>Throwing over arm.</li> <li>Backing up</li> </ul>	Rolling ball and moving with partner, stuck in the mud with rolling to save and stretching and mobilising	<ul style="list-style-type: none"> <li>Rolling through gates to partner.</li> <li>Ball rolled out from stumps, fielders to complete throwing and catching and then field the ball in to stumps.</li> <li>Beat the ball</li> </ul>	Top Sport Striking and Fielding Games – Catch them out Top Sport Striking and Fielding Games – Target throw Top Sport Striking and Fielding Games – Quick runs and safe catching Top Sport Striking and Fielding Games – Get them out. Top Sport Striking and fielding Games – There and back Top Sport Striking and Fielding Games – Chain gang Top Sport Striking and Fielding Games – Run and Return
11	<ul style="list-style-type: none"> <li>Development of different types of bowling</li> <li>Fielding development</li> <li>Throwing development</li> </ul>	Rolling, throwing and catching and moving, throwing and moving and stretching and mobilising.	<ul style="list-style-type: none"> <li>Under arm target bowling</li> <li>Over arm target bowling</li> <li>Cricket based conditioned game</li> <li>Rounders based conditioned game</li> </ul>	Top Sport Striking and Fielding Games – Target throw Top Sport Striking and Fielding Games – Get them out. Top Sport Striking and Fielding Games – Target Bowling. Top Sport Striking Fielding Games – There and back Top Sport Striking and Fielding Games – Chain gang. Top Sport Striking and Fielding Games – Run and return
12	<ul style="list-style-type: none"> <li>Batting effectively using different shots and placement of the shot</li> <li>Outwitting the opposition when batting, bowling and fielding</li> <li>Constructing and carrying out own warm up</li> </ul>	Groups to do own warm ups as discussed last time.	<ul style="list-style-type: none"> <li>Directing a shot when batting</li> <li>6v6 Rounders</li> <li>6v2 Cricket</li> <li>Appropriate QCA core task</li> </ul>	Any of the Top Sport Striking and Fielding Games cards would be appropriate here.