

KEY STAGE 2					YEAR 4: Multiskills
	LESSON TITLE	WARM UP	BASIC CONTENT	COOL DOWN	TOP SPORT
1	SPATIAL AWARENESS & FOOTWORK	CD Players	Travelling and moving in different ways, changing speed and direction, dodging, pivoting	Simon Says	Triangle Tag, Tag for all
2	CONTROLLING A BALL	Ball Change	Bouncing the ball, travelling with a ball, controlling and guarding	Creep up	Dribble knock out/Robbers
3	SENDING & RECEIVING	Number commands	Travelling with and controlling a ball, changing direction and speed, estimating, passing, receiving, timing	Stationary relay stretches	Pass and shuttle, beat the ball
4	PASSING A BALL	Inside, outside change	Passing/throwing skills, timing, awareness of others	Closest to the Jack	End ball
5	KEEPING POSSESSION 1	Dribble and shadow	Controlling a ball, guarding, keeping possession, small sided games	Pass the parcel	Invasion games- 4 v 1, Invasion games -1,2,3,4, Invasion games -3 hoop ball
6	KEEPING POSSESSION 2	Children devise their own warm up games	Small sided games, tactics, controlling a ball, keeping possession, travelling with a ball	Detective inspector	Invasion games- find that space Zone ball
7	JUDGING DISTANCE & TIMING	1,2,3,4	Controlling a racket, striking a ball, predicting & estimating,	Zig Zag	Net & wall games- reliable rallies
8	FOOTWORK & PLACEMENT 1	Gladiators	Aiming, directional hitting, controlling a racket	Godfrey	Net & wall games- Far and near and side to side, two v two
9	FOOTWORK & PLACEMENT 2	Stuck in the mud	Aiming, directional hitting, controlling a racket, adapting rules	Glued	Net & wall games- flights and arrivals
10	THROWING	Treasure chest	Underarm throwing, catching skills	Bandage Tag	Striking & fielding games- Catch, quick runs and safe catching
11	THROWING & CATCHING	Dishes & domes	Overarm throw, aiming, throwing for accuracy	Tunnel ball	Striking & fielding games- target throw Tunnel ball
12	STRIKING SKILLS	Rabbits/tails	Striking a ball with a bat, fielding skills	Touch the floor with...	Striking & fielding games- Run and return