

Curriculum overview

This unit of work will develop pupil's ability to run using different parts of their bodies. Pupils will begin to understand the basic principles of attack and defence as they develop their understanding of where we need to run and why.

Key vocabulary

Attacker	A player who moves towards the target.
Defender	A player whose job is to stop the other team and protect their target.
Space	The area around you where you can move safely without bumping into other people.
Acceleration	When you move faster over time.
Tagging	Gently touching another player with your hand to show they have been caught.

PE Values

 **Honesty**- We will be truthful about our actions and choices.

 **Fairness**- We will play respectfully.

 **Determination**- We will keep trying, even when things are difficult.

 **Courage**- We have a go and try our best.

Our topic is...



Locomotion Running

Sticky knowledge

- Running fast helps us move away from defenders in games.
- We can change our speed by running slowly, jogging or sprinting.
- Looking for space helps us avoid defenders.
- We use our arms and legs together to help us run efficiently.
- Attackers try to find space and score points.

Key Success Criteria

 **Physical**- I can run with good technique and move into space.

 **Cognitive**- I can explain where and when to run during a game

 **Social**- I can follow rules and encourage others.

 **Emotional**- I can try my best and play fairly.