

Newquay Junior Academy - Autumn Sequence – Physical Education



YEAR 3

Prior knowledge ... In KS1, pupils should have developed fundamental movement skills, become increasingly competent and confident and access a broad range of opportunities.

YEAR 4

Prior knowledge ... Pupils will be able to do all the 'fundamental movement skills' for the warm-up part of the lesson. Pupils will be able to participate in an A-B-C skills circuit with control.

YEAR 5

Prior knowledge... pupils will be able to do all the fundamental movement skills with fluency. Pupils will be able to control, pass, and dribble a ball with both their hands and feet.

YEAR 6

Prior knowledge... pupils will have developed their fundamental movement skills, and explored invasion games in the previous units of 'throw-catch-play', 'attack-defend-play', basketball, and hockey.

INTENT

In **AGILITY – BLANACE - COORDINATION**, pupils will acquire and develop fundamental skills and movements that will underpin their future learning within Physical Education and Sport in the community.

In **HANDS – FEET - EQUIPMENT**, pupils will continue to develop fundamental skills. Pupils will acquire and develop skills to pass and dribble with both their hands and feet. Pupils will explore how to travel over, under, and across apparatus in a safe way.

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. Flashback Fours, SAQ, Hands Ready

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

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

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

SEQUENCE OF LESSONS

A. To understand the structure and expectations of a PE Lesson. Explored different ways of moving.
 B. To acquire and develop skills to move their body in different ways in a controlled and co-ordinated way.
 C. To participate in a A-B-C focused circuit.
 D. To understand the concept of tracking and develop handling skills.
 E. To understand and demonstrated 'hands ready', be able to throw and catch with control.
 F. To refine and develop A-B-C movement skills.

A. To recap the structure and expectations of a PE Lesson. Recap and refine skills from the A-B-C unit in Year 3.
 B. To be able to dribble a ball with control using their hands.
 C. To be able to do a chest, pass, overhead pass with a developing technique.
 D. Be able to dribble a ball with control using their feet.
 E. To be able to control the direction and power of a pass using their feet.
 F. To be able to move creatively over, under, and through apparatus in a controlled and safe way.

A. To acquire skills to dribble with the correct technique.
 B. To recap and refine dribbling, acquire the skills to do a push-pass.
 C. To recap and refine dribbling and passing under increasing pressure.
 D. To start to apply skills in small-sided games with simple rules.
 E. To apply all skills learnt in small-sided games with the application of rules.
 F. To apply all skills in games with an increased understanding of attacking and defending.

A. To acquire and develop skills to control the ball whilst on the move.
 B. To be able to move fluently whilst dribbling the ball and develop skills to pass and receive the ball.
 C. To understand what they need to consider when making a decision under pressure.
 D. Develop the skills to shoot on target, with power.
 E. To apply all skills in games with an understanding of attacking and defending.
 F. To be able to apply all skills in small games with an understanding if rules and a focus on teamwork.

OUTCOME / COMPOSITE

Pupils will be able to do all the 'fundamental movement skills' for the warm-up part of the lesson. Pupils will be able to participate in an A-B-C skills circuit with control.

Pupils will be able to participate in an A-B-C circuit with control and increased fluency. Pupils will be able to pass and dribble using their hands and feet under increasing levels of pressure.

Pupils will be able to apply skills in small-sided hockey games in line with the rules of the game.

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

