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| **Physical Education** **Core Curriculum** **Year 5&6****Summer Term Year B** |
|  | **Summer Term 1** | **Summer Term 2** |
| **Unit of Work** | Athletics(Year 5) | Tennis(Year 5) | Rounders(Year 6) | Cricket (Year 6) |
| **Prior Learning**  | Investigated ways of performing running, jumping and throwing activities. Used a variety of equipment to measure, time and compare different styles of runs, jumps and throws. | Explored different forehand and backhand shots. Worked to return the serve. Have explored different court positions in gameplay. | Linked together a range of skills and use in combination. Collaborated with a team to choose, use and adapt rules in games. Recognised how some aspects of fitness apply to rounders. | Linked a range of skills and use in combination. Collaborated with a team to choose, use and adapt rules in games. Recognised how some aspects of fitness apply to cricket, e.g., power, flexibility and cardiovascular endurance. |
| **Unit Focus – Key Knowledge & Skills**  | Sustain pace over short and longer distances. Run as part of a relay team. Perform range of jumps and throws. | Introduce volley shots and overhead shots. Apply new shots into game situations. Play with others to score and defend points in competitive games. Further, explore tennis service rules. | Apply rounders rules consistently. Play small sided games using standard rounders pitch layout. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder | Apply cricket rules in a variety of styles of games. Attempt a small range of recognised shots. Use a range of tactics for attacking and defending in the role of bowler, batter and fielder. |
| **5 Essential Key Knowledge and/or Skills**  | * Pace a run over longer distances.
* Combine running and jumping to perform a long jump
* Use the push throw technique
* Perform baton exchange as part of a relay team
* Design a running, jumping or throwing activity for others using the STEP principle.
 | * Perform a volley shot
* Perform an overhead shot
* Use different court formations during doubles play.
* Refine court movement to hit the ball before the second bounce.
* Perform a diagonal serve to begin a game
 | * Apply rounders rules consistently.
* Use a fast bowl to make it difficult for the batter to hit.
* Use the correct hand and body position to track and catch a high ball.
* Apply tactics when running around bases to avoid overtakes
* Describe and explain a rounders game and the rules.
 | * Organise and take part in ring field placement, including mid-on, mid-off, mid-wicket and cover
* Perform a short-pitched bowl.
* Work with a partner to field long balls and return to wicketkeeper
* Demonstrate and describe the features of the on drive
* Apply a range of known cricketing rules to a new game format
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| **Progression of Learning in lessons-Objectives covered**  | * I can run for speed and distance
* I can pace to run over longer distances
* I can use different jumping styles
* I can use the push throw technique
* I can exchange a baton within a given area
* I can compete in running, jumping and throwing activities
 | * Can I perform a range of different shots with accuracy and control?
* Can I move quickly to the ball to perform a volley?
* Can I play an overhead shot and know when you might use this?
* Can I refine court movement to hit the ball before the second bounce?
* Can I perform a diagonal serve to begin a game in competitive situations?
 | * Can I bowl tactically to make it more difficult for the batter to hit?
* Can I track and catch a high ball?
* Can I use fast bowling to deceive my opponent?
* Can I work in a pair when fielding to restrict scoring?
* Can I apply tactics when running around bases to avoid overtakes?
* Can I apply attacking and defensive tactics in a competitive situation?
 | * Can I create pressure on a batter by using attacking fielding positions?
* Can I track and catch a high ball consistently?
* Can I perform a short-pitched bowl to get a batter to hit the ball in the air?
* Can I work in a pair to restrict runs scored when fielding?
* Can I play an on-drive?
* Can I apply the skills learnt in a game of cricket?
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| **Vocabulary** | Bounce, relay, baton, safety, rules, targets, record, set, take over, pass, sustain, push, receive, hop – step – jump. | Service rules, volley, overhead, singles, doubles. | Shot, defensive, offensive, predict, place, select, tactics, stance, tracking. | Urgency, acquire, high ball, tracking, short delivery, long balls, on drive, off drive, slip, short leg, cover, innings, retires. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Distinguish between good and poor performances and suggest ways to improve self and others.
* Hand: Sustain pace over shorter and longer distances.
* Heart: Able to run as part of a team in relay style events.
 | * Head -Cooperate and collaborate with others to play in a sportsman-like way.
* Hand – Approach the ball to return before the second bounce.
* Heart – Play with others with some flow to the game, keeping track of their own scores.
 | * Head: Demonstrate urgency when in the field.
* Hand: Play in a complete game of rounders with markings and four bases.
* Heart: Understand teammates perspective & motivation when accumulating runs/rounders.
 | * Head: Apply with consistency standard rules of (modified) games.
* Hand: Attempt to track and catch high balls in isolation and game play.
* Heart: Work as a pair to field long balls.
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| **Application Task** | Intra-competition in house groupsCNSSP Competition Link  | Intra-competition in house groups | Intra-competition in house groupsCNSSP Competition Link | Intra-competition in house groupsCNSSP Competition Link |