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| **Physical Education** **Core Curriculum** **Year 5&6****Summer Term Year B** |
|  | **Summer Term 1** | **Summer Term 2** |
| **Unit of Work** | Athletics(Year 6) | Rounders(Year 5) | Cricket (Year 5) | Tennis (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. | Developed a range of skills in a competitive context. Chosen and used a range of simple tactics in isolation and a game context. Identified different roles in rounders. | Developed and applied a range of skills in a competitive context. Chosen and used a range of simple tactics in isolation and game context. Consolidated existing skills and apply them with consistency. | Introduce a variety of shots. Apply new shots into game situations. Play with others to score and defend points in competitive games. Explored tennis serves |
| **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. | Link together a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to rounders. | Link a range of skills and use in combination. Collaborate with a team to choose, use and adapt rules in games. Recognise how some aspects of fitness apply to cricket, e.g., power, flexibility and cardiovascular endurance. | Develop backhand shots Introduce the lob. Begin to use full tennis scoring systems. Continue developing doubles play and tactics to improve. |
| **5 Essential Key Knowledge and/or Skills**  | * Develop a sprint start technique to increase our running speed.
* Perform and name the 3 phases of triple jump.
* Collaborate in both a pair and team to parlauuf run effectively.
* Perform the scissor jump technique.
* Refine and evaluate performances.
 | * Judge how far you can run based on the distance of a hit.
* Use the short throw to stump players out.
* Track the path of the ball in the field.
* Identify and use the backwards hit rule for tactics.
* Field with an awareness of left and right-handed players.
 | * Work with a partner to score runs.
* Use the short throw to run players out.
* Perform an overarm bowl with accuracy using the correct grip.
* Recognise and play a forward defensive shot in isolation.
* Know where the mid-on and mid-off fielding positions are.
 | * Use a two-handed backhand shot with control.
* Demonstrate a lob shot in isolated situations.
* Appropriately score a tennis game using full tennis rules
* Implement basic positioning as a pair to score points.
* Work as a pair to develop tactics against other pairs
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| **Progression of Learning in lessons-Objectives covered**  | * I can use sprint start techniques to increase my running speed.
* I can understand and use the three phrases of triple jump.
* I can use and understand heave throw technique and what it is used for.
* I can assess my own ability to play my role in parlauff.
* I can use the scissor jump technique and know when it would be used in athletics.
* I can record and relay results over a range of track and field events
 | * I can judge how far you can run based on the distance of a hit.
* I can throw over short distances with power and accuracy to get batters out.
* I can follow the path of the ball to make sure it is fielded consistently.
* I can backwards hit rule and using it tactically as the backstop.
* I can hit the ball into gaps to maximise the chance of scoring.
* I can set a field in a game to limit the scoring of a batter.
 | * I can work with a partner to score runs.
* I can throw accurately over short distances to get batters out.
* I can follow the path of the ball to catch as a wicketkeeper.
* I can overarm bowl with accuracy whilst using a run-up.
* I can play a forward defensive shot.
* I can set a field in a game to limit the runs scored by a batter.
 | * I can communicate with a partner to score points in doubles play.
* I can attempt a 2-handed backhand shot with control.
* I can perform a lob shot to hit the ball over an opponent.
* I can apply the correct rules and scoring system in games.
* I can play in different doubles formations.
* I can discuss and apply tactics in doubles play.
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| **Vocabulary** | Safety, rules, targets, record, set, take over, pass, strength, judge, trajectory, sprint, shuttle, assess. | Power, consistently, accuracy, stump, conditioned, fitness, miss hit, strength, encouragement, defensive, offensive. | Calling, accuracy, rise of the ball, anticipating, forward defensive shot, setting a field flexibility, cardiovascular endurance, power. | Lob shot, positioning, footwork, listening skill, dispute, peers, attacking, defensive, improvement. |
| **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 – Apply the backward hitting rules.
* Hand – Play more attacking shots, looking for gaps in the field.
* Heart – Show commitment towards their team and perseverance during gameplay.
 | * Head – Describe what ‘setting a field’ means.
* Hand – Begin to employ specific bowling techniques such as overarm in cricket.
* Heart – Show perseverance during a game and commitment to the team.
 | * Head: Make good choices in games about the best shot to use.
* Hand: Begin to use full scoring systems.
* Heart: Use speaking and listening skills to umpire and play with peers without dispute.
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| **Application Task** | Intra-competition in house groupsCNSSP Competition Link | Intra-competition in house groupsCNSSP Competition Link | Intra-competition in house groupsCNSSP Competition Link | Intra-competition in house groups |