

## Year 1 - Medium Term Planning - PE - Spring 1

### Ball Skills – (Feet) & Dance



Prior Learning Links	Essential Knowledge & End Points	Key Vocabulary	
Dribble the ball keeping control and move the ball into spaces avoiding any defenders. Apply developing concentration skills whilst focusing on the ball and listening to instructions.	Pupils will consolidate their ability to dribble the ball keeping control and moving into spaces. Pupils will develop their ability to pass the ball accurately. Pupils will demonstrate developing concentration skills as they focus on the target, their partner and the ball.	<b>Attacking, defending, space, dribbling, passing, control, speed, direction.</b>	
	Knowledge	As Athletes, we will...	
<b>Session 1:</b>	To recap prior learning from EYFS. To recap the different ways of using our feet to move with a ball. To develop their understanding of the meaning of the word, 'control,' and why it is important to keep the ball close to them.	<ul style="list-style-type: none"> <li>Explore moving the ball with our feet using small touches and keeping the ball close.</li> <li>Follow commands when dribbling with a ball.</li> <li>Dribble a ball around the space using the inside and outside of our feet.</li> </ul>	<b>Assessment opportunity</b>
<b>Session 2:</b>	Develop using feet to move with a ball and develop using the inside and outside of feet to dribble the ball.	<ul style="list-style-type: none"> <li>Dribble their ball around the space keeping control, responding to commands.</li> <li>Dribble, with control, a ball with the inside and outside of our feet, following a partner.</li> <li>Understand the consequence in a game of moving the ball close to defender/opponent.</li> <li>Continue to develop stopping the ball with our feet.</li> </ul>	
<b>Session 3:</b>	To apply dribbling with our feet into games and apply their dribbling technique, keeping the ball away from their opponents.	<ul style="list-style-type: none"> <li>Move the ball with control and keep the ball close.</li> <li>Move the ball using the insides and outsides of our feet.</li> <li>Stop the ball using their feet?</li> <li>Move the ball around the space keeping away from the defenders.</li> <li>Understand the consequence in a game of moving the ball close to the defenders.</li> </ul>	
<b>Session 4:</b>	To develop dribbling technique keeping the ball away from their opponents and begin to understand the consequences of what happens if they do not dribble into space, keeping the ball close to them.	<ul style="list-style-type: none"> <li>Move the ball with control and keep the ball close to us.</li> <li>Move the ball around the space keeping away from defenders.</li> <li>Move the ball using the insides and outsides of our feet.</li> </ul>	
<b>Session 5:</b>	To explore kicking (passing) a ball. To work with a partner and begin to understand how to kick a ball towards a target and understand why passing needs to be accurate.	<ul style="list-style-type: none"> <li>Learn and use the correct passing technique (place our non-kicking foot beside the ball to aim, pointing our foot in the direction we are kicking)</li> <li>Kick (pass) the ball towards a target using the inside of their foot?</li> <li>Pass the ball with control.</li> <li>Pass the ball through targets to score points.</li> </ul>	
<b>Session 6:</b>	To develop pupils kicking (passing) technique applying this into a game to score points. To develop their understanding of why we need to be accurate when kicking (passing) a ball and to collaborate and work together in a team.	<ul style="list-style-type: none"> <li>Use our non-kicking foot to aim. Place our non-kicking foot beside the ball, pointing our foot in the direction we are kicking.</li> <li>Kick (pass) the ball towards a target using the inside of their foot.</li> </ul>	<b>Assessment opportunity</b>



## Year 2 - Medium Term Planning - PE - Spring 2

### Ball Skills (feet) & Dance



Prior Learning Links	Essential Knowledge & End Points	Key Vocabulary	
Dribble the ball keeping control and moving into spaces. Pass the ball accurately. Demonstrate developing concentration skills as they focus on the target, their partner and the ball.	Pupils will be able to apply their passing and dribbling skills in order to keep possession and score a point. Pupils will focus on their partner and team members, developing an understanding of the consequences in a game when mistakes are made.	<b>Attacker, defender, possession, space, dribbling, passing, receiving</b>	
	Knowledge	As Athletes, we will...	
<b>Session 1:</b>	To recap prior learning from year 1. To develop dribbling using our feet in order to keep control and possession of the ball.	<ul style="list-style-type: none"> <li>• Move around the space dribbling a ball with close control, developing into keeping possession from defenders.</li> <li>• Change speed and direction when dribbling.</li> <li>• Move the ball with control</li> <li>• Move the ball using the insides and outsides of our feet.</li> <li>• Understand the consequence in a game of moving the ball close to the defenders.</li> </ul>	
<b>Session 2:</b>	To develop passing and receiving using our feet in order to keep possession of the ball.	<ul style="list-style-type: none"> <li>• Refine dribbling skills with close control.</li> <li>• Keep possession (attacker) and gain possession (defender) in small skill-based games.</li> <li>• Combine passing, receiving and dribbling to keep possession to as a team.</li> <li>• Use our non-kicking foot to aim (Place our non-kicking foot beside the ball, pointing our foot in the direction we are kicking) to pass a ball towards a target using their feet.</li> <li>• Pass the ball towards a target using the inside of our foot and pass the ball with control.</li> </ul>	
<b>Session 3:</b>	To combine dribbling, passing and receiving using our feet in order to keep possession of the ball.	<ul style="list-style-type: none"> <li>• Pass a ball towards a target using their feet.</li> <li>• Kick (pass) the ball towards a target using the inside of our foot.</li> <li>• Dribble, pass and receiving in scoring zones.</li> <li>• Dribble a ball around the space avoiding the defenders (<b>Possession</b>).</li> </ul>	
<b>Session 4:</b>	To develop dribbling using our feet in order to keep possession and score a point.	<ul style="list-style-type: none"> <li>• Dribble the ball with control.</li> <li>• Keep the ball away from defenders.</li> <li>• Keep the ball close to them.</li> <li>• Move the ball around the space keeping away from the defenders.</li> <li>• Understand the consequence in a game of moving the ball close to the defenders.</li> </ul>	
<b>Session 5:</b>	To combine dribbling, passing and receiving using our feet, in order to keep possession and score a point.	<ul style="list-style-type: none"> <li>• Receive the ball.</li> <li>• Pass a ball towards a target using our feet.</li> <li>• Use their non-kicking foot to aim (Place our non-kicking foot beside the ball, pointing our foot in the direction we are kicking).</li> <li>• Kick (pass) the ball towards a target using the inside of their foot with control</li> </ul>	
<b>Session 6:</b>	To apply their knowledge and understanding of dribbling, passing and receiving in order to keep possession as a team and score a point.	<ul style="list-style-type: none"> <li>• Dribble the ball with control.</li> <li>• Keep the ball away from the defenders.</li> <li>• Receive the ball</li> <li>• Pass a ball towards a target using our feet with control.</li> <li>• Look at our team members when passing.</li> </ul>	<b>Assessment opportunity</b>





# Year 3 - Medium Term Planning - PE - Spring 1

## Hockey & Dance



Prior Learning Links	Essential Knowledge & End Points	Key Vocabulary
	<b>Knowledge</b>	<b>As Athletes, we will...</b>
<b>Session 1:</b>	To introduce dribbling in order to keep control and possession of the ball. To develop an understanding of how to dribble the ball keeping possession to beat an opponent.	<ul style="list-style-type: none"> <li>• Dribble keeping control</li> <li>• Hold the stick correctly and dribble using the correct technique (Left hand at the top, right hand lower down (speed), knees bent and back straight).</li> <li>• Continuously dribble keeping possession and control of the ball.</li> </ul> Change speed and direction when dribbling when pressure is applied by a defender and without pressure.
<b>Session 2:</b>	To introduce passing and receiving in order to keep possession of the ball.	<ul style="list-style-type: none"> <li>• Pass to their partner's stick and control the ball?</li> <li>• Adopt the correct technique when passing (Left hand at the top, right hand lower down (strength), knees bent and back straight).</li> <li>• As attackers without the ball, move into a space to receive it.</li> <li>• In teams, pass around the defender.</li> <li>• Outwit opponents and keep possession of the ball.</li> </ul>
<b>Session 3:</b>	To use pupils' prior knowledge and understanding of passing and dribbling, to create space whilst keeping possession, developing this concept into mini games.	<ul style="list-style-type: none"> <li>• Continuously dribble keeping possession and control of the ball and change speed and direction when dribbling.</li> <li>• Outwit their opponents and keep possession of the ball.</li> <li>• Identify and move into space.</li> <li>• Demonstrate physically and cognitively that they understand when, where and why they dribble or pass to create space.</li> <li>• Understand why it is important to support their team members, making space for a pass</li> </ul>
<b>Session 4:</b>	To develop passing, receiving and dribbling to create space when attacking, building up into mini games where pupils will explore the transition between attack and defence.	<ul style="list-style-type: none"> <li>• In teams, are pupils able to pass around the defender to keep possession.</li> <li>• Change speed and direction when dribbling to outwit their opponents and keep possession of the ball.</li> <li>• Apply an understanding of passing and moving to score points against another team.</li> <li>• demonstrate physically and cognitively that we understand where we pass a ball and why.</li> <li>• Understand the difference between attack and defence.</li> <li>• Organise our team and lead an attack against the opposition.</li> </ul>
<b>Session 5:</b>	To introduce pupils to shooting. Pupils will understand when, where and why they shoot from in order to increase their chances of scoring.  Pupils should be able to apply their prior learning of passing, moving and dribbling to move the ball up the pitch, creating an attack that results in a shot.	<ul style="list-style-type: none"> <li>• Apply the correct technique when shooting (Left hand at the top, right hand lower down (strength), knees bent and following through with their stick towards the goal)</li> <li>• Take shots successful.</li> <li>• Apply an understanding of passing, moving and dribbling to score points against another team.</li> </ul>

<b>Session 6:</b>	To bring together the suggested sequence of learning into a level 1 tournament.	<ul style="list-style-type: none"><li>• Apply an understanding of passing, receiving, moving and dribbling to score points against another team.</li><li>• Demonstrate physically and cognitively that they understand where they dribble and pass a ball and why.</li><li>• Collaborate and work together in their teams.</li></ul>	<b>Assessment opportunity</b>
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# Year 4 - Medium Term Planning - PE - Spring 1

## Hockey & Dance



Prior Learning Links	Essential Knowledge & End Points	Key Vocabulary
<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.</p>	<p>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.</p>	<p><b>Attacker, defender, dribbling, marking, tackling, blocking, free hit</b></p>
	Knowledge	As Athletes, we will...
<p><b>Session 1:</b></p>	<p>To recap prior learning from year 3. To refine dribbling in order to keep control and possession of the ball.</p>	<ul style="list-style-type: none"> <li>• Dribble keeping control.</li> <li>• Hold the stick correctly and dribble using the correct technique (Left hand at the top, right hand lower down the stick, knees bent and back straight).</li> <li>• Continuously dribble keeping possession and control of the ball. Change speed and direction when dribbling even when pressure is applied.</li> </ul>
<p><b>Session 2:</b></p>	<p>To refine passing and receiving in order to keep possession of the ball and apply their passing, (short and long) and moving skills to keep possession.</p>	<ul style="list-style-type: none"> <li>• Control the ball.</li> <li>• Continue to adopt the correct technique when passing.</li> <li>• As attackers, without the ball move into a space to receive it.</li> <li>• Pass around the defender and outwit opponents and keep possession of the ball.</li> <li>• Demonstrate physically and cognitively that we understand when, where and why we pass.</li> </ul>
<p><b>Session 3:</b></p>	<p>To apply prior learning of passing and dribbling to create an attack that results in a shooting opportunity.</p>	<ul style="list-style-type: none"> <li>• In teams, keep possession when under pressure from a defender and outwit their opponent's keeping possession of the ball.</li> <li>• Combine passing and dribbling to create an attack with a shot on goal.</li> <li>• Apply an understanding of passing and dribbling to score points against another team.</li> <li>• Apply the correct technique when shooting and understand not just how to shoot but where to shoot from and why.</li> </ul>
<p><b>Session 4:</b></p>	<p>To develop passing and dribbling to create space to create an attack that results in a shooting opportunity.</p>	<ul style="list-style-type: none"> <li>• Outwit opponents and keep possession of the ball whilst changing speed and direction when dribbling.</li> <li>• Apply an understanding of passing and moving to score points against another team.</li> <li>• Demonstrate physically and cognitively that we understand where to pass a ball and why.</li> <li>• Understand the difference in roles between attack and defence.</li> <li>• Understand why it is important to support team members and make space for the pass.</li> </ul>
<p><b>Session 5:</b></p>	<p>To the introduce the concept of defending (intercepting, blocking and tackling) and how this can be applied during a game to prevent attacking opportunities.</p>	<ul style="list-style-type: none"> <li>• Understand how, when, where and why they intercept understand the difference between, intercepting, blocking and tackling and when, where and why these are used in a game.</li> <li>• Demonstrate how to mark the player with the ball.</li> <li>• Understand the difference between blocking and tackling.</li> <li>• Understand that our role changes (defender) as soon as we lose possession of the ball.</li> </ul>

<b>Session 6:</b>	To bring together the suggested sequence of learning into a level 1 tournament.	<ul style="list-style-type: none"><li>• Apply an understanding of passing, receiving, moving and dribbling to score points against another team.</li><li>• Mark opponents when defending.</li><li>• Understand the difference between blocking and tackling.</li><li>• Collaborate and work together in their teams and work against other teams collaboratively.</li></ul>	<b>Assessment opportunity</b>
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## Year 5 - Medium Term Planning - PE - Spring 1

### Hockey and **Dance**



Prior Learning Links	Essential Knowledge & End Points	Key Vocabulary
<p>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.</p>	<p>Pupils will be able to pass, move, dribble, shoot, tackle and block accurately and consistently, switching fluidly between attack and defence as possession changes. Pupils will begin to create and apply tactics that they can then adapt depending on the games situation.</p>	<p><b>Tactics, marking, attack, defend, counter attack, man-to-man marking, goal side.</b></p>
Knowledge		As Athletes, we will...
<b>Session 1:</b>	To recap prior learning from year 4. To refine dribbling and passing skills, combining these skills together to create an attack that results in a shooting opportunity.	<ul style="list-style-type: none"> <li>• Pass (long and short) accurately keeping possession.</li> <li>• Pass and dribble accurately and consistently and receive the ball at pace in space.</li> <li>• Show fluidity in movements and accuracy in our application.</li> <li>• Produce an attack and create a successful shooting opportunity.</li> <li>• Demonstrate with increasing effectiveness physically and cognitively that we understand when, where and why they pass or dribble and outwit opponents and keep possession of the ball.</li> </ul>
<b>Session 2:</b>	To develop pupils' knowledge and understanding of defending, (marking, tackling and blocking) and how this is applied during a game to prevent attacking opportunities.	<ul style="list-style-type: none"> <li>• tackle successfully and stop the pass by applying effective marking.</li> <li>• Mark the players off the ball.</li> <li>• Prevent an attacker passing them, by selecting and applying the correct technique or method when defending.</li> <li>• Work as a team when defending to prevent the opposition from shooting.</li> <li>• As defenders, follow an opponents' movements keeping close to them and demonstrate how to effectively mark the player with the ball.</li> <li>• Understand the term, "man-to-man marking," and when this is applied.</li> <li>• Build upon prior learning of defending to create and apply basic defending tactics.</li> </ul>
<b>Session 3:</b>	To refine shooting, applying this into game situations.	<ul style="list-style-type: none"> <li>• Apply a refined understanding of passing and dribbling to score points against another team accurately and consistently in small sided games.</li> <li>• Apply prior learning of passing and dribbling to create an attack that results in a successful shooting opportunity.</li> <li>• Use the correct shooting technique when pressure is applied and develop our understanding of where, when and why we shoot.</li> <li>• Switch fluidly between attacking and defending as possession changes.</li> </ul>
<b>Session 4:</b>	To refine attacking skills from suggested sequence of learning from lesson 1 and 3 and have a clear understanding of when, where and why they apply these skills during small sided games. To develop an understanding of the rules of hockey and will start to take responsibility for officiating their own games.	<ul style="list-style-type: none"> <li>• Consistently select an appropriate place to shoot.</li> <li>• Pass, dribble, move and shoot accurately and consistently.</li> <li>• Switch fluidly between attacking and defending as possession changes.</li> <li>• Produce an attack and create a shooting opportunity.</li> <li>• Apply a refined understanding of passing, dribbling and moving to score points against another team using real goals to shoot into.</li> <li>• Adapt our own tactics in order to improve performances.</li> </ul>



<p><b>Session 5:</b></p>	<p>To refine defending skills from suggested sequence of learning from lesson 2. To refine their defending (marking, tackling and blocking) skills applying defending tactics during a game to prevent attacking opportunities.</p>	<ul style="list-style-type: none"> <li>• As defenders, follow an opponent's movements keeping close to them (marking the players off the ball).</li> <li>• Stop the pass by applying effective marking.</li> <li>• Apply pressure by marking the player with the ball.</li> <li>• Work as a team when defending to prevent the opposition from shooting.</li> <li>• Switch fluidly between attacking and defending as possession changes and produce an attack and create a successful shooting opportunity.</li> </ul>	
<p><b>Session 6:</b></p>	<p>To bring together the suggested sequence of learning into a level 1 tournament.</p>	<ul style="list-style-type: none"> <li>• Apply a refined understanding of passing, dribbling and moving to score points against another team accurately and consistently.</li> <li>• Switch fluidly between attacking and defending as possession changes.</li> <li>• Produce an attack and create a successful shooting opportunity.</li> <li>• Apply the rules of hockey through officiating the games.</li> </ul>	<p><b>Assessment opportunity</b></p>



## Year 6 - Medium Term Planning - PE - Spring 1

### Hockey and **Dance**



Prior Learning Links	Essential Knowledge & End Points	Key Vocabulary
<p>Pupils will be able to pass, move, dribble, shoot, tackle and block accurately and consistently, switching fluidly between attack and defence as possession changes. Pupils will begin to create and apply tactics that they can then adapt depending on the game's situation.</p>	<p>Pupils will apply a refined understanding of attacking skills when in possession and utilise effective defensive skills to regain possession. Pupils will demonstrate create a range of attacking and defending tactics, applying these to their games and adapting when applicable.</p>	<p><b>Tactics, marking, attack, defend, counter attack, man-to-man marking, goal side, free hit.</b></p>
	Knowledge	As Athletes, we will...
<b>Session 1:</b>	To recap prior learning from year 5. To consolidate pupils' ability to use passing, dribbling and moving skills to keep possession and score.	<ul style="list-style-type: none"> <li>Apply a refined understanding of passing, dribbling and moving to score points against another team.</li> <li>In teams, pass around the defender accurately using a variety of passes.</li> <li>Outwit their opponents and keep possession of the ball applying effective decision making.</li> <li>Receive the ball at pace in space and keep possession for sustained periods of time.</li> <li>Plan and produce an attack, creating a successful shooting opportunity?</li> <li>Demonstrate physically and cognitively that they understand where to pass and dribble and why.</li> </ul>
<b>Session 2:</b>	To consolidate pupils' understanding of the rules of the game and how they can apply this knowledge in mini games. To apply knowledge of passing, dribbling and moving, to keep possession and create an attack that results in a successful shot.	<ul style="list-style-type: none"> <li>Apply a refined understanding of passing, dribbling and moving to score points against another team.</li> <li>Outwit opponents and keep possession of the ball applying effective decision making.</li> <li>Demonstrate a secure knowledge of the rules and officiate the games.</li> <li>Collaborate and apply the rules and positions within the game.</li> </ul>
<b>Session 3:</b>	To ensure pupils understand that they are defending as soon as they lose possession of the ball.	<ul style="list-style-type: none"> <li>Stop the pass by applying effective marking and mark the players off the ball.</li> <li>Follow an opponent's movements keeping close to them and effectively mark the player with the ball.</li> <li>Understand the term, "man-to-man marking," and when this is applied</li> <li>Refine their knowledge and understanding of defending (marking, tackling and blocking) and how this is applied during a game to prevent attacking opportunities.</li> </ul>
<b>Session 4:</b>	To consolidate the pupils' understanding of attacking tactics, applying them into game situations.	<ul style="list-style-type: none"> <li>Apply a refined understanding of passing, dribbling and moving to score points against another team.</li> <li>Switch fluidly between attacking and defending as possession changes.</li> <li>Demonstrate effective attacking skills i.e. passing and creating space?</li> <li>Understand our role and apply this role effectively within the game</li> </ul>
<b>Session 5:</b>	To consolidate the pupils understanding of defensive tactics applying them to into game situations.	<ul style="list-style-type: none"> <li>apply a refined understanding of marking, preventing attackers from shooting.</li> <li>Switch fluidly between attacking and defending as possession changes.</li> <li>Demonstrate effective defending skills i.e., marking and tackling.</li> <li>Apply pressure to the attacker by marking the player with the ball and effectively mark players without the ball.</li> <li>Understand the term, "man-to-man marking," and when this is applied.</li> </ul>

<b>Session 6:</b>	To bring together the suggested sequence of learning into a level 1 tournament.	<ul style="list-style-type: none"><li>• Apply a refined understanding of passing, dribbling and moving to score points against another team.</li><li>• Pass, move and shoot accurately and consistently.</li><li>• Switch fluidly between attacking and defending as possession changes.</li><li>• Plan and produce an attack and create a successful shooting opportunity.</li></ul>	<b>Assessment opportunity</b>
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