

Half term	Unit/Topic	Skills	Knowledge	Vocabulary	Supporting Texts	Theory Concepts	Extra-curricular opportunities	Careers	Homework
	Basketball	<i>Progression from Invasion Games [Y5], Handball [Y5], Netball [Y6/7], Basketball [Y7]</i> Hands Retention Footwork - jump stop and pivot Basic types of passing - chest, bounce, overhead and javelin Dribbling - strong hand, weak hand and cross over Basic shooting technique - set shot Progression Triple threat position More advanced passes - one handed bounce pass Cross over - through the legs and round the back Spin dribble Lay up	Rules Travelling, double dribble, when is the ball in/out?, out of bounds restart, points scoring, number of players on a team, length of a game, rules of half court Rules of full court - backcourt violation, 8 seconds, 24 second shot clock, jump ball Different types of fouls - block, charge, contact What is a free throw and why are they awarded? Heart What is a good teammate like? [teamwork] How can you ensure that all of your teammates are involved in the game? [teamwork] How can you show good sportsmanship in basketball games? [respect] Why is teamwork particularly important in basketball? [teamwork] Players can receive an unsportsmanlike foul in basketball - why might this occur and what would happen to the player who committed the foul? [respect] Why might a player commit an unsportsmanlike foul? [respect] Head Basic principles of attack - creating space, let the ball do the work, limit dribbling, pass to somebody closer to the basket, shoot from closer to the basket to increase chance of scoring How to keep possession of the ball and avoid turnovers Using feints to outwit an opponent Basic principles of defense - transition, zonal, player to player, full court/half court press Roles of different positions - focus on point guard	Assist Foul Rebound Set shot Travelling Footwork Pivot Jump stop Chest pass Bounce pass Overhead pass Javelin pass Attack Teamwork Sportsmanship Possession Turnover Baseline Free throw line Triple Threat Cross Over Lay Up Backcourt Full court Half court Free throw Zone Player to player Point guard Block Charge Contact	Basketball Steps to Success Basketball Skills and drills Jerry Krause Survival Guide for Coaching Youth Basketball Basketball Basics for Kids https://www.swww.com/blog/10-basketball-lesson-ideas-for-pe/ https://www.teachpe.com/sports-coaching/basketball	Intrinsic and extrinsic motivation Intrinsic is from within the performer EG. Pride, enjoyment, self satisfaction, personal achievement EG. Going to the gym to keep healthy Intrinsic motivation is longer lasting and		Sportswear Designer	

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1	Sportshall Athletics	<i>Progression from FMS [Y5] and Sportshall Athletics [Y5, 6 and 7]</i> Hands Retention Pupils compare their scores in the events listed below to their performance in KS2 1 and 2 lap Chest push Soft javelin Speed bounce Standing long jump Standing triple jump Vertical jump Progression 4 lap Relay - 4 x 1 lap, 4 x 2 lap and paarlauf Indoor shot put	Rules Correct starting procedures for track events, what constitutes a no throw/jump, how to measure each of the field events properly, how to time a track event properly - use of the stopwatch Relay rules - baton change over zones. How to perform shot technique correctly and what constitutes a no throw Heart Why might somebody argue that resilience is more important in individual sports when compared to team sports? (Hr2) How can you demonstrate resilience in athletics events? (Hr2) Respect is integral to everything we do in PE at VGMS, how can you show respect in your PE lessons? Think about equipment, facilities, peers, staff (Hr3) In this unit, you have a great opportunity to demonstrate your work ethic. Everyone can do their best in PE lessons regardless of how confident you are. Are you producing your best work? (Hr4) How can you show good independence in this unit of work? (Hr6) The 4 lap run requires resilience in order to perform at your best. How can you show high levels of resilience in this event? (Hr2) How do you ensure that your effort levels are as high as possible even if you don't feel very motivated? (Hr4) Head How do you measure running, throwing and jumping events in Sportshall Athletics? What decisions do you have to make when competing in athletics events? What can you do to improve your own performance? Observe somebody else, what are the strengths and how could they improve their performance? Would you expect your performance to get better and better each year? Why? Why might this not happen? Which components of fitness are the most important for each of the events? Can you explain why? Is it always the fastest who wins a race? Is it always the strongest who wins a throwing event? Explain your answer? Are you better at running, jumping or throwing? How could you get better at an event that you are not very good at?	Track Field Event Sprint Throw Jump Javelin Speed Bounce Standing Long Jump Standing Triple Jump Vertical Jump Measure Evaluate Compare Personal Best Performance Relay Change over zone Baton Paarlauf Shot put Cardiovascular Endurance Strength Speed Flexibility Power Intrinsic Motivation Extrinsic Motivation	https://www.sportshall.org/primary/secondary-sportshall-competition https://www.sportshall.org/primary/secondary-sportshall-competition/secondary-sportshall-competition-teacher-downloads	longer lasting and more likely to lead to continued effort and participation Extrinsic is from another person/source, tangible (eg. certificates, trophies, medals, etc), intangible (eg. praise, feedback, applause, etc) A performer can become reliant on extrinsic Extrinsic rewards may result in feelings of pride/self satisfaction		Strength and Conditioning Coach	Link to video shared via google classroom - Basketball

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2	Hockey	<i>Progression from Games for Understanding [Y5] and Hockey [Y6 and 7]</i> Hands Passing to the right onto strong side, Passing to the left and reverse stick, Block stop Movement of stick backwards to take pace off Dribble on strong side Change direction and Stopping ball at pace, Use of reverse stick to bring ball back onto strong side, Tackling on strong side. Indian Dribble Push pass vs backswing Extend role of both hands Sliding hands on stick When to use each skill in situ Use of Feet in Goal Self tap at inbounds Reverse stick stop	Following on from games for understanding Year 5 and Hockey Unit in Year 6 and Year 7 Link and cross reference to invasion games from year 5 and 6 , Football, Basketball, Handball for Head decision making Strengthen both retention and metacognition Rules Safety- High sticks winning ball clearly, no lifting , holding the stick hands apart for control. Reverse stick (progression from both sides) Rules for the D Long corners Inbounds Short Corners Self tap on inbound Rules for Goalkeeper Head Principles of attack (Very Similar and reinforced from all other invasion games with the exception of rugby) Shape of a 4 a side . Diamond , 5 a side Keeper and Diamond , 5 a side keeper and square Movement forward and outwards to create space Ahead of Ball when have possession When do we need to go backwards and what are the advantages Moving forward as a unit from the goalkeeper First ball from the back always out wide Second ball down the line Attacking the box in oppositions half Principles of defence Moving backwards and inwards Being goal side and inside Man to man vs Zonal defence Responsibility for areas Responsibility for players Defending outside the D Moving the ball when under pressure Defending from the front Heart Principle of working harder in a team as others rely on you Roles and most importantly responsibility Working as hard in defence as attack Competition and resilience in similar ability games Leadership and communication in mixed ability games Creating a good atmosphere as a team The right people in the correct positions Collective responsibility Changing if not working Emotional intelligence Metacognition - Making adjustments according to score and performance Tactical time outs Appropriate level of challenge to ensure metacognition opportunities in similar ability games Opportunities for different challenge in mixed ability games , problem solving , getting best out of team Self correction on decisions, How do you know if you have made a bad decision and what would you do next time in a similar position Can you call on previous reference points from familiar invasion settings Correction of others as a collective responsibility. The second best person to help you learn are your team mates	Reverse stick Strong side Block stop Dribble Tackling Invasion Principles of Attack Cross reference Shape Diamond Space Unit Safety Responsibility Resilience Leadership Competition Metacognition Challenge Short Corners Self Tap The D Reverse Stick Indian dribble Man to man marking Zonal Marking Pressure Collective Responsibility Emotional intelligence	Hockey Steps to Success Hockey Drills Malcolm Alexander Field Hockey Techniques and Tactics Field Hockey , Understanding the Game Christopher Maloney Rules of Hockey www.englishhockey.co.uk	Long term effects of exercise		FE/Lecturer	Link to video shared via google classroom - Table Tennis

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	Table Tennis	Progression from Net Games [Y5] and Tennis [Y6] Hands Retention Ready position Basic grip of racket Forehand and backhand shots Progression Serve Forehand and backhand push Forehand drive Singles and doubles play	Rules Rules for the serve, no volleys, out and in, how to win a point, no touching table, how to score a match Heart Do you work to the best of your ability in everything you do? If not, why not? (Hr4) How would an elite level performer motivate themselves to work to the best of their ability at all times? (Hr4) Why is it important to be a self starter and work independently to the best of your ability? (Hr6) What would a reliable and responsible learner look like in a table tennis lesson? (Hr6) Head How can you outwit your opponent(s) when playing table tennis? Where are the best places to try to hit the ball and why? What makes a good shot selection in table tennis? When playing doubles, what tactics might you employ to increase your chances of winning points?	Court Net Grip Ready position Forehand Backhand Serve Point Rally 'Love' Forehand Push Backhand Push Forehand Drive Singles Doubles Outwit Opponent Selection	https://blog.gophersport.com/teaching-table-tennis-pe-video/ https://www.experttabletennis.com/how-to-play-table-tennis/ Table Tennis: Step to Success, by Richard E McAfee		Badminton Boys' Football Girls' Football Rugby Basketball Yoga Fitness Netball	Armed Forces	

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3	Football	<i>Progression from Invasion Games and G4U [Y5], Football [Y6] and Football [Y7]</i> Hands Passing on strong side Passing with different parts of the strong foot Receiving with strong foot Receiving with the strong foot by stopping the ball Receiving on the strong foot by withdrawing the foot Dribbling with ball in front away from the body Shooting from close range Forward movement and change of pace Dribbling with ball close to feet Heading Crossing Tackling- block tackle Running into space Receiving on weak side Receiving on strong side Shooting from distance Tackling whilst moving Transferring ball from one foot to the other Goalkeeper distribution Skills required for different positions	Following on from games for understanding Year 5,6,7 and Football Unit in Year 6 and Year 7 Link and cross reference to invasion games from year 5 and 6 , Hockey, Basketball, Handball for Head decision making Strengthen both retention and metacognition Rules Safety- Tackling, stationary and moving Rules protecting the goalkeeper Inbounds Corners Goalkicks from hand and floor Foul Throws Etiquette Respect for the referee Specific refereeing roles Centres Rules related to goalkeeper and box Contact rules at corners Head Principles of attack (Very Similar and reinforced from all other invasion games with the exception of rugby) Shape of a 4 a side . Diamond, 5 a side Keeper and Diamond , 5 a side keeper and square, 6 a side with forward 7 a side 3,3,1 Movement forward and outwards to create space Ahead of Ball when have possession When do we need to go backwards and what are the advantages Moving forward as a unit from the goalkeeper First ball from the back always out wide Second ball down the line Attacking the box in oppositions half Principles of defence Moving backwards and inwards Being goal side and inside Man to man vs Zonal defence Responsibility for areas Responsibility for players Moving the ball when under pressure Defending from the front Heart Principle of working harder in a team as others rely on you Roles and most importantly responsibility Working as hard in defence as attack Competition and resilience in similar ability games Leadership and communication in mixed ability games Creating a good atmosphere as a team The right people in the correct positions Collective responsibility Changing if not working Emotional intelligence Metacognition - Making adjustments according to score and performance Tactical time outs Appropriate level of challenge to ensure metacognition opportunities in similar ability games Opportunities for different challenge in mixed ability games , problem solving , getting best out of team Self correction on decisions, How do you know if you have made a bad decision and what would you do next time in a similar position Can you call on previous reference points from familiar invasion settings Correction of others as a collective responsibility.	Strong side Block tackle Dribble Tackling Invasion Principles of Attack Cross reference Shape Diamond Space Unit Safety Responsibility Resilience Leadership Competition Metacognition Challenge Man to man marking Zonal Marking Pressure Collective Responsibility Emotional intelligence	Football steps to success Teaching games for understanding - Linda Griffin Metacognition EEF Learning through games , Ministry of football Integrity soccer, Teaching games for Understanding	Principles of Training		Sports Agent	Link to video shared via google classroom - Badminton

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	Badminton	<i>Progression from Net Games [Y5] and Badminton [Y6 and 7]</i> Hands Retention Ready position Basic grip of racket Forehand and backhand shots Up taps Underarm serve (including backhand serve) Overhead forehand drive Short and long serve Clear Drop shot Introduce doubles play Progression Net kill Smash Backhand clear and drop shot	Rules Winning a point, in and out, basic scoring rules, 'love' instead of 'zero' Rules for the serve, let, how to score a badminton match correctly, not allowed to touch the net Badminton court markings, service box and introduce in games, order of serve (even on right and odd on left) How the court changes from singles to doubles, order of serve in a doubles game Heart What is resilience and how can you develop it in net games? (Hr2) Why is it important to never give up in games? (Hr2) Can you use the correct terminology when discussing your games? (Hr5) Imagine you are losing a game, what thoughts might be going through your head and how can you improve your performance? (Hr2) When might an elite badminton player need to demonstrate resilience? Give examples (Hr2) Can you keep score accurately and communicate this with others? (Hr5) When have you shown resilience in this unit of work? How did this make you feel? (Hr2) How do you communicate effectively with your doubles partner and when is this most important? (Hr5) Why does it become harder to show resilience when losing a game and how can we combat this? (Hr2) Can you observe and analyse another performer and feedback on their performance? (Hr5) How can you help your peers to improve their performance? (Hr5) Head How can you create space and why is this important? What makes a successful shot in net games? What do you need to do differently in order to be more successful? How can you outwit your opponent in badminton games? When playing on a narrow court, how will you increase your chances of winning a point? What do you need to consider when playing doubles, which isn't a factor in singles? When playing doubles, where might be a good place to hit the shuttle? What does 'playing to your opponents weaknesses' mean and how can you use this to your advantage? Why is varying your shot selection a good idea? Can you give examples of this?	Court Net Racket Grip Ready position Forehand Backhand Serve Volley Point Rally 'Love' Service line Let Fault Underarm Overhead Drive Match Short serve Long serve Clear Drop shot Doubles Singles Feint Outwit Opponent Service box Baseline Tramline Midcourt line Odd Even Net kill Smash Backhand clear Backhand drop shot	https://www.teachpe.com/badminton https://thepehub.co.uk/lesson-category/badminton-year-6/ https://www.badmintonengland.co.uk/on-court/school-resource-hub/			Sports Policy - Local and National	

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	Am Football	<i>Progression from Cultural Games [Y5] Rugby [Y6 and 7]</i> Hands Passing - one handed overarm throw Catching - stationary and on the move Catching - in front, to the side and over shoulder Running patterns Blocking	Rules Run ball or catch ball in endzone to score touchdown, downs - 4 downs to move the ball 10 yards and if a team fails to achieve this the ball is turned over, touchdown = 6pts, field goal = 3pts and extra point = 1/2pts depending on if the team kicks or throws/runs ball into endzone Heart Doing an activity that we haven't done before requires independence. How can you demonstrate excellent independence in this unit? (Hr6) Can you be relied on to be in the right place, at the right time and doing the right thing? (Hr6) The quarterback is often the leader of the team. Why do you think this is the case and can you show leadership skills when playing the quarterback position? (Hr5) In a team, everyone should be equal, but why is it important to have a leader in team sports? (Hr5) Head Do you know the key attacking positions and what their roles are? Quarter back, Centre, Wide Receiver and Running Back Do you know the key defensive positions and what their roles are? Cornerbacks, Free Safety and Defensive Ends American Football is a very tactical sport. A team's offence goes up against another team's defence and each have set pieces that they follow for every single play. In your opinion, does this add to the sport or not? Explain your answer. When on offence, do you think it is better to throw or run the ball? Why? It is often said that the quarterback is the most important player on the field. Do you agree or disagree with this and explain your answer? Can you think of another position in a different sport that is similar to a quarterback?	Pass Catch Snap Touchdown Field Goal Endzone Quarterback Running Back Wide Receiver Centre Cornerback Free Safety Defensive End Tactics Offense Defence Turnover Incomplete Down Line of Scrimmage	https://blog.peoffice.co.uk/american-football-schools/ https://www.britishamericanfootball.org/teaching-football-in-schools/ http://www.pelinks4u.org/naspeforum/discussions/messages/1239/Flag_Football_Fuller_Wes-en-2792.pdf https://blog.gophersport.com/unique-football-games-for-physical-education/			Rehabilitation Specialist	

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4	Parkour	<i>Progression from Gymnastics [Y5 and 6]</i> Hands Retention (from gymnastics, specifically flight in Y6) Effective use of springboard How to get on and off apparatus safely Basic vaults Controlled landings Travelling actions - rolls Progression Landing safely Shoulder roll Wall running Precision jumps Vaults - step, speed, dash, kong	Rules Established routines for carrying and setting up equipment - no running, appropriate number of people per piece of equipment, correct lifting technique. Rules for effective paired and group work Establish rules for using the springboards, apparatus and mats. Importance of following instructions and acting in a responsible manner Heart Are you currently demonstrating high expectations of yourself? (Hr4) Parkour is different to other activities that we have performed so far in Y8, why is it important to continue to demonstrate your personal best? (Hr4) It may take you some time to be able to perform a specific parkour skill, if this happens, what do you need to do? Give yourself some advice (Hr2) Head Where did parkour originate? What does the phrase 'parkour' translate to? Why do you think parkour has increased in popularity over the past decade? If you wanted to do parkour outside of school, where would be a good place to do it? What do you need to consider before trying to do parkour outside of school? Which components of fitness should a parkour athlete possess? Explain your answer People who are good at sport, make things look easy. Why is this the case?	Shoulder Roll Wall Running Precision Jump Step Vault Speed Vault Dash Vault Kong Vault Apparatus Origin Translate Component Fitness Balance Muscular Endurance Power Speed Expecations Personal Best	https://parkour.uk/parkour-in-schools/ https://www.facebook.com/parkourgenerations/ https://blog.gophersport.com/parkour-in-physical-education/ https://youtube.com/QgruD6Wvdbo The Parkour and Freerunning Handbook, by Dan Edwardes The Ultimate Parkour & Freerunning Book, by Ilona Gerline Teaching Parkour Sports in School Gymnastics: A Practical Handbook of Parkour & Freerunning Instruction for Indoor Gymnastics Classes with Children and Teenagers, by Sascha Rochhausen	Joints		Stunt Person Link to introductory video - Parkour	

Badminton
 Boys' Football
 Girls' Football
 Rugby
 Basketball
 Yoga
 Fitness
 Hockey
 Gymnastics
 Dance

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	Volleyball	<i>Progression from Net Games [Y5] and Volleyball [Y7]</i> Hands Retention Ready position Footwork Footwork - being in the right place to play the shot Volley - using the volley to pass the ball Dig - defensive shot if can't play a volley Underarm serve Progression Overarm serve Spike Block	Rules Winning a point, in and out, basic scoring rules, 'love' instead of 'zero' How to score a volleyball match, not allowed to touch the net, number of touches, 2 consecutive touches Blocking rules, serving rules, volleyball court markings, rotation of players Heart Why is it important to ensure that all players contribute in volleyball matches? (Hr1) How can you ensure that all players get a touch of the ball? (Hr1) If somebody on your team makes a mistake, how would you deal with this situation and why? (Hr1) How have you demonstrated kindness in this unit of work? (Hr1) When might you have the opportunity to show honesty and integrity in volleyball games? Why is it important to take this opportunity? (Hr3) What is good sportsmanship and how could you show it in the volleyball games? (Hr3) Head Where is the best place to hit the ball over the net? Why? How can you outwit your opponent in a volleyball game? What is a set and why might it be used to increase a teams chances of scoring a point? Why might it be better for a team to take two or three touches instead of just one? What tactics could you use when serving the ball? What are the roles of different positions on the court? What is the Libero and what do they do? Why are the components of reaction time and coordination so important for a volleyball player?	Court Net Ready position Footwork Volley Point Rally 'Love' Dig Underarm Serve Match Touches Technique Set Pass Overarm Serve Spike Block Rotation Endline Sideline Back Zone Front Zone Ace Libero Reaction Time Coordination	Coaching Volleyball For Dummies, by National Allian Coaching Volleyball Successfully (Coaching Successfully Series, by Sally Kus https://www.ssww.com/blog/volleyball-activities-for-physical-education/ https://primecoachingsport.wordpress.com/tag/volleyball/			Sports Psychology	

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5	Athletics	<i>Progression from Athletics [Y5, 6 and 7]</i> Hands Retention 60m sprint 400m run Standing LJ Cricket ball throw 75m sprint 600m run Standing LJ Vortex howler throw 4 x 50m relay 100m sprint 800m run Standing triple Jump Shot put Backwards overhead heave Progression High Jump - Approach Javelin Discus Hurdles 1500m 100/200m	Rules Track - correct starting commands and how to time properly Field - what constitutes a no throw/jump and how the field events are measured Safety procedures for throwing events, eg. ensuring there is a safety line Track - staying in lane for sprint events, when to break out of line for middle distance events, rules for the relay Field - landing zone for throwing events, measure to where object lands not where it ends up Track - crouch sprint start and what each part of the starting commands means Field - correct performance of triple jump phases, technique of shot put to ensure it is a good throw Field - Throwing circle rules, high jump rules Heart In which athletics events do you need to demonstrate the most resilience? (Hr2) Imagine you are in a race which you know you won't win. How do you approach this situation? (Hr4) In individual sports such as athletics, it is often said that the athlete is competing against themselves. What do you think this means and how can we use this in our lessons? (Hr4) How can you show kindness to yourself in our athletics unit of work? (Hr1) How might an athlete kindness to one of their opponents? (Hr1) Over the years, Athletics has provided us with some of the best examples of sportsmanship and kindness ever seen in elite sport. Can anyone give examples or think about what might've happened here? (Hr1) How could you help one of your peers in our athletics lessons? (Hr5) What could you do to demonstrate good sportsmanship in our athletics lessons? (Hr3) To be a successful independent learner, you need to be in the right place at the right time and doing the right thing. Does this describe your approach to PE lessons and if not, what are you going to do about it? (Hr6) Do you think you have more or less resilience in Year 8, when compared to Y5? How can you show this in our athletics unit? (Hr2) Head What are the most important components of fitness for each of the different athletics events? Explain your answer If you were teaching somebody else how to run/jump/throw, what would you tell them to do? What is tunnel vision and why do athletes use it? In middle distance events, what tactics might you use to gain an advantage over your opponents? A lot of athletes use visualisation, what do you think this is and how might it help them? Multi event athletes are called heptathletes and decathletes. How many events do they do and can you identify them? Compare and contrast two different athletics events, explain the similarities and differences between them. Which athletics events are you strongest at and which would you like to improve further?	Track Field Event Sprint Middle distance Pace Throw Jump Technique Cardiovascular Endurance Strength Speed Flexibility Power Standing Long Jump Howler throw Relay Personal Best Landing zone Measure Tunnel vision Standing Triple Jump Shot Put Overhead Heave Sprint Start Phases Visualisation Multi-event Heptathlon Decathlon High Jump Scissor Kick Frosby Flop Javelin Discus Hurdles Stride pattern Lead leg Trail leg Throwing circle	Athletics Challenges, A Resource Pack for Teaching Athletics, by Kevin Morgan Track & Field Omnibook, by Ken Doherty Ph.D. https://www.englandathletics.org/young-athletes-and-schools/run-jump-throw/	Reasons for maintaining hydration		Cardiac Scientist	Link to video shared via google classroom - Volleyball

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6	Striking & Fielding	<i>Progression from Striking and Fielding [Y5, 6 and 7]</i> Hands Retention Basic principles of striking and fielding activities Rules of rounders and cricket Basic hitting technique Basic throwing technique Basic catching technique Fielding - Throwing, catching, retrieving ball Fielding tactics - eg. Relay fielding Underarm bowling action for rounders Overarm bowling action for cricket Roles of the backstop and wicket keeper Progression Rounders batting technique Cricket batting technique Softball batting technique	Rules Rounders - scoring, basic bowling rules, basic hitting rules Cricket - scoring and various ways a player can be given out Rounders - rules regarding players at a base, what happens if the ball is hit behind the batting square Cricket - rules regarding a run out, boundaries Rounders - bowling square, where the ball must be bowled to, no ball, 2 consecutive no balls Cricket - no balls and wides Rounders - must hit ball forwards, what happens when a batter is out Cricket - LBW, batting crease, wicket Softball - basic softball rules including how to score, bowl and field Heart How can you show kindness towards to teammates in striking and fielding activities? (Hr1) Do you think teamwork is more important when you are batting or fielding? Can you give examples to back up your answer? (Hr6) We've talked about teamwork a lot in Y5, how does teamwork in striking and fielding activities differ from teamwork that you have shown in other team sports? (Hr6) When have you shown good teamwork when fielding in today's lesson? (Hr6) Why is good communication an important factor to consider in order for a team to be successful when fielding? (Hr5) Can you give an example of when good communication would help in a cricket or rounders match? (Hr5) The cricket bowling action is difficult to master, why is it important to show resilience when learning this skill? (Hr2) Why might an elite cricket bowler need to show resilience? What can we learn from this? (Hr2) Sledging is a part of cricket. What is sledging and do you agree with it or not? (Hr3) Sometimes an umpire might not give the batter out even if they should be, if this happens the batter should walk off, this would show excellent sportsmanship. Can you give an example from another sport where this level of sportsmanship can be shown? (Hr3) Head What tactics can you use when batting, bowling and fielding? What are the similarities and differences between cricket and rounders? What components of fitness do you need in striking and fielding activities? Explain your answer As a fielder in rounders/cricket, where do you think you should position your team so make it as difficult as possible for the batter? What does the term relay fielding mean and why is it important? 'Backing up' is an important fielding tactic, why do you think this is a good thing to do when fielding? If you are playing backstop/wicket keeper, what qualities do you need to have and why? What are the important things to think about when you are bowling in rounders/cricket? Why might bowlers have to be the most mentally tough players on a cricket team? As a batter in cricket/rounders/softball, where might be the best place to try to hit the ball and why? Should you always try to hit the ball as far as possible or are there occasions where it might be better to play defensively? Can you give examples of when this might be beneficial?	Striking Fielding Batting Hitting Bowling Throw Catch Rounders Cricket Tactics Fitness Component Retrieving ball Pick up Long barrier Relay fielding Positioning Batting square Run out Boundary Underarm Overarm Backstop Wicket Keeper No ball Wide Crease Stumps Bowling square Softball Defensive shot Drive Pull/hook Cut Square Cut Leg Before Wicket Sledging Umpire	https://www.playssport.net/skill/strkingfielding https://schools.specialolympics.com.au/wp-content/uploads/2021/02/Striking-Fielding-Games_Program-Planner-Cards.pdf	Cardiac Cycle		Chief Operating Officer	Link to video shared via google classroom - Cricket

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	Ultimate Frisbee	<i>Progression from Handball [Y5 and 6], Netball [Y6 and 7] and Basketball [Y7 and 8]</i> Hands Forehand throws Backhand throws Passing to stationary and moving receiver Two handed and one handed catches Catching whilst stationary and moving	Rules Scoring is by catching the disc in the opponent's endzone; players must not move while in possession, only pivot on the spot; non-contact sport with possession changing whenever a throw is incomplete (hits the floor, caught by other team, knocked to the floor by other team) Heart In ultimate frisbee, everyone is an umpire. What does this mean and do you think this is good or bad? Why? (Hr5) When playing small sided games, how can you ensure that all team members are involved in the game? (Hr1) We have talked about respect and sportsmanship a lot throughout your time at VGMS. Summarise what is means to you in one short sentence (Hr3) One thing that we have tried to do in PE lessons over the past 4 years is increase your independence so that you are more prepared for your next phase of learning. Do you think that you are ready for Y9? Explain your answer (Hr6) Head Why is it important to move around when you don't have the disc? Which types of throws are more likely to be caught? How does spreading out in the box help to make passes easy? How can the defensive team work together to make passes difficult? What tactics have you used in other units of work which you could adopt in Ultimate Frisbee?	Forehand Throws Backhand Throws Passing Catching Stationary Moving Endzone Possession Sportsmanship Independance Attack Defence	https://www.yourschoolgames.com/taking-part/our-sports/ultimate-frisbee/ https://media.yourschoolgames.com/documents/sport-format-resources/Intermediate_Frisbee.pdf https://media.yourschoolgames.com/documents/sport-format-resources/Secondary_Challenge_Cards_Ultimate.pdf https://media.yourschoolgames.com/documents/sport-format-resources/Secondary_Intra_Competition_Ultimate.pdf https://www.peai.org/wp-content/uploads/2014/04/8-Week-Set-of-Lesson-Plans.pdf https://gymclassultimatefrisbee.com/about/			Yoga Teacher	
			PE Assessment Statements						