**Year 5 & 6 Enhanced PE Curriculum**

**W/B Mon 8th March 2021 – Easter Holidays.**

**Aim: To provide pupils with fun and engaging PE lesson which enables them, on their return to school to specifically focus on working safely, following instructions, team work, communication and social skills.**

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| **Week** | **Lesson Content** | **Key Social skills.**  |
| **1** | **Warm up**Fundamental movement skills: jogging, jogging backwards, side steps, high knees, hopping, jumping, hopscotch, heel flicks etc. FOCUS on QUALITY and FLUENCY. **Content** 1. Throwing and catching a netball. 1 ball per group of 4.

In a square, pass the ball around the outside. If teacher shouts ‘change’, the ball changes direction. Introduce a bounce pass. 1. Relay style (pass and follow); passing and catching in their groups. Let them have a few goes, discuss what makes it successful and what does not. Then introduce some competition – first team to 5 passes, first team to 10 passes etc. Move successful teams back to increase difficulty levels.
2. In a small area (mark with cones). Piggy (defender) in the middle. The person who is in the middle will need to wear a bib. Aim for the team is to make 5, 8 or 10 consecutive passes (depends on ability of groups) without dropping the ball or the defender tipping it or intercepting it, pupils must make the pass and then MOVE! ROTATE around. Watch demonstrations. Talk about using space and teamwork.

**IF TIME….** Introduce the 4 v 4 per 1/3rd of a netball court. Normal netball rules. Catch the ball on the opposing line to score a point. **Plenary**Q&A, Pair and ShareWhat did your team do well? Why did you do it well? What techniques did you use when passing the ball? How were you considerate about your team members? | **Communicating****Using positive words****Inclusion****Taking it in turns****How to win and lose with dignity****Team work****Fitness** |
| **2** | **Warm up**Everyone in a space, working on the spot. Teacher to call individual skills; jogging, star jumps, spotty dogs, burpees, high knees, hop scotch etc. Progress this into ‘Simon says…..’Put class into **mixed ability** teams of 3 or 4. **Content**1. One ball in each team, practice throwing and catching, relay style.
2. 4v4 game. Use a third of the netball court as a pitch. To score, the team have to catch the ball on the opposing the line (the line they are shooting at). Netball RULES.
3. Do 5 / 6 minute games, rotate teams to play other teams. FOCUS) Team work.

**Plenary**Q&A, Pair and ShareWhat did your team do well? Why did you do it well? Who do you think worked really well in your team? Why? How do we win and lose with grace and respect?  **Teacher to identify what positive behaviours they observed.**  | **Communicating****Using positive words****Throwing the ball respectfully to your team mate****Inclusion****Taking it in turns****How to win and lose with dignity****Team work****The purpose of rules and umpires** |
| **3** | **Warm up**Working in a specific space (third of a netball court). Two players who are ‘it’ have soft balls (THESE HAVE SUPER POWERS and can freeze people to the spot in a star shape when tapped on their shoulder). To be released, other players can run underneath both players arms. HAVE A FEW ROUNDS; Change the children that are ‘it’. Emphasise the use of vision and eyes – no one should be running into anyone else.**Content**1. **In pairs, reaction activities:** *Knee taps***;** you get a point if you tap your partner’s knees, *cat and mouse, reaction tag* etc.
2. **End Zone.** Split class into 4 teams, have two games going on simultaneously. Similar to capture the flag but the objective is to get all your team into your end zone (semi-circle) before the other team. If an opposing team member crosses into your half and you tag them, they must go back into their own half.
3. **Turn this into a tournament.**
4. **If it has gone well, finish with one large game, split your class into two teams.**

**Plenary**Q&A, Pair and ShareWhat did we learn today? Key rules? Who do you think worked really well in your team? Why? **Teacher to inform them how we will use this moving forward.** **Teacher to identify what positive behaviours they observed.** | **Communicating****Using positive words****Throwing the ball respectfully to your team mate****Inclusion****Taking it in turns****How to win and lose with dignity****Team work****The purpose of rules and umpires** |
| **4** | **Warm up**Split the group into 6 or 8 teams. Choose a leader in each team to lead their team in a warm-up. Remind them of pulse raining activities they can do. **Content**Capture the flag \* If you have two members of staff, you can always split your class into 4 teams and run a small tournament where each team plays one another. <https://www.youtube.com/watch?v=5h_xjCEHEOs> **Plenary**Q&A) Key rules? Strategies your team used? How did your team feel when you won or lost? What did you do well to allow you to work together as a team? Why was it important everyone followed the rules?  | **Communicating****Using positive words****Throwing the ball respectfully to your team mate****Inclusion****Taking it in turns****How to win and lose with dignity****Team work****The purpose of rules and umpires** |