


# Physical Education



<p><b>UKS2</b> <b>Autumn 2</b></p> <p><b>A</b></p> <p>Embedded value: <b>Honesty</b></p>	<p><b>Sport: Lacrosse (Games)</b></p> <p>Key vocabulary:</p> <table border="1"> <tr> <td><b>Clear</b></td> <td>Getting the ball out of the defensive half and into the attacking half as quickly as possible</td> <td><b>Head</b></td> <td>The upper plastic part of the lacrosse stick where a player catches the ball</td> </tr> <tr> <td><b>Cradling</b></td> <td>A technique used to keep the ball in the lacrosse stick whilst running</td> <td><b>Overhand shot</b></td> <td>A shot where the player shoots with the stick above his head. This shot is usually the most accurate</td> </tr> <tr> <td><b>Crease</b></td> <td>The circle around the goal that the attacking team are not allowed to enter</td> <td><b>Tripping</b></td> <td>A foul where a player trips an opposing player</td> </tr> </table>	<b>Clear</b>	Getting the ball out of the defensive half and into the attacking half as quickly as possible	<b>Head</b>	The upper plastic part of the lacrosse stick where a player catches the ball	<b>Cradling</b>	A technique used to keep the ball in the lacrosse stick whilst running	<b>Overhand shot</b>	A shot where the player shoots with the stick above his head. This shot is usually the most accurate	<b>Crease</b>	The circle around the goal that the attacking team are not allowed to enter	<b>Tripping</b>	A foul where a player trips an opposing player	<p><b>National Curriculum reference</b></p> <p><b>Children should:</b></p> <ul style="list-style-type: none"> <li>play competitive games, modified where appropriate [for example, badminton, basketball, cricket, football, hockey, netball, rounders and tennis], and apply basic principles suitable for attacking and defending</li> <li>compare their performances with previous ones and demonstrate improvement to achieve their personal best</li> <li>children should develop technique, control and balance when travelling with the ball, as well as when shooting or passing to a teammate</li> </ul>
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<p>What we want children to <b>know</b>:</p>			<p><b>Focus athlete:</b></p>											
<p><b>Health and Fitness</b></p> <ul style="list-style-type: none"> <li>The reasons for warming up and cooling down.</li> <li>How to carry out warm ups and cool downs safely and effectively.</li> <li>Why exercise is good for health, fitness and well-being.</li> <li>Different ways they can become healthier.</li> </ul>	<p><b>Principles of attacking and defending</b></p> <ul style="list-style-type: none"> <li>How to mark and follow them around the pitch, trying to block/intercept any passes that come in their direction</li> <li>How to use communication to defend as a team</li> <li>How to make the opposition shoot on their weaker side – pupils will try to block the attacker’s right hand side shot</li> <li>How to beat an opponent by feinting in one direction and throwing in another</li> <li>How to invade the opposition half to get closer to the goal</li> <li>How to accurately throw using the overhand shot technique to score a goal</li> <li>How to cradle the ball to maintain possession whilst attacking and looking for a ball/shot</li> <li>How to <b>pass</b> a ball using their lacrosse stick, varying the speeds and distances of the pass.</li> <li>How to <b>throw</b> the ball over a long distance to complete a long range pass.</li> <li>How to throw a ball towards a goal with power.</li> <li>How to pass the ball with increasing speed, accuracy and success in a game situation.</li> <li>How to receive the ball and keep it under control in isolation and in a game situation.</li> <li>How to throw a lacrosse ball safely from a line, using two hands in the correct technique.</li> </ul>	<p><b>Using space, Keeping possession and Understanding tactics</b></p> <ul style="list-style-type: none"> <li>How to shield the ball from an opponent.</li> <li>How to apply some of the attacking and defending strategies below.</li> <li>How to keep the ball away from their opponents and send it to the best places to score a goal.</li> <li>How to find space quickly in order to receive a pass.</li> <li>How to set up a lacrosse team, using the correct positions. (eg. attacker, defender etc)</li> <li>How to change formation and tactics during a game depending on the game.</li> </ul>	 <p><b>Michael Powell</b></p>											
<p><b>Types of throws/passes/shots</b></p> <ul style="list-style-type: none"> <li>How to bounce pass using the correct technique</li> <li>How to crease pass using the correct technique</li> <li>How to flip pass using the correct technique</li> </ul>		<p><b>Self-reflection and Evaluation</b></p> <ul style="list-style-type: none"> <li>How to evaluate their own performance and other, providing strengths and next steps for both.</li> <li>How to evaluate performance based on specific technique points for shots/passes or gameplay.</li> </ul>												