

KNOWLEDGE

Competent learner:

- Confidently demonstrate creativity in their work with control
- Demonstrate how strategies and tactics can improve their work
- Demonstrate improvements to their work
- Perform fundamental movement skills in a range of activities demonstrating balance, coordination & agility
- Understanding of effective leadership

Active & healthy learner:

- Describe why physical activity is good for health and well being
- Recognise and describe how their body feels during and after activities
- Understand how to remain active for sustained periods of time

Reflective learner:

- Make judgements to improve their and others' work
- Respond to set tasks following rules and expectations

Engaged learner:

- Demonstrate enthusiasm for PE
- Effectively communicate and collaborate with each other
- Understand the principles and purpose of preparing effectively for PE and sport
- Work independently for extended periods of time without the need for guidance

Disciplined learner:

- Demonstrate a positive attitude to all activities and be respectful towards others
- Follow rules and listen well to all instructions
- Stay on task and be attentive in all activities
- Show kindness and consideration when working with others

SKILLS

Locomotion skills

- Run** - identifying space to move into to receive the ball
- Avoid** - monitoring opposition and moving accordingly to remain in space and maintain possession
- Jump** - block, intercept, receive object off target/on the move

Ball manipulation skills

- Send** - from a static position and on the move, into a space for a teammate to run on to and receive
- Receive** - from a static position and on the move, transitioning into an immediate pass when received (quick pass)
- Dribble** - varying movements to outwit opponent
- Pick up** - loose ball followed by an immediate pass or shot
- Carry** - controlling the ball on the move, disguise pass or shot
- Shoot** - kick, throw or strike/push a ball with intent into a goal or net

KEY VOCABULARY	ASSESSMENT
Assessment areas	Expected
Demonstrate creativity	Are inventive with their own movements and actions with mixed success
Strategies and tactics	Suggest and action ways to gain an advantage with mixed success
Improvements to work	Implement changes to better their performance, suggested by self or AP
Fundamental Movement Skills	Can sequence a series of movements with increasing control (e.g. dribble then pass)
Understanding effective leadership	Can suggest characteristics of an effective leader (e.g. respectful, encouraging, role model, good communicator, puts the team first)
Health and wellbeing	Comment on different factors for wellbeing, other than healthy eating (e.g. sleep, being active, friends, self esteem)
Changes to the body	Reference heart rate, temperature change and muscle soreness
Remain active	Reference managing energy levels to last for the duration of a game
Actions and feelings	Show a mutual respect for all and describe the importance of fair play
Make judgements to improve their and others' work	Identify relevant changes to apply to their work and others that would improve performance, when prompted
Rules and expectations	Follow rules in activities and reinforce to others respectfully when needed
Enthusiasm for PE	Show an interest and enjoyment in lessons
Communicate and collaborate	Work sensibly with who they are partnered or grouped with, despite friendships
Preparation for PE and Sport	Have an awareness of safety (correct kit/footwear, no jewellery/watches, have inhaler or other medication to hand)
Work independently	Can keep an activity flowing without stoppages and adult supervision
Positive attitude and respect	Do not allow activity results or incidents influence their behaviour or manner to others
Following rules and instruction	Remain on task throughout the lesson with no intervention from AP and encourage others to do so
Stay on task	Do not allow competition or incidents influence their participation
Kindness to others	Remain calm when someone makes a mistake
Additional key vocabulary	Definition
Strategy	A plan of action to achieve a long term goal (i.e. overall result)
Tactic	An action planned to achieve a specific end (i.e. in play)
Shooting	The action in which a player kicks, strikes or throws the ball into the opposition's net/goal
Marking	A strategy were defensive players identify attacking players they are responsible for reducing space to receive