



<p>Prior Learning Links</p> <p>Pupils will develop their ability to push, roll and bounce a ball with control. They will learn to move the ball into spaces, avoiding defenders. Pupils will develop their concentration skills by focusing on the ball as they move it. Pupils will use their imagination as they take part in game activities.</p>	<p>Essential Knowledge & End Points</p> <p>Pupils will develop their ability to dribble the ball keeping control. Pupils will move the ball into spaces avoiding any defenders. Pupils will apply developing concentration skills as they focus on the ball and listen to all the instructions.</p> <p>Pupils will develop their ability to throw, roll and stop a ball with control. Pupils will explore catching and will be ready to receive a ball. Pupils will develop life skills such as concentration by focusing on the ball and the target. Pupils will listen carefully and follow the instructions.</p>	<p>Key Vocabulary</p> <p>Attacker, defender, space, opponent, dribbling, control</p> <p>Control, accuracy, aiming, distance, power, throwing, catching, rolling, stopping</p>
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	<p>Knowledge</p>	<p>As Athletes, we will...</p>
<p>Session 1:</p>	<p>To explore different ways of using our feet to move with a ball.</p> <p>To learn why we need to aim when we are throwing.</p>	<ul style="list-style-type: none"> kick (dribble) a ball with increasing control dribble with their dominant foot move into spaces avoiding other pupils explore kicking the ball in different ways throw a beanbag with their dominant hand focus on the target play by the rules
<p>Session 2:</p>	<p>To learn the meaning of the word control and start to understand why it is important to keep the ball close to them.</p> <p>to explore throwing (underarm) a beanbag.</p>	<ul style="list-style-type: none"> kick (dribble) a ball with increasing control dribble with their dominant foot move into spaces avoiding other pupils and the witches (defenders) adjust their speed and change direction to avoid the witches (defenders) throw a beanbag with increasing control throw a beanbag with their dominant hand focus on the target and play by the rules
<p>Session 3:</p>	<p>To develop their technique of dribbling the ball and understand why this is the most effective way to dribble, keeping control.</p> <p>To explore throwing (overarm) a beanbag and explore how they can use their bodies to throw with greater distance.</p>	<ul style="list-style-type: none"> kick (dribble) a ball with increasing control dribble with their dominant foot move into spaces avoiding other pupils and the police officers adjust their speed and change direction to avoid the police officers (defenders) throw a beanbag with increasing control throw a beanbag with their dominant hand remember how to throw underarm
<p>Session 4:</p>	<p>continue to develop their technique of dribbling the ball.</p> <p>To explore different ways of rolling a ball using our hands.</p>	<ul style="list-style-type: none"> kick (dribble) a ball with increasing control dribble with their dominant foot move into spaces avoiding the defenders adjust their speed and change direction to avoid the defenders roll a ball with increasing control roll a ball with their dominant hand listen to the instructions

<p>Session 5:</p>	<p>To continue to develop dribbling skills and their understanding of dribbling a ball.</p> <p>To explore different ways of stopping a ball using our hands.</p>	<ul style="list-style-type: none"> • kick (pass) a ball with increasing control • kick (pass) with their dominant foot • play by the rules and encourage their partner • roll a ball with increasing control • roll with their dominant hand • focus on the target 	
<p>Session 6:</p>	<p>To develop pupils' kicking and dribbling skills during competitions.</p> <p>To explore catching a beanbag and a small ball.</p>	<ul style="list-style-type: none"> • kick (pass) with their dominant foot • kick a ball with increasing control • move into spaces avoiding the defenders • adjust their speed and change direction to avoid the defenders • focus on the target before they dribble the ball • throw a beanbag with increasing control • throw a beanbag with their dominant hand • throw a ball with increasing control • throw a ball with their dominant hand • focus on the target 	<p>Assessment opportunity</p>



Year 1 - Medium Term Planning - PE – Summer 1

Rackets bats and balls & Learning through play



<p>Prior Learning Links</p> <p>Pupils will explore ways of playing and using different types of equipment. Pupils will learn how to play safely and move into a variety of spaces. Pupils will use their imagination explore different ways of moving and using the equipment. Pupils will use their concentration skills to understand the instructions.</p>	<p>Essential Knowledge & End Points</p> <p>Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target. Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.</p> <p>Pupils will respond to a set of instructions. Pupils will complete challenges against themselves and against others. Pupils will understand how to win and to lose, and what the consequences are of breaking the rules of a game.</p>	<p>Key Vocabulary</p> <p>Possession, control, attacker, defender, dribbling, accuracy, hitting, power.</p> <p>Rules, instructions, score, sharing, tag, tagging, leaders, competition, personal best, teamwork.</p>
	<p>Knowledge</p>	<p>As Athletes, we will...</p>
<p>Session 1:</p>	<p>To explore moving the ball using the racket, beginning an understanding of how and why we keep the ball close and controlled.</p> <p>To understand why we need to listen to the instructions when playing a game.</p>	<ul style="list-style-type: none"> • push (dribble) a ball with a racket with increasing control • push with their dominant hand using their racket • push the ball in different directions • respond to the instructions • understand why we have to follow the instructions carefully • play fairly and be brave and keep trying their hardest • follow all the instructions
<p>Session 2:</p>	<p>To develop an understanding of why moving a ball into a space is so important.</p> <p>To understand why we need to keep track of the score when playing a game.</p>	<ul style="list-style-type: none"> • push (dribble) a ball with a racket with increasing control • push with their dominant hand using their racket • push the ball in different directions • move into spaces avoiding other pupils? • understand why we have to keep the score? • play fairly • be brave and keep trying their hardest
<p>Session 3:</p>	<p>To apply their understanding of why moving a ball into a space is so important to evade defenders.</p> <p>To understand why we need to take turns when playing games.</p>	<ul style="list-style-type: none"> • push a ball into spaces • push with their dominant hand using their racket • move into spaces avoiding other pupils • adjust their speed and change direction to avoid being tagged • adjust their speed and change direction to 'tag' other pupils • understand why we have to take it in turns when playing a game
<p>Session 4:</p>	<p>To understand why we need to aim at a target when hitting (pushing) the ball.</p> <p>To understand that competition can involve playing against themselves or others.</p>	<ul style="list-style-type: none"> • push a ball towards a target • push with their dominant hand using their racket • challenge themselves to keep aiming at the target • try a challenge • be creative and think of different ways to create a game/challenge? • listen to the instructions • be brave and try their own ideas

<p>Session 5:</p>	<p>To develop their understanding of the importance of being accurate as they apply their skills.</p> <p>To understand that competition can involve playing against themselves or others and begin to understand the concept of winning and losing, building resilience.</p>	<ul style="list-style-type: none"> • push a ball towards a target • push with their dominant hand using their racket • use their rackets safely • play fairly • challenge themselves to keep aiming at the target <ul style="list-style-type: none"> • try a challenge with a partner • understand why we have to play fairly when working with a partner or competing against a partner • listen to all the instructions • keep trying even if they find it hard
<p>Session 5:</p>	<p>To apply their understanding of accuracy in a variety of games.</p> <p>To play competitive games against other pupils.</p>	<ul style="list-style-type: none"> • push a ball towards a target • push with their dominant hand using their racket • challenge themselves to keep aiming at the target <ul style="list-style-type: none"> • move into spaces avoiding other pupils • understand why we have to work as a team • understand why we have to take turns • play fairly • keep trying their hardest even if they find it hard



Year 2 - Medium Term Planning - PE – Summer 1

Rackets bats and balls & Learning through play



<p>Prior Learning Links</p> <p>Pupils will be able to push (hit) their ball towards a target, varying the power they apply based on the distance of the target. Pupils will understand the meaning of aiming and power and understand how to utilise these skills in order to be successful.</p> <p>Pupils will respond to a set of instructions. Pupils will complete challenges against themselves and against others. Pupils will understand how to win and to lose, and what the consequences are of breaking the rules of a game.</p>	<p>Essential Knowledge & End Points</p> <p>Pupils will be able to use a bat safely to strike (hit) their ball into space, directing the ball away from fielders. Pupils will understand why it is so important to hit the ball into space and apply this understanding as the outwit their opponents.</p> <p>Pupils will take on the role of a referee to enforce the rules of a game. Pupils will move between attack and defence as the game changes. Pupils will show an understanding of the different roles within a game. Pupils will be able to identify the key attributes that make a successful team.</p>	<p>Key Vocabulary</p> <p>Attacker, defender, opponent, accuracy, power, betting, fielder.</p> <p>Attacker, defender, referee, sportsmanship, rules, competition, consequence.</p>
	<p>Knowledge</p>	<p>As Athletes, we will...</p>
<p>Session 1:</p>	<p>To apply knowledge of hitting a ball with a racket from year 1. To work with a partner and then against their partner as they become opponents.</p> <p>To learn how to collaborate when creating games, by taking turns to listen and share their ideas with a partner.</p>	<ul style="list-style-type: none"> • Hit their ball towards a target • successfully hit the target to score points • understand the meaning of being accurate • understand the consequences of not being accurate • complete a challenge • complete a challenge with a partner • complete a challenge and beat their score • understand what we mean by 'personal best'. • use their imagination to create a game/challenge
<p>Session 2:</p>	<p>To continue to apply their developing accuracy and apply power when hitting a ball in a variety of competitive situations.</p> <p>To develop an understanding of how to play by the rules and how to cooperate with others, as well as winning, losing and drawing when we play competitive games.</p>	<ul style="list-style-type: none"> • hit their ball towards a target • successfully hit the target to score points • apply greater power to their shots when the target is further away • understand the meaning of being accurate • understand the consequences of not being accurate • complete a challenge • complete a challenge with a partner • complete a challenge and beat their score • use their imagination to create a new challenge • understand what we mean by winning, losing and drawing
<p>Session 3:</p>	<p>To apply their hitting (striking)) skills as they experience a different type of game.</p> <p>To develop an understanding of the different roles and responsibilities we have when attacking and defending in a game and why it is so important to fulfil our role to their best of our ability.</p>	<ul style="list-style-type: none"> • hit their ball towards a target • successfully hit (hit (strike)) the ball as it rebounds off the target • apply adequate power to send the ball towards the target • understand the meaning of control • understand the consequences of not applying control • follow the Leader • take on the role of the referee and enforce the rules of the game • understand the meaning of, 'instructions? And know why we have to follow the instructions • understand why games have rules • understand what attacking and defending means • understand the consequence of breaking the rules of a game

<p>Session 4:</p>	<p>To begin to understand how they can use their hitting (striking) skills to send the ball to space in order to win a game.</p> <p>To explore the role and begin to understand why a referee must manage the game fairly, enforcing all of the rules in the game to keep the game safe and fair.</p>	<ul style="list-style-type: none"> • throw/hit their ball into space • understand why we should throw/hit into space • use their rackets safely, being aware of others around them • take on the role of the referee and enforce the rules of the game • understand why we have to follow the instructions • understand why we have to listen to the referee • understand why games have rules • understand the consequence of breaking the rules of a game • listen and follow the referees' instructions 	
<p>Session 5:</p>	<p>To develop their understanding of how they can use their hitting (striking) skills to send the ball to space in order to win a game.</p> <p>To develop their understanding of how to manage the games that they play, promoting fair play, sportsmanship, and responsibility.</p>	<ul style="list-style-type: none"> • strike (hit) their ball towards space • strike/hit the ball into space in order to score points • understand why we should strike (hit) into space • speed up to avoid being caught • speed up to catch another pupil • dodge with effective technique • take on the role as the referee • listen and follow the referees instructions 	
<p>Session 5:</p>	<p>To refine their understanding of how they can use their hitting (striking) skills to send the ball to space in order to win a game.</p> <p>To create simple tactics to win a game and understand the different attacking and defensive roles within the game.</p>	<ul style="list-style-type: none"> • strike (hit) their ball towards space • continue to try their best, even if they find it challenging • understand why we should strike (hit) into space • roll a ball towards a target using their hands • use their bodies to aim (fingers, arms, feet etc) • roll the ball with control • stop the ball from hitting their target • understand what attacking and defending means • understand why games have rules • understand the consequence of breaking the rules of a game 	<p>Assessment opportunity</p>

Prior Learning Links	Essential Knowledge & End Points	Key Vocabulary
	<p>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 order to score points against another team.</p> <p>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.</p>	<p>Attacker, defender, possession, chest pass, footwork, rebound,</p> <p>Tactics, speed, acceleration, distance, accuracy, relay, change over.</p>
	Knowledge	As Athletes, we will...
Session 1:	<p>To introduce passing and receiving in order to keep possession of the ball.</p> <p>To explore how we can use our bodies to make us run as fast as possible. To learn the correct technique used for sprinting.</p>	<ul style="list-style-type: none"> • pass to their partner’s target • adopt the correct chest pass technique, stepping forwards into the pass • Get our hands ready creating a target • without the ball, move into a space to receive it • pass around the defender using just the chest pass • outwit their opponents and keep possession of the ball <ul style="list-style-type: none"> • run and stay in a space • Run with the correct technique (pumping their arms, running on the balls of their feet, keep their head up) • understand why they have to stay in their lane
Session 2:	<p>To use passing and moving skills to create space, in order to keep possession.</p> <p>To develop an understanding of how and why we need to accelerate at the start of a race.</p>	<ul style="list-style-type: none"> • pass to their partner’s target and get our hands ready creating a target • adopt the correct chest pass technique, stepping forwards into the pass • without the ball, move into a space to receive it • pass around the defender using just the chest pass? • outwit their opponents and keep possession of the ball <ul style="list-style-type: none"> • make their bodies run as fast as possible • run and stay in their lane • Run with the correct technique (pumping their arms, running on the balls of their feet, keep their head up) • understand why we need to shorten our stride pattern to help them accelerate
Session 3:	<p>To develop their passing and moving skills, to create space and keep possession. To start to explore the transition between attack and defence.</p> <p>To apply pupils' understanding and application of running for speed, when running as part of a team. (Session 3+4)</p>	<ul style="list-style-type: none"> • In teams, pass around the defender using chest passes • outwit their opponents and keep possession of the ball • demonstrate physically and cognitively that they understand where we pass a ball and why • apply an understanding of passing and moving to score points against another team • understand the difference between attack and defence <ul style="list-style-type: none"> • Run with the correct technique (pumping their arms, running on the balls of their feet, keep their head up) • Changeover the baton successfully (hands stretched ready with palm upwards) • Use a shortened stride pattern to help them accelerate. • understand simple changeover tactics.

<p>Session 4:</p>	<p>To use their prior learning of passing, moving and shooting, to move the ball up the playing area to create an attack.</p> <p>To explore the differences between throwing for accuracy and throwing for distance (Session 5).</p>	<ul style="list-style-type: none"> • in teams, pass the ball keeping possession whilst moving through the playing area • outwit their opponents and keep possession of the ball • demonstrate physically and cognitively that they understand where they pass a ball and why • apply an understanding of passing and moving to score points against another team using real posts to shoot into • execute an accurate under arm throw • throw a bean bag for distance • release the bean bag at the right time • apply the correct stance • understand why they need to release a bean bag at the right time 	
<p>Session 5:</p>	<p>To introduce pupils to the shooting technique, and develop their understanding of the importance of being accurate when aiming at a target.</p> <p>To explore how we can use our bodies to jump as far as possible (Session 6)</p>	<ul style="list-style-type: none"> • applying the correct stance when shooting • shoot successful • apply the correct technique when shooting • go in for the rebound • apply understanding of passing and moving to score points against another team, using real posts to shoot into • execute a standing long jump? • jump swinging their arms bend their legs when they take off and land and land on two feet and remain balanced. • understand that with the right technique, they can jump further, compared to incorrect technique 	
<p>Session 6:</p>	<p>To bring together the suggested sequence of learning into a level 1 tournament.</p>	<ul style="list-style-type: none"> • outwit their opponents and keep possession of the ball using passing and moving. • apply the correct technique when shooting • use accurate passing and moving skills • apply an understanding of passing and moving to score points against another team using real posts to shoot into 	<p>Assessment opportunity</p>



Year 4 - Medium Term Planning - PE – Summer 1

Netball & Athletics



Prior Learning Links

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 order to score points against another team.

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.

Essential Knowledge & End Points

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.

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

Key Vocabulary

Attacker, defender, possession, chest pass, footwork

Tactics, speed, distance, pace, power, stride pattern

	Knowledge	As Athletes, we will...
Session 1:	<p>To effectively apply their passing and moving skills to keep possession and to create opportunities to shoot and score.</p> <p>To develop their own sprinting technique.</p>	<ul style="list-style-type: none"> pass to their partner's target adopt the correct chest pass technique, stepping forwards into the pass hands ready creating a target attackers without the ball move into a space to receive it pass around the defender using just the chest pass outwit their opponents and keep possession of the ball make their bodies run as fast as possible run and stay in their lane Run with the correct technique (run with their head up and focused forwards, pumping action with their arms and elbows bent and run on the balls of their feet).
Session 2:	<p>To develop passing and creating space as pupils apply their understanding of the transition between attack and defence.</p> <p>To develop pupils application of stride length during the middle third of a race.</p>	<ul style="list-style-type: none"> pass around the defender using chest passes outwit their opponents and keep possession of the ball apply an understanding of passing and moving to score points against another team demonstrate physically and cognitively that they understand where to pass a ball and why make their bodies run as fast as possible run and stay in their lane Run with the correct technique (run with their head up and focused forwards, pumping action with their arms and elbows bent and run on the balls of their feet). understand why we need to change our stride length
Session 3:	<p>To ensure pupils understand not just how we shoot but also where to shoot from and why.</p> <p>To explore pacing and running for distance. Pupils will learn the correct technique to use when running for distance.</p>	<ul style="list-style-type: none"> in teams, pass the ball keeping possession whilst moving through the minefield outwit their opponents and keep possession of the ball apply an understanding of passing and moving to score points against another team using real posts to shoot into select appropriate places to shoot Run with the correct technique (run with their head up and focused forwards, pumping action with their arms and elbows bent and run on the balls of their feet). understand the term, "pace?" understand the consequences of sprinting in an endurance race for too long

<p>Session 4:</p>	<p>To develop pupil's understanding of the footwork rule and how they can be more effective with their feet to increase the speed and fluidity of their movements.</p> <p>To develop pupils' understanding of throwing for distance (Session 5)</p>	<ul style="list-style-type: none"> • apply footwork, reacting to the whistle exploring different combinations of landing and moving • use fluidity in pupils' movements • apply an understanding of passing and moving to score points against another team using real posts to shoot into • use the correct technique to throw the javelin (pupils extend as they release, their bodies to create greater power to throw the javelin further, transfer their body weight, throwing the javelin further). • identify strengths and weaknesses in their own and others performance 	
<p>Session 5:</p>	<p>To learn how to defend (mark) when they are not in possession.</p> <p>To explore how we can use our bodies to jump as far as possible, using a combination of jumps, in particular hop, skip and jump (Session 6)</p>	<ul style="list-style-type: none"> • follow the movements of the attacker • As a defender, mark the attacker without making contact • force an error with their marking • stop the pass • understand when and why we mark • execute a standing triple jump with the correct technique (jump swinging their arms, bend their legs when they take off and land, land on two feet and remain balanced) • understand that with the right technique, they can jump further, compared to an incorrect technique 	
<p>Session 6:</p>	<p>To bring together the suggested sequence of learning into a level 1 tournament.</p>	<ul style="list-style-type: none"> • apply understanding of passing and moving to score points against another team using real posts to shoot into • apply the correct footwork rule as they pass and move • As a defender, mark the attacker without making contact • force an error with their making 	<p>Assessment opportunity</p>

	Prior Learning Links	Essential Knowledge & End Points	Key Vocabulary
	<p>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.</p> <p>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.</p>	<p>Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes. Pupils will begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics.</p> <p>Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put. Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.</p>	<p>Tactics, transition, possession, marking, shoulder pass, bounce pass</p> <p>Tactics, speed, distance, evaluation, change over, personal best, lap</p>
	Knowledge	As Athletes, we will...	
Session 1:	<p>To using passing and moving skills, refining these skills and applying them into game situations.</p> <p>To develop pupils' understanding of how to finish a sprinting race, maintaining their speed until they cross the line (Session 1)</p>	<ul style="list-style-type: none"> • receive the ball at pace in space • pass and move accurately and consistently • keep possession for sustained periods of time • Use fluidity in movements and accuracy in their application • outwit their opponents and keep possession of the ball, applying effective decision making • apply accurate head and arm technique to make themselves quicker • explain in depth why we use these techniques for sprinting • accurately identify strengths and weaknesses in their own and others' performances and suggest ways to improve them 	
Session 2:	<p>To allow pupils to explore the function of other passes. To learn where and why other types of passes will be effective.</p> <p>To consolidate pupils' knowledge, understanding and ability to sprint setting their own personal best (Session 3)</p>	<ul style="list-style-type: none"> • keep possession and create an attack using a variety of passes • apply effective techniques of the different passes and execute these accurately • pass, move and shoot accurately and consistently • switch fluidly between attacking and defending as possession changes • produce an attack and create a successful shooting opportunity • apply accurate head, arm and foot technique to make themselves quicker • physically demonstrate how to change their stride length in order to improve acceleration • accurately identify strengths and weaknesses in their own and others performances and suggest ways to improve them 	
Session 3:	<p>To continue to explore the function of other passes and where / why other types of passes will be effective.</p> <p>To consolidate running as part of a team. To develop an understanding of when and where the changeovers take place on a curved track (Session 4)</p>	<ul style="list-style-type: none"> • keep possession and create an attack using a variety of passes • apply effective techniques of the different passes and execute these accurately • apply a refined understanding of passing and moving to score points against another team using real posts to shoot into • pass, move and shoot accurately and consistently • switch fluidly between attacking and defending as possession changes • produce an attack and create a successful shooting opportunity • to apply an accurate head and arm technique to make themselves quicker? • explore different positions to make their team run as fast as possible 	

<p>Session 4:</p>	<p>To develop pupils' knowledge and understanding of defending tactics and how this is applied during a game, to prevent attacking opportunities.</p> <p>To develop pupils' understanding of throwing for distance (Session 5)</p>	<ul style="list-style-type: none"> • As defenders, follow an opponent's movements keeping close to them • apply pressure and mark the player with the ball successfully • force the player to hold onto the ball for longer than 4 seconds and regain possession • mark the players off the ball • understand why we have to apply pressure and mark the opposition 	
<p>Session 5:</p>	<p>To develop pupils' ability to apply a range of attacking and defensive tactics into their games.</p> <p>To explore and develop an understanding of how to hurdle safely, applying the correct technique (Session 6)</p>	<ul style="list-style-type: none"> • apply a refined understanding of passing and moving to score points against another team • consistently select an appropriate place to shoot • As defenders, follow an opponent's movements, keeping close to them • demonstrate good pressure by marking the player with the ball, preventing them from making a pass • switch fluidly between attacking and defending as possession changes 	
<p>Session 6:</p>	<p>To bring together the suggested sequence of learning into a level 1 tournament.</p>	<ul style="list-style-type: none"> • switch fluidly between attacking and defending as possession changes • pass, move and shoot accurately and consistently • understand the different positions and apply their role effectively within the game 	<p>Assessment opportunity</p>



Year 6 - Medium Term Planning - PE – Summer 1

Netball & Athletics (Session 1-4)



<p style="text-align: center;">Prior Learning Links</p> <p>Pupils will be able to pass, move and shoot accurately and consistently. They will be able to switch fluidly between attack and defence as possession changes. Pupils will begin to understand the different positions, applying their role effectively within the game. Pupils will create, apply, evaluate and improve tactics.</p> <p style="color: red;">Pupils will apply the correct technique for sprinting individually and within a team whilst developing their technique for hurdling and throwing the shot put. Pupils will demonstrate a strong understanding of how to apply the correct technique and why the correct technique is so important.</p>	<p style="text-align: center;">Essential Knowledge & End Points</p> <p>Pupils will apply a refined understanding of attacking skills and defensive skills, that will be executed accurately and consistently. Pupils will demonstrate resourcefulness and problem-solving skills by creating, applying and then adapting a range of attacking and defending tactics.</p> <p style="color: red;">Pupils will apply a refined understanding of running for speed, pacing, throwing and jumping for distance. Pupils will demonstrate an advanced understanding of how to apply the correct technique in each event and why the correct technique is so important.</p>	<p style="text-align: center;">Key Vocabulary</p> <p style="text-align: center;">Tactics, transition, umpire, netball positions, marking</p> <p style="color: red; text-align: center;">Tactics, teamwork, speed, distance, evaluation, false start, events</p>
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	Knowledge	As Athletes, we will...
Session 1:	To consolidate pupils' understanding and application of their attacking skills. Running for speed competition	<ul style="list-style-type: none"> apply a refined understanding of passing and moving to score points against another team keep possession for sustained periods of time switch fluidly between attacking and defending, as possession changes produce an attack and create a successful shooting opportunity Use their attacking skills and create a successful attack in the different possession scenarios <ul style="list-style-type: none"> apply accurate head, arm and foot technique to make themselves quicker apply effective running tactics to their races evaluate their peers make suggestions that will improve their partners' / teams' performances
Session 2:	To consolidate pupils' understanding and application of their defensive skills. Running for distance competition	<ul style="list-style-type: none"> As defenders follow an opponent's movements, keeping close to them demonstrate good pressure by marking the player with the ball preventing them from making a pass stop the pass by applying effective marking and apply pressure by marking the player with the ball force the player to hold onto the ball for longer than 4 seconds and understand that this means they win possession <ul style="list-style-type: none"> pace themselves and understand the term, "pace?" understand the consequences of sprinting in an endurance race for too long collaborate as a team and organise their race tactics
Session 3:	To consolidate their understanding of 'attacking' as they work in teams to create tactics to outwit their opponent. Throwing competition	<ul style="list-style-type: none"> apply a refined understanding of passing and moving to score points against another team pass, move and shoot accurately and consistently consistently select an appropriate place to shoot carry out their attacking tactics <ul style="list-style-type: none"> use the correct technique to throw the javelin and to push (put) the shot? extend as they release? rotate their bodies to create greater power to push (put) the shot and throw the javelin further? transfer their body weight to push (put) the shot put and throw the javelin further? push the shot put and not throw the shot put
Session 4:	To understand that they need to react instantly when they lose possession (transition from attackers to defenders) and that their role changes.	<ul style="list-style-type: none"> As defenders, follow an opponent's movements keeping close to them demonstrate good pressure by marking the player with the ball, preventing them from making a pass stop the pass by applying effective marking and carry out their defensive tactics

	Jumping competition	<ul style="list-style-type: none">• execute a standing long jump• execute a standing triple jump• jump swinging their arms• bend their legs when they take off and land• land on two feet and remain balanced
Session 5:	Residential	Residential