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| **Physical Education** **Core Curriculum** **Year 5&6****Autumn Term Year B** |
|  | **Autumn Term 1** | **Autumn Term 2** |
| **Unit of Work** | Hockey(Year 5) | Tag Rugby(Year 6) | Indoor Athletics(link to Competition) | Basketball(Year 5) |
| **Prior Learning** | Learned about attacking as a team and moving toward a goal. Able to follow the basic rules for modified/mini hockey games. Learned how to pass, receive, control, dribble and shoot. | Combined basic tag rugby skills such as catching and quickly passing in one movement. Selected and implemented appropriate skills in a game situation. Begun to play effectively when attacking and defending. Increased the power of passes so the ball can be moved quickly over greater distance. | Sustain pace over short and longer distances. Ran as part of a relay team. Performed a range of jumps and throws. | Increase confidence and selection of basic skills such as dribbling, throwing and shooting. Develop a range of ball handling skills. Use footwork rules in a game situation and explore basic marking. |
| **Unit Focus – Key Knowledge & Skills** | Combine basic hockey skills such as dribbling and push pass. Select and apply skills in a game. Play effectively in different positions on the pitch including in defence. Increase power and strength of passes, moving the ball over longer distances. | Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognise good individual and team performances. Suggest, plan and lead a warm-up as a small group. | Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement. Prepare for indoor athletics competition (CNSSP) with link to county finals. | Use strength, agility and coordination when defending. Increase power and strength of passes, moving the ball accurately in a variety of situations. Select and apply a range of tactics and techniques to play with consistency. |
| **Key Questions** | 1. How can you as an individual player help build an attack towards the goal?2. When you are marking in defence where should you position yourself?3. If the ball hits someone’s foot what happens? | 1. How should we tell other players the areas they need to improve on?2. Why is it important to organise your team quickly into defensive positions?3. Being able to change speed and direction quickly helps our defending; why? | 1. In which Olympic athletics event is the heave throw used?2. How can you develop your fitness through parlauff running?3. What are the 3 phases of triple jump? | 1. How can you show your teammate you are ready to receive the pass?2. Why should we avoid committing personal fouls?3. What are they key principles to box a player out? |
| **Progression of Learning in lessons-Objectives covered** | * I can perform a block tackle to dispossess an attacker
* I can use fast. Accurate passes to create scoring opportunities
* I can mark an attacker closely to stop them receiving the ball
* I can perform a sweep hit to send the ball first time
* I can move the ball quickly from left to right to outwit a defender
* I can use a variety of techniques to keep possession in a game
 | * I can create attacking continuity by supporting a player
* I can use set plays to attack and create space
* I can develop and use the 3 step rule
* I can create scoring opportunities as the ball carrier
* I can change from an attacking to a defensive formation
* I can observe and analyse my classmate’s performance
 | * I can use the twisting technique with increasing confidence
* I can long jump further and high jump higher
* I can triple jump with correct technique over 5 metres
* I can throw with skills and good technique
* I can work as part of a team exchanging the baton quickly with skill
* I can take part in a competitive event
 | * I can use blocking to prevent opponent from shooting
* I can front pivot and use it in a game
* I can use a forward pass and wing play to build an attack as a team
* I can perform a one handed push pass under pressure
* I can create space using the box-out technique
* I can catch the ball under pressure into the triple-threat position
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| **Vocabulary** | Teamwork, score, shoot, positions, power, distance, perform, consistent, fair play. | Transition, principle, STEP, agility, turnover, support, observe, analyse. | Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess | Blocking, pivot, forward, reverse, exploit, lay off, accurately, rebound, fake, feint. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Apply basic defensive positions.
* Hand: Able to combine basic skills such as dribbling and passing.
* Heart: Work as a team to attack and defend.
 | * Head – Use STEP principle to plan a warm-up
* Hand – Use speed and agility in gameplay
* Heart -Suggest ways to improve set plays
 | * Head - Accurately and confidently record multiple scores under pressure.
* Hand - Combine different jumping skills to accurately replicate the triple jump technique.
* Heart - Judge your strengths and weaknesses to fulfil; your role in a running challenge.
 | * Head: Explain the need for different tactics and attempt these in a game situation
* Hand: Able to combine basic skills such as dribbling and passing.
* Heart: Apply knowledge of personal foul in a competition setting.
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| **Application Task** | Intra-competition in house groups | Intra-competition in house groups | Intra-competition in house groupsCNSSP competition link | Intra-competition in house groups |