

Newquay Junior Academy - Spring 2 Sequence – PE



YEAR 3

Prior knowledge...

Pupils should be taught to master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities.

YEAR 4

Prior knowledge...

Be able to perform basic racket skills with confidence.
Be able to perform continuous rallies.
Understands how to control the direction they hit the ball in.
Be able to play a small-sided game of volleyball, in line with the rules, with a balloon.

YEAR 5

Prior knowledge...

Dance consists of movement, motifs and repeated sequences.
A dancer needs to be aware of posture, body shape and position and timing.
Movement is expressive and it can convey feeling and meaning.
There are many different styles of dance all over the world. For example: Bhangra from India.
How to create dance movements.
Be able to create a basic motif.
Be able to choreograph a dance sequence.
Be able to perform as part of a group to my peers and give and receive feedback.

YEAR 6

Prior knowledge...

Be able to identify sports that are invasion games.
Understand how to work as a team to achieve the desired outcome.
Understand the concept of 'attack' and 'defence'.
Be able to evaluate our team performance and suggest ways to improve.
Be able to explain and demonstrate the importance of space and position.
Be able to explain that they need to have their eyes and hands 'ready' to be successful at catching.

INTENT

In NET & WALL GAMES, pupils will acquire and develop skills to be able to rally in tennis and volleyball. They will understand and be able to perform the basic shots in both tennis and volleyball.

In NET & WALL GAMES, pupils will acquire and develop skills to control the power and direction of their shots. They will understand why it is important to place the ball in a competitive situation.

In DANCE, pupils will explore ideas from stimuli, leading to choreographing a motif. Students should work towards performing in a fluid and confident manner. Evaluating; recognising strengths and suggesting areas for improvement should happen regularly.

In BASKETBALL, pupils will apply and develop fundamental skills learnt in Years 3, 4 and 5 in a basketball specific context. To understand the rules and be able to co-operate in a team situation. Some students will be able to develop tactics and strategies.

VOCABULARY / STICKY KNOWLEDGE

NET and WALL games, forehand, back hand, Rally, Volley, Dig.

NET and WALL games, Forehand, Back hand, Rally, Volley, Dig, Direction, Power, Grip

Motif, Rhythm, Tempo, Canon, Unison, Sequence, Feedback

Invasion game, chest pass, bounce pass, shoulder pass, double dribble, travel, set shot, three-man weave

SEQUENCE OF LESSONS

1. To understand what 'net and wall' games are and apply basic skills to play a small game.
2. To acquire skills to be able to hold a racket with the correct forehand and backhand grip and have a basic rally.
3. To acquire skills to be able to control the direction of the ball when you hit it and be able to take part in rallies.
4. To acquire the skills to perform a 'volley' and 'dig' in volleyball.
5. To apply skills in a game (using a balloon) in line with some basic volleyball rules.
6. To understand what the term 'strategy'

1. To recap what 'net and wall' games are and play a small sided game.
2. To recap forehand and backhand grip and be able to perform the shots to have a rally.
3. To acquire skills to be able to control the direction and power of the ball.
4. To recap and develop the skills to perform a 'volley' and 'dig' in volleyball.
5. To apply skills in a game (using a balloon or volleyball) in line with some basic volleyball rules.
6. To apply all skills in games with the application of a strategy. Evaluate learnings.

1. To have an understanding on the origins of 'South American' dance.
2. To explore and acquire skills to take part in a Zumba and salsa dance.
3. To explore the concept of 'folkloric' dance.
4. To explore and develop skills to perform 'Latin hip-hop'.
5. To explore and participate in a 'Peruvian' circle dance'.
6. To refine and perform the allocated South American dance as a class. Evaluate learnings.

1. To acquire skills to dribble with the correct technique.
2. To acquire skills to perform a chest, bounce and shoulder pass and explore the 3-man weave.
3. To apply skills in small sided games.
4. To acquire skills to perform the 'defence' position and be able to apply it in a game situation.
5. To develop an understanding of the basic rules and apply skills in games in line with the rules.
6. To understand the concept of 'attack' and 'defence' and the use of 'strategies' within games. Apply all skills learnt.

means and apply a strategy in small games.

OUTCOME / COMPOSITE

Pupils will understand what NET / WALL games are and give examples of these sports. Pupils will know the different shots and be able to perform them with a developing technique. Pupils will start to challenge themselves to have longer and more controlled rallies.

Pupils will have a developing understanding of NET & WALL GAMES, they will be able to control the power and direction of the ball. Pupils will start to play small competitive games and some will start to apply strategies to give them an advantage.

Pupils will understand the concept of rhythm. They will be able to create a motif and apply it into a dance sequence. They will be able to identify strengths and areas for improvement and share their feedback in a constructive way.

Pupils will be able to perform the three types of passes and dribble with a sound technique. They will understand what the 'defence' position is. Pupils will be able to play small sided games in line with the rules.