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| **Physical Education** **Core Curriculum** **Year 3&4****Autumn Term Year A** |
|  | **Autumn Term 1** | **Autumn Term 2** |
| **Unit of Work** | Netball(Year 4) | PE FitnessUnit 2  | Football(Year 4) | Hockey(Year 4) |
| **Prior Learning** | Performed basic netball skills including passing and catching. Used space effectively to build attacking play. | 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. | Able to show basic control skills. Sent the ball with some accuracy to maintain possession and build attack. Implemented the basic rules of football. | 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. |
| **Unit Focus – Key Knowledge & Skills** | 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 | Take part in a variety of exercises to improve. Show understanding of the importance of rest when exercising. Working out the whole body. | Introduce some defensive skills. Dribble in different directions using different parts of their feet. Passing for distance. Evaluating skills to aid improvement. | 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. |
| **5 Essential Key Knowledge and/or Skills**  | * Catch the ball and bring it to the chest to protect.
* Attempt to shoot using the correct technique.
* Track and stay with a player trying to get ‘free’.
* Begin to use a pivot action once the ball is caught.
* Use ‘quick feet’ to get away from a marker.
 | * Explain some of the reasons why water is important after exercise.
* Describe why rest is important after exercising.
* Show balance and control while performing movements.
* Explain some of the reasons why sleep is important.
* Identify and explain some benefits of whole-body exercise.
 | * Run onto the ball to receive it.
* Begin to use front and goal-side marking techniques.
* Perform a standing tackle to dispossess an attacker.
* Passing over distance with some accuracy.
* Communicate with team mates to retrieve a ball from the opposition.
 | * Perform a push pass with accuracy and control.
* Use a straight dribble to maintain possession.
* Use reverse-stick to control a ball on the far-side of our body.
* Perform a slap pass to send the ball over longer distances.
* Begin to use tactics in game scenarios.
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| **Progression of Learning in lessons-Objectives covered** | * 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 identify the signs of dehydration.
* I can understand why rest is important and it is important to not overdo exercise.
* I can maintain balance while performing.
* I can perform a superset and describe its features.
* I can understand what a pyramid workout is.
* I can understand the benefits of whole body exercise.
 | * I can run onto a ball to receive it.
* I can explore front and goal-side marking techniques.
* I can perform a standing tackle to dispossess an attacker.
* I can dribble showing good control to progress forward.
* I can pass and receive the ball over longer distances.
* I can perform passing and moving with a teammate.
 | * 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
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| **Vocabulary** | Teamwork, footwork, foul, free pass, goal attack, centre, goal shooter, goal defence, goalkeeper, marking, high five. | Range of motion, superset, pyramid, flexibility, energy, protein, carbohydrates, vitamins, minerals, fibre, descending workout, perseverance, nutrients. | Control, use space, defend, defensive, attack, dribble, pass, tactics, direction, tackle. | Control, use space, defend, attack, dribble, pass, push, slap |
| **Personal Development****(Head, Hand, Heart)** | * 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: 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: Sometimes make decisions on the best time to tackle.
* Hand: Send the ball over longer distances.
* Heart: Work hard in a game and recognise the effects on yourself and teammates.
 | * 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.
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| **Application Task** | Intra-competition in house groups | Fitness assessment | Intra-competition in house groupsCNSSP Competition link | Intra-competition in house groupsCNSSP Competition link |