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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
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| **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?
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| **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.
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| **Application Task** | Intra-competition in house groupsCNSSP Competitions | Intra-competition in house groups  | Intra-competition in house groups | Intra-competition in house groups |