



Subject	PE	Theme	Outdoor	Term	Autumn / Spring
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What should I already know?
 Participate in team games, developing simple tactics for attacking and defending. How to pass a ball using the inside of my foot and that receiving a ball with the inside of my foot gives me control. The importance of moving into space to be able to receive the ball and when dribbling to keep the ball close to my feet when dribbling around a static object.

What should I already know?
 Participate in team games, developing simple tactics for attacking and defending. How to pass and catch a ball using a swing pass. The importance of moving into space when not in possession of the ball and to run with two hands on the ball when I do have the ball. How to score a try and apply my skills to a mini game.

What should I already know?
 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. I should know different ways to travel, how to bounce and receive a ball, how to aim a ball at a target and how to stop a ball. An understanding of dodging to outwit an opponent.


Knowledge
Football

- I know how to pass a ball across a range of distances.
- I know how control a ball and pass whilst moving forwards.
- I know how to receive a pass from a range of distances using the inside of my foot to control it.
- I know how to run into space to receive a pass.
- I know how to shoot/hit a target from a moving position, aiming for the corners.
- I know how to use team mates to help my pass around a defender.
- I know how to attempt to intercept the ball.
- I know how to dribble with increased speed, using both feet.
- I know how evaluate my own performance and suggest ways to make further improvements.




Knowledge
Rugby

- I know how to throw and catch a ball using a swing pass – backwards and sideways accurately.
- I know how to score a try correctly with two hands on the ball.
- I know how to run into a space with two hands on the ball.
- I know how to pass to a teammate accurately.
- I know how to tag an opponent.
- I know what defensive and attacking lines are.
- I know how evaluate my own performance and suggest ways to make further improvements.



Knowledge
Target Ball

- I know how to pass and receive a ball with accuracy.
- I know how move into space to receive a ball.
- I know that I should attempt to intercept the ball when defending.
- I know how to signal for the ball and perform a dummy pass.
- I know that I can score a goal from a stationary position.
- I know how to apply my skills to a small sided game.



Key Vocabulary
 Defender – a player whose task it is to protect his or her own side's goal.
 Intercept - to gain possession of an opponent's pass
 Range of distances -

Key Vocabulary
Passing & receiving
Swing pass - swing your arms in the direction of the target and release the ball with a flick of your wrists.
 Opponent – someone who competes with or opposes another in a game
 Defending and attacking - to keep the ball in possession and score / to defend the goal and to win the ball back.

Key Vocabulary
 Defending - to defend the goal and to win the ball back.
 Intercept - to gain possession of an opponent's pass
 Stationary – not moving
 Dummy pass - **deceiving the opposition into believing they are going to pass, shoot, move in a certain direction, or receive the ball and instead doing something entirely different, thus gaining an advantage.**