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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 & Throw  Unit 2 (Year 2) | Hit, Catch & Run  Unit 1 (Year 1) | Hit, Catch & Run  Unit 2 (Year 1) | Attack, Defend & Shoot  Unit 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 |
| **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? |
| **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. |
| **Application Task** | Intra-competition in house groups | Intra-competition in house groups | Intra-competition in house groups | Intra-competition in house groups |