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