




<b>Subject</b>	PE	<b>Theme</b>	Outdoor	<b>Term</b>	Summer
----------------	----	--------------	---------	-------------	--------

**What should I already know?**  
 I know what distance, speed, co-ordination, explosive and streamline mean and how they are linked to sprinting. I know what good body position when running looks like and how to perform a good start. I know some tactics for relay. I know what hurdles are and how to perform an over arm throw.

**What should I already know?**  
 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.


**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 in rounders and the height I should be bowling. I know how to hold a rounders bat and how strike a bowled ball. I know fielding techniques such as a long barrier.

**Knowledge**  
**Athletics**




- I know how to evaluate my own performance.
- I know how to improve and adapt my technique.
- I know how to hand over a baton and change the holding hands when running.
- I know how to perform an over arm throw with a shot put and discus.

**Knowledge**  
**Tennis**



- I know how to return a ball using a forehand shot in a rally.
- I know how to return a ball using a backhand shot in a rally.
- I know how to return a ball using a forehand or backhand volley shot in a rally.
- I know which shot will be best played tactically in a game either singles or doubles.
- I know how to serve at the start of each game using an accurate ball toss.

**Knowledge**  
**Rounders**



- I know how to bowl underarm
- I know where I should aim when bowling
- I know how to bat.
- I know some of the basic rules of rounders.
- I know some of the fielding positions.
- I know some tactics such as backing up a fielder or a base when the ball is being thrown.

**Key Vocabulary**  
 Technique – a way of carrying out a particular task, especially the execution or performance.  
 Reaction Time - time taken to respond such as to a whistle.  
 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.  
 Simultaneous - Alternate leg and arm movements.  
 Accuracy – - having correct or precise aim.  
 Over- arm throw – releasing an object forcefully overhead.

**Key Vocabulary**  
 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.  
 Backhand shot - - a return made with the back of the hand facing the direction of the stroke.  
 Volley - used when a tennis player wants to strike the ball over the net before it bounces.  
 Serve (ball toss) – a serve by tossing the ball into the air and hitting it usually near the highest point of the toss. The ball will be considered good if it falls on the opposite side of the net in the service box of the opponent.

**Key Vocabulary**  
 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.  
 Stumped out – A batsman is out if a base that the player is running to is hit by a player with the ball.  
**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.**  
**Long barrier – the safest technique to control a ball that is travelling along the ground.**  
**Back stop – the player that guides the bowler's ball to the batter and receives the ball if the batter hits it backwards.**