

<b>Year</b>	<b>Term 1</b>	<b>Term 2</b>	<b>Term 3</b>
<b>2019 – 2020</b>	<b>Basketball/Football</b> Passing, control and speed. Attack and defend, 1 v 1 progress to 2 v 2, consolidate in gameplay. Teamwork, communication.	<b>Tennis/Badminton</b> Strokes: forehand, backhand and lob. Striking, directing and aiming. Match play doubles.	<b>Circuit Training/Boxing</b> PB scores/increase fitness levels and understanding why exercise is good for us. Basic punches and combinations.
<b>2020 – 2021</b>	<b>Tag Rugby/Cricket</b> Developing fundamental rugby skills, e.g. passing the ball backwards while travelling. Cricket skills: batting, bowling, throwing, aiming and fielding.	<b>Football/Handball</b> Positional play, defending one to one and zonal. Range of passing correct techniques.	<b>Rounders/Baseball</b> Throwing, catching, striking, decision making, communication between teammates.
<b>2021 – 2022</b>	<b>Football/Basketball</b> Change of pace and direction, retaining control of the football/basketball and decision making.	<b>Circuit Training/Boxing</b> Increasing fitness levels and PB times/reps. Improved punching techniques. Basic combinations.	<b>Tennis/Badminton</b> Strokes: forehand, backhand and lob. Striking, directing and aiming. Match play doubles.

Note: Oak class access their PE offsite at Northgate Arena where they do a variety of sports activities.