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| Learning Objectives | Skills |
| * Demonstrate strength, stamina and management of speed when running whilst handling the ball.
* Apply dodging and evasion appropriately within the game.
* Throw with excellent accuracy, power, speed and strength while running and standing still.
* Use the ‘W’ handling technique when catching the ball.
* Use knowledge and understanding to confidently select passing, positioning, running spaces and speeds within the game.
* Appropriately use correct and specific movements during the game.
* Use spatial awareness and communication to attack and defend effectively.

 | Warm-upHandling‘W-shape’ handlingCatchPocket passDodgeEvasion | TaggingTackleScoreAttackDefendInterception |
| Key Vocabulary |
| Passing CatchingTaggingForwardsBackwardsSidewaysInvasionTry HandlingSpatial-awarenessKnock-On | AttackingDefendingAccuracyTeamworkInterceptTacticsAssist TechniqueOverloadPossessionUtilise |