

## **Lesson 1/6**

**To move and change direction quickly and under control whilst avoiding a variety of obstacles and equipment**

### **Success Criteria**

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#### **To be able to:**

- **Move their feet quickly whilst running**
- **Change direction quickly and under control**
- **Understand what being agile means and can show this safely and under control**
- **Use more advanced methods of moving (Hopping, galloping, moving backwards, jumps from 1 leg to 2, jumps from 2 legs to 1)**

**Lesson 2/6**

# **To dribble a ball using their hands against an opponent**

## **Success Criteria**

**To be able to:**

- **Dribble a ball with their hands in a stationary position**
- **Understand how they need to bounce the ball to keep control**
- **Play against an opponent and understand how to keep the ball under control**
- **Use their bodies to protect the ball against the defender**

**Lesson 3/6**

# **To dribble a ball using their feet against an opponent**

## **Success Criteria**

**To be able to:**

- Dribble the ball with their feet, keeping it under control**
- Move in a variety of directions whilst keeping the ball under control**
- Emulate actions and movements when demonstrated by the coach/teacher**

## **Lesson 4/6**

# **To dodge an opponent whilst running and change directions quickly**

### **Success Criteria**

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#### **To be able to:**

- Dodge a defender using a variety of different techniques**
- Move away from crowded areas into space**
- Change direction quickly, make sharp turns and off balance the person trying to defend them**
- Adapt changes in direction and speed in varied situations**

## **Lesson 5/6**

# **To understand rolling, bouncing, throwing, and catching using various sized balls**

### **Success Criteria**

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#### **To be able to:**

- **Understand the difference between rolling, bouncing and throwing**
- **Throw various objects over short and long distances**
- **Watch the flight/path of an object and stop it**
- **Pass the ball over a variety of distances and know how hard it needs to be passed**
- **Use basic throwing, rolling and bouncing techniques to hit large targets**

## **Lesson 6/6**

**To select various pieces of equipment and come up with and play small multi skilled games**

### **Success Criteria**

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#### **To be able to:**

- **Know what equipment can be used for to create multi skilled games**
- **Organise small games and play to set rules they have created**
- **Play small games using the skills learnt throughout the term**
- **Understand basic rules of games, and can follow them**