

**PE  
3.4**

**Term 1.1**

Sport	Vocab	Key Skills	Outcomes	Sport Specific knowledge
Hockey	Attacker Defender Possession Space Intercepting Shooting barrier	<p>Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball. Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team. Pupils will develop life skills such as respect and communication as they collaborate with others including their oppoenets. Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and self motivation.</p>	<p>The unit of work will explore how to apply the principles of attack vs defence, with a particluar focus on passing and moving and dribbling. Pupils will learn how to keep possession and eventually score in order to win a modified game</p>	
Communication and Tactics	Communication Tactics Teamwork Strategy Attacker Defender Tag	<p>Pupils will work within teams to complete the different problem solving challenges successfully. Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team.</p>	<p>The unit of work will explore what makes an effective team through different problem-solving challenges. Throughout the unit, there will be a focus on pupils developing their communication skills, essential</p>	

		Pupils will develop life skills such as collaboration and communication as they apply both speaking and listening skills within their teams. Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.	to working within a team to complete the activities.	
<b>Term 1.2</b>				
Sport	Vocab	Knowledge	Outcomes	Sport Specific knowledge
Dodgeball	Attacker Possession Defender Dodge Throw Catching	Pupils will develop their dodging, throwing and catching skills to outwit their opponents and win the game. Pupils will apply an understanding of where, when and why we dodge, throw and catch, in order to beat an opponent. Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents. Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and take responsibility leading others	The unit of work will explore how to apply the principles of attack vs defence in dodgeball. Pupils will develop an understanding of when, where and why we need to dodge, throw, catch and change direction during a game.	

Gymnastics – Assymetrical and Symmetrical	Excellent gymnastics Linking Flow Interesting Extension Symmetrical Asymmetrical	Pupils will execute ‘excellent’ balances and movements in both symmetrical and asymmetrical ways. Pupils will be able to link these movements and balances together. Pupils will develop life skills such as resourcefulness and evaluation as they create their sequences in pairs, making any adaptations when necessary Pupils will collaborate showing cooperation skills with their partner as they work together to create their sequences and share apparatus space with others. Pupils will develop their resilience and ability to remain self motivated as they strive to improve their sequences even when they find it hard.	The unit of work will focus on exploring movements and balances in symmetrical and asymmetrical ways. Pupils will create sequences starting with their symmetrical balance on apparatus, moving out of it and travelling to a new piece of apparatus and ending in their asymmetrical balances applying flow.	
<b>Term 2.1</b>				
Sport	Vocab	Knowledge	Outcomes	Sport Specific knowledge
Gymmastics Cannon and Unison	Excellent gymnastics Linking Sequence Interesting Apparatus Unison	Pupils will develop life skills such as evaluation as they create their sequences in pairs/groups, making any adaptations when necessary. Pupils will collaborate showing	The unit of work will challenge pupils to develop and apply an understanding of canon and unison to create sequences. Pupils will work in small groups to create sequences that	

	Cannon	<p>cooperation skills with their partners/groups as they work together to create their sequences and share apparatus with others. Pupils will develop their resilience and ability to remain self-motivated as they strive to improve their sequences even when they find it hard.</p> <p>Pupils will execute 'excellent' movements in both canon and unison. Pupils will be able to link these movements together forming sequences.</p>	combine both canon and unison, using a range of apparatus that flow	
Problem solving	<p>Communication Tactics Teamwork Strategy Problem solving Cooperation</p>	<p>Pupils will work within a team to complete the different problem solving challenges successfully. Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team. Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.</p> <p>Pupils will develop life skills such as respect and communication as they collaborate with their team</p>	The unit of work will explore what makes an effective team through different problem-solving challenges. Throughout the unit, there will be a focus on pupils developing skills essential to working within a team.	

		members to successfully complete the challenges.		
<b>Term 2.2</b>				
Sport	Vocab	Knowledge	Outcomes	Sport Specific knowledge
Tag Rugby	Attacker Defender Possession Dodge Try Tagging/Tag Ball Carrier	Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball. Pupils will explore how we tag an opponent. Pupils will apply an understanding of where, when and why we pass and move, in order to score a try. Pupils will understand the importance of tagging. Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and self-motivation. Pupils will develop life skills such as cooperation and communication as they collaborate with others including their oppoenets.	The unit of work will explore how to apply the principles of attack vs defence, with a particluar focus on passing and moving to score a try. Pupils will develop their understanding of when, where and why they need to create space when they are attacking.	
Netball	Attacker Defender Possession Chest pass Footwork	Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball. Pupils will apply an understanding of where, when and why we pass and move, in	The unit of work will explore how to apply the principles of attack vs defence, with a particluar focus on passing and moving. Pupils will learn how to keep possession and eventually	

		order to score points against another team. Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents. Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.	score in order to win a modified game.	
<b>Term 3.1</b>				
Sport	Vocab	Knowledge	Outcomes	Sport Specific knowledge
Cricket	Throwing Catching Outwit Strike Batting Fielding Out	Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game. Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding). Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents. Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.	The unit of work will explore how to apply the principles of attack vs defence in a cricket context. Pupils will learn how to utilise fielding skills to keep the batter's score as low as possible. Pupils will also explore batting skills to outwit the fielders and score as many runs (points) as possible.	

Swimming				
Term 3.2				
Sport	Vocab	Knowledge	Outcomes	Sport Specific knowledge
Athletics	Tactics Speed Acceleration Distance Accuracy Relay Change over	Pupils will develop their ability to run and jump as fast/far as possible with the correct techniques and throw for distance exploring the most effective technique. Pupils will apply an understanding of how to use the correct technique for running fast, jumping far and throwing for distance and why it is so important. Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination. Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.	The unit of work will explore how we can use our bodies to run as fast as possible, exploring the correct technique individually and within teams. Pupils will also begin to examine how to jump as far as possible and compare throwing accurately with throwing for distance.	