

Newquay Junior Academy – Spring 1 Sequence – PE



YEAR 3

Prior knowledge... Pupils should develop fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities to extend their agility, balance and coordination, individually and with others.

YEAR 4

Prior knowledge... Be able to throw and catch with increasing accuracy under pressure.

Have the skills to control a football with their feet.
Understand what a strategy is and why they are used in sport.
Be able to apply movement skills to move into a space effectively.

YEAR 5

Prior knowledge... What 'net and wall' games are and can give sports specific examples. For example: badminton.

What a volleyball court looks like and the basic rules of volleyball.
Be able to control the direction they hit the ball in.
Be able to play a game of volleyball, in line with the rules, with a balloon.
Why fitness is important.

YEAR 6

Prior knowledge... It's important to warm up at the beginning of exercise to prepare the body for being active.

Understand what happens to their body when they do a warm-up.
Know how to measure heart rate and see how it reacts to different types of exercise.

Be able to find their pulse with their fingers to record their HR.

Which foods are 'sugar smart' (Sugar Smart Training from Cornwall Healthy Schools) which is delivered in Wellness Week.

INTENT

In DANCE, pupils will acquire and develop fundamental dance skills that will allow them to convey meanings and feelings through performing.

In INVASION GAMES, pupils will refine and develop the fundamental skills to play invasion games that will provide the foundations for playing team sports in the future. They will understand the concept of 'attack' and 'defence' and be able to work in a team to achieve their outcomes.

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

In HEALTH-RELATED EXERCISE, pupils will build on knowledge learnt in the classroom and during Warm-Ups in PE lessons. Students will understand how to lead a healthy and active lifestyle and understand the importance of doing so. They will learn about how their body responds to exercise.

VOCABULARY / STICKY KNOWLEDGE

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

Invasion game, Underarm throw, Catch, Teamwork, Co-operation, Resilience, Rules, Fair Play, Sportsmanship

Dig, Volley, Underarm serve, Rules, Teamwork, Resilience

Warm up, Heart Rate, Pulse, Components of Fitness, Fitness test, Circuits

SEQUENCE OF LESSONS

1. To understand what 'beat' and 'rhythm' mean and be able to choreograph an 8-beat motif
2. To create a 'pathway' and link with motif to create a 'short sequence'
3. To understand the terms 'match' and 'mirror' and be able to choreograph this into their sequence.
4. To develop the skills to refine their sequence and perform their dance to their peers.
5. To choreograph a dance that reflects a given stimulus.
6. To be able to apply all skills learnt throughout the module and evaluate their learning.

1. To be able to identify an invasion game and play a basic game in line with the rules.
2. To apply throwing and catching skills whilst playing 'benchball' in line with the rules.
3. To understand the concept of 'footwork' and 'moving into space'.
4. To understand what 'spatial awareness' is, and apply in a game called 'crossover'.
5. To be able to work together in a 'team' and understand the concept of 'teamwork'.
6. To apply all skills in a small tournament setting and evaluate their learning.

1. To know and be able to perform a 'volley'.
2. To be able to get in the correct position to play a 'dig' and understand when to play this shot.
3. To understand the basic rules and apply a volley and a dig in a small rally.
4. To identify the components of fitness and take part in a fitness circuit.
5. To take part in a 'skills-based' circuit and be able to identify their strengths and areas for improvement.
6. To design a circuit to improve a fitness component of their choice.

1. To understand how the food and drink we consume affects our body.
2. To identify different fitness components and perform some basic fitness tests.
3. To understand the concept of a 'circuit' and perform the activities with the correct technique.
4. To understand how to access a fitness video from home, take part in an online session and evaluate it.
5. To participate in a HITT workout and understand the concept of HITT.
6. To re-do fitness tests from week two and see if any improvement has been made. Evaluate



OUTCOME / COMPOSITE

Pupils will be able to create dance movements and a basic motif. They will be able to perform to their peers and learn how to give and receive feedback.

Pupils will understand what an invasion game is. They will be able to work together in a team and play an invasion game in line with the rules. They will have a developing understanding of 'space'. They will understand what a strategy is and why they're important.

Pupils will be able to perform the volley and dig with a developing technique. They will understand what a 'set' is and some will begin to use it in game play. Pupils will be able to play small games with the application of the core volleyball rules.

Pupils will know how the food and drink they consume affects their body. They will be able to identify healthy and unhealthy foods. They will know why it's important and how to stay fit and healthy.