



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 in a range of other sports. An understanding of spatial awareness. I should be able to explain the difference between contact and Indian dribbling. How to stop a ball with increased control and have some knowledge of tactical game play.

What should I already know?

Participate in team games, developing simple tactics for attacking and defending including passing around a defender and intercepting a ball as a defender. 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 and pass the ball on the move.

What should I already know?

The different parts of the court. I should know how to pass and receive a ball. The names of the different passes and an idea on how to perform them. To have an awareness of finding space. I should know what intercepting means and know some tactics when implementing this in defence. Some basic rules including the footwork rule. Finally, some tactics including signalling.

Knowledge and Skills

Hockey



- I know how to dribble a ball whilst changing speed and direction.
- I know the different types of passing and receiving and when to use them in a game situation.
- I know how to perform a **reverse stick pass**.
- I know how to perform a **flick shot**.
- I know how to tackle in hockey by **obstructing** the attacker with my body.
- I know how to set up a shot by **crossing** the ball into the D.
- I know some of the rules when playing a small sided game.
- I know that I must evaluate my strengths and weaknesses to improve my game play.

Knowledge and Skills

Football



- I know how to pass the ball using different parts of my foot.
- I know how to control a ball when changing direction.
- I know how to shoot when on the move using different parts of my foot.
- I know some strategies used to be able to **intercept** the ball.
- I know that by changing my speed and direction, I can lose a defender.
- I know what is meant by **agility**.
- I know the role of a defender and how to mark an opponent.
- I know the role of an attacker including when to pass and shoot.

Knowledge and Skills

Netball



- I know when to use different types of netball passes in a game situation.
- I know the rules of footwork.
- I know where the **backline and sidelines** are on a court and the rules of throwing a ball from them.
- I know the rule of **repossession**.
- I know how to use marking and signalling in a game.
- I know how to shoot in netball and how to use the other players to get closer to the net.
- I know that I must **evaluate** my strengths and weaknesses to improve my game play.

Key Vocabulary

Reverse stick pass – passing the ball from the left hand side of the body.

Flick shot- movement of the stick that lifts the ball off the ground.

Obstruction- offence of shielding the ball from an opponent with one's body or stick.

Crossing - Passing the ball in front of the opponent's goal to create a scoring opportunity.

Key Vocabulary

Agility – ability to move quickly and easily.

Intercept - to gain possession of an opponent's pass

Key Vocabulary

Backlines – The lines where the nets are on a netball court
Sidelines – The lines that mark out the boundaries of the court.

Repossession - lose control of the ball and pick it up again if another player has not touched it.

Evaluate - the process of deciding if you have done something the best way, and looking at what could be improved.