



# Physical Education

## Cricket Year 3

### Unit Purpose

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.

### Inspire Me

**Sachin Tendulkar** or the Little Master is a former Indian cricketer and the highest run scorer of all time in international cricket. He is the only player to have scored one hundred international centuries.



### Key Success Criteria

- P** Pupils will develop their throwing, catching and batting skills to outwit their opponents and win the game.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence (batting and fielding).
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show self motivation and determination.

### Vocabulary for Learning

**Throwing:** means using your arm/hand to propel a ball with force through the air to a specific target or area.

**Catching:** means receiving and holding the ball with our hands when the ball has been hit or thrown to us. This includes holding onto a ball struck by a batter before it touches the ground.

**Outwit:** means using your intelligence to trick or out smart your opponent or the other team.

**Strike:** means hitting the ball with a bat with the purpose of scoring runs.



### Sport Specific Vocabulary

**Batting:** Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many runs as possible.

**Fielder:** A fielder is a defensive position that is occupied while the other team are batting. The aim of the fielding team (defending team) is to keep the batters score as low as possible.

**Out:** is a form of dismissal which occurs when the batters period of batting is brought to an end by the opposing team.





# Physical Education

## Health and Wellbeing

### Unit Purpose

The unit of work will explore how we feel in our minds and in our bodies, when we experience various **emotions**.

Pupils will learn how to execute **meditative balances** and **relaxation techniques** to help combat feelings of anxiety. Pupils will gain an awareness of how to apply these techniques in day-to-day life.

### Inspire Me

**Did you know ...** that when we are stressed and worried our body releases a hormone known as cortisol. Deep breathing increases the supply of oxygen to our brain, lowers our heart rate and decreases the release of cortisol, helping us to feel calm and relaxed.



### Key Success Criteria

- P** Pupils will develop their ability to use and apply different relaxation techniques. Pupils will be able to execute a variety of meditative balances correctly.
- C** Pupils will understand what relaxation means as well as understanding why meditative balances can benefit the mind and body.
- S** Pupils will effectively apply life skills such as cooperation as they collaborate with others and support each other to develop their mindfulness techniques.
- W** Pupils will develop their ability to stay focused when using various mindfulness techniques as they strive to improve their performances showing integrity.

### Vocabulary for Learning

**Emotions:** An emotion is how we are feeling. An emotion is a psychological feeling brought on as a reaction to what happens to us and around us.

**Relaxed:** means when we are calm and free from stress, tension and anxiety.

**Anxious:** is a feeling or showing worry, nervousness, unease or fear about something or a situation.

**Balanced:** means that we can hold our bodies still without moving for a sustained period of time.

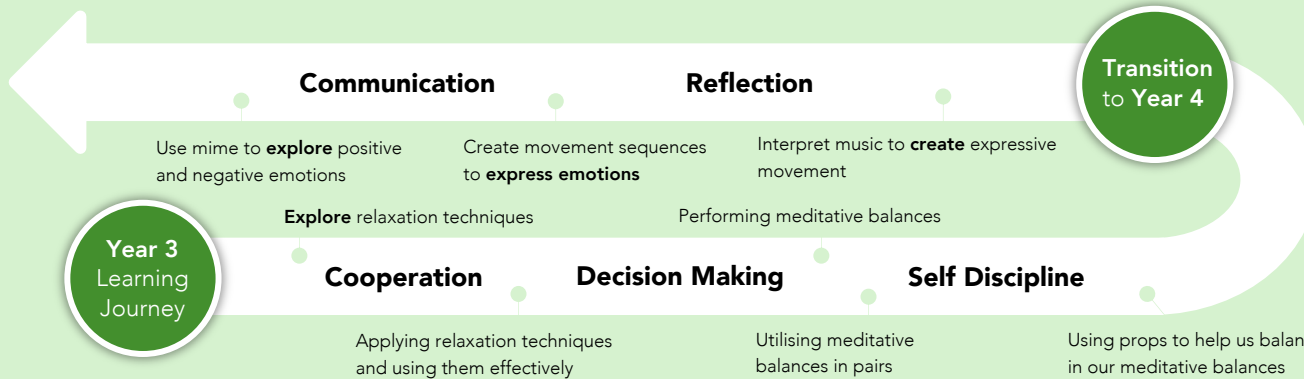


### Sport Specific Vocabulary

**Relaxation techniques:** Relaxation techniques are methods, such as breathing, meditation and exercise, that can be used by an individual to help reduce stress and anxiety levels.

**Meditative Balances:** A meditative balance is a still position that pupils hold still for at least ten seconds or three long in, and out breaths.

**Deep Breathing:** Deep breathing is a relaxation technique that is used to help us to relax and to feel more calm.





# Physical Education

## Tennis Year 3

### Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence** in order to win a game of tennis.

Pupils will understand where and why we throw/hit the ball on the court and be introduced to basic shot techniques.

### Inspire Me

**Did you know...** The **Grand Slam** tournaments, are the four major and most important annual tennis events. The Grand slam consist of the Australian Open, French Open Wimbledon and US Open.



### Key Success Criteria

- P** Pupils will throw/hit the ball into space on their opponents side of the court. After playing a shot pupils will recover to a ready position, ready to return the ball.
- C** Pupils will develop their understanding of where, when and why we throw/hit the ball into spaces on their opponents side of the court.
- S** Pupils will develop life skills such as cooperation and encouragement as they play fairly against others, keeping the score.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.

### Vocabulary for Learning

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Return:** means successfully hitting a ball back over the net, landing it in, on your opponents side of the court

**Recover:** means returning to a position on the court, usually in the middle of the court on the baseline, ready to receive a shot from your opponent.

### Sport Specific Vocabulary

**Baseline:** The baseline runs parallel to the net and defines the back of the court on each side.

**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Rally:** A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball.

**Out:** is the term used when the ball is returned over the net and does not bounce on the inside of the court.





# Physical Education

## Tennis Year 4

### Unit Purpose

The unit of work will **develop pupils' ability to apply** the principles of attack vs defence in order to win a game of tennis. Pupils will **create space** to win points and apply the developing racket skills using forehand and backhand techniques.

### Inspire Me

The **Williams sisters**, Venus and Serena are two professional American tennis players who have dominated the women's game since the late 90s. Between them they have won over 60 grand slam titles and 5 Olympic titles.



### Key Success Criteria

- P** Pupils will hit the ball into space on their opponents side of the court, creating space for the next shot that will win them the point.
- C** Pupils will apply an accurate understanding of where, when and why we hit the ball into spaces on their opponents side of the court.
- S** Pupils will develop life skills such as trust and cooperation as they collaborate with others, applying the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

### Vocabulary for Learning

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Accuracy:** is the ability to control where we hit the ball on our opponents side of the court.

**Power:** is the intensity and speed that a ball is hit.



### Sport Specific Vocabulary

**Baseline:** The baseline runs parallel to the net and defines the back of the court on each side.

**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Backhand:** A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

**Rally:** A rally is a series of returned hits of the ball that ends when either player fails to successfully return the ball.

**Out:** is the term used when the ball is returned over the net and does not bounce on the inside of the court.





# Physical Education

## Tennis Year 5

### Unit Purpose

The unit of work will **challenge pupils** to apply their prior learning of playing the ball into space. Pupils will begin to develop their ability to serve and to volley. Pupils will be able to **create tactics in** a doubles game in order to score points and win the game.

### Inspire Me

The **'Big Three'** is a common tennis term for Roger Federer, Rafael Nadal and Novak Djokovic. Between them they won 18 consecutive slam titles between 2005 and 2009. Who is your favourite player and why?



### Key Success Criteria

- P** Pupils will be able to execute a wide range of shots and play the ball into space. Pupils will be able to serve the ball accurately to start the game.
- C** Pupils will understand where to serve and why. Pupils will begin to create, understand and apply tactics in their games.
- S** Pupils will apply effective communication and cooperative skills as they work with their partner in doubles games.
- W** By facilitating learning through doubles games, pupils will be challenged to always try their best, even when they are losing.

### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Accuracy:** is the ability to control where we hit the ball on our opponents side of the court.



### Sport Specific Vocabulary

**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Backhand:** A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

**Volley:** Is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net.

**Serve:** Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.





# Physical Education

## Tennis Year 6

### Unit Purpose

Pupils will learn to consistently apply effective shot techniques, applying **decision making** as to which shot to make and where to aim in order to score a point. Pupils will **create, apply** and **evaluate tactics** in singles and doubles games.

### Inspire Me

**Billie Jean King** is an American former World Number 1 tennis player and advocate for gender equality. In 1973 King won the 'Battle of the Sexes' tennis match against Bobby Riggs.



### Key Success Criteria

- P** Pupils will apply a refined understanding of playing forehand, backhand, serves and volleys into space in order to win points.
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of tactics, applying these to their games.
- S** Pupils will collaborate effectively with their partner, communicating and supporting each other.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.

### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

**Space:** is an open area on the court that is unoccupied by your opponent. This could be at the side, front or back of the court.

**Outwit:** means using your intelligence to trick or out smart your opponent to win a point.



### Sport Specific Vocabulary

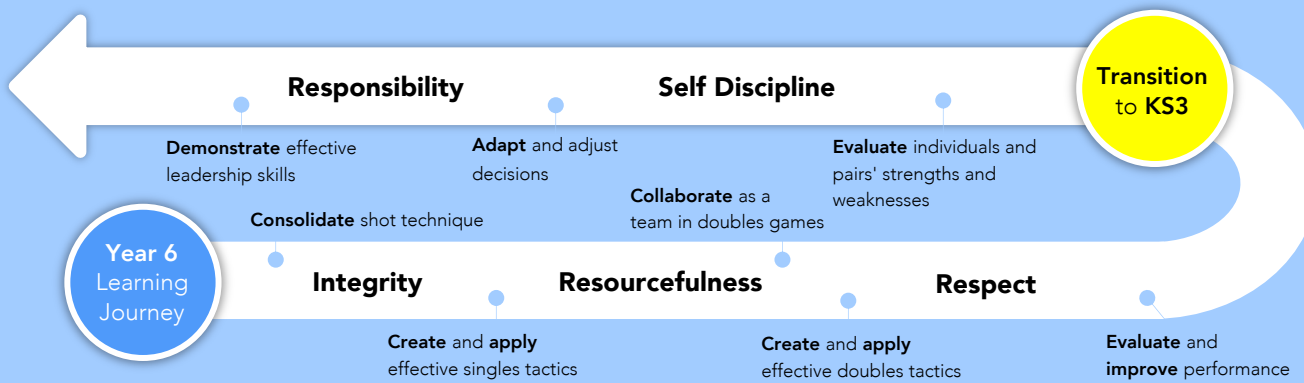
**Forehand:** A forehand is a shot in which the palm of your hand faces the direction in which you are hitting the ball.

**Backhand:** A backhand is a shot in which you hit the ball with your arm across your body and the back of your hand facing the ball.

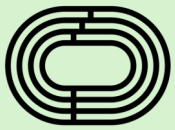
**Volley:** Is a shot hit by a player before the ball bounces on their own side of the court. This shot is usually applied when a player is close to the net.

**Doubles:** is a match played by four players, two on either side of the court.

**Serve:** Is the method of starting a game of tennis. A pupil serves from the baseline and the ball must be hit diagonally into the opponent's service box.







# Physical Education

## Athletics Year 3

### Unit Purpose

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.

### Inspire Me

One of the greatest moments in sporting history happened on the 4 August 2012, when Team GB athletes **Jessica Ennis-Hill**, **Greg Rutherford** and **Mo Farah** all won gold medals at the London Olympics.



### Key Success Criteria

- 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.
- C** 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.
- S** Pupils will develop life skills such as cooperation and encouragement as they collaborate with others and support each other to develop their techniques.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show integrity and determination.

### Vocabulary for Learning

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

**Speed:** Is the ability to move all or part of the body as quickly as possible. Speed is vital to success when sprinting or throwing an object.

**Acceleration:** is how quickly an athlete can increase their speed over a distance. For example this might mean how quickly an athlete ran over 10m starting from a stationary position.

**Distance:** is defined as the length of space between two points. This might mean how far an athlete has to run, how far an athlete has thrown an object, or how far an athlete has jumped.

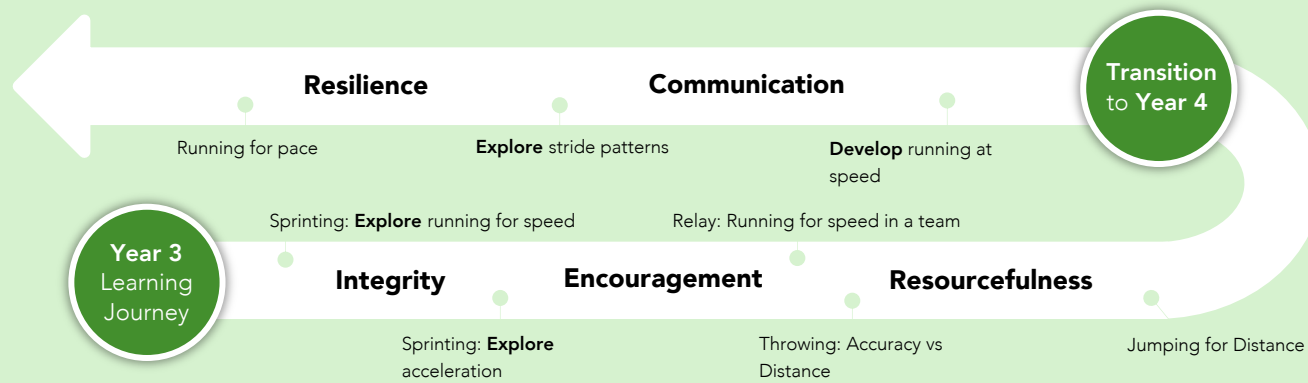
**Accuracy:** is the ability to control where we throw an object.



### Sport Specific Vocabulary

**Relay:** A relay is a running race where members of a team take turns to complete parts of the race.

**Change Over:** A change over is where two athletes from the same team pass a baton between one another while running as fast as possible. Athletes cannot throw or drop the baton.





# Physical Education

## Football Year 3

### Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence**, with a particular focus on passing and moving and dribbling.

Pupils will learn how to keep **possession** and eventually score in order to win a modified game.

### Inspire Me

**Did you know ...** former professional football Gary Linker never received a yellow card in his career. He played over 460 clubs games and 80 times for England, meaning he was always on his best behaviour!



### Key Success Criteria

- P** Pupils will develop their passing and moving and dribbling skills to outwit their opponents and keep possession of the ball.
- C** Pupils will apply an understanding of where, when and why we pass, move and dribble in order to score points against another team.
- S** Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- W** Pupils will apply their skills while developing confidence as they grow in their ability to show resilience and self motivation.

### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession of the ball. The aim of the game for the attackers is to score, keep possession and score a goal.

**Defender:** We are considered a 'defender' when we are not in possession of the ball. The aim of the game for the defenders is to prevent the opposition from scoring a goal

**Space:** is an open area on the pitch that is unoccupied by a defender or the defending team. The team in possession of the ball need to identify open spaces to move into to enable them to create opportunities to score a goal.

**Possession:** is when we have physical control of the ball. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score a goal.



### Sport Specific Vocabulary

**Free Kick:** A free kick is a method of restarting the game following an offence committed by the opposing side outside of the penalty area.

**Penalty:** A penalty kick is a method of restarting the game following an offence committed by the opposing side inside the penalty area.







# Physical Education

## Netball Year 3

### Unit Purpose

The unit of work will **explore** how to **apply** the principles of **attack** vs **defence**, with a particular focus on passing and moving.

Pupils will learn how to keep **possession** and eventually score in order to win a modified game.

### Inspire Me

**Serena Monique Guthrie** MBE is a netball player from Jersey who plays internationally for England. She plays in the Centre and Wing Defence positions. She is a dynamic player, known for her speed and athleticism.



### Key Success Criteria

- P** Pupils will develop their passing and moving skills to outwit their opponents and keep possession of the ball.
- C** Pupils will apply an understanding of where, when and why we pass and move, in order to score points against another team.
- S** Pupils will develop life skills such as respect and communication as they collaborate with others including their opponents.
- W** Pupils will apply their skills with developing confidence as they grow in their ability to show resilience and determination.

### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we are in possession of the ball or in control of the ball. A player whose task is to attack the opposition in an attempt to score. Space for one more line!

**Defender:** We are considered a 'defender' when we are not in possession of the ball or when the ball is not in our control. A player whose task it is to prevent the opposition scoring and to regain possession.

**Possession:** Is when we have physical control of the ball or other implement of play. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score.



### Sport Specific Vocabulary

**Chest Pass:** Is thrown by gripping the ball on the sides with the thumbs directly behind the ball. When using a chest pass, the passer should strive to throw the ball to the receiver's chest level.

**Footwork:** A player can receive the ball with both feet grounded or jump to catch the ball and land on two feet simultaneously. The landing foot cannot be moved, other than to pivot on the spot, whilst the other foot can be moved in any direction.





# Physical Education

## Orienteering Year 3

### Unit Purpose

The unit of work will **explore** how to **orientate** a map, locate points on the map, then travel to them and record what they find.

Pupils will learn how to **collaborate** with others and work as a team to complete the **challenges**.

### Inspire Me

**Did you know...** that the first international governing body for orienteering was the International Orienteering Federation, formed by eleven nations in 1961. The first world championships were held in 1966.



### Key Success Criteria

- P** Pupils will develop their ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will develop their understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will develop life skills such as respect and communication as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will develop their ability to remain positive and try their best in every challenge. Pupils will begin to show leadership attributes.

### Vocabulary for Learning

**Navigate:** means to find a way through a planned course often by using a map.

**Teamwork:** Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

**Strategy:** is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

**Tactics:** Tactics are a carefully planned set of actions that are used by a team or an individual to attaining a certain goal.

**Communication:** Is the method of transferring information from one person or a group to another. Types of communication include: verbal, nonverbal, written and visual.



### Sport Specific Vocabulary

**Orienteering:** is a sport that requires navigational skills using a map and/or a compass to navigate from various points.

**Symbol:** Symbols are small images marked on a map that have been designed to look like what it represents. Map symbols are conventional signs as can be understood by everyone.

