




Subject	PE	Theme	Outdoor	Term	Summer
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What should I already know?
 I know what distance is and how it is measured when running. I know what speed is and how increasing speed is important when taking part in sprinting races. I know competing in a relay is about teamwork. I know how to throw a ball with accuracy at a target and I can apply this to a game of boule.

What should I already know?
 I know how to bounce and catch the tennis ball. I know how to hold my racquet. I know how to bounce and hit with my racquet. I know how to swing my racquet from low to high every time I hit the ball. I know how to perform a forehand shot. I know how to perform a volley shot with no bounce.


What should I already know?
 I know how to throw in a game of cricket. I know how to catch in a game of cricket. I know how to bowl underarm at a set of wickets. I know how to bowl over arm from a stationary position. I know the correct footwork and position for batting in the crease. I know how to strike a bowled ball.

Knowledge
Athletics




- I know what good body position looks like when running.
- I know what good co-ordination is when running. (Alternate arms and legs)
- I know how to run at speed
- I know why running at speed is important.
- I know what a relay is
- I know how to transfer a baton accurately when performing a relay.
- I know how to throw a javelin.

Knowledge
Tennis



- I know how to hold my racquet and change my grip when playing different shots
- I know how to swing my racquet from low to high every time I hit the ball
- I know how to perform a forehand shot
- I know how to perform a volley shot with no bounce
- I know how to perform a backhand shot

Knowledge
Cricket



- I know how to bowl over arm at a set of wickets
- I know how to bowl over arm from a stationary position
- I know the correct footwork and position for batting in the crease
- I know how to strike a bowled ball
- I know how to field a ball accurately
- I know how to throw at a target accurately.

Key Vocabulary
 Body position – A particular way in which the body is placed or moved; with a slight lean forward with a strong core.
 Co-ordination – the ability to use different parts of the body together smoothly and efficiently.
 Speed – the rate at which someone moves
 Relay – a group of people engaged in a race taking it in turns to take part for instance in a race.
 Accuracy - having correct or precise aim.

Key Vocabulary
 Swing - Swing from low to high when hitting a ball over the net – practise this without ball first with open palm as if to hit a ball and swing over shoulder.
 Rally – a continuous amount of shots without missing a ball or knocking it out of the court of play
 Forehand shot - the tennis forehand is made by swinging the racquet across the player’s body in the direction of where one wants to land the ball.
 Volley - strike the ball over the net before it bounces.
 Backhand - a return made with the back of the hand facing the direction of the **stroke**.

Key Vocabulary
 Catch – cup the hands with the fingers pointing down when the ball is in front of the body. When overhead the thumbs meet and a reverse style cup catches the ball. Caught out - A batsman is out caught if the batsman hits the ball and the ball is caught by the bowler or a fielder before it hits the ground.
 Fielding -stopping a ball with hands or feet and quickly throwing to another player or at the wicket.
 Bowl - Bowling, in cricket, is the action of propelling the ball toward the wicket defended by a batter
 Crease – The line in front of the wicket. A batsman can be stumped if he stands in front of the line and is run out if the ball hits the stumps before he crosses the crease.