



	Autumn 1	Autumn 2	Spring 1	Spring 2	Summer 1	Summer 2
Year 5/6	<p><u>Basketball</u></p> <ul style="list-style-type: none"> • Play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending. • Compare their performances with previous activities and demonstrate improvement to achieve their personal best. <p><u>Prior learning - chn have:</u></p> <ul style="list-style-type: none"> • Developed catching, throwing and dribbling skills. • Learned about tactics for attacking as a team. • Learned ways in which to mark an opponent. • A grasp of the basic rules of the games being played. • Experienced playing in different positions. • Carried out a range of warm-up activities. <p><u>Learning outcomes:</u> <u>Session 1</u></p> <ul style="list-style-type: none"> • Dribble a basketball with accuracy, confidence and control. • Combine and perform skills with control in a relay exercise. • Demonstrate accurate passing and receiving skills. • Combine and perform skills with control, adapting them to meet the needs of the task, Choose when to pass or dribble, so that they can keep control and progress towards a target. 	<p><u>Athletics</u></p> <ul style="list-style-type: none"> • Chn need to develop their technical understanding of athletic activity. • They learn how to set targets and improve their performance in a range of running, jumping and throwing activities. • Chn need to think about how to achieve the greatest speed, height, distance or accuracy. <p><u>Acquiring & Developing Skills:</u></p> <ul style="list-style-type: none"> • Chn need to develop the consistency of their actions in a number of events. • Chn need to increase the number of techniques they use. <p><u>Selecting & Applying Skills:</u></p> <ul style="list-style-type: none"> • Chn need to choose appropriate techniques for specific events. 	<p><u>Quicksticks</u></p> <p><u>Opportunities</u></p> <ul style="list-style-type: none"> • Offers excellent leadership development opportunities for youngsters with a variety of leadership roles available including umpiring and coaching/managing. • The rules are very simple allowing the players themselves to umpire the games. <p><u>Learning opportunities:</u></p> <ul style="list-style-type: none"> • Develop their dribbling skills with a stick and ball. • Keeping possession • Travel (moving) with the ball. • Shooting • Attacking skills. • Defending skills • Small sided games. • Health, fitness and safety. <p><u>Progression to skills below:</u></p> <ul style="list-style-type: none"> • Conditioned games. • Introduction to patterns of play • Set plays 	<p><u>Tennis/Tri-Golf</u></p> <p><u>Tennis</u></p> <p><u>Recap basic skills</u></p> <p><u>Rallying</u></p> <p><u>Under arm serve</u></p> <p><u>Return the serve</u></p> <p><u>Target tennis</u></p> <ul style="list-style-type: none"> • Balanced alert ready position • Angle the racket face to the target • Increase the path of the push to get the ball to go further. <p><u>Rally and recover</u></p> <ul style="list-style-type: none"> • Balanced, alert ready position • Complete the shot before recovering • Keep watching the ball during recovery <p><u>Seeing spaces</u></p> <ul style="list-style-type: none"> • Be aware of tracking the ball and the pupil at the same time • Think ahead where the space is going to be • Get in the correct position to direct the ball to the space 	<p><u>Cricket</u></p> <p><u>Skills learnt</u></p> <ul style="list-style-type: none"> • Batting • Bowling • Fielding • Leadership • Playing the game <p><u>Learning objectives</u></p> <ul style="list-style-type: none"> • Players gaining an understanding of cricket matches. • Application of cricket skills <p><u>Overarm bowling</u></p> <p><u>Learning objective:</u> to be able to bowl overarm with consistent accuracy at the stumps.</p> <ul style="list-style-type: none"> • Run up – start with small steps which get longer when approaching the crease. • Bound – when approaching the crease turn body sideways and lean back slightly. • Coil – spring from where ball is released. Back foot hits the ground first. Rock from back to front. 	<p><u>Multi-sports</u></p> <ul style="list-style-type: none"> • Spatial awareness and ball control. • Keeping Possession and Attacking skills. • Keeping Possession and Defending Skills. • Attacking and Defending Skills • Passing and Dribbling – Keeping Possession • Circuits and Tactics • Net and Wall skills • Skill Fielding • Striking <p><u>Main activities/goals</u></p> <ul style="list-style-type: none"> • Use of space • Keeping the ball – when to pass and when to dribble • Working with others • Knowledge of warming up and cooling down • Analysing performance • Understanding healthy lifestyles • Using skills to suit the situation • Knowledge of attacking and defending skills • When to pass and when to dribble to progress towards a goal • Use of space

<p><u>Session 2</u></p> <ul style="list-style-type: none"> • Demonstrate accurate passing and receiving skills. • Combine and perform skills with control, adapting to meet the needs of the task. • Choose when to pass or dribble, so that they keep control and progress towards a target. <p><u>Session 3</u></p> <ul style="list-style-type: none"> • Demonstrate accurate passing and receiving skills. Combine and perform skills with control, adapting to meet the needs of the task. • Choose when to pass or dribble, so that they keep control and progress towards a target. • Using attacking and defending skills appropriately within a game. <p><u>Session 4</u></p> <ul style="list-style-type: none"> • Use a variety of tactics to keep the ball e.g. changing speed and direction. • Choose when to pass, dribble or shoot, so that they keep possession and progress towards a goal. • Use attacking and defending skills appropriately within a game. <p><u>Session 5</u></p> <ul style="list-style-type: none"> • Play invasion games, using all the Basketball skills they have learned. • Use attacking and defending skills appropriately within a game. • Choose when to pass, dribble or shoot, so that they keep possession and progress towards a basket! 	<p><u>Knowledge & Understanding of Fitness and Health:</u></p> <ul style="list-style-type: none"> • Chn need to understand the basic principles of warming up. • They need to understand why exercise is good for fitness, health & wellbeing. <p><u>Evaluating & Improving Performance:</u></p> <ul style="list-style-type: none"> • Chn need to evaluate their own and others' work and suggest ways to improve it. <p>07342640147</p> <p><u>Main objectives:</u></p> <p>Running for speed</p> <ul style="list-style-type: none"> • Running over obstacles • Running for distance • Throwing (pull) • Throwing (push) • Throwing (fling & heave) • Jumping for distance • Jumping for height • Relays • Competition format 	<ul style="list-style-type: none"> • Attacking principles • Defending principles • Performance analysis <p>Further extension:</p> <ul style="list-style-type: none"> • Systems of play • Recognition of patterns of play strengths and weaknesses • Roles and responsibilities • Variety of set plays 	<p><u>Ace server</u></p> <ul style="list-style-type: none"> • Start with frontal stance • Racket face upwards and arm slightly bent • Make contact above your head • Tap the ball upwards gently and stay high with your racket <p><u>React and volley</u></p> <ul style="list-style-type: none"> • Balanced ready position • Short block action • Racket face angled to target. <p><u>Winning a point</u></p> <ul style="list-style-type: none"> • Watch carefully • Call out loudly and clearly <p><u>Tri-golf</u></p> <p>Staying safe</p> <p>Cooperation.</p> <p>Recognise right from wrong</p> <p>Show respect for others:</p> <p>Objectives:</p> <ul style="list-style-type: none"> • Control the direction of the ball using both a putter and a chipper. • Control the distance of the ball using both putter and chipper. • Stay safe when playing golf. 	<ul style="list-style-type: none"> • Keep bowling arm straight. • Release ball at top of delivery arc. <p><u>Catching</u></p> <p><u>Learning objective:</u> to be able to catch a cricket ball consistently from different directions, at different speeds and from varying heights.</p> <ul style="list-style-type: none"> • Get into the correct position and move feet. • Get hands into a cup/bowl shape ready to catch the ball. • Catch ball below head/eyes. • Bend legs and get a good balanced position. • Take ball away from body/absorb the force so the ball doesn't bounce out. <p><u>Front Foot Defensive Shot</u></p> <p><u>Learning objective:</u> to be able to play a defensive shot to a full and straight ball.</p> <p><u>The Pull and Hook Shot</u></p> <p><u>Learning objective:</u> to be able to play the pull or hook shot to a short pitched delivery.</p> <p><u>The Sweep Shot</u></p> <p><u>Learning objective:</u> to be able to play the 'paddle' and 'slog' sweep shot</p>	<ul style="list-style-type: none"> • Using tactics to keep the ball • Use of space • Using a variety of tactics to keep the ball, knowing when to pass and when to dribble. • Knowledge of attacking and defending skills • Adapting skills to meet the demands of the situation. • Changing speed in attack and scoring points • Effective defending • Knowledge of attacking and defending, using skills for each appropriately • Using tactics to keep the ball and progressing ball towards goal • Choosing roles within a team and using skills and tactics well in a game • Consistency within the games, choosing skills appropriately. • Defensive techniques (delay, denial of space, pressure and regaining possession) and marking to defend goals. • Choosing when to pass and when to dribble to proceed towards a goal. • Choosing and using different formations. • Knowledge of warming up.
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	<p>Session 6</p> <ul style="list-style-type: none"> •To play invasion games effectively as part of a team. •Understand and apply a range of tactics and strategies for defence and attack. •To choose, combine and perform skills more fluently and effectively in games. 			<ul style="list-style-type: none"> •Control the distance of the ball in the air using a chipper. •Control the distance and height of the ball using a chipper. <p>Skills for life:</p> <ul style="list-style-type: none"> •Encourages leadership skills such as confidence and communication •A good opportunity to reinforce and demonstrate Skills for Life learned in previous lessons such as staying safe, respect for others and knowing right from wrong. <p><u>PE Assessment strands met during lesson</u> <u>Strand:</u> Knowledge of health - Can I suggest activities/lead Safety & Fitness a warm up for the Tri-Golf Skills Festival? Selecting & Applying – control of aim and distance Skills during a game situation Evaluating & improving performance – Can I be the coach Improving for my team?</p>		<ul style="list-style-type: none"> • Directing a ball towards an opponent's court or target area • Tennis ground strokes development • Working well with others, adapting their play accordingly • Analysing performance <ul style="list-style-type: none"> • Fielding and use of long and short barriers. • Throwing over arm. • Backing up <ul style="list-style-type: none"> • Constructing and carrying out own warm up • Batting effectively using different shots and placement of the shot • Outwitting the opposition when batting, bowling and fielding • Bowlers and fielders working together • Analysing performance. • Playing tactically • Knowledge of the importance of different types of fitness to the game
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