




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. 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 the ball and when dribbling to keep the ball close to my feet when dribbling around a static object.

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 no in possession of the ball and to run with two hand 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?
 Master basic movements including running, jumping, throwing and catching, as well as developing balance, agility and co-ordination, and begin to apply these in a range of activities. I should know different ways to travel, how to bounce and receive a ball, how to aim a ball at a target and how to stop a ball. An understanding of dodging to outwit an opponent.

Knowledge and Skills
Football



To pass a ball across a range of distances using the inside of my foot as well as pass whilst moving.

To receive a pass from a range of distances using the inside of my foot to control it.

To run into space to receive a pass.

To shoot/hit a target from a moving positon, aiming for the corners.


To use team mates to help my pass around a defender.

To attempt to intercept the ball.

To dribble with increased speed, using both feet.

To evaluate my own performance and suggest ways to make further improvements

Knowledge and Skills
Rugby



To throw and catch a ball – swing pass – backwards and sideways accurately.

To score a try correctly with two hands on the ball.

To run into a space with two hands on the ball.


To accurately pass to a teammate.

To tag an opponent.

To show awareness of defensive and attacking line.

Evaluate my performance

Knowledge and Skills
Target Ball



To pass and receive a ball with accuracy.

To move into space to receive a ball.

To attempt to intercept the ball when defending.

To signal for the ball and perform a dummy pass.

I can score a goal from a stationary position.

To apply my skills to a small sided game.

Key Vocabulary

Defender – a player whose task it is to protect his or her own side's goal.

Intercept - to gain possession of an opponent's pass

Key Vocabulary

Passing & receiving

Swing pass - swing your arms in the direction of the target and release the ball with a flick of your wrists.

Opponent – someone who competes with or opposes another in a game

Defending and attacking - to keep the ball in possession and score / to defend the goal and to win the ball back.

Key Vocabulary

Defending - to defend the goal and to win the ball back.

Intercept - to gain possession of an opponent's pass

Stationary – not moving

Dummy pass - **deceiving the opposition into believing they are going to pass, shoot, move in a certain direction, or receive the ball and instead doing something entirely different, thus gaining an advantage.**