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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. |
| **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? |
| **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. |
| **Application Task** | Intra-competition in house groups  CNSSP Competition Links | Intra-competition in house groups  CNSSP Competition Links | Intra-competition in house groups  CNSSP Competition Links | Intra-competition in house groups |