



# Physical Education

## Games For Understanding

### Unit Purpose

The unit of work will develop pupils' ability to apply the principles of **attack** vs **defence**, with a particular focus on creating simple **attacking tactics** in order to move the ball up the court, creating an attack that results in a shooting opportunity.

### Inspire Me

**Did you know...** that American football teams use one set of players when they are attacking and a different set of players when they are defending. They even have a player whose role is only to kick the ball.



### Key Success Criteria

- P** Pupils will be able to run and stay in a space, changing direction and speed to avoid the defenders. When defending, pupils will successfully make a tag.
- C** Pupils will start to create and apply simple tactics for attacking and defending. Pupils will develop an understanding of why rules are important in a game.
- S** Pupils will develop life skills such as empathy and fairness as they collaborate with their own team and the opposing team to ensure they play the games fairly.
- W** Pupils will continue to develop and apply honesty as they play by the rules and keep the score.



### Vocabulary for Learning

**Attacker:** We are considered an 'attacker' when we or our team are in possession of the ball or we are trying to avoid a defender to score a point. The aiming of the game for the attackers is to score as many points as possible.

**Defender:** We are considered a 'defender' when we are not in possession of the ball or we are trying to tag an attacker. The aim of the game for the defenders is to prevent the opposition (attackers) from scoring.

**Space:** is an open area on the pitch that is unoccupied by a defender or the defending team. The attackers need to identify an open space to run into to avoid being tagged by a defender.



### Sport Specific Vocabulary

**Rules:** are a set of regulations or principles that govern a particular activity that ensures that the activity is played fairly and safely.

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

**Team:** A team is a group of people who work together with the objective of achieving the same a goal.





# Physical Education Gymnastics Year 1

## Unit Purpose

The unit of work will **develop** pupils' ability to apply 'champion gymnastics' as they explore movements and balances on **big** and **small** body parts in **wide**, **narrow** and **curled** ways on the floor and on apparatus. Pupils will **transition** between the theme words as they link movements together developing simple sequences.

## Inspire Me

**Did you know...** Gymnastics is a sport which involves doing lots of different exercises. Gymnasts need to be strong and flexible and be able to balance with control.



## Key Success Criteria

- P** Pupils will be able to move and balance using big and small body parts in wide, narrow and curled ways, applying 'champion gymnastics' and start to link movements.
- C** Pupils will experiment moving in a variety of ways understanding the differences between each type of movement. Pupils will be creative as they link movements.
- S** Pupils will demonstrate life skills such as empathy and fairness as they work safely with each other. Pupils will support each other and share apparatus.
- W** Pupils will develop their self belief and courage as they travel with confidence on the floor and on apparatus, creating their own ways of moving and balancing.



## Vocabulary for Learning

**Champion Gymnastics:** 'Champion' refers to when pupils are being silent, pointing their fingers and toes and are still when they make a shape/balance.

**Wide:** This means moving or balancing in ways where the body is extended (arms and legs) horizontally away from the centre of the body. For example a star jump is a wide movement.

**Narrow:** This means moving or balancing in ways where the body stretching (arms and legs) vertically away from the centre of the body. For example, a pencil jump is a narrow way of moving.

**Curled:** This means to move or balance rolling our body up tightly. A forward roll is an example of moving in a curled way.

**Big:** This means moving or balancing in ways where the body is extended as large as possible.

**Small:** This means moving or balancing in ways where the body is made as small as possible.



## Sport Specific Vocabulary

**Interesting:** This means pupils are thinking and being creative.

**Linking:** This means successfully adding two movements together so that they flow one after the other.

