

# Newquay Junior Academy - Autumn Sequence – Physical Education



## YEAR 3

**Prior knowledge ...to know** fundamental movement skills (agility, balance and coordination), individually and with others. Be competitive and co-operative physical activities, in a range of increasingly challenging situations.

## YEAR 4

**Prior knowledge ...to be able to** participate in a teacher led warm-up and explain why we do a warm-up at the beginning of lessons. Developed quality of movement skills and develop skills to work effectively in small groups.

## YEAR 5

**Prior knowledge...** to apply and develop fundamental skills learnt in Years 3 and 4 in a hockey 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.

## YEAR 6

**Prior knowledge...**to apply skills in game situations in small sided games. Evaluate performance and implement strategies.

## INTENT

In MULTI-SKILLS, pupils will acquire and develop fundamental skills and movements that will underpin their future learning within Physical Education and Sport in the community.

In MULTI-SKILLS, pupils will continue to develop fundamental skills and movements and be able to perform them with increased fluency in small game situations.

In HOCKEY, pupils will apply and develop fundamental skills learnt in Years 3 and 4 in a hockey 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 FOOTBALL, pupils will apply and develop fundamental skills learnt in Years 3, 4 and 5 in a football 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

Warm-Up. Agility. Power. Apparatus. Pulse. SAQ (Speed, Agility, Quickness). Safety

Warm-Up. Agility. Power. Apparatus. Pulse. SAQ (Speed, Agility, Quickness). Safety. Heart Rate

Invasion game, dribble, push pass, tackle, space, position

Passing. Dribbling. Accuracy. Control. Strategy. 'Drawing' the defender. Communication. Spatial awareness

## SEQUENCE OF LESSONS

- 1 To acquire skills to move your body in different ways in a controlled and co-ordinated way.
2. to acquire skills to move your body in different ways in a controlled and co-ordinated way.
- 3.To develop skills to throw a tennis ball with the right amount of power and accuracy.
4. To be able to evaluate yours and others movement and give feedback to team mates to help improve their performance.
5. To be able to work as a team and plan a 'safe' obstacle course.
6. To self-evaluate performance across the module.

1. To acquire skills to perform agility movement patterns and know what agility is.
2. To know how to measure your HR and see how it reacts to different types of exercise.
3. Understand how to generate more power when throwing.
4. Be able to pass and receive (a short distance) with control.
5. Discover different and creative ways of travelling.

1. To acquire skills to dribble with the correct technique.
2. To understand when to use each type of pass.
3. To understand where to shoot from and the type of shot you should make.
4. To be able to effectively protect the ball when it is in your possession.
5. To apply all skills learnt with the ability to reflect on individual and team performance.
6. To apply all skills in games with rules.

1. To acquire and develop skills to control the ball whilst on the move.
2. To be able to receive the ball with control and pass the ball with accuracy.
3. To understand what you need to consider to make the 'right' decision under pressure.
4. To understand how you can be effective in shooting by making an informed decision depending on the position of defenders and GK.
5. To evaluate strategies used and reflect on how you can be more effective 'next time'.
6. To be able to evaluate and improve individual and team performances.

**OUTCOME / COMPOSITE**

Pupils will be able to take part in a teacher-led warm up and understand why a warm-up is important. Pupils will have improved the quality of their fundamental movement skills.

Pupils will understand why their HR increases when they exercise. Pupils will be able to measure their HR by locating and counting their pulse rate. Fundamental movement skills will become more autonomous.

Pupils will be able to apply skills in High 5 netball games in line with the rules of the game.

Pupils will be able to apply the skills they have learnt in small-sided games with an understanding of the rules of the game.