



Subject	PE	Theme	Outdoor	Term	Summer
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What should I already know?

I know what distance and speed are and how they are linked to sprinting. I know what good body position when running looks like and how good coordination between arms and legs can improve performance. I know what a relay is, how to work as a team and how to transfer a baton correctly from one person to another. I know how to throw a ball and javelin with accuracy at a target and I can apply this to a game of boule.


What should I already know?

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.

What should I already know?


I know how to throw a ball under arm and over arm. I know how to catch. I know how to bowl underarm at an object. I know how to strike a bowled ball in other sports such as cricket. I know how to field a ball in other striking and fielding games such as cricket.

Knowledge
Athletics




- I know the position to start a sprint race.
- I know which muscles will give an explosive start.
- I know what reaction time is linked to sprint starts.
- I know what being aerodynamic/streamline means.
- I know what hurdles are.
- I know tactics when running a relay including looking forward, having my palm facing up and the next runner starting to run.
- I know how to throw over arm over a long distance.

Knowledge
Tennis



- I know how to return a ball using a forehand shot during a rally.
- I know how to return a ball using a backhand shot.
- I know how to return a ball using a forehand or backhand volley shot.
- I know how to serve using a forehand volley – no bounce.

Knowledge
Rounders



- I know how to bowl underarm
- I know where I should aim when bowling.
I know how to hold a rounders bat
- I know where on the bat I should strike the ball with a rounders bat.
- I know how I should stand when batting.
- I know how to throw over a long distance
- I know the long barrier position when fielding.
- I know how to score in rounders.
- I know what a no ball is.

Key Vocabulary

Body position – a particular way in which the body is placed or moved.
Explosive – quick, powerful movement.
Hamstring – large muscle at the back of the thigh
Quadriceps – large muscle at the front of the thigh
Aerodynamic/Streamline – move through the air smoothly/very little resistance from the air.
Hurdles – a barrier to be jumped over
Accuracy – - having correct or precise aim.
Over- arm throw – releasing an object forcefully overhead.

Key Vocabulary

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 – to strike the ball over the net before it bounces.
Volley serve – to serve the ball over the net to the opponent without a bounce.
Backhand - a return made with the back of the hand facing the direction of the stroke.

Key Vocabulary

Bowl - Bowling, in rounders, is the action of propelling the ball toward the batter.
Bases – The upright posts that a player runs around in order to score in a rounders game.
Long barrier – the safest technique to control a ball that is travelling along the ground.
Fielding - stopping a ball with hands or feet and quickly throwing to another player.
Over- arm throw – releasing an object forcefully overhead.
No Ball – a ball that bounces before reaching the batter or a ball that is bowled lower than the batters knees or higher than the batters shoulders.