

Phase	Objective	Activities	Testing / Competition
Dribbling	<p>To develop dribbling skills. To understand and know when to perform these skills within small sided games of Rock-it-ball. To incorporate dribbling in Rock-it-ball on a full court game</p>	<p>Pupils to have one ball each and dribbling in a space. React to commands. Dribbling in and out of cones Dribbling relays Dribbling and collection relays Dribbling and shooting at a target relays</p>	<p>Extreme Rock-it-ball.</p>
	Assessment	Theoretical PE	Resilience
	<p>Q & A : Are the dribbling techniques predictable or unpredictable ☞ Assess the mistakes made when dribbling at speed ☞ Assess why they were not successful Q & A : Are they dribbling into space / invading wide areas / channels within the game ☞ Calculate why they were not successful in the Match</p>	<p>Movement Analysis Lever Systems Look at basic drawings of first, second and third class lever systems to illustrate the positioning look at the movement of the rock-it Muscles and muscle groups Look at how the major muscles and muscle groups of the body work antagonistically on the major joints of the skeleton to affect movement when dribbling.</p>	<p>How does a student refocus after being dispossessed How does a student refocus straight after a poor effort</p>
Maths	Number addition and subtraction		
English	Scanning and Highlighting: Read, scan and identify key vocabulary and jargon.		
Science	The Periodic Table		
Equipment	Rock-its, balls, protective glasses, buckets, Cones / Markers, Bibs, Whistle, Stopwatch, Chalk, Goals		