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| **Physical Education**  **Core Curriculum**  **Year 3&4**  **Summer Term Year B** | | | | |
|  | **Summer Term 1** | | **Summer Term 2** | |
| **Unit of Work** | Athletics  (Year 3) | Tennis  (Year 3) | Rounders  (Year 4) | Cricket  (Year 4) |
| **Prior Learning** | Linked running and jumping movements. Move safely around between and over apparatus. Worked with a variety of equipment. | Can make it difficult for their opponent to score a point. Begun to choose specific tactics. Transferred net/wall skills. Improved agility and coordination and use in a game. | To be able to play simple rounders games. To apply some rules to games. To develop and use simple rounders skills. | Adhered to some of the basic rules of cricket. Developed a range of skills to use in isolation and a competitive context. Strike a bowled ball. |
| **Unit Focus – Key Knowledge & Skills** | Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force. | To identify and describe some rules of tennis. Serve to begin a game and explore forehand hitting. | To develop a range of skills in a competitive context. Choose and use a range of simple tactics in isolation and a game context. Identify different roles in rounders. | Develop and apply a range of skills in competitive context. Choose and use a range of simple tactics in isolation and game context. Consolidate existing skills and apply with consistency. |
| **5 Essential Key Knowledge and/or Skills** | * Complete a range of ladder jump sequences with control * Start-stop and change pace with control. * Combine running and jumping with some control * Throw a javelin using the pull throw technique * Perform a variety of skipping techniques | * Use the ready position to return a ball * Perform a forearm return * Perform an underarm serve to start a rally * Move towards a ball to return it over the net. * Identify and describe some rules of tennis | * Hit the ball in different directions * Underarm bowl abiding by the rules of bowling. * Play the role of backstop in a small game. * Stop a moving ball and throw it to the bowler or base. * Explain some of the basic running and stumping rules | * Use the basic batting stance * Anticipate when to run to score singles. * Bowl overarm from a stationary position at a target * Hit the ball using a pull shot * Effectively stop a bouncing ground ball |
| **Progression of Learning in lessons-Objectives covered** | * Can I jump and hop in sequence? * Can I run at different speeds? * Can I approach and jump hurdles? * Can I throw a javelin using the pull throw technique? * Can I perform a variety of skipping techniques? * Can I keep score accurately over a range of events? | * Can I use the ready position to return a ball? * Can I hit the ball to different parts of the court using a forehand hit? * Can I perform an underarm serve to start a rally? * Can I move towards a ball to return it over the net? * Can I play cooperatively with a partner to keep the ball moving over the net? * Can I perform forehand hits to score points in a competition? | * Can I hit the ball in different directions? * Can I run between posts and avoid getting stumped out? * Can I intercept a ball using one hand? * Can I underarm bowl abiding by the rules of bowling? * Can I play the role of backstop and use in a small game? * Can I learn the rounders scoring system and use it in a game? | * Can I hit the ball in different directions? * Can I anticipate when to run to score singles? * Can I intercept a moving ball with one hand? * Can I bowl overarm? * Can I use the pull shot in a game situation? * Can I field a bouncing ball effectively? |
| **Vocabulary** | Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine. | Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm. | Zones, directing, speed, avoid, intercept, role, scoring system, gain, stumped. | Zones, directing, conditioned game, intercepting, isolation, pull shot, ground ball, overarm bowling, run singles. |
| **Personal Development**  **(Head, Hand, Heart)** | * Head: Compete with others and record points. * Hand: Link running and jumping activities with some fluency and consistency. * Heart: Identify how to improve. | * Head – Keep Count/score of a game. * Hand – Show tennis-ready position. * Heart – Play against an opponent. | * Head: Play in a game using rounders scoring system. * Hand: Play backstop role in small game situations. * Heart: Identify and describe some successful play. | * Head: With increasing consistency, choose where to direct a hit from a bowled ball. * Hand: Track and intercept the ball along the ground sometimes collecting with 1 hand. * Heart: Show fair play such as accepting if they were run out or stumped. |
| **Application Task** | Intra-competition in house groups  CNSSP Competitions | Intra-competition in house groups | Intra-competition in house groups | Intra-competition in house groups |