|  |
| --- |
| **Physical Education** **Core Curriculum** **Year 1&2****Summer Term Year A**  |
|  | **Summer Term 1** | **Summer Term 2** |
| **Unit of Work** | Run, Jump & ThrowUnit 2 (Year 2) | Hit, Catch & RunUnit 1 (Year 1) | Hit, Catch & RunUnit 2 (Year 1) | Attack, Defend & ShootUnit 2 (Year 1) |
| **Prior Learning**  | Thrown and handled a variety of objects. Developed power, agility, coordination and balance. Negotiated obstacles showing increased control. | Pupils will have used a variety of balls, beanbags, bats and markers. Can roll and follow a rolling ball. Mastered movements such as walking, running and jumping. | Able to hit objects with hand or bat. Tracked and retrieve a rolling ball. Throw and catch a variety of balls and objects. | Practice basic movements, including running, jumping etc. Engage in competitive activities. Experience opportunities to improve ABCs. |
| **Unit Focus – Key Knowledge & Skills**  | Improve running and jumping movements over sustained periods. Reflect on activities and make connections to healthy, active lifestyles. Jump for distance and height. | Able to hit objects with hand or bat. Track and retrieve a rolling ball. Throw and catch a variety of balls and objects. | Develop sending and receiving skills to benefit fielding as a team. Distinguish between the roles of batters and fielders. Introduce the concept of simple tactics. | To recognise rules and apply them. Use and apply simple strategies for invasion games. Preparing for and explaining the reasons why we enjoy exercise. |
| **Key Questions** | 1. What does it mean to be part of a team?
2. How does it feel playing under pressure?

3. Why is it important to practice when we learn something new? | 1. Now there are fielders in the striking zone, where should you aim to hit?2. How can you improve your scores working in teams?3. How are you working together to stop strikers from scoring points? | 1. Why should you try to hit to space?2. How did you try to score maximum runs?3. Why does catching the ball mean a player does not get any runs? | 1. Why do we need to have a good defensive position when defending a hoop?2. Where should we move to defend if attackers move to the outside?3. How did attackers score points in this game? |
| **Progression of Learning in lessons-Objectives covered**  | * Can I work individually to run over a longer distance?
* Can I improve strength to increase our jumping distance?
* Can I create power when throwing for distance?
* Can I use breathing techniques to be able to run more?
* Can I cooperate with our partners to complete a task well?
* Can I listen to others and work as a team to achieve the highest score possible?
 | * Can I select a space to throw or roll a ball into?
* Can I track and collect a rolling ball?
* Can I catch a ball to stop an opponent from scoring?
* Can I use my hands to hit a ball?
* Can I run between bases to score points?
* Can I work as a team to score points?
 | * Can I catch a ball over a short distance?
* Can I begin to hit a ball with power?
* Can I position myself in the path of a ball?
* Can I field the ball to a base?
* Can I catch a high ball?
* Can I stop another team from scoring?
 | * Can I find my pulse on my wrist?
* Can I move side to side to defend a goal?
* Can I bounce a ball with control to myself?
* Can I aim at different targets?
* Can I adapt to a game with changing rules?
* Can I play the best defensive position in a game?
 |
| **Vocabulary** | Lunges, strength, power, repetition, power, accuracy, agility, burn, stamina, fitness, persevere, tally, develop, lap, cooperate, compete. | Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw. | Batter, bowl, catch, collect, feed, field, hit, hitter, pick up, retrieve, roll, stop, strike, throw. | Cooperate, defend, fluency, heart rate, outwit, physical activity, pitch. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Begin to makes links between components of fitness.
* Hand: Use agility in running games.
* Heart: Consider others when playing games
 | * Head: Able to identify when a point has been scored and keep count of the score.
* Hand: Run between bases to score points.
* Heart: Work collaboratively to score runs showing encouragement and support.
 | * Head: Can choose where to send the ball to maximise chance to score.
* Hand: Retrieve and return a ball to base.
* Heart: Decide as a team best positioning to intercept balls.
 | * Head - Discuss changes in the body brought about by exercise.
* Hand - Judge when and where to move to get in a defensive position.
* Heart - Cooperate to perform a range of challenges using skills such as signalling.
 |
| **Application Task** | Intra-competition in house groups | Intra-competition in house groups | Intra-competition in house groups | Intra-competition in house groups |