

# Physical Education for 2023-2024



Sports coaching at TradeWinds Academy begins in Year 3.\* Each year, 6 core sports are selected and these can be categorised into: Striking and Fielding; Invasion Games; and Racquet or Net Sports. The sports are carefully selected to ensure that children have exposure to a wide range of skills. Many of the skills will overlap between disciplines and are transferable to other sports that children may go on to enjoy in future. By having a limited number of sports, we provide children with sufficient time to practise, develop and master the 'Top 10' skills for each sport.

We try to select sports that will improve children's breadth of sporting knowledge. While some sports (e.g. football) are popular all over the world, others can be more widely-known in some areas than others.

We hope that the variety on offer at TradeWinds Academy enables children to find the sport that they most enjoy, while giving them skills that are applicable to a wider range.

## Invasion games

- Football
- Basketball



## Striking and Fielding

- Baseball
- Cricket

## Racquet or Net sports

- Badminton
- Volleyball

\*From Preschool – Year 2, children have 'multiskills' sessions to develop the foundations for sport and physical activity. Small games and challenges are introduced to develop children's gross motor skills, fine motor skills, spatial awareness, hand-eye coordination, and balance. These skills are essential in preparing the children for more 'coaching' from Year 3.



# Cricket's Top 10



Cricket is a striking and fielding sport in which 2 teams compete. Games comprise of at least one *innings* where each team will take turns in *batting* and *fielding/bowling*. The fielding team will have a bowler bowl the ball to the batsman who tries to hit the ball with their bat. The aim is to score more *runs* than the opposing team. The key skills are:

- Coordination
- Timing
- Bowling
- Batting
- Throwing
- Catching
- Fielding
- Spatial Awareness
- Decision Making
- Teamwork





# Baseball's Top 10



Baseball is a striking and fielding sport in which 2 teams take turns to bat or field. The teams rotate after an *innings*. The ball is thrown to a batter who attempts to hit it and then complete a circuit around 4 bases to score a point. The aim is to score more points (runs) than the opposing team over the course the game. The key skills are:

- Coordination
- Catching
- Strategy
- Timing
- Fielding
- Teamwork
- Hitting
- Decision Making
- Throwing
- Spatial Awareness





# Volleyball's Top 10



Volleyball is a non-invasive sports game of a net type where there are two competing teams of six members who control the ball with parts of their body. There are both offensive and defensive tasks. A team must work together to transfer the ball to the opponents side of the net, without the ball touching the floor. The key skills are:

- Balance
- Coordination
- Footwork
- Digging
- Setting
- Spiking
- Blocking
- Spatial Awareness
- Communication
- Teamwork





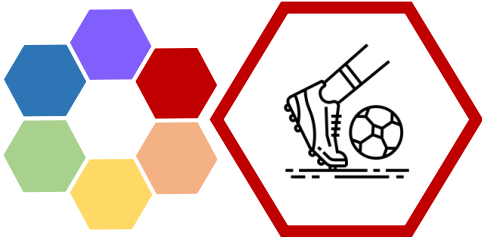
# Badminton's Top 10



Badminton is a racquet sport that can be played as 1v1 or 2v2. The size of the court depends on the number of players. The aim of badminton is to hit a shuttlecock across the net to land in your opponent's court without having them return it using their own racquet. A game is won by the first person to reach the agreed score. The key skills are:

- Balance
- Coordination
- Timing
- Spatial Awareness
- Serving
- Underhand
- Overhead
- Backhand
- Strategy
- Communication





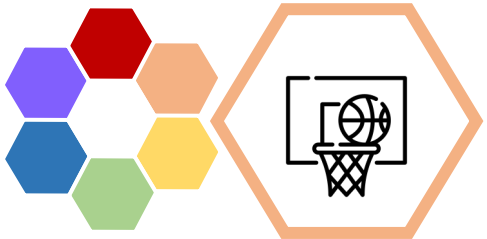
# Football's Top 10



Football is a non-contact team sport that is also known as soccer. Two teams of equal numbers play against each other. The ball is moved without using hands or arms. Football is an invasion game in which the aim is to invade an opponent's territory and kick the ball into their goal. The key skills are:

- Balance
- Receiving
- Strategy
- Coordination
- Dribbling
- Teamwork
- Control
- Shooting
- Passing
- Spatial Awareness





# Basketball's Top 10



Netball is a non-contact team sport played in teams of 5 or 7. Two teams play against each other and each player has a strict position which is indicated on their bib. Players advance the ball by bouncing it while walking or running (dribbling) or by passing it to a teammate. The key skills are:

- Balance
- Coordination
- Dribbling
- Passing
- Receiving
- Shooting
- Marking
- Spatial Awareness
- Strategy
- Teamwork

