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| **Physical Education** **Core Curriculum** **Year 5&6****Autumn Term Year B**  |
|  | **Autumn Term 1** | **Autumn Term 2** |
| **Unit of Work** | Football(Year 5) | Tag Rugby(Year 6) | Hockey(Year 5) | Handball(Year 5) |
| **Prior Learning**  | Introduced to some defensive skills. Can dribble in different directions using different parts of their feet. Pass for distance Evaluate skills to aid improvement. | Combined basic tag rugby skills such as catching and quickly passing in one movement. Selected and implemented appropriate skills in a game situation. Begun to play effectively when attacking and defending. Increased the power of passes so the ball can be moved quickly over greater distance. | Learned about attacking as a team and moving toward a goal. Able to follow the basic rules for modified/mini hockey games. Learned how to pass, receive, control, dribble and shoot. | Developed 3 step rule incorporating bounce. Defended and prevented attacks by blocking and intercepting. Passed and moved with the ball to set up attacks. Demonstrated and implemented the rules of handball. |
| **Unit Focus – Key Knowledge & Skills**  | Play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics Become more skilful when performing movements at speed. | Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognise good individual and team performances. Suggest, plan and lead a warm-up as a small group. | Combine basic hockey skills such as dribbling and push pass. Select and apply skills in a game. Play effectively in different positions on the pitch including in defence. Increase power and strength of passes, moving the ball over longer distances. | Use specific handball skills in games. Begin to play effectively in different positions. Increase power and strength of passes, moving the ball over longer distances. Use a wide range of handball rules consistently. |
| **5 Essential Key Knowledge and/or Skills**  | * Receive the ball and turn unchallenged.
* Begin to travel at speed with the ball.
* Shoot a ball with power.
* Perform a step over to beat a defender.
* Explain how staying in a position helps my team.
 | * Create attacking continuity by supporting the player with the ball.
* Create and use a set play.
* Develop and use the 3-step rule.
* Refine and teach a warm-up to classmates.
* Observe and analyse a classmate’s performance.
 | * Perform a block tackle to dispossess an attacker.
* Begin to use fast, accurate passes into the D to create scoring opportunities.
* Mark an attacker closely to stop them from receiving the ball.
* Move the ball from left to right to outwit a defender.
* Perform a sweep hit to send the ball ‘first time’.
 | * Attempt a jump shot form standing.
* Close angles in a game situation.
* Perform a pivot to create space to pass or shoot.
* Begin to understand and follow basic rules of the game.
* Devise and use a set play with their team.
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| **Progression of Learning in lessons-Objectives covered**  | * Can I turn with the ball?
* Can I travel quickly and effectively when running with the ball?
* Can I combine running with the ball and passing it into space?
* Can I maintain position when attacking to create space?
* Can I perform a step over to beat a defender?
* Can I control a bouncing ball by keeping it close to my body?
 | * Can I create attacking continuity by supporting a player?
* Can I use set plays to attack and create space?
* Can I develop and use the 3 step rule?
* Can I create scoring opportunities as the ball carrier?
* Can I change from an attacking to a defensive formation?
* Can I observe and analyse my classmate’s performance?
 | * Can I perform a block tackle to dispossess an attacker?
* Can I use fast accurate passes to create scoring opportunities?
* Can I mark an attacker closely to stop them receiving the ball?
* Can I perform a sweep hit to send the ball first time?
* Can I move the ball quickly from left to right to outwit a defender?
* Can I use a variety of techniques to keep possession in a game?
 | * Can I complete a jump shot?
* Can I goal keep by closing the angles attackers can shoot from?
* Can I double fault rule and how it applies to dribbling?
* Can I perform a pivot to create space to pass or shoot?
* Can I role of set plays to create opportunities to score?
* Can I select and apply new skills in a competition situation?
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| **Vocabulary** | Distance, perform, consistent, speed, fair play, regain, possession, goal side, interchange, position, maintain. | Transition, principle, STEP, agility, turnover, support, observe, analyse. | Teamwork, score, shoot, positions, power, distance, perform, consistent, fair play. | Dribble, block, screen, pivoting, steps, double fault, offensive foul, free throw. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Select an appropriate conclusion to a run with the ball.
* Hand: Receive the ball and turn.
* Heart: Use individual skills to keep possession.
 | * Head – Use STEP principle to plan a warm-up
* Hand – Use speed and agility in gameplay
* Heart -Suggest ways to improve set plays
 | * Head: Apply basic defensive positions.
* Hand: Able to combine basic skills such as dribbling and passing.
* Heart: Work as a team to attack and defend.
 | * Head – Play in formations and execute ‘set plays’ in game situations.
* Hand – Use an offensive dribble to progress quickly up the court.
* Heart – Explain how a team’s passage of play was successful.
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| **Application Task** | Intra-competition in house groupsCNSSP Competition Links  | Intra-competition in house groupsCNSSP Competition Links | Intra-competition in house groupsCNSSP Competition Links | Intra-competition in house groups |