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| **Physical Education**  **Core Curriculum**  **Year 5&6**  **Summer Term Year A** | | | | |
|  | **Summer Term 1** | | **Summer Term 2** | |
| **Unit of Work** | Athletics  (Year 6) | OAA  (Year 6) | Rounders  (Year 6) | Cricket (Year 6) |
| **Prior Learning** | Sustain pace over short and longer distances. Ran as part of a relay team. Performed a range of jumps and throws. | Explored ways of communicating in a range of challenging activities. Navigated and solved problems from memory. Read and use a compass to navigate successfully. Develop and used trust to complete tasks. | Linked together a range of skills and use in combination. Collaborated with a team to choose, use and adapt rules in games. Recognised how some aspects of fitness apply to rounders. | Linked a range of skills and use in combination. Collaborated with a team to choose, use and adapt rules in games. Recognised how some aspects of fitness apply to cricket, e.g., power, flexibility and cardiovascular endurance. |
| **Unit Focus – Key Knowledge & Skills** | Apply strength and flexibility to throwing, running and jumping. Accurately and confidently judge across a variety of activities. Work in collaboration to demonstrate improvement. | Use information given by others to complete tasks and work collaboratively. Under take more complex tasks. Take responsibility for a role. Use knowledge and understanding of PE to suggest design ideas and amendments to games. | Apply rounders rules consistently. Play small sided games using standard rounders pitch layout. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder | Apply cricket rules in a variety of styles of games. Attempt a small range of recognised shots. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder. |
| **Key Questions** | 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. Did your designs change or evolve?  2. What are the key uses for a reef knot?  3. What are the characteristics of a good leader and teamwork? | 1. What is the need to change our field for certain batters?  2. What are some of the rules of rounders?  3. How can you improve as a team to score more runs or stop the opposition scoring? | 1. Which shot allowed you to score more runs?  2. What are the reasons for working in pairs to retrieve the long ball?  3. What is the benefit of bowling the short ball? |
| **Progression of Learning in lessons-Objectives covered** | * Can I use sprint start techniques to increase my running speed * Can I understand and use the three phrases of triple jump? * Can I use and understand heave throw technique and what it is used for? * Can I assess my own ability to play my role in parlauff? * Can I use the scissor jump technique and know when it would be used in athletics? * Can I record and relay results over a range of track and field events | * Can I work with a partner to successful orient and follow a map? * Can I identify objects from a scavenger hunt from a written description? * Can I safely perform a pyramid balance in a small group? * Can I work efficiently as part of a team to complete a range of tasks? * Can I create a fun and challenging game for others to complete? * Can I listen to others to refine and adapt my approach to complete a task? | * Can I bowl tactically to make it more difficult for the batter to hit? * Can I track and catch a high ball? * Can I use fast bowling to deceive my opponent? * Can I work in a pair when fielding to restrict scoring? * Can I apply tactics when running around bases to avoid overtakes? * Can I apply attacking and defensive tactics in a competitive situation? | * Can I create pressure on a batter by using attacking fielding positions? * Can I track and catch a high ball consistently? * Can I perform a short-pitched bowl to get a batter to hit the ball in the air? * Can I work in a pair to restrict runs scored when fielding? * Can I play an on-drive? * Can I apply the skills learnt in a game of cricket? |
| **Vocabulary** | Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess. | Maps, diagrams, scale, symbols, orienteering, compass, challenges, design, instructions, extend, knot, orient | Shot, defensive, offensive, predict, place, select, tactics, stance, tracking. | Urgency, acquire, high ball, tracking, short delivery, long balls, on drive, off drive, slip, short leg, cover, innings, retires. |
| **Personal Development**  **(Head, Hand, Heart)** | * 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: Use knowledge and understanding of PE to suggest design ideas and amendments to games. * Hand: Refine and adapt ideas in group tasks * Heart: Takes responsibility for a role in a task | * Head: Demonstrate urgency when in the field. * Hand: Play in a complete game of rounders with markings and four bases. * Heart: Understand teammates perspective & motivation when accumulating runs/rounders. | * Head: Apply with consistency standard rules of (modified) games. * Hand: Attempt to track and catch high balls in isolation and game play. * Heart: Work as a pair to field long balls. |
| **Application Task** | Sports Day | Intra-competition in house groups navigation to a point on a map | Intra-competition in house groups | Intra-competition in house groups |