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| **Physical Education**  **Core Curriculum**  **Year 3&4**  **Autumn Term Year B** | | | | |
|  | **Autumn Term 1** | | **Autumn Term 2** | |
| **Unit of Work** | Tag Rugby  (Year 4) | PE Fitness  Unit 1 | Indoor Athletics  Link to Competition | Hockey  (Year 3) |
| **Prior Learning** | 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. | Work at maximum effort for short periods. Use repetition to improve movements. Identify some benefits of whole-body exercise. Improve repetitions over time | Show controlled movements in response to instructions. Demonstrated agility and speed. Jump for height and distance. Thrown with speed and power and applied appropriate force. | Can send and receive balls in a variety of ways. Can recall and link combinations of skills e.g. running with a ball. Refine gross motor skills. |
| **Unit Focus – Key Knowledge & Skills** | Consistently perform basic tag rugby skills. Implement rules and develop tactics in competitive situations. Increase speed and build endurance during gameplay | Show determination to keep moving even when tired. Challenge themselves to improve scores. Develop strength in a range of exercises. Understand how to target specific muscle groups when exercising. | Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws. Prepare for indoor athletics competition (CNSSP) with link to county finals. | Play in hockey-type invasion game. Improve game-based agility. Manipulate objects, stick and ball with safety and control. |
| **Key Questions** | 1. What basic skills could we improve to help our game? 2. How can using a different length of passes help our team? 3. How can we create space for our teammates? | 1. Which muscles did you use in the plank?  2. What activities do you do at home to relax?  3. How did your legs feel during your workout? | 1. How did you improve on your scores?  2. Can you name two throwing techniques?  3. Why should you start moving when you receive the baton? | 1. Why is it important to have close control of the ball?  2. What part of the stick can we use to control the ball?  3. Why is our positioning as a defender important? |
| **Progression of Learning in lessons-Objectives covered** | * I can use accurate passes to create an attack as a team * I can pick a ball up from the floor and run * I can keep possession of the ball to build attack * I can evade being tagged * I can use changes of speed to create gaps to run into * I can create attacking opportunities in competitive games | * I can use coordination in my exercises * I can keep moving even when I am tired * I can understand what an AMRAP stands for and participate in it * I can identify what I find challenging and why * I can work under time pressure * I can beat my previous score and work out the difference | * I can use the correct technique for speed bounce of a longer period * I can standing long jump 140cm + * I can vertical jump 30cm + * I can use 5 bounds technique to travel over 5 metres * I can use correct throwing technique for chest push and javelin * I can develop my skills of a baton exchange in a relay * I can take part competitively in events | * I can keep close control of the ball using the flat of the stick * I can control a ball and pass it into space * I can use a defensive body position * I can stop a moving ball ready to pass or shoot * I can improve my agility and use it in a game * I can avoid my feet contacting the ball and apply rules to a game |
| **Vocabulary** | Volleyball, pairs, net, serve, feed, receive, send, switch, court, sideline, height, rally, opposition. | Muscles, muscle groups, balance, control, relax, interval, max effort, tabata, rounds, reps, abdominals, calf, glutes, quadriceps, amrap, determination. | Accelerate, hurdles, foam javelins, bounce, target, take off, sling, exchange, accuracy. | Shoot, defend, attack, block, run, control, receive, pass, teamwork, score, hockey, shaft, foot, space. |
| **Personal Development**  **(Head, Hand, Heart)** | * Head – Decide on ways to improve a piece of team play. * Hand – Play using passing back and sideways rules. * Heart – Recognise how playing as part of a team can improve your communication skills. | * Head: Keep track of where you on in an exercise routine. * Hand: Take part in exercises to raise heart rate. * Heart: Show determination to keep moving even when tired. | * Head - Decide on ways to improve, run, jumps and throws and implement changes. * Hand – Throw a variety of objects, demonstrating accuracy. * Heart – Work with others to score and record distance and times accurately. | * Head: Implement some hockey rules into games. * Hand: Can stop and control the ball. * Heart: Work as a team to score points. |
| **Application Task** | Intra-competition in house groups  CNSSP competition link | Fitness test | Intra-competition in house groups  CNSSP competition link | Intra-competition in house groups |