

Medium Term Plan: Supporting Implementation of LTP/Progression Grid

Subject: KS1 Year B Attacking and defending

Key Concept- Concepts: Joy of movement, personal challenge, building resilience, Critical thinking and action
PoS aims from NC:

A high-quality physical education curriculum inspires all pupils to succeed and excel in competitive sport and other physically-demanding activities. It should provide opportunities for pupils to become physically confident in a way which supports their health and fitness. Opportunities to compete in sport and other activities build character and help to embed values such as fairness and respect

Prior Learning (what pupils already know and can do)

It is helpful if children have:

- used throwing and catching skills in isolation and combination.
- used striking and hitting skills
- followed rules in games
- used simple attacking and defending strategies/tactics
- played some modified directional games.

Long-term Learning (what pupils MUST know and remember) End Goals

Y1 related skill

- *Begin to show how to hold a hockey stick and which side to use.
- *Use a simple push pass to another team mate.
- *Dribble the ball keeping it close to me using the correct side of stick.
- *Show some signs of approaching a player to tackle and cause pressure.
- *Begin to attempt to score a goal from anywhere.
- *Kick/stop a ball using a confident foot while static.
- *Throw underarm, bounce & catch ball by self & with partner.
- *Run straight and on a curve and sidestep with correct technique
- *Begin to follow some simple rules.

Y2 related skill

- *Begin to show how to hold a hockey stick and which side to use.
 - *Use a simple push pass to another team mate.
 - *Dribble the ball keeping it close to me using the correct side of stick.
 - *Show some signs of approaching a player to tackle and cause pressure.
 - *Begin to attempt to score a goal from anywhere.
 - *Perform some dribbling skills with hands and feet using space.
- Pass a ball accurately (hands & feet) over longer distances to a team mate.
- *Combine stopping, pick up/collect & send a ball accurately to other players.
 - *Make simple decisions about when /where to move in game to receive a ball.

In this unit children learn how to outwit their opponents and score when playing invasion games. They develop skills in finding and using space to keep the ball. They play with the same basic court set-up and rules, but use a range of equipment and skills, including throwing, catching, kicking and striking skills. In all games activities, children think about how to use skills, strategies and tactics to outwit the opposition. In invasion games, they enter their opponent's territory with the 'ball' and try to get into good positions for shooting or reaching the 'goal'.

End of unit:

- Throw and catch with control to keep possession and score 'goals'
- Be aware of space and use it to support team-mates and cause problems for the opposition
- Know and use rules fairly to keep games going; keep possession with some success when using equipment that is not used for throwing and catching skills
- Explain why it is important to warm up and cool down; say when a player has moved to help others

Apply this knowledge to their own play

Key Vocabulary

In this unit children will have an opportunity to use a range of words and phrases, such as:

Throw, Catch, Pass, Receive, Bounce, Roll, Control, Dribble, Hit, Space, Move, Safety, Looking, Stopping, Evaluate, Controlling, Defender, Attackers, Rules, Warm up, Cool down, Calling, Signalling, Team work

Session 1

Skills: I can....

Get into a good ready position to receive bounce passes consistently well

Pass the ball from my chest using a bounce pass

Knowledge: I know....

How far to bounce a pass between me and a friend

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How to receive a bounce pass

Assessment: I can....

Understand some principles of attacking and defending

Session 2

Skills: I can..

Change direction confidently and competently

Move around safely in a limited space

Knowledge: I know..

How to move around and be aware of others

That being able to dodge off both feet makes me twice as hard to catch

Assessment: I can..

Manage my feelings and behaviour well

Session 3

Skills: I can....

Bounce a ball and track it with my eyes

Keep my head up and travel whilst bouncing a ball

Knowledge: I know...

To push the ball down and in front of me when I am bouncing

Assessment: I can....

Has a clear idea about what they want to do in their play and how they want to go about it

Session 4

Skills: I can..

Bounce/ dribble a ball with my hands with good control

Move around safely whilst bouncing/dribbling

Knowledge: I know..

That a bounce is a push down with 2 hands and dribbling is with one hand

To use my fingers to push the ball down

Assessment: I can..

Understand some principles of attacking and defending

Session 5

Skills: I can..

Push pass a hockey ball

Receive a hockey ball

Knowledge: I know..

That my hands need to 'give' and be 'soft' when receiving a hockey pass

To move into space after passing a ball

Assessment: I can..

Manage my feelings and behaviour well

Session 6

Skills: I can..

Dribble a ball with my feet with good control

Stop a ball on the run by trapping it

Knowledge: I know..

To use 'big toe, little toe' to dribble keeping the ball close to me

How to trap a ball by moving in line with it and putting my foot on it

Assessment: I can..

Apply attacking and defending skills within activities which require them

Future learning this content supports:

- Access to a variety of sporting experiences across KS2 will add depth to this. The use of transferable skills and vocabulary will consolidate the learning within this unit.