

Lesson 1/6

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

Success Criteria

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**
- **Move around safely whilst holding various pieces of sporting equipment**

Lesson 2/6

To dodge an opponent whilst running and change direction quickly

Success Criteria

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**

Lesson 3/6

To dodge an opponent in a variety of activities

Success Criteria

To be able to:

- **Dodge a opponent 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**

Lesson 4/6

To play games **involving 'tagging'**

Success Criteria

To be able to:

- **Understand the role of the defending team is trying to stop the opposition**
- **Understand the dangerous attacking player is the one who is carrying the ball**

Lesson 5/6

**To understand rolling,
bouncing, throwing,
and catching using
various sized balls
and when to use
them in small games**

Success Criteria

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

Lesson 6/6

To introduce the throwing technique in a variety of different activities

Success Criteria

To be able to:

- **Throw the ball with good technique**
- **Aim at and sometimes hit a moving target**
- **Throw the ball whilst on the move**