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| **Physical Education** **Core Curriculum** **Year 5&6****Autumn Term Year A**  |
|  | **Autumn Term 1** | **Autumn Term 2** |
| **Unit of Work** | PE FitnessUnit 2  | Tag Rugby(Year 5) | Indoor Athletics (Link to Competition) | Football(Year 5) |
| **Prior Learning**  | 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. | Consistently performed basic tag rugby skills. Implemented rules, develop tactics in competitive situations. Increased speed and endurance during gameplay |  | Introduced to some defensive skills. Can dribble in different directions using different parts of their feet. Pass for distance Evaluate skills to aid improvement. |
| **Unit Focus – Key Knowledge & Skills**  | Take part in a variety of exercises to improve. Show understanding of the importance of rest when exercising. Working out the whole body. | Combine basic tag rugby skills such as catching and quickly passing in one movement. Select and implement appropriate skills in a game situation. Begin to play effectively when attacking and defending. Increase the power of passes so the ball can be moved quickly over greater distance. |  | Play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics Become more skilful when performing movements at speed. |
| **Key Questions** | 1. What does max effort mean?2. What are the main nutrients we need from food?3. Can you describe the key features of a superset? | 1. What techniques are we looking for during games?2. What does it mean to take the metres not the time?3. When would you use the magic diamond? |  | 1. Why is regaining possession quickly crucial in a game?2. What does possession mean?3. Why is it essential to be goal-side of your player when marking? |
| **Progression of Learning in lessons-Objectives covered**  | * Can I identify the signs of dehydration?
* Can understand why rest is important and it is important to not overdo exercise?
* Can I maintain balance while performing?
* Can I perform a superset and describe its features?
* Can I understand what a pyramid workout is?
* Can I understand the benefits of whole body exercise?
 | * Can I use defensive positions to make and tag an attacker?
* Can I pass a ball accurately and consistently while on the move?
* Can I defend as part of a team?
* Can I use a pop pass over short distances?
* Can I move the ball quickly using the ‘magic diamond’ formation?
* Can I use the 3 step and pass rule with some confidence?
 |  | * Can I turn with the ball?
* Can I travel quickly and effectively when running with the ball?
* Can I combine running with the ball and passing it into space?
* Can I maintain position when attacking to create space?
* Can I perform a step over to beat a defender?
* Can I control a bouncing ball by keeping it close to my body?
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| **Vocabulary** | Range of motion, superset, pyramid, flexibility, energy, protein, carbohydrates, vitamins, minerals, fibre, descending workout, perseverance, nutrients. | Contest, possession, pressure, support, pop pass, turn over, lose pass, W grip, offence, formation. |  | Distance, perform, consistent, speed, fair play, regain, possession, goal side, interchange, position, maintain. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Keep track of reps during exercise.
* Hand: Work to increase flexibility and range of motion.
* Heart: Show determination to work as hard as possible throughout the whole session
 | * Head: Recognise principles of defence.
* Hand: Combine skills such as running and passing.
* Heart: As a team maintain possession.
 |  | * Head: Select an appropriate conclusion to a run with the ball.
* Hand: Receive the ball and turn.
* Heart: Use individual skills to keep possession.
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| **Application Task** | Fitness assessment | Intra-competition in house groupsCNSSP competition link |  | Intra-competition in house groups |