|  |
| --- |
| **Physical Education** **Core Curriculum** **Year 3&4****Summer Term Year A**  |
|  | **Summer Term 1** | **Summer Term 2** |
| **Unit of Work** | Athletics(Year 3) | Tennis(Year 3) | Rounders(Year 4) | Cricket(Year 4) |
| **Prior Learning**  | Linked running and jumping movements. Move safely around between and over apparatus. Worked with a variety of equipment. | Can make it difficult for their opponent to score a point. Begun to choose specific tactics. Transferred net/wall skills. Improved agility and coordination and use in a game. | To be able to play simple rounders games. To apply some rules to games. To develop and use simple rounders skills. | Adhered to some of the basic rules of cricket. Developed a range of skills to use in isolation and a competitive context. Strike a bowled ball. |
| **Unit Focus – Key Knowledge & Skills**  | Control movement in response to instructions. Demonstrate agility and speed. Jump for height and distance. Throw with speed and power and apply appropriate force. | To identify and describe some rules of tennis. Serve to begin a game and explore forehand hitting. | To develop a range of skills in a competitive context. Choose and use a range of simple tactics in isolation and a game context. Identify different roles in rounders. | Develop and apply a range of skills in competitive context. Choose and use a range of simple tactics in isolation and game context. Consolidate existing skills and apply with consistency. |
| **Key Questions** | 1. Did you complete an activity and change your technique to improve your score?2. What recording system did you use for counting and keeping track of points scored? | 1. What is the role of an umpire?2. What skills/techniques have you been using to score points against your opponent?3. How did you try to improve your performance when playing different players? | 1. Where must you bowl a ball?2. What ready position should a back stop take up?3. How can we earn a full rounder?4. How can we earn half a rounder? | 1. When would a player attempt a pull shot in a game?2. Why do we want to bowl overarm? (More powerful, quickest, can vary the ball to make it harder for the batter to hit).3. Why is it beneficial to only pick the ball up with one hand? |
| **Progression of Learning in lessons-Objectives covered**  | * Can I jump and hop in sequence?
* Can I run at different speeds?
* Can I approach and jump hurdles?
* Can I throw a javelin using the pull throw technique?
* Can I perform a variety of skipping techniques?
* Can I keep score accurately over a range of events?
 | * Can I use the ready position to return a ball?
* Can I hit the ball to different parts of the court using a forehand hit?
* Can I perform an underarm serve to start a rally?
* Can I move towards a ball to return it over the net?
* Can I play cooperatively with a partner to keep the ball moving over the net?
* Can I perform forehand hits to score points in a competition?
 | * Can I hit the ball in different directions?
* Can I run between posts and avoid getting stumped out?
* Can I intercept a ball using one hand?
* Can I underarm bowl abiding by the rules of bowling?
* Can I play the role of backstop and use in a small game?
* Can I learn the rounders scoring system and use it in a game?
 | * Can I hit the ball in different directions?
* Can I anticipate when to run to score singles?
* Can I intercept a moving ball with one hand?
* Can I bowl overarm?
* Can I use the pull shot in a game situation?
* Can I field a bouncing ball effectively?
 |
| **Vocabulary** | Run, jump, throw, agility, power, speed, track, force, distance, curve, accelerate, hurdles, pull, record, pace, approach, combine. | Hit, return, court, forehand, backhand, bounce, points, score, net, tactics, underarm, overarm. | Zones, directing, speed, avoid, intercept, role, scoring system, gain, stumped. | Zones, directing, conditioned game, intercepting, isolation, pull shot, ground ball, overarm bowling, run singles. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Compete with others and record points.
* Hand: Link running and jumping activities with some fluency and consistency.
* Heart: Identify how to improve.
 | * Head – Keep Count/score of a game.
* Hand – Show tennis-ready position.
* Heart – Play against an opponent.
 | * Head: Play in a game using rounders scoring system.
* Hand: Play backstop role in small game situations.
* Heart: Identify and describe some successful play.
 | * Head: With increasing consistency, choose where to direct a hit from a bowled ball.
* Hand: Track and intercept the ball along the ground sometimes collecting with 1 hand.
* Heart: Show fair play such as accepting if they were run out or stumped.
 |
| **Application Task** | Intra-competition in house groupsCNSSP Competitions | Intra-competition in house groups  | Intra-competition in house groups | Intra-competition in house groups |