



Links to the PE National Curriculum

- Pupils should continue to apply and develop a broader range of skills, learning how to use them in different ways and to link them to make actions and sequences of movement.
- They should enjoy communicating, collaborating and competing with each other.
- They should develop an understanding of how to improve in different physical activities and sports and learn how to evaluate and recognise their own success.
- Pupils should be taught to use running, jumping, throwing and catching in isolation and in combination.
- Pupils should be taught to play competitive games, modified where appropriate and apply basic principles suitable for attacking and defending.

Key Skills: Physical

- Passing
- Dribbling
- Receiving
- Intercepting
- Tackling

Key Skills: S.E.T

- Social: Communication
- Social: Collaboration
- Social: Inclusive
- Emotional: Honesty and fair play
- Emotional: Perseverance
- Emotional: Empathy
- Thinking: Planning strategies and using tactics
- Thinking: Observing and providing feedback
- Thinking: Decision making



Key Rules

- **Foot:** Players must try not to let the ball hit their feet. If the ball touches a player's foot and it breaks down play or creates a disadvantage, the opposition is awarded a Free Pass.
- **Back sticks:** A player can only use one side of their stick (the face of the stick) to hit the ball.
- **High stick:** When a player attempts to play at any high ball (over knee height) with the stick.
- **Obstruction:** When a player uses either their stick or their body to block or keep another player from hitting the ball.

Key Vocabulary:

Encourage pupils to use this language in your lessons.
*Year 4 would use Year 3 and Year 4 vocabulary

Year 3

- Dribble
- Receiver
- Possession
- Attack
- Shoot
- Grip
- Interception
- Defence

Year 4

- Opponent
- Trapping the ball
- Mark
- Opposition
- Obstruction
- Push pass

Teacher Glossary

Interception: when a player takes possession of the ball away from the opposition as the ball is passed

Possession: when a team has the ball they are in possession

Marking: when a player defends an opponent

Trapping the ball: getting down low to stop and receive a pass on the stick with control

Centre pass: a pass used to begin the game or the second half, or to restart play following a goal



Get Set 4 P.E.

Where this unit sits

Assessment Criteria

- I am beginning to provide feedback using key words.
- I can describe how my body feels during exercise.
- I can dribble a ball with my hands and feet with increasing control.
- I can find space away from others when playing games.
- I can move with a ball towards my goal.
- I can send and receive a ball with increasing consistency with hands and feet.
- I can stay close to another player to try to stop them from getting the ball.
- I understand the rules and can use them to keep a game going.
- I understand what to do when I am an attacker and a defender.

Year 2

- I am beginning to use simple tactics.
- I am learning the rules of the game and I am beginning to use them to play fairly.
- I can dribble, pass, receive and shoot the ball with some control.
- I can find space away from others and near to my goal.
- I can move with a ball towards goal with increasing control.
- I can provide feedback using key words.
- I can track an opponent to slow them down.
- I understand my role as an attacker and as a defender.
- I understand the benefits of exercise.
- I work cooperatively with my group to self-manage games.

Year 3

- I am learning the rules of the game and I am beginning to use them to play honestly and fairly.
- I can delay an opponent and help to prevent the other team from scoring.
- I can dribble, pass, receive and shoot the ball with increasing control.
- I can explain what happens to my body when I exercise and how this helps to make me healthy.
- I can move to space to help my team to keep possession and score goals.
- I can provide feedback using key terminology and understand what I need to do to improve.
- I can use simple tactics to help my team score or gain possession.
- I share ideas and work with others to manage our game.

Year 4

- I can communicate with my team and move into space to keep possession and score.
- I can dribble, pass, receive and shoot the ball with some control under pressure.
- I can identify how different activities can benefit my physical health.
- I can identify when I was successful and what I need to do to improve.
- I can often make the correct decision of who to pass to and when.
- I can use feedback provided to improve my work.
- I can use tracking, tackling and intercepting when playing in defence.
- I know what position I am playing in and how to contribute when attacking and defending.
- I understand the need for tactics and can identify when to use them in different situations.
- I understand the rules of the game and I can use them most of the time to play fairly and honestly.
- I understand there are different skills for different situations and I am beginning to apply this.

Year 5

Progression of Skills Ladder

Other units that progress into this activity are:

Games
Ball Skills
Fundamentals
Invasion Games
Sending and Receiving

<p>Sending & receiving Develop control when S&R under pressure.</p>	<p>Dribbling Select and apply a variety of dribbling techniques to game situations.</p>	<p>Year 5</p>	<p>Attacking Explore creating tactics with others and applying them to game situations.</p>	<p>Defending Develop tracking and marking with a variety of techniques and increased success.</p>	<p>Space Move to create space for themselves and others in their team.</p>
<p>Sending & receiving Develop passing to a teammate using a variety of techniques appropriate to the game.</p>	<p>Dribbling Develop control whilst dribbling under pressure.</p>	<p>Year 4</p>	<p>Attacking Develop decision making around when to pass and when to shoot.</p>	<p>Defending Develop defending one on one and know when to win the ball.</p>	<p>Space Move into space to help their team keep possession and score goals.</p>
<p>Sending & receiving Explore S&R abiding by the rules of the game.</p>	<p>Dribbling Explore dribbling the ball abiding by the rules of the game under some pressure.</p>	<p>Year 3</p>	<p>Attacking Developing movement skills to lose a defender. Explore shooting actions in a range of invasion games.</p>	<p>Defending Track opponents to limit their scoring opportunities.</p>	<p>Space Develop moving with a ball towards goal with some control.</p>
<p>Sending & receiving Developing S&R with increased control.</p>	<p>Dribbling Explore dribbling with hands and feet with increasing control on the move.</p>	<p>Year 2</p>	<p>Attacking Developing moving into space away from defenders.</p>	<p>Defending Explore staying close to other players to try and stop them getting the ball.</p>	<p>Space Explore moving with a ball towards goal.</p>