

## Fitt4kids Shottery Primary School - medium to long term PE plan 2023-2024

### Cycle 1

Year groups	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Yr1 & Yr2	<p><b>Lesson 1</b></p> <p>Fundamental skills Throwing Catching Rolling Implementing these skills in team games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- To know the techniques of being able to catch small (beanbags and tennis balls) and large objects (Footballs)</li> <li>- know the techniques of rolling a ball to certain object (small, big and moving) objects</li> <li>- Learn overarm and underarm techniques to throw at targets and learn where you</li> </ul>	<p><b>Lesson 1</b></p> <p>Dodgeball games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Using their throwing skills (under arm and over arm throws)</li> <li>- Rolling skills</li> <li>- Dodging and other forms of different movements like running and jumping</li> <li>- Balancing (when playing plank dodgeball)</li> <li>- Team work</li> <li>- communication</li> <li>- Play Competitive games</li> <li>- Tactics (like how can we get team mates back in, how can we get the other</li> </ul>	<p><b>Lesson 1</b></p> <p>Invasion Games Involves attack vs defence Tagging games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Running, turning, changing direction and tagging</li> <li>- Finding space</li> <li>- Creating space</li> <li>- communication skills</li> <li>- Team work</li> <li>- Competitive games</li> <li>- Tactics (Talk about being brave to cross the line, how can you get your team mate back in, how are you going to win)</li> </ul>	<p><b>Lesson 1</b></p> <p>Gymnastics</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Can stand and sit like a gymnast</li> <li>- Can travelling and move using a variety of moves</li> <li>- Know how long to hold a balance for( 3 seconds)</li> <li>- Know about body Tension</li> <li>- Balance on small and large body parts</li> <li>- explore the areas given</li> <li>- Can perform star jumps, tuck, pike and straddle jumps with better form</li> <li>- Can perform log and teddy bear rolls</li> </ul>	<p><b>Lesson 1</b></p> <p>Cricket</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Running</li> <li>- Catching and fielding skills (ie Z shape for fielding the ball along the floor: Hands little finger to little finger reading book hands and bring the ball into the side of the body)</li> <li>- Throwing skills (under arm and over arm)</li> <li>- Batting skills (How to hold the bat)</li> <li>- Front drive shot off a cone/Tee and moving ball</li> </ul>	<p><b>Lesson 1</b></p> <p>Sports day practice</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Running</li> <li>- Balancing</li> <li>- Skipping</li> <li>- Relays</li> <li>- Dressing up</li> <li>- Competitive competition</li> <li>- Team work</li> <li>- Communication</li> </ul> <p><b>Lesson 2</b></p> <p>Fielding games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Catching skills</li> <li>- Throwing skills</li> <li>- Running</li> </ul>

	<p>might use the different throwing techniques</p> <ul style="list-style-type: none"> <li>- Once skill sets have been learnt children are using throwing, catching and rolling in team games</li> <li>- Team work</li> <li>- Communication</li> <li>- basic Tactics</li> <li>- Competitive games</li> </ul> <p><b>Lesson 2</b> <b>Football</b></p> <p><b>Objectives by the end of the half term</b></p> <ul style="list-style-type: none"> <li>- Dribbling skills (inside foot, outside foot and laces and whats the best technique)</li> <li>- Passing and controlling skills</li> </ul>	<p>teams out)</p> <p><b>Lesson 2</b> <b>Tag rugby</b></p> <p><b>Objectives by the end of the half term</b></p> <ul style="list-style-type: none"> <li>- Learn to pass the ball with 2 hands underarm to a teammate</li> <li>- Catch the ball</li> <li>- How to hold the ball when running</li> <li>- How to score and what its called (Try)</li> <li>- Learn the difference of playing contact rugby and tag rugby</li> <li>- Children learn to pull the tags and</li> </ul>	<p><b>Lesson 2</b> <b>Tennis</b></p> <p><b>Objectives by the end of the half term</b></p> <ul style="list-style-type: none"> <li>- How to hold(grip) the racket</li> <li>- Catching skills</li> <li>- Throwing skills</li> <li>- Forehand (1 hand) and back hand (2 hand) shots with the ball on the floor with control (This way children are using the 2 shots in a controlled way and being able to have rallies with friends ie 1v1, 2v2 or whole class rallies with coach)</li> </ul>	<p>and forward roll to a basic level</p> <ul style="list-style-type: none"> <li>- Can perform a routine using small, large body parts, jumps and rolls individually and in pairs</li> <li>- Can use equipment like benches to travel across doing different movements and jumps, rectangular tables to form balances and jumps, skipping ropes to balance with, hoops to jump in and out</li> <li>- Team work</li> <li>- Communication</li> </ul> <p><b>Lesson 2</b> <b>HRF</b> <b>Health-Related Fitness</b></p> <p><b>Objectives by the end of the half</b></p>	<ul style="list-style-type: none"> <li>- Bowling skills (under arm ONLY)</li> <li>- Competitive games</li> <li>- Team Work</li> </ul> <p><b>Lesson 2</b> <b>Athletics</b></p> <p><b>Objectives by the end of the half term</b></p> <ul style="list-style-type: none"> <li>- Running at different speeds (in straight line and circles, clock wise and anti clockwise )</li> <li>- standing long Jumps</li> <li>- Hopping (Standing triple jump)</li> <li>- Throwing different objects using their</li> </ul>	<ul style="list-style-type: none"> <li>- Kicking</li> <li>- Striking balls using bats and rackets off tee</li> <li>- Playing our own Fitt4kids fielding games</li> <li>- Team work</li> <li>- Communication</li> <li>- Basic tactics</li> </ul>
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	<p>(inside foot to pass and inside foot and sole of their foot to control the ball )</p> <ul style="list-style-type: none"> <li>-Tackling skills in getting the ball off the opposition</li> <li>-Shooting using inside foot</li> <li>-Turns like Drag back, inside and outside hook turns and stop turns</li> <li>-Skills like Matthew dribble and scissors</li> <li>-Playing matches</li> <li>-Team work</li> <li>-Communication</li> </ul>	<p>learn what they must do when they do pull the opposition players tag off</p> <ul style="list-style-type: none"> <li>-Play competitive games without worrying about forward passes and knock on, children just play</li> <li>-Running at different speeds</li> <li>-Different Movements like sideways forward and backwards</li> <li>-Communication</li> <li>-Team work</li> <li>-Basic Tactics</li> </ul>	<ul style="list-style-type: none"> <li>-Balancing objects on the racket</li> <li>-Learn to hit a ball while the ball bouncing</li> <li>-Team work</li> <li>-Communication</li> </ul>	<p><b>term</b></p> <ul style="list-style-type: none"> <li>-Children learn why we need to exercise and stay active</li> <li>-Learn what happen to their body when they exercise (heart beats faster, breath faster and we get sweaty)</li> <li>-Move in a variety of different movements (ie. Running, jumping and hopping) and exercises ( i.e star jumps, frog jumps and mountain climbs)</li> <li>-Throwing skills</li> <li>-Take part in relays and learn to line up and go 1 at a time</li> <li>-Using benches to exercises (ie</li> </ul>	<p>overarm and underarm techniques</p> <ul style="list-style-type: none"> <li>-Relays</li> <li>-communication skills</li> <li>-team work</li> <li>-Competitive races</li> </ul>	
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				stepping, squats, lunges)  - Communication skills  - Team work		
YR3&4	<p><b>Lesson 1</b> Swimming</p> <p>Supervising lesson</p> <p><b>Lesson 2</b> Invasion Games Involves attack vs defence Tagging games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Running, turning, changing direction and tagging</li> <li>- Finding space</li> <li>- Creating space</li> <li>- communication skills</li> <li>- Team work</li> <li>- Competitive games</li> </ul>	<p><b>Lesson 1</b> HRF Health-Related Fitness</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Children learn why we need to exercise and stay active</li> <li>- Learn what happen to their body when they exercise (heart beats faster, breath faster and we get sweaty)</li> <li>- Learn how big your heart is (Size</li> </ul>	<p><b>Lesson 1</b> Hockey/uni Hoc</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Grip and hold of the stick</li> <li>- Use both side of the stick</li> <li>- Passing the ball with control and accuracy</li> <li>- Controlling the ball with the head of the stick</li> <li>- Dribble the ball with some control at different speeds and directions</li> <li>- Tackling (keeping</li> </ul>	<p><b>Lesson 1</b> Gymnastics</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Can stand and sit like a gymnast</li> <li>- Can start and Finish like a male or female gymnast</li> <li>- Can travelling and move using a variety of moves</li> <li>- Know how long to hold a balance for( 3 seconds)</li> <li>- Know about body Tension</li> <li>- Balance on small and large body parts</li> <li>- explore the areas</li> </ul>	<p><b>Lesson 1</b> Cricket</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Running</li> <li>- Catching and fielding skills (ie Z shape for fielding the ball along the floor. Hands little finger to little finger reading book hands and bring the ball into the side of the body catching the ball above the head from a high ball by cupping your hands by interlocking your thumbs and taking</li> </ul>	<p><b>Lesson 1</b> Sports day practice</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Running</li> <li>- Balancing</li> <li>- Obstacle races</li> <li>- Skipping</li> <li>- Relays</li> <li>- Competitive competition</li> <li>- Team work</li> <li>- Communication</li> <li>- Self evaluation of own and team performace</li> </ul> <p><b>Lesson 2</b></p>

	<ul style="list-style-type: none"> <li>- Tactics (Talk about being brave to cross the line, how can you get your team mate back in, how are you going to win, when your in a position to overload can you use that to your advantage)</li> <li>- Self evaluation on performance what did they do well this time compared to last time</li> </ul>	<p>of your fist)</p> <ul style="list-style-type: none"> <li>- Move in a variety of different movements (ie. Running, jumping and hopping) and exercises ( i.e star jumps, frog jumps and mountain climbs)</li> <li>- Throwing skills</li> <li>- Take part in relays and learn to line up and go 1 at a time</li> <li>- Using benches to exercises (ie stepping, squats, lunges)</li> <li>- Communication skills</li> <li>- Team work</li> </ul> <p><b>Lesson 2</b> <b>Football</b></p> <p>Objectives by the</p>	<p>the stick low)</p> <ul style="list-style-type: none"> <li>- Play small sided games</li> <li>- Competitive games</li> <li>- Team work</li> <li>- Communication skills</li> <li>- self evaluation</li> </ul> <p><b>Lesson 2</b> <b>Tennis</b></p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- How to hold(grip) the racket</li> <li>- Catching skills</li> <li>- Throwing skills (over arm throw and also a forehand and backhand throws so children use the technique of these 2 shots before moving on to using the</li> </ul>	<p>given</p> <ul style="list-style-type: none"> <li>- Can perform star jumps, tuck, pike and straddle jumps with better form</li> <li>- Can perform log and teddy bear rolls with more control</li> <li>- Can perform a routine using small, large body parts, jumps and rolls individually, pairs and group</li> <li>- Can use equipment like benches to travel across doing different movements and jumps, rectangular tables to form balances and jumps, Wall bars to climb, balance and jump from skipping ropes to balance with, hoops to jump in and out</li> <li>- Team work</li> <li>- Communication skills</li> </ul>	<p>the ball to the side of the head)</p> <ul style="list-style-type: none"> <li>- Throwing skills (under arm and over arm)</li> <li>- Batting skills (How to hold the bat)</li> <li>- Front drive shot off a cone/Tee and moving ball</li> <li>- Bowling Grib for seem</li> <li>- Bowling overarm technique (from a standing start to a walking start with control aiming at a target)</li> <li>- Competitive games</li> <li>- Team Work</li> <li>- Self evolution of own and team performance</li> </ul> <p><b>Lesson 2</b> <b>Athletics</b></p> <p>Objectives by the end of the half</p>	<p><b>Fielding games</b></p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Catching skills</li> <li>- Throwing skills</li> <li>- Running</li> <li>- Kicking</li> <li>- Striking balls using bats and rackets off tee</li> <li>- Playing Rounders games</li> <li>- Playing our own Fitt4kids fielding games</li> <li>- Team work</li> <li>- Communication</li> <li>- tactics (where to stand when fielding, where should I aim when I'm hitting the ball, what type of throw should I do)</li> </ul>
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		<p>end of the half term</p> <ul style="list-style-type: none"> <li>-Dribbling skills (inside foot, outside foot and laces and whats the best technique)</li> <li>-Passing and controlling skills (inside foot to pass and inside foot and sole of their foot to control the ball )</li> <li>-Passing with control and thinking about the weight of pass.</li> <li>-controlling the ball with a better first touch (think about locking the ankle and think about how hard in inpacked should be, to soft the ball gets stuck to hard the ball bounces off)</li> <li>-Children will be encouraged to use both feet</li> </ul>	<p>rackets)</p> <ul style="list-style-type: none"> <li>-Forehand (1 hand) and back hand (2 hand) shots with the ball on the floor with control (This way children are using the 2 shots in a controlled way and being able to have rallies with friends ie 1v1, 2v2 or whole class rallies with coach)</li> <li>-Balancing objects on the racket</li> <li>-Learn to hit a ball with forehand and backhand shots while the ball bouncing in pairs, against the wall or by themselves</li> <li>-Team work</li> <li>-Communication</li> </ul>	<p>-Self evaluation on performance</p> <p>Lesson 2</p> <p>Dodgeball</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>-Using their throwing skills (under arm and over arm throws)</li> <li>-Rolling skills</li> <li>-Dodging and other forms of different movements like running and jumping</li> <li>-Balancing (when playing plank dodgeball)</li> <li>-Team work</li> <li>-communication</li> <li>-Play Competitive games</li> <li>-Tactics (like how</li> </ul>	<p>term</p> <ul style="list-style-type: none"> <li>-Running at different speeds (in straight line and circles, clock wise and anti clockwise )</li> <li>-Running at different length (short or long) with control</li> <li>-standing long Jumps</li> <li>-Running long jump</li> <li>-Hopping (Standing triple jump)</li> <li>-Running triple jump</li> <li>-Throwing different objects using their overarm and underarm techniques with control and distance</li> <li>-Relays (learn how</li> </ul>	
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		<ul style="list-style-type: none"> <li>- Tackling skills in getting the ball off the opposition in pairs</li> <li>- Shooting using inside foot (think about where in the goal should they be aiming, when shooting)</li> <li>- Turns like Drag back, inside and outside hook turns and stop turns</li> <li>- Skills like Matthew dribble and scissors</li> <li>- Playing small sided games</li> <li>- Team work</li> <li>- Communication</li> <li>- Tactics (spreading out in finding space, positions/areas children can play in)</li> <li>- Competitive games</li> <li>- Self-evaluation on own and team performance</li> </ul>	<ul style="list-style-type: none"> <li>- Self-evaluation of performance</li> </ul>	<ul style="list-style-type: none"> <li>can we get team mates back in, how can we get the other teams out, can you catch the ball to get the opposition players out rather than trying to hit them with a ball)</li> <li>- Self evaluation on own and team performance</li> </ul>	<ul style="list-style-type: none"> <li>to pass a baton changeover in 2 different races)</li> <li>- communication skills</li> <li>- team work</li> <li>- Competitive races</li> <li>- Self evaluation on own and team performance</li> </ul>	
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YR5&6	<p><b>Lesson 1</b> Invasion Games Involves attack vs defence Tagging games</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>-Running, turning, changing direction and tagging</li> <li>-Finding space</li> <li>-Creating space</li> <li>-communication skills</li> <li>-Team work</li> <li>-Competitive games</li> <li>-Tactics (Talk about being brave to cross the line, how can you get your team mate back in, how are you going to win, when your in a position to overload can you use that to your advantage, attack the space)</li> <li>-Self evaluation on own and team</li> </ul>	<p><b>Lesson 1</b> Swimming</p> <p>Supervising lesson</p> <p><b>Lesson 2</b> HRF Health-Related Fitness</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>-Children learn why we need to exercise and stay active</li> <li>-Learn what happen to their body when they exercise (heart beats faster, breath faster and why and we get sweaty-why we sweat)</li> <li>-Learn how big your heart is (Size of your fist)</li> </ul>	<p><b>Lesson 1</b> Hockey/uni Hoc</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>-Grip and hold of the stick</li> <li>-Use both side of the stick</li> <li>-Passing the ball with more control and accuracy</li> <li>-Controlling the ball with the head of the stick</li> <li>-Dribble the ball with control at different speeds and directions</li> <li>-Tackling (keeping the stick low)</li> <li>-Play small sided games</li> <li>-Competitive games</li> <li>-Team work</li> <li>-Communication skills</li> <li>-self evaluation of own and team</li> </ul>	<p><b>Lesson 1</b> Gymnastics</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>-Can stand and sit like a gymnast</li> <li>-Can start and Finish like a male or female gymnast</li> <li>-Can travelling and move using a variety of moves</li> <li>-Know how long to hold a balance for( 3 seconds)</li> <li>-Know about body Tension</li> <li>-Balance on small and large body parts</li> <li>-explore the areas given</li> <li>-Can perform star jumps, tuck, pike and straddle jumps with better form</li> <li>-Can perform log and teddy bear rolls and forward roll</li> </ul>	<p><b>Lesson 1</b> Cricket</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>-Running</li> <li>-Catching and fielding skills (ie Z shape for fielding the ball along the floor. Hands little finger to little finger reading book hands and bring the ball into the side of the body catching the ball above the head from a high ball by cupping your hands by interlocking your thumbs and taking the ball to the side of the head)</li> <li>-Backing up when fielding (work in pairs)</li> <li>-Throwing skills (under arm and over</li> </ul>	<p><b>Lesson 1</b> Sports day practice</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>-Running</li> <li>-Balancing</li> <li>-Skipping</li> <li>-Relays</li> <li>-Obstacle races</li> <li>-Competitive competition</li> <li>-Team work</li> <li>-Communication</li> <li>-Self evaluation of own and team performance</li> </ul> <p><b>Lesson 2</b> Fielding games</p> <p>Objectives by the end of the half term</p>



	<p>performance what did they do well this time compared to last time</p> <p><b>Lesson 2</b> Tag Rugby</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- Learn to pass the ball with 2 hands underarm to a teammate with speed and control</li> <li>- Learn how to do the spin pass</li> <li>- Catch the ball</li> <li>- How to hold the ball when running</li> <li>- How to score and</li> </ul>	<ul style="list-style-type: none"> <li>- Learn why its important to stretch before and after exercise especially when your older (you lose flexibility when you get older so your more likely to pull a muscle. Also help recovery)</li> <li>- Know the difference between dynamic and static stretches</li> <li>- Move in a variety of different movements (ie. Running, jumping and hopping) and exercises ( i.e star jumps, frog jumps and mountain climbs)</li> <li>- Maintain better form when doing the exercises</li> </ul>	<p>performance</p> <p><b>Lesson 2</b> Tennis</p> <p>Objectives by the end of the half term</p> <ul style="list-style-type: none"> <li>- How to hold(grip) the racket</li> <li>- Catching skills</li> <li>- Throwing skills (over arm throw and also a forehand and backhand throws so children use the technique of these 2 shots before moving on to using the rackets)</li> <li>- Forehand and backhand shots while the ball bouncing in pairs,</li> </ul>	<p>with control</p> <ul style="list-style-type: none"> <li>- Can perform a routine using small, large body parts, jumps and rolls individually, pairs and group</li> <li>- Can perform counter balance and counter tension in pairs and groups</li> <li>- Can use equipment like benches to travel across doing different movements and jumps, rectangular tables to form balances and jumps, Wall bars to climb, balance and jump from skipping ropes to balance with, hoops to jump in and out</li> <li>- Team work</li> <li>- Communication skills</li> <li>- Self evaluation on own and team performance</li> </ul>	<p>arm)</p> <ul style="list-style-type: none"> <li>- Batting skills (How to hold the bat)</li> <li>- Front drive shot off a cone/Tee and moving ball</li> <li>- Pull shot</li> <li>- Bowling Grib for seem</li> <li>- Bowling overarm technique (from a standing start to a walking start and a running start with speed and control aiming at a target)</li> <li>- Competitive games</li> <li>- Team Work</li> <li>- Self evolution of own and team performance</li> </ul> <p><b>Lesson 2</b> Athletics</p> <p>Objectives by the end of the half term</p>	<ul style="list-style-type: none"> <li>- Catching skills</li> <li>- Throwing skills</li> <li>- Running</li> <li>- Kicking</li> <li>- Striking balls using bats off tee and from a bowled ball</li> <li>- Playing Rounders games</li> <li>- Playing our own Fitt4kids fielding games</li> <li>- Team work</li> <li>- Communication</li> <li>- tactics (where to stand when fielding, where should I aim when I'm hitting the ball, what type of throw should I do)</li> </ul>
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	<p>what its called (Try)</p> <ul style="list-style-type: none"> <li>-Learn the difference of playing contact rugby and tag rugby</li> <li>-Children learn to pull the tags and learn what they must do when they do pull the opposition players tag off</li> <li>-Play competitive games with the rules of forward pass, knock on and you must score a try within 5 tags else the ball changes over</li> <li>-Running at different speeds</li> <li>-Different Movements like sideways forward</li> </ul>	<ul style="list-style-type: none"> <li>- Throwing skills</li> <li>- Take part in relays and learn to line up and go 1 at a time</li> <li>- Using benches to exercises (ie stepping, squats, lunges)</li> <li>- Communication skills</li> <li>- Team work</li> <li>- Self evaluation of own performance</li> </ul>	<p>against the wall or by themselves in control and accuracy</p> <ul style="list-style-type: none"> <li>- Competitive games and rallies</li> <li>- Team work</li> <li>- Communication</li> <li>- Self-evaluation of performance</li> </ul>	<p><b>Lesson 2</b></p> <p><b>Dodgeball</b></p> <p><b>Objectives by the end of the half term</b></p> <ul style="list-style-type: none"> <li>- Using their throwing skills (under arm and over arm throws) with more control ,power and at different distances short or long</li> <li>- Rolling skills</li> <li>- Dodging and other forms of different movements like running and jumping</li> <li>- Balancing (when playing plank dodgeball)</li> <li>- Team work</li> <li>- communication</li> <li>- Play Competitive games</li> <li>- Tactics (like how can we get team</li> </ul>	<ul style="list-style-type: none"> <li>-Running at different speeds (in straight line and circles, clock wise and anti clockwise )</li> <li>-Running at different length (short or long) with control</li> <li>-</li> <li>-standing long Jumps</li> <li>-Running long jump</li> <li>-Hopping (Standing triple jump)</li> <li>-Running triple jump</li> <li>-Throwing different objects using their overarm and underarm techniques with better control and distance</li> </ul>	
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	<p>and backwards</p> <ul style="list-style-type: none"> <li>-Communication</li> <li>-Team work</li> <li>-Tactics (support a team mate when trying to score a try, overload the opposition in wide areas)</li> <li>-Self evaluation of own and team performance</li> </ul>			<p>mates back in, how can we get the other teams out, can you catch the ball to get the opposition players out rather than trying to hit them with a ball)</p> <ul style="list-style-type: none"> <li>-Self evaluation on own and team performance</li> </ul>	<ul style="list-style-type: none"> <li>-Relays (learn how to pass a baton changeover in 2 different style races)</li> <li>-communication skills</li> <li>-team work</li> <li>-Competitive races</li> <li>-Self evaluation on own (how can I improve my time, how can I improve the distance of my throw)and team performance</li> </ul>	
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