



Physical Education

Orienteering Year 4

Unit Purpose

The unit of work will **develop** pupils' ability to **orientate** a map, locate points in a set order. Pupils will follow the route they have been given to reach as many points as possible in an allocated time. Pupils will develop their ability to **collaborate** with others and work as a team to complete the **challenges**.

Inspire Me

Orienteering originates from a military training method used in Sweden in the late 19th century. The term orienteering meant the crossing of unknown land with the aid of a map and a compass.



Key Success Criteria

- P** Pupils will apply their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will develop life skills such as trust and communication as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and determination as they complete the orienteering challenges. Pupils will develop their 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 attain a certain goal.

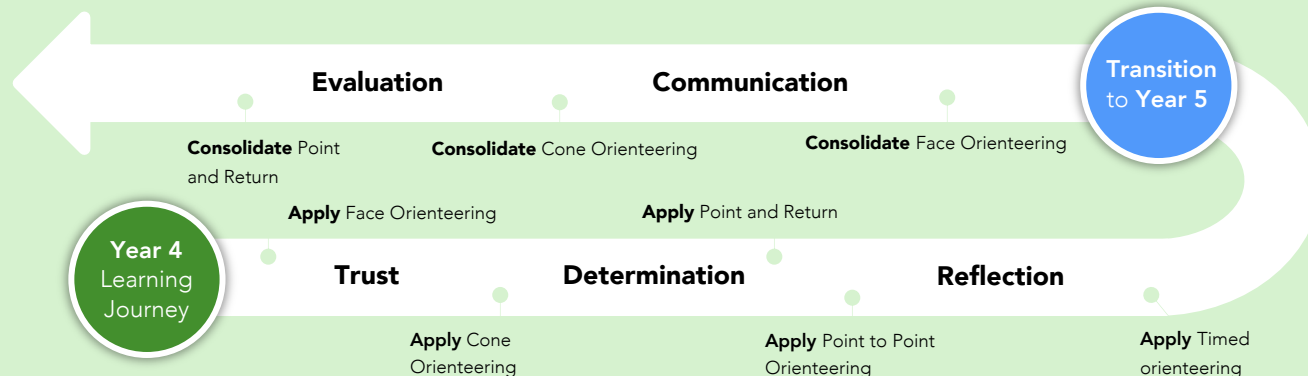


Sport Specific Vocabulary

Map: A map is a piece of paper that shows a representation of an area of land that uses symbols or signs to represent the various physical features i.e. trees and buildings.

Route: A route is a particular course taken when moving from point A to point B.

Out of Bounds: Is the area outside of the course that is prohibited for pupils to enter. The area that is 'out of bounds' should be clearly marked out and identifiable on a map.





Physical Education

Boccia Year 4

Unit Purpose

The focus of learning is to explore and develop different ways of using **tactical thinking** in Boccia. Pupils will be able to create **attacking** and **defensive** tactics and apply these in their games.

Pupils will be able to **officiate** their games fairly applying the rules throughout.

Inspire Me

Did you know... Boccia is thought to have originated in ancient Greece, as the Greeks used to throw stones at stone targets. Boccia has many similarities to the Italian game of bocce and the French boules game, pétanque.



Key Success Criteria

- P** Pupils will continue to be able to send the ball accurately, varying the speed and power they apply, based on the position of the 'Jack'.
- C** Pupils will apply an understanding of accuracy, speed and power, making decisions as to when to hit their opponent's ball or to aim at the 'Jack'.
- S** Pupils will apply life skills such as respect and collaboration, working effectively with their own team and the opposition.
- W** Pupils will effectively apply life skills such as self motivation and integrity as they continue to try and improve their own performance.

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.

Attacker: We are considered an 'attacker' when we send our ball with the purpose of attempting to get it closer to the target (Jack), than our opponents ball.

Defender: We are considered a 'defender' when sending our ball with the purpose of attempting to prevent (block) our opponent from getting their ball closest to the target (Jack).

Block: A tactic designed to limit an opponent's ability to score.

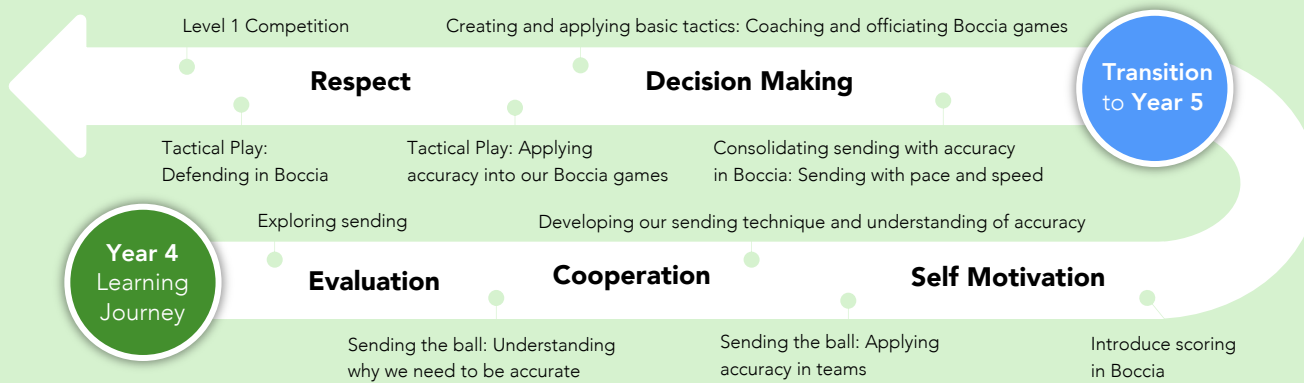


Sport Specific Vocabulary

Jack: The Jack is the target ball used in Boccia (usually a white ball) that pupils try to aim and land their balls as close as possible.

Ramp: Is an assistive device that pupils can use if they are unable to roll, throw or kick their balls.

End: A passage of play that features six balls per pupil, pair or team.





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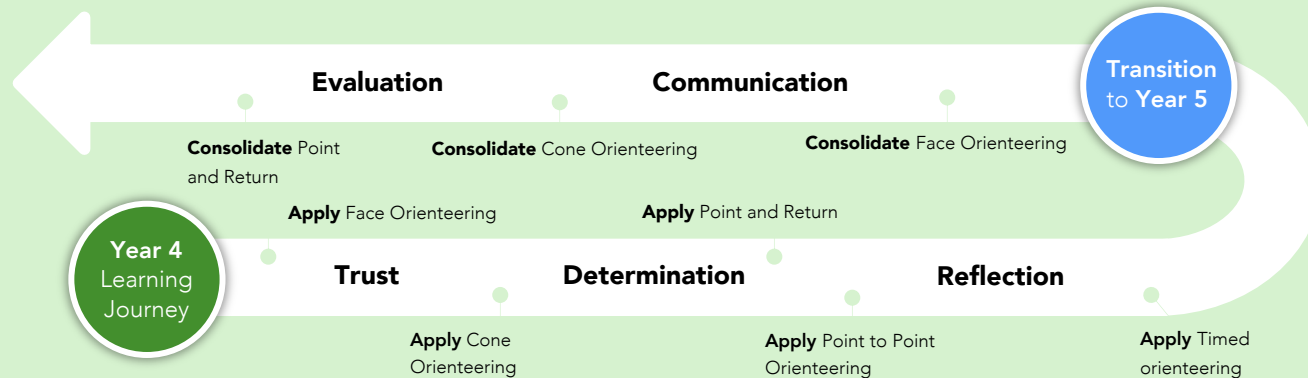
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Physical Education

Rounders 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 the concept of batting. Pupils will continue to develop and apply a variety of fielding skills such as **throwing** and **stopping the ball** to keep the batter's score low.

Inspire Me

Did you know... Rounders is a sport that is predominately played in Great Britain, Ireland and Canada. Rounders has lots of similarities to the America sports softball and baseball.



Key Success Criteria

- P** Pupils will be able to apply developing batting skills in order to score points. Pupils will continue to develop accurate throwing, catching and retrieving skills.
- C** Pupils will understand the difference between batting and fielding. Pupils will understand why batters need to aim at space when striking the ball.
- 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

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 rounders as possible.

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

Bowling: is the action of propelling the ball towards the batter, with the intention of getting the batter out or preventing them from scoring a rounder.

Catching: means holding the ball with our hands that is hit or thrown to us. This includes holding a ball struck by a batter before it touches the ground.

Sport Specific Vocabulary

Backstop: The backstop is a fielder who stands a safe distance behind the batting square, opposite the bowler ready to catch and stop the ball.

½ a Rounder: Is the method of scoring used in rounders. If the batter misses the ball and runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores ½ a rounder.





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.

