



What do we know?

Know **that** timing is important when making a tackle.

We know **how** to defend a player.

We know **why** working in a team can help you in a competition.



1. To use defensive positions to mark and tag an attacker.

2. To pass a ball accurately and consistently while on the move.

3. To defend as part of a team to deny space to the attacking team.

4. To use a pop pass over short distances to create an explosive run.

5. To move the ball quickly using the 'magic diamond' formation.

6. To learn the basic rules of tag rugby and play in a 5v5 tag rugby game.

Vocabulary

Contest
 Possession
 Pressure
 Support
 Pop Pass
 Turn over
 W Grip
 Formation

Big Ideas

Invasion Games



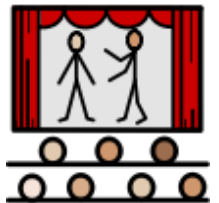
Forever Facts



Know **how** to combine running and passing (at the same time).

Know **why** support is important to move the ball towards the try line.

Know **that** the power of a pass impacts the quality of it.

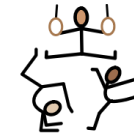


Where will it go?

Showcase

5 V 5 Tag Rugby Game





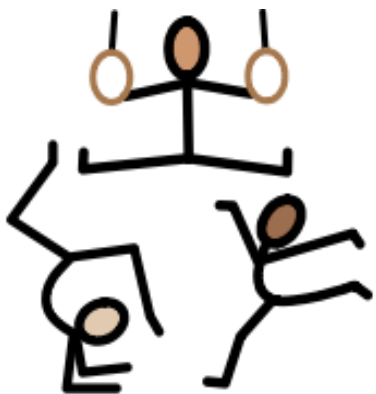
What do we know?

Know how to control body when our weight is on our hands.

Know why composition impacts the quality of our overall performance.

Know that STEP means space, task, equipment and people.

Big Idea Gymnastics



1. To complete the key steps to performing a round-off.

2. Create and perform a partner sequence using symmetry.

3. Create and perform a partner sequence using asymmetry.

4. Perform counterbalances with a partner.

5. Perform smooth transitions between counterbalances using different levels.

6. Evaluate each other's work and suggest improvements.

Vocabulary

Sequence
Combination
Asymmetrical
Symmetrical
Aesthetics
Counterbalance

Forever Facts



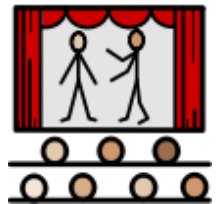
Know how to perform variations of a round-off.



Know why trust is important when performing a counterbalance.



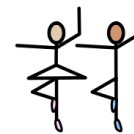
Know that a counterbalance is created when one weight balances another.



Where will it go?

Showcase

Perform routine using counterbalances.
Evaluate each other's work.



What do we know?

- Know **what** a freeze frame is.
- Know **how** perform a canon.
- Know **why** rehearsing is important.



1. To know what non-locomotor movements is and use it in our dance.

2. To perform both non-locomotor and locomotor movements together.

3. To improvise new patterns of a similar style (Bollywood).

4. Perform a simple line dance routine.

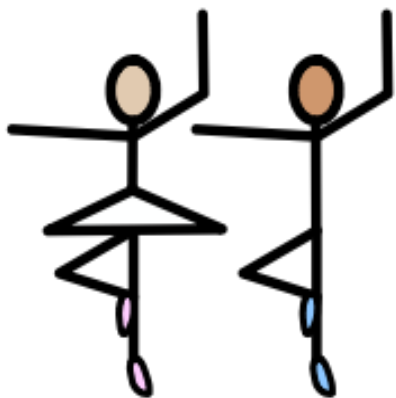
5. Create 3 step line dance with a partner.

6. Work collaboratively within our group to improve performance.

Vocabulary

- Bollywood
- Locomotion
- Bangra line
- Wall Patterns
- Choreographer
- Facial Expression

Big Idea Dance



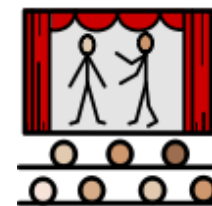
Forever Facts



Know **how** to perform a simple line dance.

Know **why** facial expressions impact our performance.

Know **that** there are dances from different parts of the world and can name some.



Where will it go?

Showcase

Perform 3 step line dance.



What do we know?

Know **how** to perform a forehand hit.

Know **why** our position on the tennis court is important.

We know **why** agility is important when sending and returning a ball.



1. Recap and perform a range of shots with accuracy and control.

2. Move quickly to the ball to perform a volley.

3. Perform an overhead shot and know when you might use it.

4. use different court formations during doubles play.

5. Move towards the ball to return it successfully before the second bounce.

6. Perform a diagonal serve to begin a game in competitive situations.

Vocabulary



Service
Volley
Overhead
Singles
Doubles

Big Ideas

Net/Wall Games



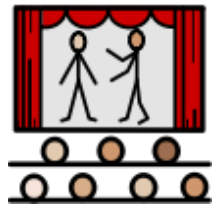
Forever Facts



Know **how** to approach the ball before the second bounce.

Know **why** communication is important when playing in a doubles match.

Know **that** formation is important when playing doubles.



Where will it go?

Showcase



Compete in a doubles tennis match.



What do we know?

Know **why** we should be ready when fielding.

Know **how** to bowl an underarm ball.

Know **why** we should be ready when fielding.



1. To judge how far to run based on the distance of a hit.

2. To throw over a short distance with power and accuracy.

3. To follow the path of a moving ball and field it effectively.

4. To use the backwards hit tactically.

5. Hit the ball into gaps to maximise chance of scoring.

6. Compete in a rounders match. Lessons 1 -5 should be applied in this game.

Vocabulary



Power
 Defensive
 Offensive
 Accuracy
 Miss Hit

Big Ideas

Striking and Fielding



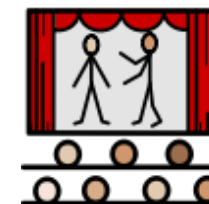
Forever Facts



Know **how** to bowl with power and accuracy.

Know **why** we should aim to hit the ball into gaps.

Know **how** to field a ball effectively.



Where will it go?

Showcase



Compete in a rounders game.



What do we know?

Know **the** scoring systems for athletic events.

We know **how** to accelerate over a short distance.

Know **why** technique is important when throwing for distance.



1. To run for speed and distance solo and as a team.
2. Pacing to run over longer distances.

3. Explore jumping styles and decide which techniques we can jump furthest with.
4. Use the push throw technique.

5. Relay race – exchange baton in restricted area.

6. Sports Day Practice.

Vocabulary
 Relay
 Record
 Sustain
 Push
 Shotput

Big Idea Athletics



Forever Facts

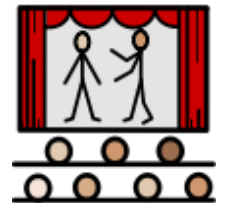
Know **how** to sustain pace over a long distance.



Know **why** timing and teamwork is important during a baton changeover.



Know **the** importance of self-assessment.



Where will it go?
Showcase
 Sports Day



What do we know?



- To know **how** to follow a route on a map.
- To know **that** there are symbols on a map and explain what some represent
- To know **which** attributes make a successful leader.

1. To explore types of communication when working with a blindfolded partner.

2. To use creative thinking to solve problems in a team (**PE Hub Lesson 5**).

3. To plot a walk around South Molton.

4. School Trip – Surf Life Saving/Water Safety



Vocabulary

Bridleway
Plot
Empathy
Water Safety

Big Idea

Outdoor Adventurous Activities

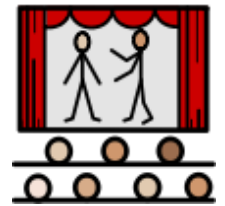


Forever Facts

To **know how** to stay safe in the sea.

To **know the** difference between a footpath and a bridleway.

To **know why** empathy is so important.



Where will it go?

Showcase

To plot a walk around South Molton.