



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

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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.

Knowledge

Football



- I know how to pass a ball using the inside of my foot.
- I know how to receive a pass using the inside of my foot to control it.
- I know how to pass from a static position.
- I know that I should move into space to receive a pass.
- I know how to shoot from a static position.
- I know how to keep the ball close to my feet when dribbling around static objects.
- I know that I must evaluate my own performance.

Knowledge

Rugby



- I know how to pass the ball using a swing pass.
- I know how to receive the ball from a swing pass.
- I know that I must run with two hands on the ball.
- I know that I should move into a space behind my team mates when not in possession of the ball.
- I know how to pass to a team mate during a game.
- I know how to score a try.
- I know that I should defend and attack when playing a mini game.
- I know that I should be able to evaluate my success when throwing and catching.

Knowledge

Fundamentals



- I know how to travel in different ways – change direction and develop dodging skills.
- I know how to bounce and receive a ball using different sized balls.
- I know how to aim a ball at a still target in different ways.
- I know how to stop a ball.
- I know what a long barrier is and am beginning to use it when stopping a ball.
- I know how to apply dodging skills to outwit an opponent.
- I know how to apply my skills to a small sided game.

Key Vocabulary

Passing - transfer of the ball from one player to another.
Receiving - obtaining the ball from a pass or an interception, getting it under control.
Static position - standing still when kicking the ball.
Dribbling - propel the ball toward opposition goal by properly controlling the ball.
Evaluate – making judgement about performance.

Key Vocabulary

Passing - transfer of the ball from one player to another.
Receiving - obtaining the ball from a pass or an interception, getting it under control.
Swing pass - swing your arms in the direction of the target and release the ball with a flick of your wrists.
Try - A try is scored by the attacking team when they place the ball on ground on or over the try line. A try is worth one point.

Key Vocabulary

Dodging - avoid (someone or something) by a sudden quick movement
Travelling – Use different travelling movements- skipping, hopping, hopscotch, sideways, backwards, running with high knees.
Bounce - Bouncing a ball whilst stationary and on the move using control and coordination.
Aim –to roll a ball accurately towards a stationary target.
Long barrier – a strategy used when close to the ground to stop the ball using legs/whole body.