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| **Physical Education** **Core Curriculum** **Year 3&4****Autumn Term Year A**  |
|  | **Autumn Term 1** | **Autumn Term 2** |
| **Unit of Work** | Tag Rugby(Year 3) | FoundationsKS2 | Indoor AthleticsLink to competition | Football(Year 3) |
| **Prior Learning**  | Can send and receive a ball using hands and feet. Refine ways to control bodies and a range of equipment. Recall and link combinations of skills, for example, dribbling, passing and running with ball. | Taken part in stability, flexibility, balance and coordination activities. Explored lower and upper body stability and core strength. Developed a basic understanding of concepts such as coordination and flexibility. Drawn links between different types physical activity and developing body management. |  | Experienced different types of small sided invasion games. Able to send and receive balls. Use a variety of techniques and tactics to play competitively both attacking and defending. |
| **Unit Focus – Key Knowledge & Skills**  | Handle a rugby ball with confidence. Evade attackers using footwork and body control. Link skills to perform as a team in attack. Use basic game principles of tag rugby and play within simpler rules. | Accurately replicate stability, flexibility, balance and coordination activities. Learn techniques to develop lower and upper body stability and core strength. Compare previous performances in body managements skills such as coordination. Draw links between areas such as flexibility over a range of activities. |  | Able to show basic control skills. Send the ball with some accuracy to maintain possession and build attacking play. Implement the basic rules of football. |
| **Key Questions** | 1. When we practise passing backwards why do we turn at the hips rather than turning completely around?2. What did you do to try and defend the space?3. How did you work with a partner to close down space for the attacker? | 1. Have you felt challenged in the lesson?2. What is coordination?3. Do you think you are flexible? Can you explain your answer? |  | 1. How can we make it easier for out teammates to pass us the ball?2. When should we look to dribble in a game?3. Where should you look when dribbling? |
| **Progression of Learning in lessons-Objectives covered**  | * Can I use speed to run past defender?
* Can I use a short pass in a game?
* Can I use agility to evade being tagged?
* Can I understand and apply the tag protocol in a game situation?
* Can I close down an attacker’s space as a defender?
* Can I perform a backwards pass to continue an attack?
 | * Can I choose my own pace when exercising?
* Can I tell the difference between static and dynamic balancing?
* Can I name some of our core muscles?
* Can I use my power and determination to jump higher in leapfrog?
* Can I get a large range of motion through different types of stretches?
* Can I challenge myself to complete increasingly difficult tasks?
 |  | * Can I use the inside of my foot to pass the ball?
* Can I trap the ball that is moving along the ground with control?
* Can I pass the ball accurately into space over short distances?
* Can I identify and move into space to receive the ball?
* Can I use the outside of my foot to control the ball and dribble?
* Can I cushion the ball when receiving it?
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| **Vocabulary** | Space, accurately, mark, dodge, attack, defend, footwork, possession, evading, close down, sportsmanlike. | Flexibility, strength, coordination, balance, challenge, attempts, core, stability, confident, move, reach, base, leapfrog, upper body, lower body, improve, tightrope, partner, self, compare, solo, degrees, pyramid, negative, flow, relaxed. |  | Teamwork, score, shoot, intercept, foot, inside of the foot, touch, possession, accuracy, dribble. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Explore a range of techniques to avoid being tagged.
* Hand: Perform a range of ball handling skills.
* Heart: Listen to others to work as an effective team.
 | * Head: Judge at what pace to move through an activity
* Hand: Improve balance and control using replication
* Heart: Challenge yourself to perform leapfrog at an increasing height
 |  | * Head: Recognise the need to look forward when attacking a goal.
* Hand: Use short passes to keep possession.
* Heart: Show support, encouragement and good sportsmanship.
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| **Application Task** | Intra-competition in house groupsCNSSP competition link | Complete a range of assessment tasks (lesson 6) |  | Intra-competition in house groups |