

Year 4: Physical Education –

Autumn 1: Tag Rugby & Football

Key Questions: How does exercise keep me healthy?

Why is it important to have regular exercise?

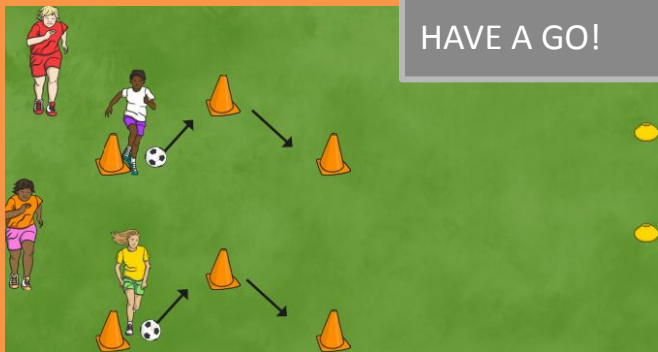
What decisions might you have to make when playing football or Tag Rugby?

What does the term 'sportsmanship' mean?

Activity:

Set up some cones to dribble ball in and out of then when you get to the end shoot at the goal.

This could be done with a partner to practice passing- or they could pretend to be on the opposite team and try to take the ball!



What will I learn? We will build on our skills of previously learned in Year 3 to help us play football and tag rugby.

We will help you to start to combine moves such as dribbling the ball then shooting at the goal.

We will learn the rules of the game and improve on making tactical decisions such as passing to a particular player, when to shoot.

We will develop our ability to work as part of a team and solve conflict make decisions to best change the game.

Key words: pass control, safely, coordination, throwing, catching, technique, decision making, tactical awareness, goal, try, tackle

Tactical Decisions

A tactical decision: choosing and performing an action, based on the situation you are presented with, to help you reach your end goal.

Attacking Tactical Decision

An attacker is running towards the try line with the ball but there is a defender coming towards them.

Do they try to dodge the defender **or** look to pass the ball to a teammate?

Defending Tactical Decision

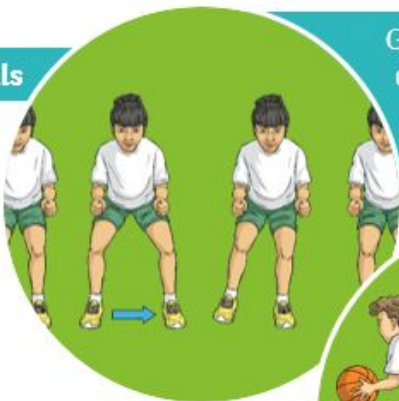
Two attackers, one with the ball, are running towards a defender.

Does the defender position themselves between the two players and try to make an interception **or** try to tag the player with the ball?

Activity: Show us your speedy feet! practice your footwork including your fast feet and pivoting.

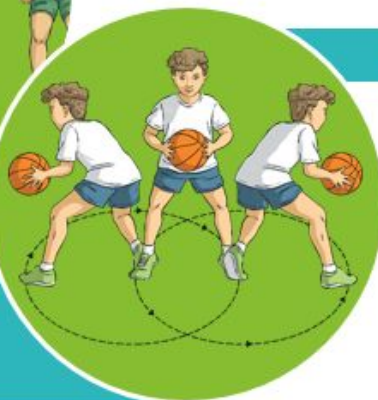
Skills Snapshot

Fast Feet Drills



Good footwork is fundamental to all areas of basketball. It can give a player more space in attack and helps when defending.

Pivot



Pivoting involves keeping one foot on the floor, as an anchor, while the other foot moves in a circular pathway (360°), allowing you to change direction.

Key Questions:

What does it mean to defend the goal?
What ways can we signal our team mates about our next move?
What does being a good team player look like?
What are the different positions played in a game of hockey/ basketball?

What will I learn?

We will learn the rules of both hockey and basketball and understand the basic idea of attacking and defending.

We will work together to start thinking of tactical awareness, decision making and refining our technique. We will use our skills in running, jumping, throwing and catching to play a competitive game.

Key words: coordination, agility, balance, **technique, decision making, tactical awareness, defend, attack, goal,**

Skills to Teach

- Passing the ball: Put your weaker foot next to the ball and use the inside of your stronger foot, following through to pass the ball.
- Receiving the ball: Make sure you are facing the ball and position your weaker foot next to the path of the ball. Use your stronger foot to receive the pass with the side of your foot.

Year R– Physical Education – Autumn 1

Key Questions:

What will I learn?

Key words:

Activity: