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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. |
| **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 |
| **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. |
| **Application Task** | Intra-competition in house groups  CNSSP Competition Links | Intra-competition in house groups  CNSSP Competition Links | Intra-competition in house groups  CNSSP Competition Links | Intra-competition in house groups |