|  |
| --- |
| **Physical Education** **Core Curriculum** **Year 3&4****Summer Term Year B** |
|  | **Summer Term 1** | **Summer Term 2** |
| **Unit of Work** | Hockey(Year 4) | Athletics(Year 3) | Netball(Year 4) | Tennis(Year 4) |
| **Prior Learning**  | 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. | Linked running and jumping movements. Move safely around between and over apparatus. Worked with a variety of equipment. | Performed basic netball skills including passing and catching. Used space effectively to build attacking play. | Able to send and receive balls. Worked with a variety of equipment to hit a ball. |
| **Unit Focus – Key Knowledge & Skills**  | Consistently perform basic hockey skills such as dribbling and push pass. Implement the basic rules of hockey. Develop tactics and apply them in competitive situations. Increase speed and endurance during gameplay. | Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force. | Introduce high five netball positions. Acquire and apply basic shooting techniques. Demonstrate and implement some basic rules of high five. Develop netball skill such as marking and footwork | Explore different shots (forehand, backhand). Work to return the serve. Positions in gameplay. |
| **Key Questions** | 1. Why do we need to keep the ball close to our stick when turning or dribbling? 2. What happens in the game if the ball hits the back of your stick? 3. How can we produce more power to make slap hit go further? | 1. Did you complete an activity and change your technique to improve your score?2. What recording system did you use for counting and keeping track of points scored? | 1. In what other sports would you need to mark players? 2. What is given to the opposing team if you commit a footwork foul? 3. What did you do well in the games and what could you improve? | 1. Which side is your backhand if you are right-handed? Left-handed? 2. Where should you try to return to on your court after hitting shots and why? 3. How can you communicate with your partner to be effective in games? |
| **Progression of Learning in lessons-Objectives covered**  | * I can perform a push pass with accuracy
* I can perform a straight dribble to maintain possession
* I can use reverse-stick to control a ball on the far side of my body
* I can use a slap pass to send a ball over longer distances
* I can turn to keep the ball under control and move into space
* I can use learnt skills in a competitive situation
 | * I can jump and hop in sequence
* I can run at different speeds
* I can approach and jump hurdles
* I can throw a javelin using the pull throw technique
* I can perform a variety of skipping techniques
* I can keep score accurately over a range of events
 | * I can protect the ball once I have caught it
* I can use basic shooting techniques in a game
* I can play using the court thirds
* I can use 1-1 marking in a game situation
* I can learn the footwork rules for netball and use them in a game
* I can play a game using the ‘High 5’ rules
 | * I can return to the middle of the court after playing a shot
* I can accurately use the forehand in a game situation
* I can play a backhand shot with some control
* I can move around the court to return the serve
* I can work with a partner to score points in a game
* I can use a variety of shots to score points in a game
 |
| **Vocabulary** | Control, use space, defend, attack, dribble, pass, push, slap | Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine. | Teamwork, footwork, foul, free pass, goal attack, centre, goal shooter, goal defence, goalkeeper, marking, high five. | Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Decide as a team how to make things difficult for your opponent.
* Hand: Attempt a slap pass in isolation.
* Heart: Suggest ways to improve your and your team's performance.
 | * Head: Compete with others and record points.
* Hand: Link running and jumping activities with some fluency and consistency.
* Heart: Identify how to improve.
 | * Head: Show some awareness of high five positions.
* Hand: Catch the ball executing correct footwork rules.
* Heart: Build up the attack as a team
 | * Head: Use defensive tactics to defend the court.
* Hand: Attempt to self-feed backhand shots
* Heart: Play competitively with others and against others in modified games.
 |
| **Application Task** | Intra-competition in house groups |  (Sports Day) | Intra-competition in house groups | Intra-competition in house groups |