



<b>Subject</b>	PE	<b>Theme</b>	Outdoor	<b>Term</b>	Autumn / Spring
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### What should I already know?

Participate in team games, developing simple tactics for attacking and defending in a range of other sports. An understanding of spatial awareness.

### 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?

I should know how to pass and receive a ball. To have an awareness of finding space. I should know what intercepting means and know some tactics when implementing this in defence.

### Knowledge

#### Hockey

- I know how to dribble with increased control and accuracy.
- I know what **contact dribbling** is.
- I know what **Indian dribbling** is.
- I know how to perform a **push pass**.
- I know how to perform a **hit pass** (slap).
- I know how to pass with increased accuracy.
- I know how to receive a ball with an **open stick**.
- I know how to receive a ball with a **reverse stick**.
- I know how to tackle in a game situation.
- I know how to shoot.
- I know that I should be in space when playing a game.



### Knowledge

#### Rugby

- I know how to catch a ball across a range of distances.
- I know how to change speed and direction to beat a defender.
- I know what a **sidestep** is.
- I know that a sidestep can be used to beat an **opponent**.
- I know what a **swerve** is.
- I know that a swerve can be used to beat an opponent.
- I know what is meant by a **defensive and attacking line**.
- I know how to form a defensive and attacking line with my team mates.
- I know where to run and when to pass.



### Knowledge

#### Netball

- I know where the **different parts of the netball court** are.
- I know how to perform a **chest pass**.
- I know how to perform a **bounce pass**.
- I know how to perform a **shoulder pass**.
- I know how to pass with accuracy.
- I know the **footwork** rule in netball.
- I know how to **mark** in netball.
- I know that **signalling** in netball can help to gain possession on the ball.
- I know that changing speed and direction can help to lose a defender.
- I know how to shoot in netball.



### Key Vocabulary

**Contact dribble** – keeping the ball in contact with the stick.  
**Indian dribble** - continuous pushing of the ball from left to right and back in a rapid fashion.  
**Push pass** - used to move the ball speedily over shorter distances and the stick stays in contact with the ball.  
**Hit pass** - this type of shot is a powerful hit with a good backswing, with both hands together at the top of the stick.  
**Open stick** – used when the ball is received to the left of the body.  
**Reverse stick** – used when the ball is received to the left of the body.

### Key Vocabulary

**Sidestep** - avoid someone by stepping sideways.  
**Opponent** – someone who competes with or opposes another in a game.  
**Sswerve** – running towards an opponent then veer off to the left or right to dodge the player.  
**Defensive line** – a strategy used to defend the goal and to win the ball back.  
**Attacking line** – a strategy used to keep the ball in possession and score.

### Key Vocabulary

**Shooting circle** – The area where GS and GA can shoot from.  
**Centre circle** – Where the C takes a centre pass.  
**Chest pass** - basic and accurate pass. A two-handed pass is primarily used for fast, short passing.  
**Bounce pass** - a short pass that enables the player to find a teammate in a crowded area.  
**Shoulder pass** - a very dynamic, fast and long pass  
**Footwork**- when a player is stepping, landing and pivoting while in possession of the ball.  
**Mark**– obstructing the attacker in order to gain possession.  
**Signalling** – action used to show you're ready to receive a pass.

