

Outdoor equipment rotas for phase groups - focus personal best/skills improvement

Phase 2	Aut 1	Aut 2	Spr 1	Spr 2	Smr 1	Smr 2
2S	Bouncing and throwing (target practise)	Travelling with a ball Dribbling	Throwing and catching	Sending and receiving	Hitting and striking Cricket/rounders	Athletics Running, jumping. Hopping, skipping
2M	Athletics Running, jumping. Hopping, skipping	Bouncing and throwing (target practise)	Travelling with a ball Dribbling	Throwing and catching	Sending and receiving	Hitting and striking Cricket/rounders
2RM	Hitting and striking Cricket/rounders	Athletics Running, jumping. Hopping, skipping	Bouncing and throwing (target practise)	Travelling with a ball Dribbling	Throwing and catching	Sending and receiving
1S	Sending and receiving	Hitting and striking Bat and ball	Athletics Obstacle courses	Bouncing and throwing	Travelling with a ball	Throwing and catching
1J	Throwing and catching	Sending and receiving	Hitting and striking Bat and ball	Athletics Obstacle courses	Bouncing and throwing	Travelling with a ball
1D	Travelling with a ball	Throwing and catching	Sending and receiving	Hitting and striking Bat and ball	Athletics Obstacle courses	Bouncing and throwing

Phase 3	Aut 1	Aut 2	Spr 1	Spr 2	Smr 1	Smr 2
4CF	Tennis Directing the ball	Football Passing (marking/tackling)	Netball Making space/shooting	Hockey Sending and receiving	Athletics Throwing for accuracy	OOA/striking and fielding
4M	OOA/striking and fielding	Tennis Directing the ball	Football Passing (marking/tackling)	Netball Making space/shooting	Hockey Sending and receiving	Athletics Throwing for accuracy
4C	Athletics Throwing for accuracy	OOA/striking and fielding	Tennis Directing the ball	Football Passing (marking/tackling)	Netball Making space/shooting	Hockey Sending and receiving
3L	Hockey Sending and receiving	Athletics Throwing for accuracy	OOA/striking and fielding	Tennis Directing the ball	Football Passing (marking/tackling)	Netball Making space/shooting

Outdoor equipment rotas for phase groups - focus personal best/skills improvement

3J	Netball Making space/shooting	Hockey Sending and receiving	Athletics Throwing for accuracy	OOA/striking and fielding	Tennis Directing the ball	Football Passing (marking/tackling)
3D	Football Passing (marking/tackling)	Netball Making space/shooting	Hockey Sending and receiving	Athletics Throwing for accuracy	OOA/striking and fielding	Tennis Directing the ball

Phase 4	Aut 1	Aut 2	Spr 1	Spr 2	Smr 1	Smr 2
6A	Tennis Develop individual shots	Football Attacking/defending	Netball Tactics	Hockey Shooting and keeping	Athletics	OOA/striking and fielding
6P	OOA/striking and fielding	Tennis Develop individual shots	Football Attacking/defending	Netball Tactics	Hockey Shooting and keeping	Athletics
6C	Athletics	OOA/striking and fielding	Tennis Develop individual shots	Football Attacking/defending	Netball Tactics	Hockey Shooting and keeping
5B	Hockey Shooting and keeping	Athletics	OOA/striking and fielding	Tennis Develop individual shots	Football Attacking/defending	Netball Tactics
5CM	Netball Tactics	Hockey Shooting and keeping	Athletics	OOA/striking and fielding	Tennis Develop individual shots	Football Attacking/defending
5P	Football Attacking/defending	Netball Tactics	Hockey Shooting and keeping	Athletics	OOA/striking and fielding	Tennis Develop individual shots