



<b>Subject</b>	PE	<b>Theme</b>	Outdoor	<b>Term</b>	Summer
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<b>What should I already know?</b>
I know basic movements including running, jumping and throwing.
I know basic skills in balance, agility and co-ordination.

<b>What should I already know?</b>
I know basic movements including running, throwing and catching, which have been practiced in a range of activities.
I know how to participate in team games, in which simple development tactics have been applied.

<b>What should I already know?</b>
I know basic movements including running, throwing and catching, which have been practiced in a range of activities.
I know how to participate in team games, in which simple development tactics have been applied.

<b>Knowledge</b>
<b>Athletics</b>
<ul style="list-style-type: none"> <li>I know what distance is</li> <li>I know that distance when running is measured in metres, KMs and miles</li> <li>I know what speed is</li> <li>I know how to increase my speed.</li> <li>I know speed is important when sprinting.</li> <li>I know what a relay is</li> <li>I know that working as a team is important when performing in a relay event.</li> <li>I know how to throw a ball with accuracy at a target.</li> <li>I know what the game boules is.</li> </ul>


<b>Knowledge</b>
<b>Tennis</b>
<ul style="list-style-type: none"> <li>I know how to bounce and catch the Ball.</li> <li>I know how to hold my racquet.</li> <li>I know how to bounce and hit with my racquet.</li> <li>I know how to swing my racquet from low to high every time I hit the ball.</li> <li>I know how to perform a forehand shot.</li> <li>I know how to perform a volley shot with no bounce.</li> </ul>


<b>Knowledge</b>
<b>Cricket</b>
<ul style="list-style-type: none"> <li>I know how to throw in a game of cricket.</li> <li>I know how to catch in a game of cricket.</li> <li>I know how to bowl underarm at a set of wickets.</li> <li>I know how to bowl over arm from a stationary position.</li> <li>I know the position for batting in the crease.</li> <li>I know how to strike a bowled ball.</li> </ul>


<b>Key Vocabulary</b>
<p>Distance – the length of the space between two points.</p> <p>Speed – the rate at which someone moves</p> <p>Sprinting - a <b>powerful, faster form of running</b></p> <p>Relay – a group of people engaged in a race taking it in turns to take part for instance in a race.</p> <p>Target – a place selected as the aim of an attack</p> <p>Accuracy - having correct or precise aim.</p>

<b>Key Vocabulary</b>
<p>Grip - a grip is a way of holding the racquet in order to hit shots during a match.</p> <p>Swing - Swing from low to high when hitting a ball over the net – practise this without ball first with open palm as if to hit a ball and swing over shoulder.</p> <p>Rally – a continuous amount of shots without missing a ball or knocking it out of the court of play</p> <p>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.</p> <p>Volley - used when a tennis player wants to strike the ball over the net before it bounces.</p>

<b>Key Vocabulary</b>
<p>Throwing - the ball is thrown underarm to the catchers . The ball should arrive between waist and ankle height.</p> <p>Catch – cup the hands (little fingers together) with the fingers pointing down when the ball is in front of the body. When overhead the thumbs meet and a reverse style cup catches the ball. 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.</p> <p>Bowl - Bowling, in cricket, is the action of propelling the ball toward the wicket defended by a batter</p> <p>Wicket – a set of 3 stumps. 2 sets are used in kwik cricket</p> <p>Stumps – 3 individual upright plastic or wooden stakes.</p> <p>Crease – The line in front of the wicket. A batsman can be stumped if he stands in front of the line and is run out if the ball hits the stumps before he crosses the crease.</p>