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| **Physical Education** **Core Curriculum** **Year 1&2****Summer Term Year B** |
|  | **Summer Term 1** | **Summer Term 2** |
| **Unit of Work** | Run, Jump & ThrowUnit 2 (Year 2) | Hit, Catch & RunUnit 1 (Year 1) | Hit, Catch & RunUnit 2 (Year 1) | Attack, Defend & ShootUnit 2 (Year 1) |
| **Prior Learning**  | Thrown and handled a variety of objects. Developed power, agility, coordination and balance. Negotiated obstacles showing increased control. | Pupils will have used a variety of balls, beanbags, bats and markers. Can roll and follow a rolling ball. Mastered movements such as walking, running and jumping. | Able to hit objects with hand or bat. Tracked and retrieve a rolling ball. Throw and catch a variety of balls and objects. | Practice basic movements, including running, jumping etc. Engage in competitive activities. Experience opportunities to improve ABCs. |
| **Unit Focus – Key Knowledge & Skills**  | Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy, active lifestyles. Jump for distance and height. | Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. | Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics. | To recognise rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise. |
| **5 Essential Key Knowledge and/or Skills**  | * Run for a sustained period of time.
* Improve strength to increase jumping distance
* Create power when throwing for distance
* Cooperate with our partner to complete a task
* Throw and catch through moving target
 | * Track and collect a rolling ball.
* Catch a ball to stop over a short distance.
* Use our hands to hit a ball towards a target.
* Self-feed and hit a ball with hand
* Throw a ball using an under arm technique.
 | * Catch a ball to stop over increasing distances.
* Hit a ball to different spaces/targets
* Position ourselves in the path of the ball
* Throw a ball using an under-arm technique.
* Track and catch a high ball
 | * Move side to side to defend a goal.
* Bounce a ball with control to ourselves.
* Hit targets (person or object) with some accuracy
* Use and apply simple strategies for invasion games
* Recognise rules and begin to apply them
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| **Progression of Learning in lessons-Objectives covered**  | * Can I work individually to run over a longer distance?
* Can I improve strength to increase our jumping distance?
* Can I create power when throwing for distance?
* Can I use breathing techniques to be able to run more?
* Can I cooperate with our partners to complete a task well?
* Can I listen to others and work as a team to achieve the highest score possible?
 | * Can I select a space to throw or roll a ball into?
* Can I track and collect a rolling ball?
* Can I catch a ball to stop an opponent from scoring?
* Can I use my hands to hit a ball?
* Can I run between bases to score points?
* Can I work as a team to score points?
 | * Can I catch a ball over a short distance?
* Can I begin to hit a ball with power?
* Can I position myself in the path of a ball?
* Can I field the ball to a base?
* Can I catch a high ball?
* Can I stop another team from scoring?
 | * Can I find my pulse on my wrist?
* Can I move side to side to defend a goal?
* Can I bounce a ball with control to myself?
* Can I aim at different targets?
* Can I adapt to a game with changing rules?
* Can I play the best defensive position in a game?
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| **Vocabulary** | Lunges, strength, power, repetition, power, accuracy, agility, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete. | Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw. | Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw. | Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Begin to makes links between components of fitness.
* Hand: Use agility in running games.
* Heart: Consider others when playing games
 | * Head: Able to identify when a point has been scored and keep count of the score.
* Hand: Run between bases to score points.
* Heart: Work collaboratively to score runs showing encouragement and support.
 | * Head: Can choose where to send the ball to maximise chance to score.
* Hand: Retrieve and return a ball to base.
* Heart: Decide as a team best positioning to intercept balls.
 | * Head - Discuss changes in the body brought about by exercise.
* Hand - Judge when and where to move to get in a defensive position.
* Heart - Cooperate to perform a range of challenges using skills such as signalling.
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| **Application Task** | Intra-competition in house groups | Intra-competition in house groups | Intra-competition in house groups | Intra-competition in house groups |