



Physical Education

Hockey Year 4

Unit Purpose

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.

Inspire Me

The **Great Britain's Women's Hockey Team** won gold at the 2016 Olympics beating Netherlands on penalties. Goalkeeper, Maddie Hinch was one of the heroines saving four consecutive penalties.



Key Success Criteria

- 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.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.
- S** Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply 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

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aim of the game for the attackers is to 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

Dribbling: is a method of moving with the ball using our stick. When we dribble we can only use the flat side of our stick.

Marking: Marking is when the attacking player has received the ball and you are making it difficult for them to pass the ball on by restricting their options.



Sport Specific Vocabulary

Tackling: Is method of defending in hockey. It involves a defender using their stick to knock the ball out of the possession of an attacker.

Blocking: A block occurs when an attackers takes a shot and a defender uses their stick to prevent the ball from going towards the goal.

Free Hit: A free hit is awarded when a foul occurs or the ball hits a players foot. The free hit is taken from where the violation took place.





Physical Education

Netball Year 4

Unit Purpose

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.

Inspire Me

Geva Kate Mentor, CBE is an English International netball player. Mentor was selected for the England national team in 2000, debuting the following year against New Zealand, at age 16.



Key Success Criteria

- P** Pupils will be able to apply a secure understanding of passing, moving and shooting in order to score points against another team.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence by making effective decisions and creating simple tactics.
- S** Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply 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

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.

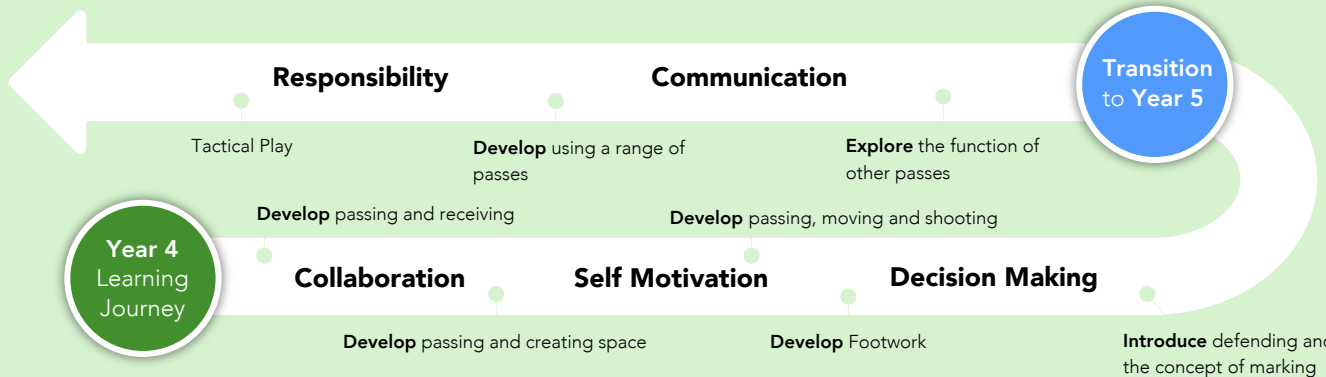
Possession: Is when we have physical control of the ball or other implement of play. This could be when working individually or as part of a team. It is when we have 'possession' that we can create the opportunity to score.



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

Communication and Tactics Year 3

Unit Purpose

The unit of work will **explore** what makes an **effective team** through different problem-solving **challenges**. Throughout the unit, there will be a focus on pupils **developing** their **communication** skills, essential to working within a team to complete the activities.

Inspire Me

Did you know... the on field referee in rugby may need to verbally communicate with the video referee. It is important that information communicated is clear and accurate to ensure the correct decision is made.



Key Success Criteria

- P** Pupils will work within teams to complete the different problem solving challenges successfully.
- C** Pupils will apply an understanding of what makes an effective team and understand how important their role is within the team.
- S** Pupils will develop life skills such as collaboration and communication as they apply both speaking and listening skills within their teams.
- W** Pupils will develop their ability to remain positive and try their best in every challenge. They will begin to show leadership attributes.

Vocabulary for Learning

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

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

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.

Sport Specific Vocabulary

Attacker: We are considered an 'attacker' when we or our team are trying to capture the flag. The aim of the game for the attackers is to capture the flag to score a point.

Defender: We are considered a 'defender' when we are trying to tag the other team, trying to prevent them from taking a flag.

Tag: is the method applied by the defending team to stop the attackers from capturing the flag.





Physical Education

Communication and Tactics Year 4

Unit Purpose

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 effective **communication** skills, essential to working within a team to complete the activities.

Inspire Me

Did you know... during the 1999 Cricket World Cup semi final, South Africa needed 2 runs to win, with 2 balls left. But a break down in communication between the two batsman resulted in Alan Donald being run out, which meant Australia won the game.



Key Success Criteria

- P** Pupils will work within teams to find effective strategies and tactics in order to complete the different challenges successfully.
- C** Pupils will apply an ability to evaluate and improve strategies to solve the problems.
- S** Pupils will apply life skills such as collaboration and communication effectively as they apply both speaking and listening skills within their teams.
- W** Pupils will demonstrate leadership attributes as they take responsibility for their team members.

Vocabulary for Learning

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

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

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.

Sport Specific Vocabulary

Responsibility: is when you take ownership for the things that you are supposed to do and accept the results or consequences of your actions.

Listening: Listening is the ability to accurately receive and interpret messages from our team in the communication process.

Trust: Is the ability to have the confidence to believe in the actions of your partner or team.





Physical Education

Communication and Tactics Year 5

Unit Purpose

The unit of work will refine pupil's ability to apply effective **teamwork** through different problem-solving **challenges**. Throughout the unit, there will be a focus on pupils refining **effective communication** skills, essential to working within a team to complete the challenges.

Inspire Me

Did you know... visually impaired runners race with a guide, who is attached to them with a band at the wrist. The guide's role is to provide valuable information to the runner throughout the race.



Key Success Criteria

- P** Pupils will work within teams to refine effective strategies and tactics in order to complete the different problem solving challenges successfully.
- C** Pupils will be able to think tactically and communicate these ideas for completing the challenges to their team members.
- S** Pupils will refine life skills such as collaboration and communication effectively as they apply both speaking and listening skills within their teams.
- W** Pupils will apply effective leadership skills as they control their own emotions and take responsibility for their team members.

Vocabulary for Learning

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

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

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.

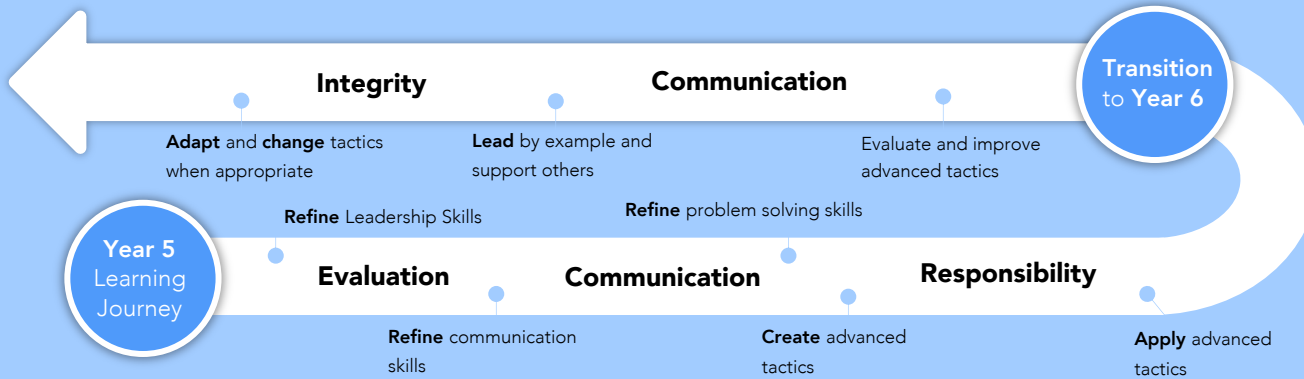


Sport Specific Vocabulary

Adapt: is the ability to change or modify something depending on the situation. An individual or team may need to adapt their tactics to help them achieve their goal.

Motivation: refers to the positive actions and behaviours an individual uses to help drive themselves, their partner or their team towards a goal.

Cooperation: Cooperate is another word used to define teamwork, meaning to work together to achieve a goal or complete a task.





Physical Education

Communication and Tactics Year 6

Unit Purpose

The unit of work will consolidate pupil's ability to apply effective **teamwork** through different problem-solving **challenges**. Throughout the unit, there will be a focus on pupils consolidating **effective communication** skills, applying these within teams and when leading teams.

Inspire Me

Did you know... in the 1999 Champions League Final Man United were losing 1-0. With 10 minutes to go the manger changed tactics and replaced Cole with Solskjaer. In the 92 minute Solskjaer scored the winning goal.



Key Success Criteria

- P** Pupils will work within teams to consolidate effective strategies and tactics in order to complete the different problem solving challenges successfully.
- C** Pupils will be able to think tactically and create, evaluate and refine tactics for completing the challenges.
- S** Pupils will consolidate life skills such as collaboration and communication effectively as they apply both speaking and listening skills within their teams.
- W** Pupils will constantly apply life skills such as integrity and self motivation by playing by the rules and leading others by example.

Vocabulary for Learning

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

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

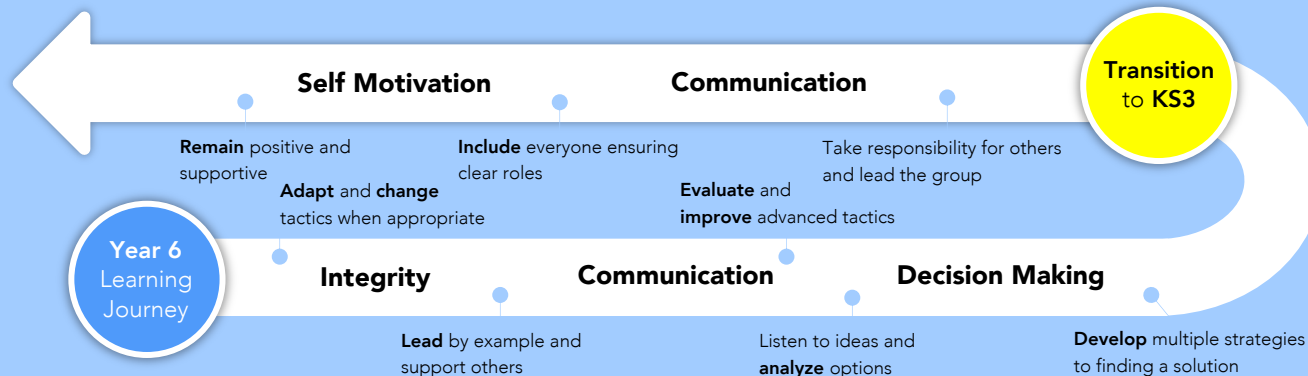
Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

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.

Sport Specific Vocabulary

Leadership: Leadership is the ability to guide members of your team towards achieving your goal.

Team Member: A team member is an individual within a team who has a specific role and responsibility to perform. Team members need to cooperate and work together to enable their team to achieve its goal.





Physical Education

Dodgeball Year 4

Unit Purpose

The unit of work will develop pupils' ability to apply the 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.

Inspire Me

Did you know... a record was set for a dodgeball game with the most players on 25 September, 2012 by the University of California. The game consisted of a whopping 6,084 players.



Key Success Criteria

- P** Pupils will be able to apply a secure understanding of dodging, throwing, jumping, ducking and catching skills to outwit their opponents and win the game.
- C** 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.
- S** Pupils will develop life skills such as encouragement and cooperation as they collaborate with others and apply the rules of the game.
- W** Pupils will continue to develop and apply life skills such as integrity and self motivation as they strive to improve their own performance and understanding.

Vocabulary for Learning

Attacker: We are considered an 'attacker' when we are in possession of the ball or when we throw the ball. The aim of the game for the attackers is to throw their ball hitting an opponent.

Defender: We are considered a 'defender' when we are not in possession of the ball or when the ball is not in our control. The aim of the defenders is to avoid being hit by the ball.



Sport Specific Vocabulary

Dodge: is a method of moving quickly from one side to the other to avoid being hit by a ball.

Ducking: Is a method of defending to avoid being hit by a ball. It involves a defender lowering their body towards the floor, allowing the ball to travel over them.

Jumping: Is a method of defending to avoid being hit by a ball. It involves a defender raising their body towards the air, allowing the ball to travel under them.

Aiming: is when the attacker in possession of the ball directs their throw towards a specific target.





Physical Education

Football Year 4

Unit Purpose

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 pitch, **creating** an **attack** that results in a shooting opportunity.

Inspire Me

The **Football Association (FA) Cup** is the oldest football competition in the world. The competition was established in 1871 where Wanderers beat the Royal Engineers 1-0 in the first final played at the Kennington Oval.



Key Success Criteria

- P** Pupils will be able to apply a secure understanding of passing, moving and dribbling in order to shoot and score goals against another team.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence as well as when, where and why we execute certain skills.
- S** Pupils will develop life skills such as respect and cooperation as they collaborate with others and apply the rules of the game
- W** Pupils will continue to develop and apply life skills such as resilience and self discipline as they strive to improve their own performance and understanding.

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

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Turning: is used to describe the change of direction of the player who is in possession of the ball. A turn is a method used by an attacker to outwit and deceive a defender.



Sport Specific Vocabulary

Drag Back: A drag-back is a turn used in football. The attacker dribbling the ball, places their non kicking foot next to the ball and places their kicking foot on top of the ball, dragging the ball in the opposite direction to where they were going.

Goalkeeper: The role of the goalkeeper is to stop the ball from entering the goal. The goalkeeper is the only player allowed to use their hands on the pitch, but must do so within their own area.





Physical Education

Tag Rugby Year 4

Unit Purpose

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.

Inspire Me

The **Webb Ellis Cup** or as it is more commonly known the Rugby World Cup is named after the inventor of rugby William Webb Ellis. The inaugural World Cup was held in 1987 and is now played every four years.



Key Success Criteria

- P** 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.
- C** Pupils will demonstrate a growing understanding of the difference between attack and defence, understanding when and why to apply certain skills.
- S** Pupils will develop and apply life skills such as trust and cooperation as they collaborate with others and apply 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

Space: is an open area on the pitch that is unoccupied by a defender or the defending team. If the ball carrier identifies an open space they can choose to either run into it or pass the ball to a team member to run into in an attempt to score a try.

Attacker: We are considered an 'attacker' when we or our team are in possession of the ball or in control of the ball. The aiming of the game for the attackers is to score a try.

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 try.



Sport Specific Vocabulary

Forward Pass: The ball can only be passed sideways or backwards. If the ball is passed forwards to a team member this is an illegal pass. This is known as a forward pass.

Offside: occurs when a tag takes place. All players on the defending team, must step back towards their goal line. A defender must not intercept that first pass, unless they are in front of the attacker who was tagged. If a defender behind the tagged attacker intercepts the first pass, this is known as offside.

