|  |
| --- |
| **Physical Education** **Core Curriculum** **Year 5&6****Autumn Term Year A**  |
|  | **Autumn Term 1** | **Autumn Term 2** |
| **Unit of Work** | Football(Year 5) | Tag Rugby(Year 6) | Hockey(Year 5) | Handball(Year 5) |
| **Prior Learning**  | Introduced to some defensive skills. Can dribble in different directions using different parts of their feet. Pass for distance Evaluate skills to aid improvement. | Combined basic tag rugby skills such as catching and quickly passing in one movement. Selected and implemented appropriate skills in a game situation. Begun to play effectively when attacking and defending. Increased the power of passes so the ball can be moved quickly over greater distance. | Learned about attacking as a team and moving toward a goal. Able to follow the basic rules for modified/mini hockey games. Learned how to pass, receive, control, dribble and shoot. | Developed 3 step rule incorporating bounce. Defended and prevented attacks by blocking and intercepting. Passed and moved with the ball to set up attacks. Demonstrated and implemented the rules of handball. |
| **Unit Focus – Key Knowledge & Skills**  | Play effectively in a variety of positions and formations. Relate a greater number of attacking and defensive tactics Become more skilful when performing movements at speed. | Choose and implement a range of strategies and tactics to attack and defend. Combine and perform more complex skills at speed. Observe, analyse and recognise good individual and team performances. Suggest, plan and lead a warm-up as a small group. | Combine basic hockey skills such as dribbling and push pass. Select and apply skills in a game. Play effectively in different positions on the pitch including in defence. Increase power and strength of passes, moving the ball over longer distances. | Use specific handball skills in games. Begin to play effectively in different positions. Increase power and strength of passes, moving the ball over longer distances. Use a wide range of handball rules consistently. |
| **Key Questions** | 1. Why is regaining possession quickly crucial in a game?2. What does possession mean?3. Why is it essential to be goal-side of your player when marking? | 1. How should we tell other players the areas they need to improve on?2. Why is it important to organise your team quickly into defensive positions?3. Being able to change speed and direction quickly helps our defending; why? | 1. How can you as an individual player help build an attack towards the goal?2. When you are marking in defence where should you position yourself?3. If the ball hits someone’s foot what happens? | 1. Which areas of handball do you feel you need to work on?2. What is a set play?3. Can you name any other sports that would use set plays? |
| **Progression of Learning in lessons-Objectives covered**  | * Can I turn with the ball?
* Can I travel quickly and effectively when running with the ball?
* Can I combine running with the ball and passing it into space?
* Can I maintain position when attacking to create space?
* Can I perform a step over to beat a defender?
* Can I control a bouncing ball by keeping it close to my body?
 | * Can I create attacking continuity by supporting a player?
* Can I use set plays to attack and create space?
* Can I develop and use the 3 step rule?
* Can I create scoring opportunities as the ball carrier?
* Can I change from an attacking to a defensive formation?
* Can I observe and analyse my classmate’s performance?
 | * Can I perform a block tackle to dispossess an attacker?
* Can I use fast accurate passes to create scoring opportunities?
* Can I mark an attacker closely to stop them receiving the ball?
* Can I perform a sweep hit to send the ball first time?
* Can I move the ball quickly from left to right to outwit a defender?
* Can I use a variety of techniques to keep possession in a game?
 | * Can I complete a jump shot?
* Can I goal keep by closing the angles attackers can shoot from?
* Can I double fault rule and how it applies to dribbling?
* Can I perform a pivot to create space to pass or shoot?
* Can I role of set plays to create opportunities to score?
* Can I select and apply new skills in a competition situation?
 |
| **Vocabulary** | Distance, perform, consistent, speed, fair play, regain, possession, goal side, interchange, position, maintain. | Transition, principle, STEP, agility, turnover, support, observe, analyse. | Teamwork, score, shoot, positions, power, distance, perform, consistent, fair play. | Dribble, block, screen, pivoting, steps, double fault, offensive foul, free throw. |
| **Personal Development****(Head, Hand, Heart)** | * Head: Select an appropriate conclusion to a run with the ball.
* Hand: Receive the ball and turn.
* Heart: Use individual skills to keep possession.
 | * Head – Use STEP principle to plan a warm-up
* Hand – Use speed and agility in gameplay
* Heart -Suggest ways to improve set plays
 | * Head: Apply basic defensive positions.
* Hand: Able to combine basic skills such as dribbling and passing.
* Heart: Work as a team to attack and defend.
 | * Head – Play in formations and execute ‘set plays’ in game situations.
* Hand – Use an offensive dribble to progress quickly up the court.
* Heart – Explain how a team’s passage of play was successful.
 |
| **Application Task** | Intra-competition in house groupsCNSSP Competition Links  | Intra-competition in house groupsCNSSP Competition Links | Intra-competition in house groupsCNSSP Competition Links | Intra-competition in house groups |