

## HOLY TRINITY CATHOLIC ACADEMY

### PE MEDIUM TERM PLANNER – COMPETITIVE/INVASION GAMES – Hockey, Football, Handball, Netball, basketball, Rugby

#### INTENT:

Develop active and healthy lifestyles in all children;  
To engage children in a range of different sporting and physical activities;  
To develop the children's physical, emotional and social wellbeing.

**EYFS** – Our PE curriculum learning journey begins in the Early Years' Foundation Stage's 'Physical Development; curriculum and all subsequent learning is built upon these foundations. (See Separate EYFS Medium Term Plans for further detail)

#### During the Nursery, almost all children will be able to:

Continue to develop their movement, balancing, riding (scooters, trikes and bikes) and ball skills.  
Go up steps and stairs, or climb up apparatus, using alternate feet.  
Skip, hop, stand on one leg and hold a pose for a game like musical statues.  
Use large-muscle movements to wave flags and streamers, paint and make marks.  
Start taking part in some group activities which they make up for themselves, or in teams.  
Increasingly be able to use and remember sequences and patterns of movements which are related to music and rhythm.  
Match their developing physical skills to tasks and activities in the setting. For example, they decide whether to crawl, walk or run across a plank, depending on its length and width.  
Choose the right resources to carry out their own plan. For example, choosing a spade to enlarge a small hole they dug with a trowel.  
Collaborate with others to manage large items, such as moving a long plank safely, carrying large hollow blocks.

#### During F2, almost all children will be able to:

Revise and refine the fundamental skills they have already acquired: rolling, crawling, walking, jumping, running, hopping, skipping, climbing

Progress towards a more fluent style of moving with developing control and grace

Develop the overall body strength, co-ordination, balance and agility needed to engage successfully with future physical education sessions and other physical discipline including dance, gymnastics, sport and swimming

Combine different movements with ease and fluency

Confidently and safely use a range of large and small apparatus indoors and outdoors, alone and in a group

Develop overall body strength, balance, co-ordination and agility

Further develop and refine a range of ball skills including: throwing, catching, kicking, passing, batting and aiming

Develop confidence, competence, precision and accuracy when engaging in activities that involve in ball

## Physical Development ELG:

### Gross Motor Skills

• Negotiate space and obstacles safely, with consideration for themselves and others. • Demonstrate strength, balance and coordination when playing. • Move energetically, such as running, jumping, dancing, hopping, skipping and climbing.

The children will have explored this through a variety of means – weekly Forest School sessions, different learning themes, stories and links to the Book of the Week, outdoor learning opportunities, continuous provision, visits etc. Links also will have been made to other aspects of the EYFS curriculum. Refer to the separate EYFS section on the website for further information.

### PE KSI and 2 Overview

	Advent 1	Advent 2	Lent 1	Lent 2	Pentecost 1	Pentecost 2
<b>Y1/2 Year A</b>	<b>Gymnastics</b> Team Games – throwing & catching skills	Dance & Dance linked to Nativity Play	Yoga Team games: <b>Kicking &amp; Dribbling</b>	Gymnastics Team Games <b>Kicking &amp; Dribbling</b>	OAA Striking & Feilding: Cricket	Athletics Striking & Fielding: Rounders
<b>Y1/2 Year B</b>	<b>Gymnastics</b> Team Games – throwing & catching skills	Dance & Dance linked to Nativity Play	Yoga Team games: <b>Kicking &amp; Dribbling</b>	Gymnastics Team Games: <b>Kicking &amp; Dribbling</b>	OAA Striking & Feilding: Cricket	Athletics Striking & Fielding: Rounders
<b>Y3/4 Year A</b>	<b>Gymnastics</b> Competitive Games: <b>Hockey</b>	Dance Competitive Games: <b>Handball</b>	Circuits Competitive Games: <b>Basketball</b>	Competitive Games: <b>Netball</b> Dance linked to Easter Play	OAA Striking & Feilding: <b>Cricket</b>	<b>Athletics</b> Striking & Fielding: <b>Rounders</b>
<b>Y 3/4 Year B</b>	<b>Gymnastics</b> Competitive Games: <b>Handball</b>	Dance Competitive Games: <b>Football</b>	Circuits Competitive Games: <b>Basketball</b>	Competitive Games: <b>Netball</b> Dance linked to Easter Play	OAA Striking & Feilding: <b>Cricket</b>	<b>Athletics</b> Striking & Fielding: <b>Rounders</b>
<b>Y5/6 Year A</b>	<b>Gymnastics</b> Competitive Games: <b>Hockey</b>	Dance Competitive Games: <b>Handball</b>	Circuits Competitive Games: <b>Basketball</b>	Swimming/Circuits Competitive Games: <b>Netball</b>	OAA/Swimming Striking & Feilding: <b>Cricket</b>	Swimming <b>Athletics</b> Striking & Fielding: <b>Rounders</b>
<b>Y5/6 Year B</b>	<b>Gymnastics</b> Competitive Games: <b>Rugby</b>	Dance Competitive Games: <b>Football</b>	Circuits Competitive Games: <b>Basketball</b>	Swimming/Circuits Competitive Games: <b>Netball</b>	OAA/Swimming Striking & Feilding: <b>Cricket</b>	Athletics Striking & Fielding: <b>Rounders</b>

<b>Competitive/Invasion Games – Football, Netball, Rugby, Hockey, Basketball, Handball</b>			
<b>YEAR</b>	<b>KEY KNOWLEDGE</b>	<b>VOCABULARY</b>	<b>SKILLS</b>
<b>Year 1 / 2 Year A</b>	<p><b>To know why exercise is important</b></p> <ul style="list-style-type: none"> <li>Discuss the effects of exercise on their bodies. To have discussions and help children understand how our bodies are feelings and changing.</li> <li>Children should know that exercise increases energy levels, improves muscle strength, can help you to maintain a healthy body, improves brain function and mental health and helps to keep your heart strong.</li> </ul> <p><b>To know how to use a ball in different ways.</b></p> <ul style="list-style-type: none"> <li>Encourage children to keep their eye on the ball this is for fielders, batters and bowlers.</li> <li>Encourage fielders to track and get their body behind the ball, to have a stance for fielding.</li> <li>Encourage fielders to try to intercept the ball by catching it. They could practise intercepting in threes as a skill.</li> </ul> <p><b>To know how to roll a ball.</b></p> <ul style="list-style-type: none"> <li>The leg opposite to rolling hand should be in front of the body.</li> <li>Roll the ball like a ten-pin bowl, releasing it at its lowest point. Do not drop it. The knees and waist have to be bent. The rolling motion should be fast and there should be a good follow through.</li> </ul> <p><b>To know how to use kicking skills in a game.</b></p> <ul style="list-style-type: none"> <li>Strike balls in the same direction or from the centre into the corners.</li> <li>Encourage children to follow through with their foot when striking the ball to improve accuracy.</li> <li>Encourage children to hold the racket with a firm “shaking hands” grip. Encourage children to make some space between their body and the ball. Encourage children to keep their eye on the ball. The children can be taught a stance for receiving the ball.</li> </ul> <p><b>To know how to pass the ball to a player in a game.</b></p> <ul style="list-style-type: none"> <li>To be able to emphasise safe stopping of the ball.</li> <li>To encourage good control of the ball. Some children will have demonstrated ways of balancing on the ball, which requires them to have strong stomach and back muscles or have good shoulder stability.</li> </ul> <p><b>To know how to use different ways of travelling in different directions or pathways.</b></p> <ul style="list-style-type: none"> <li>Encourage children to keep their heads up. <ul style="list-style-type: none"> <li>Encourage children to place the balls/ beanbags in the hoops. Only balls/beanbags in the hoop will be counted.</li> </ul> </li> <li>Encourage children to work together as a team.</li> </ul> <p><b>To know how to use some skills which you have learnt to play a game together.</b></p> <ul style="list-style-type: none"> <li>The children can make up some smaller games and work up to games as a whole class such as mini football or kick rounders where they would get to use the skills that they have been taught.</li> </ul>	Pass Travel Exercise Intercept Balance Safety Control Grip Direction Stability  Body Ball Throw Strike Kick Pass	Pass the ball to another player in a game.  Use kicking skills in a game.  Use different ways of travelling in different directions or pathways.

<p><b>Year I / 2</b></p> <p><b>Year B</b></p>	<p><b>To know how to stretch and cool down after exercise.</b></p> <ul style="list-style-type: none"> <li>Some of the skills require strong core muscles so warm ups and cool downs that work on these will be useful.</li> </ul> <p><b>To know how to pass the ball in different ways.</b></p> <ul style="list-style-type: none"> <li>Passing the ball is a key part of football.</li> <li>The purpose of passing is to keep possession of the ball by manoeuvring it on the ground between different players with the objective of advancing it up the playing field.</li> <li>Good, progressive, passing football involves moving the ball forward by breaking through defensive lines and slipping passes between defenders.</li> </ul> <p><b>To know how to travel in different ways at different speeds.</b></p> <ul style="list-style-type: none"> <li>To use running skills from previous topics. Children to perfect ways of travelling and adapt to doing this with a ball.</li> </ul> <p><b>To know how to bounce and kick a ball whilst moving.</b></p> <ul style="list-style-type: none"> <li>Short passing - Discuss and practise ways of passing the ball using the inside and outside of the foot.</li> <li>In pairs practise passing over a short distance statically then, if able, the person can move to a new position to receive the ball.</li> <li>Square passing practise - restrict amount of touches if more able. Game - 20m by 10m grid, 5 V 2, If you pass more than five times you score a goal, 10 times - 5 goals, etc. If defender intercepts, they change with the attacker who lost the ball.</li> <li>Long passing- Discuss how they would change the way they pass for long distances and when you would need to use a long pass. Practise in pairs gradually increasing the distance, then try lofting the ball (toe strike), try swerving the ball with either the inside or outside of the foot and then practise passing using the head. Game - 'Keep it up' using head, knees, feet, chest, etc.</li> </ul> <p><b>To know how to start to understand the terms attacking and defending.</b></p> <ul style="list-style-type: none"> <li>Skills could be: cruft turn: with the ball in front touch with the weak foot and with the stronger foot drag the ball between your legs so it goes behind you.</li> <li>Turn with your weaker foot and change direction. This is a dummy kick and throws the attacker off. Drag back: running with the ball and use stronger foot to drag back so ball is in the other direction. Inside hook: dribbling forwards with the ball, use inside of foot to hook ball back the other foot pushes the ball forwards to where you have come from.</li> </ul> <p><b>To know how to use kicking skills.</b></p> <ul style="list-style-type: none"> <li>To try to use both feet to kick and start off using the inside of the foot.</li> <li>Push Kick: The push kick, or inside-of-the-foot kick, allows you to send a highly accurate, short pass to a teammate.</li> <li>The instep kick relies on the upper surface of your foot, also called "the laces." Mainly used for shooting, the instep kick entails running straight to the ball, placing your support foot beside the ball and swinging your kicking leg swiftly forward.</li> <li>Outside Kick If you want to surprise and deceive your opponent, who is more likely to expect a push kick, use the outside of your foot instead.</li> </ul> <p><b>To know how to use dribbling skills.</b></p>	<p>Dribbling Technique Skill Intercept Travelling Development Defenders Attackers</p> <p>Pass Speed Travel Ball Drag Shoot turns</p>	<p>Bounce and kick a ball whilst moving.</p> <p>Use kicking skills in a game.</p> <p>Use dribbling skills in a game.</p> <p>Know how to pass the ball in different ways.</p> <p>Use different ways of travelling at different speeds and following different pathways, directions or courses.</p> <p>Change speed and direction whilst running.</p> <p>Begin to choose and use the best space in a game.</p> <p>Begin to use and understand the terms attacking and defending.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p> <p>Understand the importance of rules in games.</p> <p>Use at least one technique to attack or defend to play a game successfully.</p>
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	<ul style="list-style-type: none"> <li>• Simple dribbling - Dribbling with the ball is a skill that must be mastered by all players. Discuss the importance of keeping the ball close to you using the inside and outside of the foot.</li> <li>• Practise controlling the ball on command by placing the foot on top of the ball. Explore using both feet to dribble around an area.</li> <li>• Extend to dribbling and then trying to give the ball to a partner, looking up to find them whilst maintaining control.</li> <li>• Practise cut-back turns (turn with the outside of the foot) and drag-back turns (turn with the sole of the foot).</li> </ul> <p><b>To know how to use a variety of types of turns whilst dribbling.</b></p> <ul style="list-style-type: none"> <li>• A turn in football is an effective skill used to change direction and can be applied when moving away from a defender or into a new space.</li> <li>• Turns to try: Drag back turn: Place non kicking foot next to the ball. Place 'kicking' foot on top of the ball with the sole of the foot. Pull the ball back in the direction you came.</li> <li>• Inside hook: Use the inside of your kicking foot, to hook the ball across your body and into a new direction.</li> <li>• Outside hook: use the outside of your kicking foot, to hook the ball away from your body and into a new direction.</li> <li>• Stop turn: Whilst moving place the non kicking foot next to the ball. Stop the ball in place using the sole of the kicking foot. Step over the ball, turn body and begin dribbling the ball in a new direction.</li> </ul> <p><b>To know the importance of rules in games.</b></p> <ul style="list-style-type: none"> <li>• To be able to use at least one technique to attack or defend to play a game successfully.</li> <li>• To know the basic rules of football to play a game. To know the rules of football and be able to play a game.</li> </ul>		
<p><b>NETBALL</b></p> <p><b>Year 3 / 4</b> <b>Year A&amp;B</b> <b>Consolidation &amp; Practice of skills</b></p>	<p><b>To know how to move with the ball in different ways and find a useful space and get into it to support teammates.</b></p> <ul style="list-style-type: none"> <li>• To build on skills learnt before. Travelling in different ways, change direction and speed easily, dodging skills.</li> </ul> <p><b>To know how to pass the ball in two different ways in a game situation with some success.</b></p> <ul style="list-style-type: none"> <li>• <b>Chest pass:</b> Ball should be released at chest height. Fingers spread around the ball in W shape. Elbows tucked in (no chicken wings) Transfer weight forward and push the ball.</li> <li>• <b>One handed shoulder pass:</b> Ball should be released shoulder height. Fingers spread around the ball. Step with opposite foot. Transfer weight and push through the ball. Path of the ball should be fast and flat</li> <li>• <b>Bounce pass.</b> Two players can practice this pass in a small confined area with one other player acting as the defender. This is a good pass for smaller and more confined spaces because defenders will try to close in and move the ball into the goal circle.</li> </ul> <p><b>To know how to keep and win back possession of the ball in a team game.</b></p> <ul style="list-style-type: none"> <li>• Defensive play netball drills aim to develop team skills in pressuring attacking players and getting into positions which force the attacking team-wide or into positions they cannot score.</li> <li>• Centre Pass 1 – The aim is to reduce the space of the attacking team at a centre pass, resulting in an interception.</li> </ul>	<p>Bounce pass Shoulder pass Chest pass Defend Attack Release Catch Possession</p> <p>Shoot Score Jump Pass throw</p>	<p>Move with the ball in a variety of ways with some control.</p> <p>Use two different ways of moving with a ball in a game.</p> <p>Pass the ball in two different ways in a game situation with some success.</p> <p>Know how to keep and win back possession of the ball in a team game.</p>

<p><b>Revisited in Y5/6 Year A&amp;B</b></p> <p>where the skills are practised and refined and children are more accomplished with the skills</p> <p>In Y5/6 further competitive games take place and culminate with intra house competition at the end of the unit</p>	<ul style="list-style-type: none"> <li>Defensive movement drills work on intercepting the ball from a defending position and include face marking, slip step and more.</li> <li>Rebound: The aim is to obtain possession of the ball from a missed shot.</li> <li>Netball attacking movement drills aim to develop team play moving forward by giving the attacking players passing options. This is done by creating small-sided games and practices.</li> </ul> <p><b>To know how to use simple attacking skills.</b></p> <ul style="list-style-type: none"> <li>Netball attacking drills aim to develop passing options from a centre pass.</li> <li>Players attempt to get the ball in a good position close to the edge of the semi-circle in order to feed the shooter.</li> </ul> <p><b>To know how to shoot in netball.</b></p> <ul style="list-style-type: none"> <li>Stand in a balanced position.</li> <li>Hold ball above the head and bend knees slightly.</li> <li>One hand on the ball and the other supporting.</li> <li>Focus on the net and keep shoulder still.</li> <li>Extend knees and elbow gently.</li> <li>Push the ball high and allow to drop into the net.</li> <li>Be ready if you miss you could regain possession.</li> </ul> <p><b>To know and begin to apply basic principles and rules of netball.</b></p> <ul style="list-style-type: none"> <li>To know the basic rules and link to high 5 rules.</li> <li>To play simple games.</li> <li>To keep using the vocabulary linked with the topic and make sure that the children know what attacking and defending is and how to do it.</li> </ul>		<p>Find a useful space and get into it to support teammates.</p> <p>Use simple attacking and defending skills in a game.</p> <p>Use fielding skills to stop a ball from travelling past them.</p> <p>Apply and follow rules fairly.</p> <p>Understand and begin to apply the basic principles of invasion games.</p> <p>Know how to play a striking and fielding game fairly</p> <p>Recognise and describe the effects of exercise on the body.</p> <p>Know the importance of strength and flexibility for physical activity.</p> <p>Explain why it is important to warm up and cool down.</p>
<p><b>BASKETBALL</b></p> <p><b>Year 3/4 Year A &amp; B Consolidation &amp; Practice of skills</b></p> <p><b>Revisited in Y5/6 Year A&amp;B</b></p>	<p><b>To know how to describe how the body reacts at different times and how this affects performance.</b></p> <ul style="list-style-type: none"> <li>To have discussions about this.</li> <li>Physical activities promote healthy growth and development. It helps build a healthier body composition, stronger bones and muscles. It also improves the child's cardiovascular fitness.</li> <li>Physical activities help in the development of better motor skills and in concentration and thinking skills.</li> <li>Begin to lead warm ups within small groups</li> </ul> <p><b>To know how to pass and move and dribble smoothly</b></p> <ul style="list-style-type: none"> <li>To understand dribbling technique, bounce to hip, using each hand to change direction, dribbling at speed by pushing the ball in front of them to run onto it. Being aware of others and looking for a pass or attempting a shot. Passing the ball with more accuracy and correct weight of pass to allow the team to attack with more effectiveness.</li> </ul> <p><b>To know and use simple attacking and defending principles.</b></p>	<p>Intercept Communication Man to man marking Busy feet Feint Quick step Dribble Pass Accuracy Weight of pass Attacking Defending Transitions</p>	<p>Understanding of game play</p> <p>Can play in positions and understand role</p> <p>Can demonstrate simple attacking and defending principles of play</p> <p>Can begin to develop shooting accuracy using correct technique</p>

<p>where the skills are practised and refined and children are more accomplished with the skills</p> <p>In Y5/6 further competitive games take place and culminate with intra house competition at the end of the unit</p>	<ul style="list-style-type: none"> <li>To develop use of man to man marking.</li> <li>Agility movements using tiptoes to move quickly to find space.</li> <li>Develop communication skills to ask for the ball when in space.</li> <li>Hands need to be high to intercept.</li> <li>Eyes on the ball to protect face and too develop awareness in drills/games</li> <li>To develop understanding of positions and how to impact the game.</li> <li>To understanding attacking movements of feint, double feint and quick step.</li> </ul> <p><b>To develop shooting skills in isolation, practice drills and game play</b></p> <ul style="list-style-type: none"> <li>Develop shooting technique of wrist flick, guide hand, use of legs and aim.</li> <li>Include movement before shots to simulate game play</li> <li>Look at pass, move, shoot</li> <li>Encourage shooting and other focused skills in game play by conditioning games to promote want skills</li> </ul> <p><b>To begin to understand transitions from attack to defence.</b></p> <ul style="list-style-type: none"> <li>To begin to develop passing through positions and working the ball forwards</li> <li>Develop team attack and team defence</li> <li>To change from defence to attack and visa versa in real time to prevent or create goal scoring opportunities</li> <li>Practice in drills and encourage in game play</li> </ul> <p><b>To develop understanding of game play.</b></p> <ul style="list-style-type: none"> <li>Conditioned games are set up to encourage wanted skills i.e. 5 passes before shooting, all players must be in the attacking half before shooting, players stay in their thirds and have to pass through each to maintain positions (Netball style).</li> </ul>	<p>Technique</p>	<p>Can begin to dribble with fluency and control</p> <p>Can pass more accurately</p> <p>Can begin to impact game play</p> <p>Can show some attacking and defending skills</p> <p>Can change from attacking to defending and visa versa with more fluency</p>
<p><b><u>HANDBALL</u></b></p> <p><b><u>Year 3/4</u></b> <b>Year A&amp;B</b> <b>Consolidation &amp; Practice of skills</b></p> <p><b>Revisited in Y5/6 Year A</b></p> <p>where the skills are practised and refined and children are more accomplished with the skills</p>	<p><b>Building on previous skills/knowledge of invasion/throwing and catching games i.e. basketball</b></p> <p><b>To understand and practice the three-step dribble.</b></p> <ul style="list-style-type: none"> <li>To experience and practice the three-step dribble in Handball by bouncing the ball after every walking step, this can then be progressed into a jog and then a run. Encourage fluency and changing of direction to simulate game play actions. Set up drills to develop this into more game relevant situations by adding dribble, pass and receive and dribble shoot.</li> </ul> <p><b>To understand Handball rules and be able to put these into practice over time.</b></p> <ul style="list-style-type: none"> <li>Using the three-step rule and positions within game play</li> <li>Develop holding the ball for a max of three seconds</li> <li>Can not hit out of hands</li> <li>Fouls are given to the opposing team as a free pass</li> <li>Games are 7 v 7</li> </ul>	<p>Three-step rule Shoulder throw Pivot Dribble Pass shoot</p>	<p>To develop the three-step rule</p> <p>To find space to receive the ball</p> <p>To begin to pass accurately</p> <p>To hit the target when shooting</p> <p>To experience game play and begin to have an impact</p> <p>To develop children's confidence, understanding and ability into game play and to have more impact moving into Y6</p>

<p>In Y5/6 further competitive games take place and culminate with intra house competition at the end of the unit</p>			
<p><b>HOCKEY</b></p> <p><b><u>Year 3 / 4</u></b> <b><u>Year A</u></b></p> <p><b>Revisited in Y5/6 Year A</b></p> <p>where the skills are practised and refined and children are more accomplished with the skills</p> <p>In Y5/6 further competitive games take place and culminate with intra house competition at the end of the unit</p>	<p><b>To know how to describe how the body reacts at different times and how this affects performance.</b></p> <ul style="list-style-type: none"> <li>To have discussions about this.</li> <li>Physical activities promote healthy growth and development. It helps build a healthier body composition, stronger bones and muscles. It also improves the child's cardiovascular fitness.</li> <li>Physical activities help in the development of better motor skills and in concentration and thinking skills.</li> </ul> <p><b>To know how to move with the ball using a range of techniques showing control and fluency.</b></p> <ul style="list-style-type: none"> <li>Basic dribble: Controlling the ball with your stick as you run is a vital skill to master. Keep the ball out in front of the right side of your body and away from your feet, at about 2 o'clock. Keep the stick in contact with the ball as much as possible - it makes it easier to pass the ball in an instant and much harder for an opponent to tackle you without giving away a free hit. Your hands should be apart, with your knees bent and your back horizontal to the ground.</li> <li>Try and practice dribbling so you are confident enough not to need to look down at the ball - keeping your eyes on what's going on in front of you will make you a much more threatening player.</li> </ul> <p><b>To know how to pass the ball with increasing speed, accuracy and success in a game situation.</b></p> <ul style="list-style-type: none"> <li>Push pass: The push is the best way to pass the ball over a distance of about 10m-15m. It's a quick and accurate way of getting the ball to your team-mate, and it's also an easy move to disguise. Your hands should be approximately 30cm apart with the left hand <b>weaker hand</b> near the top of the stick and the <b>stronger hand</b> right hand further down. Keep your eyes on the ball, with your feet apart and knees bent. Make sure your back foot is roughly in line with the ball. Keep your stick in contact with the ball as you begin to shift your weight from back to front foot. Follow through keeping your stick in contact with the ball for as long as possible, increasing the speed of your stick head as you near your front foot. To gain more power and pace, make sure you are nice and low and side on to the target and follow through strongly with your stick - it should finish pointing towards the direction of the pass.</li> </ul> <p><b>To know how to use a range of attacking and defending skills and techniques in a game.</b></p> <ul style="list-style-type: none"> <li>To get your team playing with skill, speed and power this session practices movement patterns when running at goal, getting your players to carry the ball, make cross-over runs and get their shot on target.</li> <li>Get your players to make runs from all areas of the pitch, making forward runs down the lines - looking to strike fear into the opposition's defence!</li> </ul> <p><b>To know how to shoot in a hockey game.</b></p>	<p>Push pass Slap shot</p> <p><b><u>Tier 2</u></b> <b><u>Accuracy</u></b> <b><u>Technique</u></b></p>	<p>Move with the ball using a range of techniques showing control and fluency</p> <p>Pass the ball with increasing speed, accuracy and success in a game situation</p> <p>Occasionally contribute towards helping their team to keep and win back possession of the ball in a team game.</p> <p>Make the best use of space to pass and receive the ball.</p> <p>Use a range of attacking and defending skills and techniques in a game.</p> <p>Use fielding skills as an individual to prevent a player from scoring</p> <p>Vary the tactics they use in a game.</p> <p>Adapt rules to alter games</p> <p>Describe how the body reacts at different times</p>



	<ul style="list-style-type: none"> <li>To keep the ball low to the floor and shoot from the spot or whilst moving. This will need to be practised as a stand alone skill. Then into a game. Shooting is a pushing action and children need to be taught the skill and how fast it must be to be successful.</li> <li>Slap shot: The slap shot technique is similar to the push pass, but is performed with more power. Approach in the same way as a push pass, bring the stick back slightly to generate some power, then quickly swing forward to strike the ball. When striking, follow through towards your target. Encourage children to aim for the corners of the goal.</li> </ul> <p><b>To know how to vary the tactics they use in a game of hockey.</b></p> <ul style="list-style-type: none"> <li>To use everything that they have learnt in this topic and use in a hockey game. Draw on other knowledge from netball last year and other topics. To have smaller games and build up to larger ones. To practise passing, dribbling and shooting.</li> </ul> <p><b>To know the rules of hockey and adapt rules to alter games and use each other's strengths.</b></p> <ul style="list-style-type: none"> <li>To know about tackling, attacking, defending, shooting in the game and using these terms. To use the vocabulary linked with the game and to offer support and advice for team mates to improve.</li> <li>Quicksticks is for ages 7-11: No Goalkeepers Quicksticks does not include goalkeepers making it safe, accessible, cost and time effective. Fewer Players. Quicksticks is played 4-a-side offering all players full involvement and increased playing time. Fewer Stoppages. Many rules from full 11-a-side hockey have been taken out or simplified to make Quicksticks easier to deliver and play. This also results in fewer stoppages meaning more playing time.</li> <li>Leadership Role: Important to umpire etc. Result :The team scoring the most goals is the winner; if no goals are scored, or if the teams score an equal number of goals, the match is drawn.</li> </ul>		and how this affects performance.
<p><b>FOOTBALL</b></p> <p><u>Year 3 / 4</u> <u>Year A&amp;B</u></p> <p><b>Consolidation &amp; Practice of skills</b></p> <p><b>Revisited in Y5/6 Year A</b></p> <p>where the skills are practised and refined and children are more accomplished with the skills</p>	<p><b><u>Key Knowledge (the non-negotiable facts)</u></b></p> <p><b>To know statements:-</b></p> <p><b>To know the importance of warm up and cool down in PE</b></p> <ul style="list-style-type: none"> <li>Cooling <b>down</b> should include: maintaining elevated breathing and heart rate, eg walk, jog. gradual reduction in intensity.</li> <li><b>Warming up should include:</b> gradual pulse-raising activity, stretching, skill based practices/familiarisation, mental preparation, increase amount of oxygen to the working muscles.</li> </ul> <p><b>To know how to keep and win back possession of the ball effectively in a team game.</b></p> <ul style="list-style-type: none"> <li><b>Push Kick</b> The push kick, or inside-of-the-foot kick, allows you to send a highly accurate, short pass to a teammate. Contact the centre line of the ball with the inside of your kicking foot held perpendicular to your plant foot, using your foot almost like a golf putter to accurately push the ball.</li> <li><b>Outside Kick</b> If you want to surprise and deceive your opponent, who is more likely to expect a push kick, use the outside of your foot instead. This is a kick is more likely to be used and mastered at the elite level. While typically used as a short shovel pass to a nearby teammate, once you master it you can also employ the outside kick for shooting, corner kicks or distance kicking. Take a long approach stride and contact the ball with the outside of your foot, keeping your ankle locked.</li> <li><b>Toe Kick</b> If you want to have the ball travel a short distance for a shot or pass, flick the centre of the ball with the tip of your toes, using a quick motion.</li> </ul>	<p>Tackling Toe kick Back heel Opponent possession</p> <p>Skills Tackle Shoot Kick Defend attack Agility Distance Defending awareness Flexibility Stride Approach</p>	<p>Use a variety of ways to dribble in a game with success.</p> <p>Use ball skills in various ways, and begin to link together.</p> <p>Pass a ball with speed and accuracy using appropriate techniques in a game situation.</p> <p>Keep and win back possession of the ball effectively in a team game.</p> <p>Demonstrate an increasing awareness of space.</p>

<p>In Y5/6 further competitive games take place and culminate with intra house competition at the end of the unit</p>	<ul style="list-style-type: none"> <li>• <b>Back Heel</b> The back heel kick wins style points for its flair and can be as effective as any other pass, because the defender screened by your body cannot see it well. In fact, given its unexpectedness, a well-placed back heel kick to a skilled forward sets up a fair number of goals. Step over the ball, and poke it to a teammate using your heel.</li> </ul> <p><b>To know how to shoot in a game.</b></p> <ul style="list-style-type: none"> <li>• To be able to shoot on the spot and when moving.</li> <li>• To stop the ball and gain control and shoot.</li> <li>• To use more power when shooting.</li> <li>• To aim for the space in the goal. To be tactical and shoot into the corners.</li> </ul> <p><b>To know how to show an awareness of space.</b></p> <ul style="list-style-type: none"> <li>• The simplest way to create space is to move the ball if you keep it at your feet then you will get closed down quickly but if you get it pass it the defenders will shift to where the ball want and you'll have more space to play at that point you can ask for the ball get it back.</li> </ul> <p><b>To know how to keep and win back possession of the ball effectively in a team game.</b></p> <ul style="list-style-type: none"> <li>• Possession in football is the ability to move the ball around the pitch in efforts to unbalance the opponent and advance the ball. However, possession is more than just keeping the ball away from the opponent by kicking the ball around the field.</li> <li>• Possession is about movement, vision, teamwork, chemistry, creativity, and can often keep your team from fatiguing before their opponent. Use football training drills.</li> </ul> <p><b>To know how to choose the best tactics for attacking and defending.</b></p> <ul style="list-style-type: none"> <li>• Width in attack - placement of players across the width of the pitch, this forces the opposition's defenders to space out and leave gaps/space to attack into.</li> <li>• Width in defence - defensive players spread across the width of the pitch in an attempt to cover all areas when the attacking players have possession</li> <li>• Depth in attack - when a player attacks, place another team member behind them, this means that when an attack at goal or shot is not possible the attacker with the ball can pass back to their teammate which will potentially open up a new scoring opportunity.</li> <li>• Delay in defence - as a defender, you want to attempt to slow down your oppositions attack (delay) and this can be done by positioning yourself in front of the attacker (between them and the goal!). This slows down the attacker and buys time for the rest of the defence to get back and support.</li> <li>• Depth in defence - as in the attacking situation, a fellow defender provides support by positioning themselves behind the first defender; this provides support if the first defender is beaten.</li> </ul> <p><b>To know how to devise and adapt rules to create their own game.</b></p> <ul style="list-style-type: none"> <li>• To build on what they learnt in year 2 and their own experience of football. Share the rules and create an understanding.</li> <li>• To use the rules to play 7 and 8 a side games.</li> <li>• To use their knowledge of football to create their own games with similar rules.</li> <li>• To help each other and comment on techniques that you now know.</li> </ul>	<p>Choose the best tactics for attacking and defending.</p> <p>Shoot in a game.</p> <p>Use fielding skills as a team to prevent the opposition from scoring.</p> <p>Know when to pass and when to dribble in a game</p> <p>Devise and adapt rules to create their own game.</p>
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<p><b>RUGBY</b></p> <p><u>Year 5/6</u></p> <p><u>Year B</u></p>	<p><b>To know and understand the importance of warming up and cooling down and know how to do this</b></p> <ul style="list-style-type: none"> <li>Warming up helps prepare your body for aerobic activity. A warm-up gradually revs up your cardiovascular system by raising your body temperature and increasing blood flow to your muscles.</li> <li>Cooling down after your workout allows for a gradual recovery of pre-exercise heart rate and blood pressure.</li> </ul> <p><b>To know how to demonstrate a good awareness of space.</b></p> <ul style="list-style-type: none"> <li>Constant scanning of all around, change /increase in pace to move into groups.</li> <li>Ball must be within 'playing distance' but if it is out in front of child, child can get eyes up for good vision. Arms straight out in front, moving ball from hand to hand, eyes up, hands further apart is harder.</li> <li>Leader to maintain a pace which allows all to keep up – keep your team together. Sympathetic release of ball when leader.</li> </ul> <p><b>To know how to show confidence in using ball skills in various ways in a game situation, and link these together effectively.</b></p> <ul style="list-style-type: none"> <li>Look for your next pass before you have received the ball, so you can move the ball on quickly and accurately</li> <li>If you have a defender in your grid - when do you dribble and when do you pass? If moving with the ball, move away from the space you intend to pass the ball into. (team mates will need to read this and move into the space to receive the ball)</li> </ul> <p><b>To know how to pass a rugby ball.</b></p> <ul style="list-style-type: none"> <li><b>Basic pass</b> - One of the main-stays of rugby passing. A pass used very frequently however it is tending to be replaced by longer passes. You make this pass with two hands moving across in front of your body. Most useful for passes of a few metres. This is a very versatile pass can be used in many situations and you can easily control the speed and distance of the pass.</li> <li><b>Long pass</b> - important used a lot Another of the major skills in passing in rugby. Used very frequently especially in top class rugby. You make this pass with two hands moving across in front of your body.</li> <li>Passing: When passing in tag rugby, the ball can only be passed sideways or backwards to a teammate. To ensure children understand this important rule, simply explain when a pass is made, the ball must not be passed towards the try line they are attacking. If a forward pass is made, or a player drops the ball, this will result in a turnover, with the ball going to the opposite team. When passing, keep both hands on the top and bottom of the ball, fingers spread wide for grip and control. Use a pendulum like motion across the body to pass the ball. Communicate with teammates before passing to ensure they are ready to receive.</li> </ul> <p><b>To know how to restart the game after a tackle:</b></p> <ul style="list-style-type: none"> <li>Once a tackle has been made by the defending team, the game stops. There is a pause in the game to ensure all players are in the correct position before resuming play.</li> <li>Before restarting, all players must get 'on side'. Simply put, this means all of the defending team must be on their side, and all of the attacking team must be on their side (in line or behind the ball carrier).</li> <li>Defending team must be a set distance away from the ball carrier, which can be decided on by the referee depending on the size of the pitch &amp; ability of players etc.</li> </ul>	<p>Overarm Underarm Muscles Cardiovascular system Blood pressure</p> <p>Straight Pass Throw Defend Attack Scanning Vision</p>	<p>Understand the importance of warming up and cooling down.</p> <p>Carry out warm-ups and cool-downs safely and effectively.</p> <p>Show confidence in using ball skills in various ways in a game situation, and link these together effectively.</p> <p>Choose and make the best pass in a game situation and link a range of skills together with fluency, e.g. passing and receiving the ball on the move.</p> <p>Keep and win back possession of the ball effectively and in a variety of ways in a team game.</p> <p>Demonstrate a good awareness of space.</p> <p>Think ahead and create a plan of attack or defence.</p> <p>Apply knowledge of skills for attacking and defending.</p> <p>Work as a team to develop fielding strategies to prevent the opposition from scoring</p> <p>Follow and create complicated rules to play a game successfully.</p>

- Once everyone is on side, the ball carrier can restart the game by passing the ball to a teammate. If the defending team reach the tag count, the ball is turned over to them to restart play from where the last tackle was made.

**To know how to tackle correctly:**

- A tackle can only be made on the ball carrier. The team with the ball is the attacking team, with the opposition being the defending team.
- For the defending team to win possession, they must make a certain amount of tackles (decided by the referee), or for the attacking team to drop the ball or make a forward pass. Tag count is usually 3-5 tackles.
- To tackle, a player must take 1 of the ball carrier's tags. When a tag is made, the tackling player must hold up the tag in the air and shout 'TAG' to stop the game. They then pass the tag back to the ball carrier who will then resume play. Once the tag count reaches 5, possession is turned over.

**To know how to score correctly:**

- To score a point in rugby, the ball carrier must reach the opponent's try line.
- To score a try, the player must place the ball on the floor on the try line or in the zone. Both hands must remain on the ball when the ball comes into contact with the ground. Once a try is scored, the defending team restart the game from their try line.

**To know how to keep and win back possession of the ball effectively and in a variety of ways in a team game.**

- To keep changing direction and to move into space.
- To effectively use changes of pace.
- Communication with a partner is vital.
- Look before passing - pass and move. Move ball quickly and move ball away from the opposition.
- If a gate is blocked, dribble to another and if it is clear then pass. Communicate with your partner and to have your eyes up very important.

**To know how to apply knowledge of skills for attacking and defending and think ahead and create a plan of attack or defence.**

- Attack -Rugby attack patterns are used to get your players to make the most of the attacking opportunities that come their way during a game.
- In these attacking drills I look at ways to create chances for your attackers, rugby games that will sharpen their reactions near the try line.

**To know, follow and create complicated rules to play a game successfully**

- Communicate plans to others during a game. Lead others during a game. To know the rules to play rugby and to help others.

Communicate plans to others during a game.

Lead others during a game.