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| **Physical Education** **Core Curriculum** **Year 5&6****Spring Term Year B** |
|  | **Spring Term 1** | **Spring Term 2** |
| **Unit of Work** | GymnasticsUnit 1 (Year 6) | DanceUnit 1 (Year 5) | Netball(Year 5) | Basketball(Year 6) |
| **Prior Learning**  | Created longer and more complex sequences and adapted performances. Taken the lead in a group when preparing a sequence. Can develop symmetry. Can compare performances and judge strengths and areas for improvement. | Concentrating on one simple theme throughout and linking all activities to the communication of this to an audience. | Introduced netball positions. Acquired and applied basic shooting techniques. Demonstrated and implemented some basic rules. Developed netball skills such as marking and footwork. Introduced the concept of preliminary moves. | Used strength, agility and coordination when defending. Moved the ball accurately in a variety of situations. Selected and applied a range of tactics and techniques to play with consistency. |
| **Unit Focus – Key Knowledge & Skills**  | Demonstrate accuracy, consistency, and clarity of movement. Arrange own apparatus to enhance work and vary compositional ideas. Experience flight on and off of high apparatus | Perform different styles of dance fluently and clearly. Refine & improve dances adapting them to include the use of space rhythm & expression. | Make choices about which pass to use and where to shoot from. Implement some tactics to get free. Move quickly around the court. | Apply aspects of fitness to the game, such as power and strength. Choose and implement a range of strategies to play defensively and offensively. Grasp more technical aspects of the game. |
| **5 Essential Key Knowledge and/or Skills**  | * Use controlled flight onto high apparatus.
* Perform advanced partner balances with confidence.
* Perform a leap, throw, balance and turn using rhythmic gymnastic equipment.
* Perform a group routine meeting set criteria with confidence.
* Evaluate performances offering a development point.
 | * Perform a non-locomotive and a locomotive movement.
* Move in and out of different formations confidently.
* Perform basic line dance steps to the count of 8 beats.
* Combine 3 steps to make a short movement phrase.
* Perform a small group dance with confidence.
 | * Choose chest, shoulder or bounce pass for appropriate scenarios.
* Dodge and lead to find space in a game.
* Pivot using both feet as my grounded and none grounded foot
* Apply a strategy to get into better shooting positions
* Play in high-five netball games implementing some rules
 | * Counterattack using the fast break technique
* Perform retreat dribble to maintain possession
* Perform a free throw with consistency
* Drive to the basket using strength and coordination.
* Know the difference between a 2 and 3 point shot
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| **Progression of Learning in lessons-Objectives covered**  | * Can I use controlled flight onto high apparatus?
* Can I dismount safely from high apparatus?
* Can I develop a short sequence using flight in a canon formation?
* Can I incorporate equipment into a group sequence?
* Can I create a paired flight sequence using both canon and unison?
* Can I create and perform a 6 element group sequence to music?
 | * Can I understand non-locomotor movements and use them in a dance?
* Can I perform locomotor and non-locomotor movements together?
* Can I create new and exciting group patterns?
* Can I perform a simple Line Dance routine?
* Can I create a 3-step line dance with a partner?
* Can I work collaboratively within a group to improve performance?
 | * Can I choose the appropriate pass for different scenarios?
* Can I find space to receive in a game?
* Can I use different dodging techniques to outwit a defender and get free?
* Can I practice and perform pivoting and quick turns?
* Can I get into closer shooting positions?
* Can I react and move quickly in isolation and in games?
 | * Can I counterattack using the fast break?
* Can I use retreat dribble to maintain possession?
* Can I perform a free throw with consistency?
* Can I use speed and agility to perform a v-cut to get free from a defender?
* Can I drive to the basket using strength and coordination?
* Can I use the three-point shot and discuss how different points are awarded?
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| **Vocabulary** | Flight, consistent, vault, vaulting sequences, combinations, direction, dismount. | Facial expression, rehearse, choreographer, locomotion, Bangra, line dance, wall patterns. | Score, shoot, possession, react, foul, umpire, quick turns, dodge, pivot, stationary, shooting circle/semi-circle. | Fast break, counterattack, retreat, maintain, pressure, free throw, L-cut, V-cut, pin down. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Identify strengths and weakness about a performance.
* Hand: Experience flight on and off of apparatus.
* Heart: Lead group warm up demonstrating the importance of strength and flexibility.
 | * Head: Confidently participate in dances from different parts of the world.
* Hand: Refine & improve dances adapting them to include rhythm & expression.
* Heart: Adapt a pair dance into a small group dance.
 | * Head – Explain the techniques for different passes.
* Hand – Attempt to get into better shooting positions.
* Heart – Use verbal and non-verbal communication to show teammates where you want to ball.
 | * Head – Implement a range of strategies to attack and defend, such as restricting attackers’ space.
* Hand – Able to track and control a rebound from a shot (penalty or open play).
* Heart – Counterattack with team using the fast break.
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| **Application Task** | Intra-competition in house groupsCNSS Competition Link | Intra-competition in house groups | Intra-competition in house groupsCNSS Competition Link | Intra-competition in house groups |