



Physical Education

Orienteering Year 4

Unit Purpose

The unit of work will **develop** pupils' ability to **orientate** a map, locate points in a set order. Pupils will follow the route they have been given to reach as many points as possible in an allocated time. Pupils will develop their ability to **collaborate** with others and work as a team to complete the **challenges**.

Inspire Me

Orienteering originates from a military training method used in Sweden in the late 19th century. The term orienteering meant the crossing of unknown land with the aid of a map and a compass.



Key Success Criteria

- P** Pupils will apply their developing ability to orientate a map and locate points, returning to base as quickly as possible.
- C** Pupils will apply a strong understanding of what makes an effective team and understand how important teamwork is when orienteering.
- S** Pupils will develop life skills such as trust and communication as they collaborate with their team to successfully complete the orienteering challenges.
- W** Pupils will apply integrity and determination as they complete the orienteering challenges. Pupil's will develop their leadership attributes.

Vocabulary for Learning

Navigate: means to find a way through a planned course often by using a map.

Teamwork: Teamwork is the combined effort of a group to achieve a goal or complete a task in the most effective and efficient way.

Strategy: is a planned set of actions that are used by a team or individual to achieve a long-term goal. We plan a strategy and then use specific tactics to help us achieve our goal.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

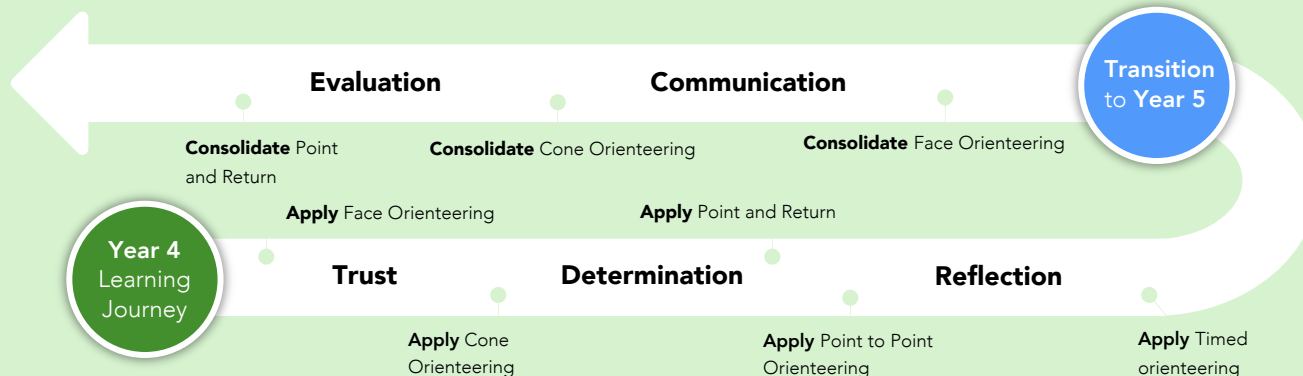


Sport Specific Vocabulary

Map: A map is a piece of paper that shows a representation of an area of land that uses symbols or signs to represent the various physical features i.e. trees and buildings.

Route: A route is a particular course taken when moving from point A to point B.

Out of Bounds: Is the area outside of the course that is prohibited for pupils to enter. The area that is 'out of bounds' should be clearly marked out and identifiable on a map.





Physical Education

Rounders Year 4

Unit Purpose

The unit of work will develop pupils' ability to apply the principles of **attack** vs **defence**, with a particular focus on the concept of batting. Pupils will continue to develop and apply a variety of fielding skills such as **throwing** and **stopping the ball** to keep the batter's score low.

Inspire Me

Did you know... Rounders is a sport that is predominately played in Great Britain, Ireland and Canada. Rounders has lots of similarities to the America sports softball and baseball.



Key Success Criteria

- P** Pupils will be able to apply developing batting skills in order to score points. Pupils will continue to develop accurate throwing, catching and retrieving skills.
- C** Pupils will understand the difference between batting and fielding. Pupils will understand why batters need to aim at space when striking the ball.
- S** Pupils will develop life skills such as trust and cooperation as they collaborate with others and apply the rules of the game.
- W** Pupils will continue to develop and apply life skills such as resilience and self motivation as they strive to improve their own performance and understanding.

Vocabulary for Learning

Batting: Batting is the skill of hitting a ball with a bat into a space to score runs. The aim of the game for the batter (attacking team) is to score as many rounders as possible.

Tactics: Tactics are a carefully planned set of actions that are used by a team or an individual to attain a certain goal.

Bowling: is the action of propelling the ball towards the batter, with the intention of getting the batter out or preventing them from scoring a rounder.

Catching: means holding the ball with our hands that is hit or thrown to us. This includes holding a ball struck by a batter before it touches the ground.



Sport Specific Vocabulary

Backstop: The backstop is a fielder who stands a safe distance behind the batting square, opposite the bowler ready to catch and stop the ball.

½ a Rounder: Is the method of scoring used in rounders. If the batter misses the ball and runs around the outside of the bases and reaches the 4th base before the ball, the batting team scores ½ a rounder.

