|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Unit / topic | Working towards the skills and knowledge needed | Acquiring the skills and knowledge needed | On track with the skills and knowledge needed | Advancing the skills and knowledge needed | Extending the skills and knowledge needed |
|  | I can describe the importance of a warm up.  I can label 3 muscles on the body.  I can pass the ball to my partner in variety of ways over a short and long distance.  I can pass the ball to my partner using the basic passes with accuracy.  I can catch the return pass most of the time.  I can pass the ball into space ahead of my team -mate.  I can throw the ball within 3 seconds most of the time.  I can dodge to get free from my marker.  I understand the correct footwork (pivot,3 steps)  I can identify what skills are being performed correctly and what skills are weaker.  I can sometimes show the correct technique when shooting . | I can explain why we warm up and the effects it has on our body.  I can label 4 muscles on the body.  I can do all the basic passes with accuracy.  I can catch the ball all the time.  I can identify the different positions and where they start.  I can create space to receive a pass.  I can show a variety of dodges ‘faint ‘and ‘backwards’.  I can show knowledge of a penalty pass or shot.  I can show some knowledge of strategies.  I can umpire using basic rules.  I can show that I have began to use tactics in a game.  I can play in a small activity and show some understanding of attacking and defending.  I can dribble with my dominant hand and sometimes with my weak hand.  I can show the correct technique when shooting most of the time. | I can lead stretches to a small group.  I can label 5 muscles on the body.  I can understand when to use all the basic passes in a game with good speed and timing.  I can use the passes with a fake pass as well.  I can show a variety of dodges.  I can link well with my team mates when attacking and defending.  I can pivot and balance very well when receiving a catch on the move.  I can show the correct technique when shooting all of the time.  I can perform different shots and passes with my strong and with my weak hand.  I can play defensively.  I can describe strengths and weaknesses in a performance and suggest a variety of ideas for improvement. | I can plan a warm up and stretches to a small group.  I can label 5 muscles on the body.  I can perform quality passes at the right time and with consistency and precision.  I can do any of the basic passes whilst on the move with a partner.    I can show that my footwork skills are excellent.  I can show that I have very good balance and agility.  I can play attacking and defending roles.  I can shoot well and shoot form a variety of positions around the semi-circle/key.  I can umpire a game to a decent standard.  I can explain, using the appropriate terminology, strengths and weaknesses in my own performance and others .  I can suggest ways to improve performances. | I lead a warm up and stretches to a small group.  I can label 8 muscles on the body.  I can play in a variety of positions.  I can play both attacking and defending to a high level.  I can cover my court area very quickly.  I am always looking for space.  I can communicate with my team well.  I can get free from my playing using all of my dodging skills.  I can plan team strategies for set plays.  I understand how to umpire and how to keep track of the score.  I can help other play their position and give advise on skills. |
|  | I can describe the importance of a warm up.  I can label 3 muscles on the body.  I can hit the ball with some consistency but they lack power.  I can show some understanding of hitting the ball into space.  I catch some of the balls straight of the bat.  I can throw the ball overarm for at least 20m.  I can use basic tactics when fielding and batting.  I understand some basic rules.  I can identify what skills are being performed correctly and what skills are weaker. | I can explain why we warm up and the effects it has on our body.  I can label 4 muscles on the body.  I can hit the ball with more success.  I can place the ball into space with more power.  I can make good catches and also catch the ball above my head.  I can block the ball travelling across the floor, using the correct technique.  I can play a variety of positions.  I can help devise different tactics with my team when batting.  I can communicate with my team when fielding.  I can identify some good and bad skills and say what changes would help. | I can lead stretches to a small group.  I can label 5 muscles on the body.  I can hit the ball most of the time.  I can hit the ball into different spaces mainly with my strong hand.  I can hit the ball with more power making the ball travel 20-30m.  I can throw the ball over 30m.  I can show a variety of bowling styles including fast and slow.  I can sprint between stubs/posts.  I can umpire a game checking for no-balls and stump outs.  I can tactically set my team out when fielding.  I can describe strengths and weaknesses in a performance and suggest a variety of ideas for improvement | I can plan a warm up and stretches to a small group.  I can label 5 muscles on the body.  I can throw the ball with accuracy and speed.  I can hit a ball into a number of spaces with power.  I can attempt a backhand with some success.  I can show different batting stances.  I can catch a variety of passes and balls that are hit to me.  I can block a ground pass and field it quickly to the right person.  I can pick up a moving ball and aim it toward the correct position.  I can plan strategies and set plays to help my team win.  I can place my fielders into different positions depending on the play.  I can umpire a game in the two different positions.  I can explain, using the appropriate terminology, strengths and weaknesses in my own performance and others .  I can suggest ways to improve performances. | I lead a warm up and stretches to a small group.  I can label 8 muscles on the body.  I can bowl a variety of different balls, changing pace and height.  I can bowl a ball with disguise.  I can disguise my batting technique.  I can place the ball where I have the best chance of score a round or runs.  I can field the ball with accuracy and speed.  I can devise tactics for my team.  I can read a game so I can change my tactics.  I can score a full game.  I can have wide knowledge of the rules.  I can analyse my own performance and others to improve skills. |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Unit / topic | Working towards the skills and knowledge needed | Acquiring the skills and knowledge needed | On track with the skills and knowledge needed | Advancing the skills and knowledge needed | Extending the skills and knowledge needed |
| 4. |  |  |  |  |  |
| 1. 5. |  |  |  |  |  |
|  |  |  |  |  |  |

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| Unit / topic | Developing the skills and knowledge needed | Consolidating the skills and knowledge needed | Securing the skills and knowledge needed |  | Extending the skills and knowledge needed |
|  |  |  |  |  |  |
|  |  |  |  |  |  |
|  |  |  |  |  |  |