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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 Fitness  Unit 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? |
| **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. |
| **Application Task** | Fitness assessment | Intra-competition in house groups  CNSSP competition link |  | Intra-competition in house groups |