

Scheme Of Work

Quicksticks – KS2

Learning Intention:

Lesson 1	How can you dribble the ball in different directions?
Lesson 2	How can you pass and move?
Lesson 3	How can you tackle to gain possession of the ball?
Lesson 4	How can you mark your opponent in a game of quicksticks?
Lesson 5	How can you score from a variety of angles?
Lesson 6	How can you work as a team in different match situations/scenarios?

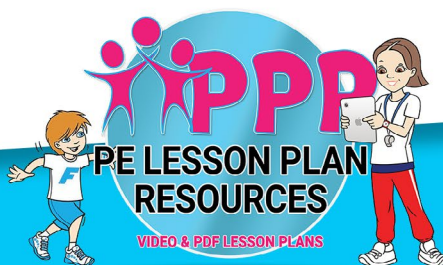
Success Criteria:

Year 5

- Can control the ball when moving in different directions
- Can perform a block tackle with some control
- Can mark an opponent most of the time
- Can hit a moving ball into a goal with accuracy and control
- Can listen to others, express their own ideas and work well with others tactically

Year 6

- Can show good control when moving in a variety of directions
- Can pass with control and accuracy, and move into a space
- Can tackle a player with control and strength and time it correctly to win the ball
- Can mark an opponent with success
- Can hit a moving ball into a goal from different angles with some success
- Can take on a leadership role when working with a team and can evaluate and improve performance



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SCHEME OF WORK

Key Skills:

PHYSICAL ME

- AGILITY
- BALANCE
- COORDINATION
- JUMPING
- PACING – SLOW / FAST (WALKING / JOGGING / RUNNING)
- DODGING
- AWARENESS OF OTHERS

SOCIAL ME

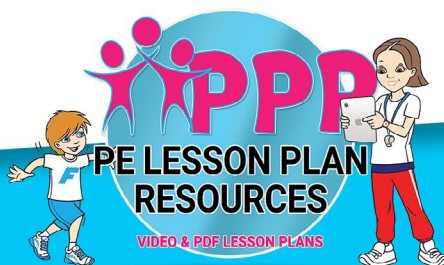
- CO-OPERATE WITH OTHERS
- MINI COACH
- TEAM WORK
- INCLUSION OF ALL TEAM MEMBERS, EVERYONE TO GET A TURN
- DEMONSTRATING TO THE CLASS
- FAIR COMPETITION (**KING OF THE RING LESSON 3**)

THINKING ME

- IMPROVING ON LEARNT SKILLS TO IMPROVE TECHNIQUES
- REMEMBERING NEW GAME RULES
- UNDERSTANDING HOW TO CONTROL MY BODY AND EQUIPMENT SAFELY (HOCKEY STICK)
- UNDERSTANDING BEING TACTICAL AND OPPORTUNITIES IN GAME PLAY

HEALTHY ME

- WARMING UP
- KNOW THAT EXERCISE KEEPS YOUR HEART HEALTHY
- KEEP HYDRATED DURING PHYSICAL ACTIVITY
- WARM DOWN AFTER ACTIVITY



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Scheme Of Work

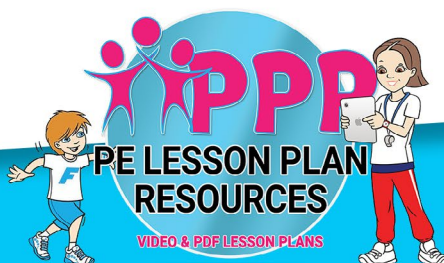
End of Key Stage Attainments:

Year 5

Can begin to use a range of skills in different ways and to link them to make actions and sequences of movement.
Has begun to develop flexibility, strength, technique, control and balance
Can show some communication and collaborate with others in a variety of activities
Has begun to play competitive/modified games, and apply basic principles suitable for attacking and defending
Attempts to compare their performances with previous ones and demonstrate improvement to achieve their personal best.
Attempts to evaluate performance and can recognise their own success

Year 6

Can use a range of skills in different ways and to link them to make actions and sequences of movement.
Has developed flexibility, strength, technique, control and balance
Can communicate and collaborate with others in a variety of activities
Can play competitive/modified games, and apply basic principles suitable for attacking and defending
Can compare their performances with previous ones and demonstrate improvement to achieve their personal best
Can evaluate performance and recognise their own success



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SCHEME OF WORK

Links to National Curriculum:

Literacy	<ul style="list-style-type: none">• New vocabulary e.g. Push or Slap pass.
Numeracy	<ul style="list-style-type: none">• Distance – standing 1m apart for the rules of the game• Length of time – 30" (activities), How many in a certain time, using a stopwatch and understanding time.• Counting – adding up passes & subtraction in warm ups
Geography	<ul style="list-style-type: none">• Compass points (north, south, east & west)• Countries (England, South Africa, Netherlands etc)
PSHE	<ul style="list-style-type: none">• Patience / turn taking / fairness• Working and being part of a team• Communication, working in pairs / teams• Perseverance, to improve on skills and scores• Supporting their peers and showing good communication skills• Intuition – setting up their own courses and activities for others

Health and Safety Health and Safety

- It is advised that all equipment is appropriately cleaned in line with government guidelines for the corona virus, before and after each lesson
- Children to stay hydrated
- Warm up and down before and after the lesson
- Children to keep sticks below waist height
- Advised to wear gum shield and shin pads
- Children to wear appropriate footwear



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