

**PE
YEAR 4/5**

Term 1.1

| Sport | Vocab | Key skills | Outcomes | Sports Specific Knowledge |
|---------|---|--|---|---------------------------|
| Hockey | Attacker Defender Dribbling Marking Tackling Blocking Free hit | Pupils will be able to apply a secure understanding of passing, moving and dribbling and develop their skills of blocking and tackling, to prevent attacks. Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills. | The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity. | |
| Bridges | Excellent gymnastics Extension Control Interesting Bridge Levels Flow | Pupils will execute 'excellent' balances and movements within the 'bridges' theme. Applying flow, pupils will link these movements and balances together. Pupils will apply life skills such as resourcefulness and evaluation as they create their sequences in pairs, making adaptations when necessary. | The unit of work will focus on exploring bridge balances and the ways we can move in and out of them over and under them, on the floor and on the apparatus. Pupils will create sequences combining movements and bridge balances in pairs, applying flow and challenging their creativity. | |

Term 1.2

| Sport | Vocab | Key skills | Outcomes | Sports Specific Knowledge |
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| Dodgeball | Attacker Defender | Pupils will be able to apply a secure understanding of | The unit of work will develop pupils' ability to apply the | |

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| | Dodge Ducking Jumping Aiming | dodging, throwing, jumping, ducking and catching skills to outwit their opponents and win the game. Pupils will demonstrate an understanding of the importance of apply skills at the right time (where, when and why) in order to win a game | principles of attack vs defence in games. Pupils will apply their throwing, catching and dodging skills combining these with their understanding of team work to try and win the game. | |
| Problem solving | Communication Tactics Teamwork Strategy Non-verbal communication Verbal communication | Pupils will work within teams to find effective strategies and tactics in order to complete the different problem solving challenges successfully. Pupils will apply an ability to evaluate and improve strategies to solve the problems | The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils' ability to apply skills essential to working within a team as well as create effective tactics. | |
| Term 2.1 | | | | |
| Sport | Vocab | Key skills | Outcomes | Sports Specific Knowledge |
| Dance | Excellent dancers Expression Creativity Choreography Motif Street art Toprock Breakdance | Pupils will perform accurately and convincingly as they bring street art to life through movement. Pupils can perform with flow showing clarity and fluency. Pupils will consolidate their ability to evaluate their own and others' performances. Pupils will apply effective decision making as they construct their movements | The unit of work will challenge pupils to bring different types of street art to life through movement and expression. Pupils will be able to understand and depict the emotion behind certain street art and use different types of choreographical skills to tell a story/deliver a message. | |
| Swimming | | | | |

| Term 2.2 | | | | |
|---------------------------|---|--|--|----------------------------------|
| Sport | Vocab | Key skills | Outcomes | Sports Specific Knowledge |
| Tag Rugby | Space Attacker Defender Forward pass Offside | Pupils will be able to apply a secure understanding of passing, moving to create space and score. Pupils will apply tagging to prevent an attacker scoring. Pupils will demonstrate a growing understanding of the difference between attack and defence, understanding when and why to apply certain skills | The unit of work will develop pupils' ability to apply the principles of attack vs defence. Pupils will combine passing and moving to develop ways of creating space to beat an opponent to score a try. Pupils will also develop tagging and to explore different ways the defending team can prevent the attackers from scoring. | |
| Netball | Attacker Defender Possession Chest pass Footwork | Pupils will be able to apply a secure understanding of passing, moving and shooting in order to score points against another team. Pupils will demonstrate a growing understanding of the difference between attack and defence by making effective decisions and creating simple tactics. | The unit of work will develop pupils' ability to apply the principles of attack vs defence, with a particular focus on creating simple attacking tactics in order to move the ball up the court, creating an attack that results in a shooting opportunity. | |
| Term 3.1 | | | | |
| Sport | Vocab | Key skills | Outcomes | Sports Specific Knowledge |
| Communication and tactics | Communication Tactics Teamwork Strategy Responsibility Listening | Pupils will work within teams to find effective strategies and tactics in order to complete the different challenges successfully. Pupils will apply an ability to | The unit of work will develop pupil's ability to apply effective teamwork through different problem-solving challenges. Throughout the unit, there will be a focus on pupils applying | |

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| | Trust | evaluate and improve strategies to solve the problems. | effective communication skills, essential to working within a team to complete the activities. | |
| Cricket | Retrieving Bowling Strike Batting Fielder The long barrier | Pupils will develop their bowling, throwing, catching, stopping, retrieving and batting skills applying increasing accuracy to outwit their opponents and win the game. Pupils will apply an understanding of where, when and why we utilise our fielding skills to stop the batters using their batting skills to outwit the fielders. | The unit of work will develop pupils ability to apply the principles of attack vs defence in a cricket context. Pupils will develop a range of more advanced fielding skills to keep the batter's score as low as possible. Pupils will also develop their batting skills to outwit the fielders and score as many runs (points) as possible | |
| Term 3.2 | | | | |
| Sport | Vocab | Key skills | Outcomes | Sports Specific Knowledge |
| Athletics - Running Throwing Jumping | Tactics Speed Distance Pace Power Stride pattern | Pupils will be able to apply the correct technique for sprinting. They will explore pacing and the correct technique for triple jump and javelin. Pupils will apply a developing understanding of the correct technique for running fast vs pacing, triple jump, javelin and why the correct technique is important. | The unit of work will develop pupils' ability to develop their own sprinting technique, analysing their own performance. Pupils will compare sprinting to running for distance and pacing. The unit will introduce throwing for distance with javelins and explore the triple jump. | |