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| **Physical Education** **Core Curriculum** **Year 3&4****Summer Term Year A** |
|  | **Summer Term 1** | **Summer Term 2** |
| **Unit of Work** | Athletics(Year 4) | Rounders(Year 3) | Cricket(Year 3) | Tennis(Year 4) |
| **Prior Learning**  | Show controlled movements in response to instructions. Demonstrated agility and speed. Jump for height and distance. Thrown with speed and power and applied appropriate force. | Experienced different games and activities where throwing and catching skills were used. Had the opportunity to hit and strike a ball with racquets and bats. Played in simple, striking and fielding games. | Experienced different throwing and catching games. Had the opportunity to hit and strike a ball with racquets and bats. Played in simple, striking and fielding games. | Able to send and receive balls. Worked with a variety of equipment to hit a ball. |
| **Unit Focus – Key Knowledge & Skills**  | Investigate ways of performing running, jumping and throwing activities. Use a variety of equipment to measure, time and compare different styles of runs, jumps and throws. | To be able to play simple rounders games. Apply some rules to games and develop and use simple rounders skills. | Adhere to some of the basic rules of cricket. Develop a range of skills to use in isolation and a competitive context. Strike a bowled ball. | Explore different shots (forehand, backhand). Work to return the serve. Positions in gameplay. |
| **5 Essential Key Knowledge and/or Skills**  | * Run at speed over a short distance keeping shoulders low, arms pumping and looking straight ahead.
* Run and jump using a one-footed take-off.
* Begin to use a sling action to throw a discus/coit.
* Run on a curve by leaning into it.
* Evaluate a performance in order to improve it
 | * Retrieve and throw the ball as a fielder at pace.
* Bowl an underarm ball at a target at the appropriate height.
* Hit a moving ball with one hand.
* Explain and implement tactics as a team to field the ball optimally.
* Explain why a backstop is needed in a game of rounders
 | * Hit a stationary ball into space using the straight drive.
* Bowl underarm to a batter with some consistency.
* Stop a moving ball using the long barrier technique.
* Recognise when to throw over longer distances.
* Play a small game following basic rules.
 | * Return to the middle of the court after playing a shot.
* Accurately use the forehand in game situations to score points.
* Perform a backhand shot.
* Use learnt tennis skills to play doubles.
* Describe how to score in a variety of different scenarios in tennis.
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| **Progression of Learning in lessons-Objectives covered**  | * I can challenge myself in running, jumping and throwing tasks.
* I can accelerate over short distances.
* I can run and jump using one-footed take-off.
* I can use a sling action to throw a javelin.
* I can exchange a baton in our team.
* I can apply the skills I have learnt in a competitive way.
 | * I can get into the best body position to field a ball.
* I can bowl with some consistency in a game.
* I can hit a moving ball with one hand.
* I can stop a moving ball with the long barrier technique.
* I can throw longer distances using the overarm technique.
* I can select and apply new skills in a competition.
 | * I can hit a stationary ball into space using the straight drive.
* I can bowl underarm to a batter with some consistency.
* I can use the correct footwork to strike a bowled ball.
* I can stop a moving ball using the long barrier technique.
* I can throw longer distances overarm.
* I can perform as a wicketkeeper.
 | * I can return to the middle of the court after playing a shot
* I can accurately use the forehand in a game situation
* I can play a backhand shot with some control
* I can move around the court to return the serve
* I can work with a partner to score points in a game
* I can use a variety of shots to score points in a game
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| **Vocabulary** | Track, force, distance, curve, accelerate, hurdles, foam javelins, vortex howler, bounce, target, take off, sling, exchange, accuracy. | Batting, fielding, bowling, bases, long barrier, batter, bowler, fielder, innings, no ball, batting box, backstop, rounders, half rounders. | Batting, fielding, bowling, bat, wicket, stump, crease, boundary, run, batsman, bowler, wicketkeeper, innings, forward drive, long barrier, over. | Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm, position, ready. |
| **Personal Development****(Head, Hand, Heart)** | * Head - Decide on ways to improve, run, jumps and throws and implement changes.
* Hand – Throw a variety of objects, demonstrating accuracy.
* Heart – Work with others to score and record distance and times accurately.
 | * Head – Explain the importance of being ready in the field.
* Hand – Bowl an underarm ball.
* Heart – Identify how to improve own and others work and be tactful.
 | * Head – Adhere to some basic cricket rules.
* Hand – Stop a moving ball.
* Heart – Field as a team to return the ball to the bowler/base effectively.
 | * Head: Use defensive tactics to defend the court.
* Hand: Attempt to self-feed backhand shots
* Heart: Play competitively with others and against others in modified games.
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| **Application Task** | Intra-competition in house groupsCNSSP Competition Links |  Intra-competition in house groupsCNSSP Competition Links | Intra-competition in house groupsCNSSP Competition Links | Intra-competition in house groups |