




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.

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 and Skills
Hockey



To learn dribbling and stick work with increased control and accuracy. (Contact/Indian dribble)


To know the different types of passing and receiving.

To improve passing and receiving with increased control and accuracy.

To learn correct tackling and shooting techniques.

To apply tackling and shooting skills in a small sided game.

Knowledge and Skills
Rugby



To pass and catch a ball across a range of distances.


To change speed and direction to beat a defender.

To beat an opponent – sidestep, swerve

To form a defensive and attacking line.

To decide when to run and when to pass.

Knowledge and Skills
Netball



To know where the different parts of the netball court are

To perform a chest, bounce and shoulder pass with accuracy.

To understand the rules of footwork.

To understand how to mark/signal and change speed and direction to lose a defender.

To understand how to shoot in netball.

To follow the rules in a competitive game including knowing where you are allowed.

To apply my skills to a small sided game.

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.

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

Chest pass - basic and accurate pass. This two-handed pass is primarily used for fast, **short** passing but is also capable of longer distances

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- applies when a player is stepping, landing and pivoting while in possession of the ball.