



Physical Education

Health and Related
Exercise Year 6

Unit Purpose

The unit of work will consolidate pupils understanding of **strength, flexibility** and the **cardiovascular** elements of **fitness**.

Pupils will perform cardio, flexibility and strength focused circuits enhancing their own fitness.

Inspire Me

Did you know... that in 2020, Mathew Fraser earned the title of Fittest Man on Earth for the fifth consecutive year! Matthew started out as an Olympic weightlifter and was a junior national champion.



Key Success Criteria

- P** Pupils will be able to complete fitness assessments and participate in circuits that will enhance their fitness.
- C** Pupils will refine their understanding of the impact of exercise on their bodies and the importance of developing their aerobic capacity, strength and flexibility.
- S** Pupils will refine life skills such as communication and respect as they encourage their partners through the circuits.
- W** Pupils will refine life skills such as self motivation, resilience and self discipline as they strive to improve their own performances.



Vocabulary for Learning

Cardiovascular System: The cardiovascular system is responsible for transporting oxygen and nutrients around our bodies.

Strength: Muscular strength is defined as the maximum amount of force that a muscle can exert against a form of resistance in a single effort.

Flexibility: Flexibility is the elasticity of muscles when stretching and the ability to move joints through a full range of motion.

Fitness: Physical fitness is a state of health and well-being that means you are able to take part in all your normal daily activities, including sport, with ease.



Sport Specific Vocabulary

Circuits: Circuit training is a combination of six or more exercises performed with short rest periods between them for either a set number of repetitions or a prescribed amount of time.

Fitness Assessment/Test A fitness test will evaluate your overall health and physical status. The test marks the starting point for designing an appropriate exercise programme.





Physical Education

Football Year 3

Unit Purpose

Pupils will learn to **consistently** apply effective **attacking** skills, applying **decision making** in order to keep possession and score.

Pupils will in turn apply pressure when **defending** to regain **possession** effectively.

Inspire Me

Did you know... the first women's football match in England took place in 1895 where the North beat the South 7-1. The FA banned women's football in 1921 until the Women's Football Association was formed in 1969.



Key Success Criteria

- P** Pupils will apply a refined understanding of passing and moving and dribbling to score points against another team
- C** Pupils will demonstrate resourcefulness and problem solving skills by creating a range of attacking and defending tactics, applying these to their games.
- S** Pupils will effectively apply their tactics, demonstrating a clear understanding of the role each team member will perform and will ensure the team feels motivated.
- W** Pupils will constantly apply life skills such as integrity and self discipline by playing by the rules and leading others by example.



Vocabulary for Learning

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

Transition: is defined as the process of recognising and responding after losing or regaining possession.

Counter Attack: A counter attack is a tactic employed by the team gaining possession who immediately attack after regaining the ball from defending the opponent's attack.

Referee: is an official who enforces the rules and is responsible for making sure that the game is played fairly. The referee will resolve any disagreements and their decision is final and should be respected.



Sport Specific Vocabulary

Through Ball: Is a pass made to create a shooting opportunity. The attacker in possession of the ball, passes it between opposing defenders, into open space that a team member can run onto.

Man-to-Man Marking: is a defensive tactic used where each player is assigned to defend and follow the movements of a particular player on the opposite team.

